

Conscious Essentials Ingredients

by Chris Morris ND

When the formulator of [Conscious Essentials](#) studied the relative effects of specific nutrients and how they effected the preservation of the cells of the body, he was able to infer that most if not all chronic degenerative disease is simply a result of a nutrient deficiency. Upon re-establishing the correct nutrient levels with diet and whole food supplements, remarkable results manifested for our many clients that consumed [Conscious Essentials](#). Here's what's found in [Conscious Essentials](#).

Mineral and Tissue Building Factors

AlgaeCal

Calcium is arguably the one of the most important nutrients in your body. As the most abundant mineral it has several important functions. A few of these calcium functions are muscle and blood vessel contractions and expansion, the secretion of hormones and enzymes, and sending messages through the nervous system. The amount of calcium in your body fluid and tissues is closely regulated so that these vital body processes function efficiently.

Since 1977 AlgaeCal has been used by humans as a premiere calcium and mineral supplement in South America. A very wide range of health benefits have been reported including amazing bone health, joint health, pain reduction, circulatory system benefits, and increased energy.

Shark Cartilage

Because shark cartilage contains a large amount of calcium and glucosamine, it can be a beneficial supplement for anyone. Bodybuilders, in particular, have shown an interest in shark cartilage in recent years due to the *supposed* positive effect on healing damaged cartilage.

The glycosaminoglycans in the shark cartilage are responsible for the regeneration of connective tissue and have anti-inflammatory (pain relieving) and immune system-stimulating properties. It has also been suggested that either the glycoaminoglycans or some of their breakdown products are toxic to tumor cells. Thus, the anti-tumor potential of cartilage may involve more than one mechanism of action. According to the *Journal of Advancement in Medicine 1991,4(4) 263-271*.

Since cancer and the spread of metastasis, as well as inflammation and the pain of arthritis, have now been shown by preliminary work to be significantly helped through the administration of natural shark cartilage, one can also assume that other angiogenic maladies like psoriasis, diabetic retinopathy, glaucoma and multiple forms of sarcomas may be helped in a similar manner.

Hydrolyzed Collagen from Gelatin

With the addition of gelatin, classic experiments have demonstrated the biological value of amino acid and peptide composition of other protein sources can be increased or made to be more complete.

Gelatin also appears to be beneficial to athletes for muscle growth and the energy metabolism of muscle cells, due to its high lysine and arginine content.

Magnesium Chelate

Magnesium is involved in more than 300 essential metabolic reactions within the body and plays important roles in its structure and function. The metabolism of carbohydrates and fats to produce energy requires numerous magnesium-dependent chemical reactions, like the manufacturing of adenosine triphosphate (ATP), the molecule that provides energy for almost all metabolic processes.

Magnesium plays a structural role in bone, cell membranes and chromosomes. It is required for the active transport of potassium and calcium across cell membranes. Through its role in ion transport systems, magnesium affects the conduction of nerve impulses, muscle contractions, and normal heart rhythm.

Zinc Chelate

In human nutrition, zinc is among the most important of the trace elements. Zinc plays an important role and is vital in the immune system, expression of genes and the transfer of signals in the nervous system. Research continues to determine the critical nature of zinc interaction with T cells in the development of defense against potential pathogens and how nutrients affect immune response, indicating that zinc is essential for human immune function.

Chromium Poli-nicotinate

Chromium is an essential trace mineral required for normal protein, fat and carbohydrate metabolism, research has shown that the typical American diet is low in chromium, thus the American diet is a contributor to numerous ailments. Chromium supplements aid by stimulating the ability to improve insulin production which increases the body's ability to control blood sugar and lower cholesterol. Chromium has also been shown to help restore normal thyroid function.

Because chromium is found mostly in the outer portion of grain, the US population is a chromium deficient nation due to over indulgence in refined grain products where the chromium is lost during the refining process.

Immune System and Tissue Repair Growth Factors

Colostrum

Colostrum helps to achieve homeostasis and balance in all the metabolic functions of the body. About 15 years ago, colostrum became the hot, new nutrient in the marketplace. Colostrum contains pre-formed antibodies. Ideally, it is best to use colostrum from cows living in an environment common to both the cows and humans, i.e. both exposed to the same set of pathogens and therefore, developed antibodies for this pathogen. The colostrum in [*Conscious Essentials*](#) is from North American cows.

Colostrum is great for all ages. At least 2200 components make up colostrum, and many have anti-aging benefits. For example, colostrum raises your own insulin-like growth factor (IGF-1) in the body. IGF-1 then goes to other hormone resources and goes to work. Colostrum also assists in the recovery from injury. And it raises proline-rich polypeptides (PRP), which is vital for all organ tissue and the skin.

Colostrum has naturally occurring bone and cartilage growth factors that will increase your utilization of minerals and n-acetyl glucosamine. If you're not taking some every day, you're missing many benefits. Colostrum does things for compromised immune systems that immune drugs can't

do.

L-Glycine

L-Glycine is an amino acid used by the body to build proteins. L-Glycine promotes health of the thymus gland, spleen, and bone marrow and balance white cell production. L-Glycine slows down muscle degeneration by supplying additional creatine, which is a compound that is present in muscle tissue. It is utilized in the construction of DNA and RNA. L-Glycine is essential for the synthesis of nucleic acids, bile acids and other nonessential amino acids in the body. It has been used in the treatment of manic depression and is also effective in the treatment of hyperactivity.

Anti-Oxidant and Liver Function

Milk Thistle

Milk Thistle is the most dramatic of herbs as it protects and rejuvenates the liver in numerous ways: Like any bioflavonoid complex, it exerts a powerful anti-oxidant effect.

It maintains the ability to protect the liver by interrupting entero-hepatic recirculation of toxins. The silymarin complex in Milk Thistle puts up an amazing protective "shield" against liver-harming substances like alcohol and other would-be poisons. It regenerates your liver, which is the only organ in your body capable of regeneration. The silymarin complex actually helps the liver to synthesize new proteins and ultimately regenerate.

Essential Fats and Fat Soluble Vitamins

Natural Vit E d-alpha tocopherol succinate

Vitamin E, known as tocopherol, an alcohol, is expressed in International Units (IU). It is a fat-soluble vitamin, and it is an essential element of human nutrition. Many of the actions are related to its anti-oxidant properties. It protects cellular constituents from oxidation and prevents the formation of toxic oxidation products, preserves red blood cell wall integrity and against hemolysis, and is involved as a cofactor in enzyme systems. It enhances vitamin A utilization and suppression of platelet aggregation, and is believed to protect lung tissues from damage by oxidants in polluted air.

There is no single storage organ, however, liver, muscle and adipose tissue account for most of the body's tocopherol. Low levels cause the erythrocytes to become more susceptible to destruction by oxidants, also resulting in hemolysis, and spino-cerebellar syndromes.

Cod Liver Oil

Cod liver oil is very good for you, more than you'll ever know. Research studies ranging from 1918-2001 give cod liver oil an A+ rating. This marvelous golden oil contains large amounts of elongated omega-3 fatty acids, preformed vitamin A and the sunlight vitamin D, along with other essential nutrients that are hard to obtain in sufficient amounts.

There is hardly a disease in the books that does not respond well to treatment that includes cod liver oil, and not just infectious diseases but also chronic modern diseases like heart disease and cancer. The fatty acids in cod liver oil are also very important for the development of the brain and nervous system. If you want to prevent learning disabilities in your children feed them cod liver oil.

Many of the metabolic disorders addressed by cod liver oil include obesity, hypertension, insulin

resistance, adult onset diabetes, heart disease and stroke.

Cod liver oil is most famous for contributing to bone health, preventing and reversing rickets in children and osteomalacia in adults. Osteoporosis responds to cod liver oil. Sufficient elongated omega-3 oils found in cod liver oil are one of the keys to keeping and rebuilding bone.

Cod liver oil taken orally helps maintain soft skin and minimize wrinkles. It is effective in treating arthritis as well. Researchers funded by Great Britain's Arthritis Research Campaign found that the elongated omega-3 fatty acids in cod liver oil reduce both pain and damage in inflamed joints.

Lecithin

Lecithin is a fatlike substance called a phospholipid. It is needed by every cell in the body and is a key building block of cell membranes; without it, they would harden. Lecithin protects cells from oxidation and largely comprises the protective sheaths surrounding the brain. It is composed mostly of B vitamins, phosphoric acid, choline, linoleic acid and inositol. Although it is a fatty substance, it is also a fat emulsifier. Hence, it supports the circulatory system. Its choline is useful for making acetylcholine.

By providing natural nutrition to complete the body's chemistry requirements the result will be a restored, properly balanced function of the body, allowing inter-related functions to improve and attain correct results. We've seen many miracles with individuals supplementing with [Conscious Essentials](#); health conditions we would deem untreatable by both conventional and alternative means.