

## FREE REPORT

# Did You Know the Reason So Many People Are Suffering in Pain Around The World is Because Their Bodies Are Crying Out For Minerals? ...but not just any old minerals!!

You must give your body all the raw materials it requires to maintain and renew itself in order to enjoy a healthy and disease free body. Yet so many people on the planet are suffering needlessly because they simply don't know why or how. Also the raw natural nutrients so vital to your health can be challenging to find. Many years of commercial farming, food processing, mining, irrigation, pesticides, synthetic additives and acid rain have destroyed and removed the life-giving minerals from our soil. Mineral deficient soils are then used to grow and cultivate our food. Obviously if the life-giving minerals are not in the soil, they are not in the food and devastatingly they are not in YOU.

Because of this, your food is highly likely to be lacking in the essential minerals necessary to live a long and healthy life. In fact, Dr. Wallach has stated that **one sentence has killed more people than all the wars in American history: It is this** *"You get all the nutrition you need from the four food groups."*

Nobel Prize Winner Dr. Linus Pauling has stated: ***"The root of all disease is directly related to a lack of minerals."***

The absolute best minerals for your body are 'plant derived', don't even think about using metallic minerals. Metallic minerals are the cheap stuff you find in most shops. You are basically eating ground up rock and clay instead of the plant derived minerals your body needs.

Plant minerals are absolutely essential to your health and longevity, and the reason for this report is to help in our crusade to inform the world of their vital importance.

We have seen dramatic results in some people with chronic degenerative diseases where mainstream doctors have given up hope. Of course drug companies have no financial interest whatsoever in educating the medical community about plant derived minerals.

# What Can You Do To Stay Really Healthy and look younger? And is it possible to stop ... Cancer ... Heart disease ... Arthritis?

We all age, get sick, and many people suffer from heart disease and contract cancer because we simply don't take proper care of ourselves and our bodies. The fact is that we just don't give our bodies the nutrients - the raw building blocks of life, the plant derived minerals and vitamins you need to fight back and keep us in the best of health. In many ways, we're starving ourselves into ill health and every one of us needs to think about why.

Every Day We Deplete Ourselves... Think about it. We're stressed from work and strain. We're tired from commuting and travel. We eat on the go – and mostly choose the wrong things. We sleep badly because we're depleted of the essential nutrients our bodies need to give us the zing and zest that living today demands. Then, out of nowhere you get cancer, arthritis, heart disease etc and you think it's just bad luck. It's not... you have simply starved yourself of critical nutrients because they are not in your food. Your body is basically defenceless.

You know what it's like. You look grey and feel tired. You look pale and your eyes look tired. Wrinkles develop early, your hair lacks bounce and your skin doesn't glow. Concentration gets harder, your eyesight deteriorates and you feel worn a lot of the time. When this occurs, you're an illness just waiting to happen. You need a lot more plant derived minerals and quality vitamins...

## **“Minerals are the spark plugs of life!”**

Dr Gary Price-Todd has stated:

*“The human body needs at least 60 minerals to maintain a disease and ailment free state.”*

Dr Todd also said, *“Vitamins are basically useless in the absence of minerals.”*

Following Dr Todd's advice, it makes healthy sense that people need to find a mineral source that provides 60 or more of the essential minerals. Minerals that are plant derived and possess exactly the same hydrophilic content as those found in fruits and vegetables. Add those to vitamins and your body has the top grade fuel it needs to power its defence systems.

Plant-derived minerals are totally natural. They are not metallic or man-made and have not been created in a laboratory. And that makes them easier for your body to absorb. So, when choosing your minerals make sure they are plant derived.

Minerals and vitamins are so important to ensure your quality of life and healthy living. They create the network your body needs to ensure your quality of health because each one works closely with each other. A missing mineral or vitamin puts everything out of balance because the body “borrows” what it needs from elsewhere. Sometime, soon, something has to give and, eventually, a deficiency leads to malfunction, or breakdown. You get ill, look run down, your health suffers and who knows what might happen next.

Your health, wellbeing, intelligence, energy, functionality, immune system and your appearance depend on the body replenishing its stocks of plant minerals and vitamins several times every day. It should never be left to chance.

Products that are packed with naturally sourced plant minerals and vitamins will give you everything you need to stay healthy and enjoy the best possible quality of life that you can get by arming your body to cope the very best it can with everything that life throws at it.

The best source we have found so far is from a UK company that has an amazing product which is ‘certified’ to have 75 plant derived minerals. **Contact the person who gave you this report to get that product.**

The minerals come from a special mine where the deposits are 70 Million years old. Back from the days when dinosaurs were able to grow to enormous sizes because the minerals and nutrients were available in the soil. Now you can consume the same ‘super nutrition’ and those all important 75 plant minerals.

### **Cancer Support International**

According to the ‘Cancer Support International’ plant based minerals are different from the stuff that comes from the ground. Although minerals -- even if they are metallic – do have some value in balancing bodily functions, however, you could not live on soil or rock because it is not alive or enzymatically active.

Plant derived minerals, which have not been destroyed by heat or altered by man-made chemicals are, from a medical standpoint, enzymatically active or living minerals. *Note:* Plant derived minerals should not be confused with

colloidal metallic minerals, which come from clay, ancient sea-beds and ground up rocks and soil. Have you ever tried eating rocks?

### **Major Minerals Versus Colloidal Trace Minerals**

The United States government and the scientific community have grouped minerals into two categories. Those that are considered to be required in our diets in amounts greater than 100 milligrams per day are called major minerals. Those that are considered to be required in our diets in amounts of less than 100 milligrams per day are called trace minerals.

There are seven major minerals: calcium, magnesium, potassium, phosphorus, sulfur, sodium, and chlorine. Our bodies should contain significant amounts of each! Trace minerals, on the other hand, are present in the body in minute amounts. It is thought that each makes up less than one-hundredth of one percent of our body weight.

### **Metallic vs Plant Based Minerals**

The human body is not designed to absorb or assimilate and use metallic minerals. The health food industry recognised the metallic mineral absorption problem in the mid 1970's. Chelated minerals were developed in the laboratory. This process involved wrapping amino acids or protein around metallic minerals to help the body metabolize them. This did help the problem by providing slightly better absorption. We all know about toxic metals (toxic minerals) and most people have been led to believe the so-called toxic minerals are bad regardless of their source. This is a major misunderstanding even amongst doctors

Let's take aluminium as an example. Aluminium, as found in the earth is a metallic mineral. It has always bothered us to learn that so many of our supposed leaders, intellectuals, doctors and nutritionists know so little about this element. It has been criticized beyond belief. Granted, metallic aluminium, like that which can be dissolved or leached from aluminium pans or utensils may be extremely toxic and harmful. In fact we truly believe that it is. But what about aluminium from food? The lack of knowledge in this area from so called professionals is quite frankly embarrassing.

In the first place, all aluminium which comes from food is colloidal (pre-assimilated by the plant) and it is naturally tied to oxygen or silica. This makes it aluminium hydroxide or aluminium silica. Both are known to be very beneficial and both are used extensively as food additives throughout the world. One good food example is bananas, they are loaded with 'good aluminium'.

## **Minerals and Taste**

"We all know 8 minerals are sufficient to raise large, red, juicy tomatoes, but many times if you were blindfolded while eating, you would have trouble identifying the tomatoes due to a lack of taste. The lack of taste is due to a lack of minerals. Soil depletion is the only reason today's plants contain no more than 16 to 20 minerals, on average, compared to at least 80 to 100 minerals that were in the soil millions of years ago. As your body needs at least 60 plant derived minerals to remain healthy and stave off degenerative diseases you have a serious problem if they are not in your food.

## **Mineral Requirements in Animals and Humans**

Millions of years ago the soil near the earth's surface, where our plants are grown, was saturated with dozens of minerals. At least 84 minerals were available nearly everywhere and some areas of the planet did contain 100 minerals.

The plants of prehistoric times were rich in minerals because there was an abundant supply for them to feed upon from the soil. When a plant grows it draws available minerals from the soil. We now know the mineral content of plants has been severely altered throughout the last several million years and drastically altered during the last 100 years particularly because of commercial farming and food processing.

### **Even organic foods (which you should eat) are mineral deficient.**

The good thing about genuine organic food is that it should be free of carcinogenic pesticides, but I'll say it again, organic food is still mineral deficient. When man began to till the soil, wind and rain erosion began to take its toll along with continuous cropping which gradually caused the soils to lack minerals.

According to research in the animal husbandry field and The National Science Foundation, animals require at least 45 minerals, 12 essential amino acids, 16 vitamins, and 3 essential fatty acids.

According to Gary Price Todd, M.D., the human body requires at least 60 minerals for optimal health and basically the same other essentials as animals. But, only 8 minerals are available in any kind of quantity in most of the food we eat today. We know plants can make vitamins, amino acids and varying amounts of fatty acids, if they are healthy from being grown in soils containing abundant minerals. If the soil lacks minerals, (and most soil does) the plant is stunted because a plant cannot make minerals.

In the United States and Europe we know the soils are particularly mineral deficient because of the extended use of fertilizers and "maximum yield" mass farming methods. So...

Do your body a favour and treat yourself to some outstanding plant mineral rich products. Without being over dramatic, they could save your life. We offer everything you need, from '75 plant derived' mineral supplements to high quality vitamins and natural whole-body cleansers. These products are designed with your health in mind, and each one complies with GMP standards and is carefully inspected before it reaches you. Give yourself the best nutrition you can, and let the healing be done by the greatest physician of all... NATURE !

**To get your essential plant derived minerals contact the person who gave you this Free Report !**

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