

# Minerals & their Properties

- Blood is a trucking system & does not always reflect what is going on at the cellular level
- I can't know how many blue bicycles there are in Walmart by looking at the Walmart trucks
- Neither can I know how many minerals are in the cells by looking at mineral levels in the blood
- You will rarely if at all hear an MD say “You have allergies and are mineral depleted because you don't have enough stomach acid.”

- Minerals (human spark plugs) are often the problem with humans
- Without adequate zinc, over 360 metabolic pathways won't work
- Without stomach acid you can't absorb zinc
- Without zinc, you can't make stomach acid
- Without stomach acid you can't absorb other minerals like magnesium, iron etc
- Alcohol, coffee, black tea, and soy block the absorption of zinc

- Minerals can't be absorbed in metallic form
- Must be wrapped in amino acids to easily pass the lining of the gut
- Stomach acid also plays a critical role in preparing minerals for absorption
- Obesity is a symptom of nutritional deficiencies and alteration of taste/selection of foods
- Naturally sweet tasting foods normally contain large amounts of minerals

- When a human is mineral deficient, the body craves sweets subconsciously thinking that you will give it minerals
- Food processors remove minerals therefore eating sweets does not feed the body's need for minerals
- All body functions require enzymes.
- Minerals and vitamins are co-enzymes, without proper minerals, the vitamins we consume will not be utilized making vit C, B's or E's worthless for example

- Demineralization of the soil has led to demineralization of the human frame and overabundance of denatured food, with out of proportion serving size to digestive capacity has led to an epidemic of obesity and metabolic syndrome X in children, men and women
- Add high consumption of trans fatty acids and results are hypertension (high blood pressure) hyperlipidemia (excess blood fats) and hyperglycemia (excess blood sugar)
- This super consumption of fats has also led to silent killer, silent inflammation – that fuels metabolic syndrome X

•Metabolism is the sum total of all the chemical & biological activities necessary to sustain life – respiration, nutrition, transport, synthesis, regulation, growth & reproduction

•Metabolic activities require energy – air, water, sunlight, and food (nutrients) acquired from our environment

•Every biochemical process is entirely dependant on the rate, quality, and amount of energy available to cells, organs and glandular systems creating optimal balance and efficiency which results in good health and function

- Each cell is a biochemical factory built to fulfil specific metabolic functioning
- Food passes through the digestive tract – is absorbed into the bloodstream and transported to cells. When arrived they are assimilated into the cells, utilized by cells for production of energy and fulfillment of cells' “function”
- Cell must equally clear the end products of this fuel – carbon dioxide, acids and ammonia.
- Life is a flow, a continuum of nutrients IN, waste OUT, all mediated by intake of air(breathing), water(sweat, urination, defecation) and light

- We need a full spectrum of nutrients
- Different people have genetically programmed requirements for different amounts of various nutrients. This is why a given nutrient can cause one person to feel good and another have no effect. Testing is important!!
- As cells lose ability to adequately produce energy from lack of sufficient nutrients, they lose their ability to repair and rebuild tissue. Strong healthy cells become weak defective ones.
- If cells of an organ become weak, organ itself becomes weak and inefficient resulting in stress on entire system = disease
- And visa versa

# Magnesium

- 1915 France Professor Pierre Delbet MD
- Magnesium Chloride extracted from seawater – not only harmless to tissues but had antiseptic properties, great effect on WBC activity making it perfect external wound treatment and powerful immuno-stimulant – positive effect on the nutrition of whole organism and spectacular tonic effect
- Positive clinical results in colitis, gall stones, Parkinson's, senile tumors, muscle cramps, acne, eczema, psoriasis, warts, itch of various origins, frostbite, strengthening of hair & nails, aging diseases and allergens
- Precancerous conditions – leucoplasia, hyperkeratosis, chronic mastitis

# Iodine

- Researcher Jerry Dobson
- Neanderthal man reveal numerous similarities to modern day humans that suffer from iodine deficiency disorder (cretinism) Face is pale, puffy, hair coarse, seldom taller than 5 feet and tongue protrudes
- Lived in areas away from the coast that are iodine deficient even today.
- WHO states 30% current population is iodine deficient and 750 million suffer from goiter caused by lack of iodine in diet
- Hypothyroidism is present in ALL cases of obesity
- Mammary glands, 3paired salivary glands concentrate iodine almost to same degree as thyroid

## Iodine con't

- Thymus (seat of T-cell adaptive immune system absorbs inorganic iodine
- Scintiscans also show Iodine storage by choroid plexus, which makes cerebrospinal fluid; in skin; and by joints, arteries and bone
- 20% of all iodine is stored in the skin, specifically sweat glands – lack results in dry skin with decreased ability to sweat
- Also concentrates in stomach and manifests as achlorhydria (lack of stomach acid production). Used by stomach to concentrate chloride necessary to produce hydrochloric acid.
- Low HCL leads to reflux disease and ultimately stomach cancer, inefficient protein digestion, leaving peptides in small bowel to ferment by bacteria causing autointoxication

# Iodine con't

- Improves insulin sensitivity benefiting those with abdominal obesity: men > 40" women > 35"
- Russian studies – relationship between iodine deficiency and ovarian cysts and fibrocystic breast disease
- Growing evidence – dietary intakes for both Vit.C and iodine far too low
- Although thyroid only needs microgram amts rest of body needs milligram amts for achieving optimum health and preventing above and insuring good digestion and immunity
- Also effective in higher dosages for treating skin fungus, fungal infestations, reflux esophagitis, breast lumps, heavy metal poisoning and arteriosclerosis.