

The Acid, Alkaline and Mineral Balance

Modern science is finally finding micro organisms in the devitalized tissues of all chronic degenerative diseases. Where do these organisms come from?

Well, as we age... acids, heavy metals and other toxins accumulate in the body's genetically 'weakest' and most devitalized organs. The blood supply to these organs is reduced and their immune cells incapacitated because of the poisons. Due to these negative factors, the vulnerable organs become a sanctuary for viruses, bacteria and fungi to multiply and flourish in an undisturbed way.

The primary function of these pleomorphic organisms is to consume the accumulating toxic debris. This is rotting pure and simple. The body rots and oxidizes from the inside out. We do not 'catch' CHRONIC DEGENERATIVE DISEASE. **WE CREATE IT!**

Common Denominators of A Disease

Concepts such as Acid/Alkaline Balance are extremely significant and central to all aspects of medicine. More importantly, though, such ideas serve to unite all forms of medicine since no one can dispute them. Similar concepts include the oxidation/reduction potential of the blood. This indicates just how oxidized we are, as well as specifying the accumulation of non-biodegradable toxins in the body. Notably heavy metals and organic solvents. These are issues that must be dealt with for any effective therapy to work.

Allopathic medicine is the most specialized and as such is the most exclusive form of medical management. It deals with the results and final symptoms of disease, not the root cause. In today's competitive medical market place to begin treatment with such a structure of medicine places the patient in a severely compromised predicament.

It is much more in the patient's best interest to begin treatment with common concepts that apply to all types of medicine and all diseases. Concepts that are not exclusive, expensive or dangerous. Instead of beginning with results, this is about starting with the **Treatment of Causes**.

The 'treatment of causes' uses all or as few as required of the differing forms of medicine and therapies. These are done in a logical and sequential order. Few would argue with starting a journey at the beginning, not near the end.

Acid/Alkaline/Mineral Balance

The Acid/ Mineral balance is a good place to start. To achieve such balance one must include concepts as detoxification, proper nutrition, exercise, stress reduction and so on. It is Eclectic, Generic medicine. 'Treatment' requires care of the whole person and takes heed of many things, not just one. This is Whole-istic Medicine. This is in the patient's best interest.

Testing the Internal Terrain - Urine and Saliva Testing

This old and simple test of urine and saliva was in use extensively before modern blood tests came into existence. The amount of information the test provides is considerable and forms a basis that unites all forms of medicine. Makes them all work if you will. Nothing in the body works as well as it should, even with all therapies; vitamins, acupuncture, herbals and allopathic drugs if the pH is not right.

The basic premise regarding the overproduction of acids in the body is that as societies become more “advanced,” protein consumption and fast foods (not necessarily fat or cholesterol) become the basic foods. These foods are converted to strong acids that must be eliminated by the kidneys. Every acid molecule that passes through the kidneys must take a mineral with it so we develop a relative base deficiency. (i.e. we come acidic.) As a result pleomorphic organisms come out of the blood. Out of the cells to clean up the mess. This is chronic degenerative disease.

So, the healing process, no matter what is wrong with you, begins with RE-MINERALIZATION. The only way you can replace these minerals is by consuming fruits and vegetables or mineral supplements but these only work efficiently if in a plant, Nano or Theta state. Nano and Theta are the smallest molecular size of minerals. Other minerals are basically ground up rocks and cannot be incorporated into the body cells. Plants can digest rocks, people can't.

The urine/saliva test shows how many minerals are left in our bodies; what the MINERAL RESERVES of the body are and what we must do to remineralize it. This lays the foundation for any and all healing therapies.

The Test is simple:

1. Test your Saliva upon waking. First thing in the morning, right when you get out of bed, lick and wet the end of an acid test strip with saliva. Note the colour change and write down that pH number. Do this before brushing your teeth, drinking, smoking, or even thinking of eating any food.
2. Test your second urine of the morning. The urine stored in your bladder during the night that is ready to be eliminated when you get up, should be acid so you don't want to test that. Drain your bladder in the morning, the last time you get up if you get up during the night and then see what the urine pH is. Again, record this number. This number should be the pH of your urine after you got rid of your acid load from the day before. The acids should be gone the second time you go to the bathroom so your urine pH should be 6.8.
3. Eat breakfast, an apple or anything will do and five minutes later check your saliva again. Write this number down as well. This number should go up from what it was before you ate, the more the better.
4. & 5. Check your urine pH between meals, i.e. between breakfast and lunch and between lunch and dinner. The pH should always be 7.0 to 8.5, a couple of hours after meals.

These Five Tests Show the Following:

1. How well your digestive system dealt with what you ate the night before, i.e. the AM urine pH. These numbers may change from day to day depending on what you ate the night before.
2. How well we treat ourselves in general, i.e. how “strong” the liver is. This is the **AM saliva pH**. This number shows the overall state of our health, the condition of the alkaline reserve of our bodies which reflects the diet we have eaten over the last months to years. This number stays rather constant and will only change after some work has been done in re-mineralizing the body. Since the saliva pH is an indicator of intracellular pH, saliva pH readings should never be below the pK of the phosphate buffer system, 6.8. The most accurate reading of saliva pH is recorded immediately upon awakening—after sleeping at least five hours and before brushing the teeth. It is during sleep that the body removes waste and is in an anabolic state restoring and replenishing the body. If the patient has a saliva pH of 5.5 at this point in time and only 5.6 after eating, you know that this person has no alkaline reserve and that his body is devoid of the minerals necessary to process food properly--his body cannot adequately respond to the physiological crisis of handling food.
3. The pH of your saliva after you eat gives an indication of what the mineral reserves of your body are (the pH number should increase after you eat). The ideal saliva pH pattern is 6.8 on awakening, 7.0 before eating and 8.5 following breakfast. A simple test of eating a lemon may be done at any time of the day. It too checks the adequacy of the alkaline reserve of the body. When a healthy person with adequate alkaline reserves takes a bite of highly acid lemon, the saliva pH drops sharply for an instant but returns almost immediately to pH 8.5. The more acidic the food that is eaten, the more rapid the response of the alkaline reserve and the higher the saliva pH should be following a meal.
4. The pHs of the urine between meals should be kept in the basic range, pH 7.0 to 8.5. After one eats, the stomach generates the necessary acid to digest the food.

The Treatment of Acidosis

Getting at the cause, consists of removing this excess acid from the organism along with decreasing the intake of protein acids. This Causal Therapy can be done in two ways; by adding an alkaline nutritional program and removing the acid. To get at the cause of the excess acid production, rather than blocking it with pharmaceutical drugs.

1. The first thing to do obviously is to cut down protein consumption. Proteins are:
 - Eggs
 - All meats (it doesn't matter if it is beef, fish or chicken)
 - All dairy products
 - Grains, beans (a handful of kidney beans, for example, has as much protein in it as a lamb chop) and cereals (oatmeal is one of the highest protein containing foods)
 - Nuts

2. Increase the intake of fruits, vegetables and super concentrated fruit and vegetable powder. An "apple a day does keep the doctor away". Protein depletes us of our main minerals; sodium, potassium, magnesium, calcium and chloride. These are the main ones and they are called macro-minerals, because we need a lot of them. In the final analysis, we must get these from fruits and vegetables. One tablespoon of organic apple concentrate equals 4 organic apples. One spoon of the concentrated greens is like eating a half pound of fresh garden salad.

It takes a long time for us to become acidic, for the connective tissues and cells of the body to become saturated with the stored acids. For the same reasons, it will take some time to de-acidify the body, to neutralize and excrete all the stored acids. This process can take one to two years depending on age and how ill the patient is. This is not a quick fix as described above, but it will prevent and eliminate the problems that come with being too acid, namely the problems of chronic, degenerative disease. Everyone that is in any state of acidosis requires extra potassium and magnesium as these are lost from the urine when acid. An easy way to replace magnesium and potassium is with Theta Magnesium and Theta Potassium. Minerals are best taken on an empty stomach.

Take extra micro-minerals or trace minerals too. There are some ninety of them gold, silver and other strange ones. These get depleted also. These trace minerals used to come from plants, as they were in the ground the plants grew in. Most of our farmland has been over farmed with just the replacement of the minerals potassium, phosphorus and nitrogen that are contained in the chemical fertilizers used today. The trace minerals are gone. Check out UltraBioMinn, Ceasium, Coral Calcium, Microhydrin and **Super Concentrated Organic Fruit and Vegetable Powders**.

Our next newsletter will be in two weeks. The title will be depleted soils, depleted food.

The Nano Mineral Complex

All Minerals Are NOT Created Equal

Most mineral supplements on the market today are a waste of time and money because they are delivered in a form the body cannot use.

The Nano Mineral Complex is the first product to make minerals available to the body in nature's fundamental, ionic form. The Nano Mineral Complex is a unique mineral supplement! Firstly because of its form – liquid!

This plant derived mineral complex comes in "ionic and angstrom" form, which is the smallest form in which minerals can exist and hold their physical and electrical properties.

The Nano Mineral Complex minerals have a second distinction – it's proprietary blend of deionized water, electrolytes, 74 essential elements, 34 metabolic enzymes and 18 amino acids, all in an electrolytic suspension, are from unrefined natural plant based sources. This high-energy (79,000

angstroms) trace mineral supplement acts as a metabolic efficiency catalyst.

When this totally biologically available formula is mixed in water (or unsweetened fruit juice) and taken internally, an exothermic (evolution of heat) reaction takes place providing a steady flow of activity to enhance nutrient absorption and waste metabolism at the cellular level. Studies show this exothermic reaction may also enhance the body's ability to maintain and produce its own vitamins, catalysts and enzymes.

Another important aspect of providing the body with the totally bio available ingredients found in the Nano Mineral Complex, is that it can increase the metabolic effectiveness of any other vitamins and herbal nutrients you may be taking.

“You can trace every sickness, every disease and every ailment to a mineral deficiency.” Dr. Linus Pauling, winner of two Nobel Prizes.

DUST TO DUST

Did you know that at the heart of a healthy body lies the same essential elements that are present in healthy DIRT? There are other distinguishing factors, but it is important to understand that within soil lies the foundational elements of life: Minerals.

Scientific research has established that mineral deficiency is at the root of 99% of all disease. According to D.W. Cavanaugh, M.D., of Cornell University, “There is only one major disease and that is malnutrition. All ailments and afflictions to which we may fall heir are directly traceable to this major disease.” A proper balance of vitamins, minerals and enzymes is essential to health. Consider these points:

Minerals are the core, essential factor in the proper function and structure of all living cells. Without proper mineral balance, the body is not able to ingest, assimilate, digest, eliminate or regenerate properly. Minerals are the key element controlling the chemical and electrical processes within the body at every moment. These processes are dependent upon a continuous supply and proper balance of minerals in the body.

Minerals are the foundational element needed to activate enzymes and vitamins and are a catalyst to the absorption and utilization of other essential nutrients in the body. Plants cannot create minerals. Plants grown on mineral-poor soils are themselves mineral-poor. The body is not capable of manufacturing its own minerals.

Minerals: Vital Keys to Health

According to Dr. Gary price Todd, M.D., the human body needs at least 60 minerals (70 is preferable) for optimal health. Minerals combine in the body to form critical hormones, enzymes and proteins. The point is: minerals are essential for health! While it should be possible to receive adequate minerals through a healthy diet alone, in today's world, it is not. As a result of the low mineral content of soils, we lack essential minerals in the quantities needed for vibrant health and long life. The Nano Mineral Complex is the answer. We invite you to judge for yourself. Drink 20

drops of the Nano Mineral Complex every day for 90 days and notice the results in your body.

PARTICLE SIZE & ABSORPTION OF MINERALS

First, I want to address particle size and the absorption of mineral supplements on the market. The human body is made up of minerals. All minerals used by the body are an angstrom in size. These angstrom size particles are soluble when put into water and absorb in the upper stomach. It takes 1 million angstroms on a horizontal plane to cross the distance of one micron. We tested all the mineral supplements, including minerals labeled as colloidal and found they were all micron or bigger in size. They were not soluble crystalline ionic therefore they would be millions of times too large for proper cell osmosis.

The digestive tract will allow a particle as big as a micron to enter the blood stream. Once these particles have entered your blood stream, the only way they can get out of your blood stream is to cell assimilate through osmosis. Because micron size particles are too large to assimilate through a cell, they stay in your blood stream and can be deposited in different locations, which can cause a variety of heavy-metal diseases. When a person consumes water-soluble minerals they will absorb, travel everywhere in the body and if the body does not need them it will discharge them with no accumulative effect.

Growing plants help break down the soils and only use particle sizes near an angstrom for osmosis and cell growth. Soils can be depleted of useable minerals because the particles are too large. Our soils have been used and used and no one has ever replaced the lost minerals that are correct in size.

In ancient times, people would pray for the yearly flood that would replenish their soils. The early pioneers would move farther west every 12 years, because they believed the soils were depleted after that time. Yet 200 years later, we are attempting to grow crops and live off the same soils. To test the particle size of your current mineral supplement, simply shine a hand held laser-pointer through the fluid. If it is a solid, dissolve it into water and then test it after it dissolves.

Theta Minerals - Angstrom size particles the way nature intended.

Theta Minerals dietary supplements are the purest minerals available on the market (up to 99.9999% pure) and the purest water (a five step purification process assures absolutely pure water). Nothing more, nothing less. Theta Minerals, through a complex proprietary process, liquefies minerals to a state where (when dehydrated) they will grow crystals. Each mineral presents unique problems that must be overcome in a different manner than each other mineral. This process duplicates nature's method of turning minerals from the earth into a form useable by man. When a plant processes minerals from the earth, the minerals end up in a crystalline form necessary in order to be useable and absorbable by the body.

We do not follow the Recommended Daily Allowances (RDA) suggested by the FDA when we recommend dosages of our mineral waters. Due to the fact that our products are completely absorbable, unlike anything the FDA has ever tested, commonly known measurements do not apply to our products. Work with your health care practitioner to establish appropriate dosages for your individual needs.

Having an understanding of the basic mineral needs in your body and how minerals work, is the best way to figure out what your deficiencies are. The Theta Minerals do not have to be refrigerated. They last indefinitely. We do not recommend mixing the various minerals together to store them, although it is fine to put them in the same container and then drink them.

COMBINATION MINERALS:

These combinations of minerals are specially formulated for specific ailments. For a more detailed description/explanation of these combination minerals, please look up individual minerals contained in this months Newsletter. Newsletters will now be available every two weeks.

BONE STRUCTURE SUPPORT

A combination of: Calcium, Magnesium, Boron, Cobalt, Potassium & Zinc.

CALGOLD (\pm 1300 parts per million)

A combination of: Calcium & Gold. This combination is a helpful sleep-aide.

CALMAG (\pm 1300 parts per million)

A combination of: Calcium & Magnesium.

CGCZ (\pm 212 parts per million)

A combination of: Calcium, Gold, Chromium & Zinc. This product is used for cases of A.D.D. & A.D.H.D. (Attention Deficit Disorder), or any form of abnormal hyper activity.

COTIN (\pm 90 parts per million)

A combination of: Copper & Tin. This product is specially formulated to help prevent hair loss.

FYBROMYALGIA SUPPORT (\pm 2550 parts per million)

A combination of: Calcium, Magnesium, Manganese, Platinum, Sulfur, Water of Life & Zinc.

HYPO-THYROID FORMULA

A combination of: Copper, Iodine, Selenium, Tyrosine (not listed in above mineral listing) & Zinc

MAGZIN (\pm 350 parts per million)

A combination of: Magnesium & Zinc.

SICKLE CELL FORMULA

A combination of: Iron, Magnesium, Potassium, Selenium, Sulfur & Zinc.

SILZINCO (\pm 90 parts per million)

A combination of: Silver, Zinc & Copper. This product is specially formulated to kill viruses, bacteria & parasites.

VANCHROZIN (\pm 500 parts per million)

A combination of: Vanadium, Chromium & Zinc. This product is specifically aimed at people who suffer the condition of Diabetes

MINERAL CO-FACTORS

We recommend taking most of our minerals in the morning. Certain minerals work better at night and others work better during the day. There are also minerals and vitamins that work together, activating each other.

| PRODUCT | AM | PM | CO-FACTOR |
|------------|----|----|-------------|
| BORON | X | X | |
| CALCIUM | X | | MAGNESIUM |
| CHROMIUM | X | | ZINC |
| COBALT | X | X | VITAMIN B |
| COPPER | X | X | IRON & ZINC |
| GERMANIUM | X | X | |
| GOLD | X | | COPPER |
| LITHIUM | X | X | |
| MAGNESIUM | X | X | CALCIUM |
| MANGANESE | X | X | |
| PLATINUM | X | | |
| POTASSIUM | X | X | |
| SELENIUMX | | | GOLD |
| SILVER | X | X | |
| SULFUR | X | X | VITAMIN C |
| TIN | X | X | |
| VANCHROZIN | X | | |
| ZINC | X | X | |

BORON: (30 parts per million) Boron is said to potentiate estrogen's role in building bones by helping convert vitamin D into the active form necessary for the absorption of Calcium. Boron is essential to bone metabolism and calcification of bones and helps prevent osteoporosis, arthritis and tooth decay. Boron is necessary for cartilage formation and repair; it affects Calcium, Magnesium and Phosphorus levels. Memory and brain function can be improved with Boron.

Boron plays a role in regulating the hormones, especially estrogen, but testosterone as well. A boron deficiency can cause weak and fragile cell walls. Some research shows that boron improves libido. Boron is stored in the parathyroid glands.

SOME SYMPTOMS OF A BORON DEFICIENCY:

Arthritis, degenerative joint disease, osteoporosis, bad teeth, hormonal imbalance, receding gums, brittle bones, loss of libido, weak cartilage, carpal tunnel syndrome, memory loss, cavities and muscle pain.

CALCIUM: (2,500 parts per million) Calcium is one of the most essential of the major biochemical elements needed in human nutrition. It is needed in every organ of the body, including the brain. Calcium is called the "knitter" because it promotes healing or knitting everywhere in the body. It is valuable for tone, power, strength, longevity, vitality, endurance, healing of wounds, counteracting acids and helping regulate metabolism. Because it is used in almost every function, calcium is commonly deficient in our diets. It is one of the first elements to go out of balance when the diet is inadequate.

Calcium is stored in the blood and teeth, as well as in the nerves, muscles and tissues. Magnesium and vitamin D increase Calcium absorption while Sodium helps keep calcium in soluble form in the body (it must be water soluble to be useable). Calcium raises the body's resistance to viruses, parasites, bacteria and cancer. A lack of calcium leads to a host of diseases and degenerative conditions. Pure watersoluble calcium serves a two-fold purpose; it helps reverse symptoms caused by a buildup of compounded calcium, like kidney stones, gallstones, arthritis and high cholesterol and helps reverse conditions caused by a deficiency of calcium like acidosis and osteoporosis. A high incidence of cavities, or white spots on fingernails indicates a calcium deficiency. This mineral is necessary to regain the proper pH balance.

SOME SYMPTOMS OF A CALCIUM DEFICIENCY:

Aching joints, chronic fatigue syndrome, insomnia, acidosis, cramps, muscle cramps, acne, eczema, nervousness, arthritis, elevated blood cholesterol, numbness in the arms and/or legs, attention deficit disorder (A.D.D.), enlarged heart, pasty complexion, asthma, fibromyalgia, rheumatoid arthritis, Bell's Palsy, gallstones, rickets, brittle nails, heart palpitations, tooth decay, carpal tunnel syndrome, cancer, high cholesterol, cataracts and hypertension.

CHROMIUM: (300 parts per million) Chromium deficiency is a major factor in the development of heart disease (heart attacks, hardening of the arteries). Chromium is stored principally in the kidneys, spleen and testes, with trace amounts found in the heart, lungs, pancreas and brain. The body cannot easily absorb chromium. Chromium helps the body regulate metabolism and regulate insulin and blood sugar levels. Chromium helps the body lose weight by stimulating enzymes that metabolize glucose for energy. It plays an important role in the liver synthesis of fatty acids (burns fat).

When the body is deficient in chromium, twice the amount of time is needed for insulin to remove glucose from the blood. Chromium enhances insulin performance and glucose utilization and helps carry proteins. Chromium works best if taken before meals. Refined sugar causes the body to deplete chromium more rapidly. Strenuous exercise can also deplete chromium levels. The elderly are unable to store as much chromium in the body as are younger people.

SOME SYMPTOMS OF A CHROMIUM DEFICIENCY:

Anxiety, depression, aortic cholesterol plaque, diabetes, arteriosclerosis, high blood cholesterol, attention deficit disorder (A.D.D.), hyperinsulinism, bi-polar disease, hyperactivity, coronary blood

vessel disease, hypoglycemia, impaired growth, infertility, decreased sperm count, obesity, peripheral neuropathy, pre-diabetes, coronary blood vessel disease and hypoglycemia.

COBALT: (200 parts per million) Cobalt is an essential mineral although the body only needs a small amount. Cobalt is stored in red blood cells with smaller amounts in the kidney, liver, pancreas and spleen. Research indicates that cobalt helps with the repair of the myelin sheath, increases the effectiveness of glucose transport from the blood into body cells (pernicious anemia) and the building of red blood cells (increases the assimilation of iron).

Cobalt is an important agent of vitamin B-12 as it increases the body's ability to absorb vitamin B-12. Cobalt stimulates many enzymes of the body and normalizes the performance of other body cells. Because of its low absorption rate and high excretion rate, cobalt toxicity is not common but excess can lead to enlargement of the thyroid gland.

SOME SYMPTOMS OF A COBALT DEFICIENCY:

Digestive disorders, nerve damage, slow growth rate, fatigue, pernicious anemia, myelin sheath damage and poor circulation.

COPPER: (90 parts per million) Copper is most concentrated in the liver, heart, kidneys, brain, bones and muscles and is essential in the blood. Trace amounts are present in all body tissues. Copper increases iron assimilation. Iron and copper work together in the formation of hemoglobin and red blood cells. Anemia can be a copper deficiency symptom. Various enzyme reactions require copper. Copper influences protein metabolism and general healing, improves vitamin C oxidation and is integral in the formation of RNA.

Low or high copper levels can be found in those with mental and emotional problems. Copper helps rid the body of parasites and is beneficial for graying and thinning hair. Copper excess is not common because only a small percentage is assimilated, but toxicity problems can present serious disease states.

SOME SYMPTOMS OF A COPPER DEFICIENCY:

Allergies, heart disease, parasites, anemia, hernias, Parkinson's disease, aneurysm, high blood cholesterol, reduced glucose tolerance, arthritis, hypo and hyper thyroid, ruptured disc, dry brittle hair, Kawasaki disease, skin eruptions or sores, liver cirrhosis, varicose veins, Gulf War Syndrome, oppressed breathing, white or gray hair, hair loss/baldness and osteoporosis.

SOME SYMPTOMS OF COPPER EXCESS (TOXICITY):

Anxiety, depression, insomnia, post-partum psychosis, parasites, stuttering, joint & muscle pains, Wilson's disease (paranormal copper assimilation which leads to excessive copper in brain, liver, kidney and corneas of the eyes).

GERMANIUM: (50 parts per million) Germanium is one of the most dynamic new discoveries in the realm of trace elements necessary for optimum nutritional health. Germanium raises the level

of activity of various organs (facilitates oxygen uptake) and helps to expel harmful pollutants and arrest germ activity. Germanium serves as an electrical semi-conductor; it helps correct distortions in the electrical fields of the body.

Germanium is still being researched for all of its possible supplementary applications. Poor immune system, low energy and cancer indicate germanium deficiencies. It is believed to act as an anti-cancer agent and is effective for viral, bacterial and fungal infections.

SOME SYMPTOMS OF A GERMANIUM DEFICIENCY:

Asthma, hypertension, neurotic disorders, cancer (breast, lung, bladder), leukemia, softening of brain tissue, cardiac insufficiency, nephritis, hepatic cirrhosis and neuralgia.

GOLD: (75 parts per million) Gold promotes a general euphoric feeling, enhances the body's natural defenses against illness and promotes vitality and longevity. Gold has been found to improve glandular function. It helps the body to relax. Some people report that after taking gold for an extended period of time, it raises energy levels. It is also believed that gold helps repair damaged DNA.

Gold is reported to be effective against joint inflammation and when used with aspirin for arthritis, relieves pain. Gold is not an analgesic but may have anti-inflammatory effects.

SOME SYMPTOMS OF A GOLD DEFICIENCY:

Arthritis, depression, insomnia, brain dysfunction, digestive disorders, joint inflammation, cancer, drug/alcohol addiction, night sweats, chills, gland dysfunction, obesity, circulatory disorders, heat flashes and seasonal attitude disorder.

IODINE: (15 parts per million) Iodine is called the metabolizer. It is one of the most vital of the biochemical elements and has one of the highest vibratory frequency rates of all the elements. It mainly affects the thyroid, which not only controls many important functions in the body, but also keeps us in a quickened state of health. Iodine restores heat, assists calcium in the repair and building of tissue in the body. Iodine is stored, in a small percentage, in muscles, most in the thyroid and the rest in the skin and bones. The thyroid gland secretes iodine.

The hormones the thyroid produces, regulate and control the metabolism of the body (increases the assimilation of salts), digestion, heart rate, body temperature, nervous system, reproductive system and body weight. Iodine protects the brain by destroying harmful toxins and helps neutralize toxins in the rest of the body. Iodine aids the assimilation of calcium and silicon. Skin problems such as dry or scaly skin are indicative of an Iodine deficiency. Regular elevated intakes of iodine occurs occasionally and such reactions may manifest as skin rashes or acne.

SOME SYMPTOMS OF AN IODINE DEFICIENCY:

Acne, goiter, lethargy, cretinism, hormonal imbalance, miscarriages, depression, hyperthyroidism, scaly or dry skin, frustration, hypothyroidism and sterility or infertility.

INDIUM: (\pm 180 part per million) Indium exists in such small amounts and is not water-soluble in nature, that it is simply not in the food chain. It is for this reason that it is designated a trace mineral (micro-mineral). Testing done in 1975 was unable to determine indium levels in the body due to its low concentration. All this points to indium being vital for our continued good health and a solution to some of mankind's most dreaded health problems. One of many health problems that research has shown that indium may help is cancer.

Indium has shown to be effective against Walker 256 carcinosarcomas and more research for its further use is ongoing. In 1983 study found that indium sought out and saturated tumor tissue. This is good news, given the general tumor reducing characteristics of indium. In 1971 a study found that indium supplementation caused a lower incidence of tumors. In 1971, Dr Henry Schroeder found that the use of indium resulted in a lower body weight. Of even more interest is the fact that indium was more active in females than males.

Since women have less muscle mass than men, indium may give them the extra boost they need to lose weight. Dr Schroeder graphed very interesting results. He found that, after maturity, females without indium added 20% of their weight on as fat while those supplementing with indium added on no fat at all. Indium has a beneficial effect on the thyroid gland. By potentiating this gland and helping support proper thyroid levels more calories are burned and weight is normalized. Indium users have known of its anti-depressant activity for over two decades now with it producing a feeling of well-being and euphoria after only a few days of use. Two major effects that indium has are in its ability to help the body assimilate other important nutrients and in increasing the life span or red blood cells from 90 to 120 days.

WHAT INDIUM HELPS: Abdominal pain, bloated feeling in the stomach, dry skin softened, acne, depression, eye irritation, backache, dizziness, eye pain, fatigue in the legs, fever, pain throughout the body, hair growth returned, headaches, healing time of scratches burns and bruises decreased, high blood pressure helped gradually, HIV/AIDS patients helped with diarrhea, hypoglycemia reduced to near normal, intestinal & bowel problems, irritability, productive cough, runny nose, sense of smell regained, sense of well-being, sinus pressure, sleepiness in the afternoon, sneezing, sore throat and other throat problems, taste sensitivity, trembling hands & arms, urinary problems, weakness, lack of concentration, lethargic appetite, libido returned to normal for both male and female, menstrual problems, migraines, mouth sores, mouth ulcers, muscle pain, nasal congestion, nausea, neck & shoulder stiffness, normalization of low blood sugar, normalization of saliva flow and physical endurance increased.

IRON: (75 parts per million) Iron is called the energy giver. It attracts oxygen and builds blood. Along with manganese and copper it is necessary for health blood chemistry and is essential for recovery from illness. It is stored in the blood, bone marrow, liver and spleen with trace amounts in every organ. Iron is one of the most common deficiencies in men as well as women, although women require more iron than men because of their menstrual cycle.

Without sufficient iron, the body cannot manufacture enough new hemoglobin packed blood cells, (the red cell protein that transports oxygen in blood). Iron helps the body to rid itself of carbon

dioxide and keeps liver tissue soft. Iron combines with other nutrients to produce vital blood proteins and is involved in food metabolism, digestion, elimination, circulation and helps maintain sufficiently high blood pressure. Vitamin C improves iron absorption.

SOME SYMPTOMS OF AN IRON DEFICIENCY:

Dizziness, hair loss, dysphasia, headaches, fatigue/lack of stamina, ice eating (pica), fragile bones, unnaturally pale skin, growth retardation, anemia, anorexia, brittle nails, constipation and depression.

LITHIUM: (30 parts per million) Lithium is a trace element that may be useful in treating alcoholism, manic depression and mental instability. We do not recommend our lithium mineral water for common or everyday use. Unlike our other mineral waters, lithium could have serious side effects. We believe that water-soluble elemental lithium does not have the side effects commonly associated with lithium compounds available from other sources. We have added lithium to our line at the request of numerous health care professionals. We suggest that you take this mineral only under the supervision of your health care professional.

MAGNESIUM: (2,000 parts per million) Magnesium is a natural tranquilizer. Called the "anti-stress mineral" it aids in relaxing nerves, relieving tension, assisting digestion, activates enzymes important for protein and carbohydrate metabolism and modulates the electrical potential across all cell membranes. Magnesium is important in the production and transfer of energy, muscle contraction and relaxation and nerve conduction. It also aids regularity, is necessary to keep vertebrae in their proper position, induces restful sleep, purifies and purges body tissues (combats acids, toxins, gases, impurities and neutralizes poisons) and lowers fever. Magnesium is stored in the bowel, nerves and ligaments. Chlorophyll and green vegetables contain large amounts of magnesium.

SOME SYMPTOMS OF A MAGNESIUM DEFICIENCY:

ECG changes, growth failure, headaches, kidney stones, malignant calcification of tissue, migraines, muscle ties, muscle tremors, muscular weakness, myocardial infarction, neuromuscular problems, PMS, vertigo, wrinkles, anorexia, asthma, calcification of organs, calcification of small arteries, cramps, convulsions and depression.

MANGANESE: (100 parts per million) Manganese, also called the "brain mineral", is important in the utilization of all mental facilities/functions. It aids memory and other brain and nerve faculties. Though only found in trace amounts in the body, good health is impossible without it. It increases resistance and recuperative ability and like iron, aids in oxygen transfer from lungs to cells. Manganese strengthens tendons, tissues, ligaments and linings in and outside of organs.

"If the human body is well supplied with it, (manganese) various tissues, cells and nerves become more tensile and elastic" - The Chemistry of Man by Bernard Jensen. Manganese makes up part of a molecule known as muco-polysaccharides, which are used to form collagen, the strong fibrous connective material that builds tissue, bone and cartilage. This mesh of collagen is the framework on which calcium, magnesium and other bone hardening minerals are deposited. Carpal Tunnel

Syndrome, a painful condition in which arm tendons are weak or damaged, is a sign of a manganese deficiency. Deafness, if due to damage of the cartilage of the ear, can be attributed partially to a deficiency in manganese.

Manganese has a positive effect on the libido by increasing energy levels and the brain's ability to receive and send messages. It also helps the reproductive organs to work properly because of its effect on tissues and nerves. Production of sex hormones is aided by manganese. It can help reduce menstrual cramps and PMS. Manganese is stored half in the bones and the remainder in the liver, pancreas, pituitary gland and kidneys.

SOME SYMPTOMS OF A MANGANESE DEFICIENCY:

Carpal tunnel syndrome, loss of libido in both sexes, retarded growth rate, deafness, memory loss/mental confusion, ringing in ears (Tinnitus), depression, miscarriages or still births, stiff tendons, gout, multiple sclerosis, stuttering, hearing problems, nerve problems, tremors, infertility, PMS, lack of concentration and poor muscle co-ordination.

MOLYBDENUM: (50 parts per million) Molybdenum is a little-known, though essential, trace mineral. It is instrumental in regulating pH balance in the body. For each pH point increase (e.g., 6.1-6.2), the oxygen level is increased 10x, thus increasing the metabolism and enhancing the body's ability to burn fat. Although very small amounts are needed, molybdenum is a vital part of three important enzyme systems and is necessary for the proper function of certain enzyme-dependent processes, including the metabolism of iron.

When the iron stored in the liver is freed, it can then carry oxygen to body cells and tissue. Molybdenum works with the enzyme systems to help eliminate toxic nitrogen waste by turning it into uric acid. The uric acid then can be converted and more easily flushed out of the system. Molybdenum promotes general well being, aids in carbohydrate metabolism, has proven itself useful in MSG (or other chemical) sensitivity, increases libido and may enhance the effect of fluorine in tooth decay prevention (dental enamel is rich in molybdenum). It also induces sleep. Because of molybdenum's ability to raise the body's pH, it may be beneficial in the treatment of cancer, viruses and parasites.

SOME SYMPTOMS OF A MOLYBDENUM DEFICIENCY:

Acne, AIDS, allergies, anemia, anthrax, asthma, athlete's foot, cancer, Bell's Palsy, candidiasis, bladder infection, canker sores, cavities, contrail/chemtrail exposure, colds/flu, depression, diabetes, E. coli, impotency, obesity, insomnia, parasites, liver damage – cirrhosis, prostate infection, lupus, ringworm, lyme disease, multiple sclerosis, eczema, Epstein Barr virus, gout, Gulf War Syndrome, hepatitis C and herpes simplex.

PLATINUM: (50 parts per million) Platinum is used in the treatment of cancer and as a base in some of the chemotherapeutic treatments in conventional hospitals, although not in the proper (natural) form. In the early 1970's, platinum was used in the dye in x-rays of women's breasts. Breast lumps reportedly began shrinking & even disappearing after the use of the dye.

Many believed the platinum in the dye caused the shrinking and disappearance. Since then platinum dye has been replaced with radioactive dyes. Platinum may be effective in killing disease-causing bacteria, fungus, viruses and help boost the immune system.

SOME SYMPTOMS OF A PLATINUM DEFICIENCY:

Back pain, cancer, chronic fatigue, gland dysfunction, headaches, insomnia, mental alertness, nerve damage, neuralgia, PMS and poor concentration.

POTASSIUM: (900 parts per million) Potassium is called the alkalizer. It neutralizes acids and restores alkaline salts to the blood stream. Potassium works with sodium in all cells including nerve synapses to maintain/restore membrane potentials & assist in metabolic processes. Potassium is critical to cardiovascular and nerve function, through regulating the transfer of nutrients into cells and for muscle energy.

Potassium also regulates water balance, assists recuperative powers, aids rheumatic or arthritic conditions (causes acids to leave joints and ease stiffness), is vital for elimination of wastes, is a natural pain desensitizer, helps control convulsions, headaches and migraines, promotes faster healing of cuts, bruises & other injuries and generally contributes to a sense of well being. Potassium is stored in the muscles.

SOME SYMPTOMS OF A POTASSIUM DEFICIENCY:

Bad circulation, bluish tint to skin, Chronic Fatigue Syndrome, diabetes, earaches, edema, headaches, heart palpitations, hypertension, insomnia, intestinal pain, muscle weakness, oppressive breathing, pain in the eyes, prolapsed uterus, swollen glands, tissue anemia and water retention

SELENIUM: (75 parts per million) Selenium is an essential trace mineral that works with vitamin E in metabolic functions. It promotes normal body growth, fertility, encourages tissue elasticity and is a potent antioxidant that naturally reduces the retention of toxic metals in the body. Selenium is crucial for the proper functioning of the heart muscle and there is evidence that it can help the body fight cancer. In Norfolk England, the people are said to be among the longest-living people in their country. Scientists believe it is due to high concentrations of selenium in their soil. Low soil levels of selenium have long been associated with higher cancer rates. Selenium is stored in muscle and other tissues, as well as in the liver and kidneys.

SOME SYMPTOMS OF A SELENIUM DEFICIENCY:

Age & liver spots, cardiomyopathy, fibromyalgia, Alzheimer's, cirrhosis of the liver, heart disease, anemia, cystic fibrosis, heart palpitations, cancer, fatigue, HIV (Aids), hot flashes, immune deficiencies, infertility, multiple sclerosis, muscular dystrophy, muscular weakness, pancreatic atrophy, pancreatitis, Parkinson's disease, premature aging, scoliosis, sickle cell anemia and sudden death syndrome.

SOME SYMPTOMS OF A SELENIUM EXCESS (TOXICITY):

Dermatitis, fatigue, fever, hair loss, heart problems, hinders performance of certain enzymes, increased tooth decay, liver and kidney impairment, muscular problems, nausea, paralysis and skin inflammation.

SILICA: ± 180 parts per million Next to oxygen, Silicon is the most prevalent element on earth. The mineral silicon makes up 28.9% of the earth's crust. Within the human body, the naturally occurring mineral is found in the form of silica. A natural compound made up of silicon and oxygen. The amount of silica in the adult human body has been found to be as high as .48% on a dry weight basis. All connective tissue cells in the body, the nails, the hair and the skin contain silica.

Silica plays an active role in bone formation, in giving tissues hold, firmness and strength and in bone re-mineralization. Silica molecules enhance the body's ability to increase water-absorption of essential proteins, acting as a binding agent. By binding existing calcium, protein and water molecules together, they help strengthen and revitalize skin, hair and nails. Foods that are usually rich in silica these days grow in mineral depleted soils, therefore our daily diets may lack sufficient quantities of silica.

Due to a depletion of silica in our bodies through the aging process, we result with symptoms of dry skin, wrinkles, dull lackluster hair and brittle nails. Silica is found in blood, brain, kidneys, liver, lymph nodes, lungs, muscle and testes. The highest levels are found in the connective tissues such as in the aorta, trachea, tendon, bone, skin, hair and nails. Therefore, it gives strength and support to all the tissues of the body. Silica is especially important in children, playing a role in the formation of bones. It tends to accelerate bone development and has a positive effect on the phosphorus to calcium ratio.

SOME SYMPTOMS OF A SILICA DEFICIENCY:

Skin problems, weakened hair, weak joints & bones, weak and split nails.

KNOWN BENEFITS OF SILICA:

Helps revitalize the scalp, makes skin soft and silky, helps fortify the bones, plays an important role in muscle, vein, teeth and hair resistance, promotes thick strong hair as well as strong hard nails, reduces pain & inflammation in joints, stimulates cell formation and metabolism, retards the aging process, protects functions and structure of connective tissue, anti-inflammatory and disinfectant, immune system enhancement, increased elasticity of blood vessels, relieves stomach problems, helps in pain relief for burns, relieves vertigo and helps with removing aluminum in Alzheimer's.

SILVER: (3 parts and/or 2500 parts per million) Silver has been used for thousands of years for health care. It is believed that silver, is a systematic disinfectant and works like a secondary immune system. Since silver kills only bacteria that is anaerobic or nitrogen breathing, the friendly bacteria in the digestive tract are immune to it due to the fact that they are oxygen breathing (aerobic).

“What we have actually done was rediscover the fact that silver killed bacteria, which had been known for centuries....when antibiotics were discovered, clinical uses for silver as an antibiotic were discarded.” - Robert O. Becker, M.D.

SOME SYMPTOMS OF A SILVER DEFICIENCY AND SOME DISEASES WHERE THE USE OF SILVER MAY BE BENEFICIAL:

Anthrax, athlete's foot, boils, cancer, candida, colitis, cystitis, cerebro-spinal meningitis, dermatitis, diphtheria, diplococcus, dysentery, E. coli, gonorrhea, impetigo, infection, influenza, intestinal trouble, pneumococci, ringworm, shingles, staphylococci, streptococci, tuberculosis, warts and whooping cough.

SULFUR: (900 parts per million) Sulfur is known as a healing mineral. It aids every cell in the elimination of toxic substances through agitation. Sulfur aids functions in enzyme reactions and protein synthesis and is important in cellular respiration. Sulfur is the flexible bond that connects cells; it is the lubricant found between joints. A deficiency of water-soluble sulfur can lead to a variety of conditions ranging from skin irritations and rashes to total breakdown of cellular regeneration. Pain and inflammation associated with various muscle and skeletal disorders indicate a deficiency of sulfur.

It is believed that sulfur can repair the myelin sheath, the protector on the end of every nerve in the body. Damage to the myelin sheath causes the shaking condition in palsy, MS, Lorenzo's Disease & many other disease conditions where motor functions are uncontrollable. Chronic or severe allergies to materials such as dust, pollen, wool, animal hair, feathers, etc., with symptoms ranging from respiratory congestion to inflammation, itching, & general discomfort, can be relieved with sulfur.

Sulphur increases blood circulation, reduces back pain, relieves migraine headaches, promotes muscle healing, scavenges free radicals, beautifies the skin, relieves allergies to food, controls acidity in stomach ulcers, is important for carbohydrate metabolism and speeds wound healing. Sulfur is stored in the brain, nerves, bowel and liver and in all body cells especially skin, hair and nails.

SOME SYMPTOMS OF A SULFUR DEFICIENCY:

Acne, circulatory problems, migraines, urinary tract disorders, arthritis, dry skin, muscle pain, various muscle & skeletal disorders, asthma, free radical damage, nerve disorders, back pain, infection, skin disorders, wrinkles, constipation, inflammation and stress.

TIN: (100 parts per million) Tin is concentrated primarily in the adrenal glands but is also found in the liver, brain, spleen and thyroid. Tin is found in the tissue and has many chemical and physical properties similar to those of carbon, silica, germanium and lead. This has been implicated in hair and hearing loss. Little is known about the functions for tin in humans.

SOME SYMPTOMS OF A TIN DEFICIENCY:

Hair loss, hearing loss and male pattern baldness.

VANADIUM: (300 parts per million) Vanadium regulates the circulatory system, helps reduce cholesterol levels and cholesterol buildup in the central nervous system, lowers elevated blood sugar

and is believed to help reduce the incidence of heart attack. When used in combination with chromium it is found to be very beneficial in healing mineral deficiencies found in diabetics and hypoglycemics.

It has been estimated that 80 million Americans exhibit some of the characteristics of diabetes such as insulin resistance, excess insulin release, high triglycerides and high blood sugar. Chronic weight loss or gain, frequent urination and chronic thirst are warning signs that are indicative of the possible onset of diabetes. It is distributed throughout the body, some in fat tissue.

SOME SYMPTOMS OF A VANADIUM DEFICIENCY:

Cardiovascular disease, hyperinsulinism, diabetes, hypoglycemia, high cholesterol, infertility, metabolic dysfunction, obesity and pancreatic dysfunction.

ZINC: (300 parts per million) A deficiency of Zinc can lead to a variety of degenerative diseases and illnesses. Zinc deficiency is common due to depletion of our soil and losses associated with food processing. Zinc aids in the proper assimilation of vitamins. It is important in the following: normal growth & development, maintenance of body tissues, sexual function, immune system, chemical detoxification, synthesis of DNA and helps reduce healing time (before & after surgery).

Zinc is an anti-oxidant and must be in proper balance to assist some 25 enzymes in various functions involving digestion, metabolism and reproduction. In the 1800's surgeons used zinc as an antiseptic/antibiotic after surgery and it was noted for its healing properties. Lack of zinc in pregnant women can result in numerous birth defects such as; Down's syndrome, cleft lip, spina bifida, clubbed limbs, hiatal hernia and umbilical hernias. Zinc is anti-bacterial, anti-viral and is found in all the body fluids, including the moisture in the eyes, lungs, nose, urine and saliva.

Because zinc moves through all the fluids in the body, it creates a defense against infection-causing bacteria and viruses trying to enter the body and stops bacterial and viral replication. Zinc is stored in the thyroid, pancreas, liver, kidneys, bones, voluntary muscles, prostate, sperm, skin, hair, nails, white blood corpuscles and parts of the eyes.

SOME SYMPTOMS OF A ZINC DEFICIENCY:

Acne, alcoholism, Alzheimer's, anemia, angina, & bulimia, anthrax, free radical damage, loss of smell & taste, hair loss, miscarriages, herpes, obesity, hypertension, PMS, infection, still births, infertility, thyroid disorders, libido, urinary tract infections, birth defects, body odor, cavities, crohn's disease, depression, diabetes and eye diseases.

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