

Not All Mineral Supplements Are Created Equal by Chris Morris ND

If you want health then you must have minerals. Next to water, minerals are the backbone of cell physiology as they orchestrate the many aspects critical to life inside the trillions of cells in the body. Minerals are critical in regulating the pH (acid-alkaline balance) both inside and outside the cell. When the key minerals are adequately present inside the cell where they are more prevalent than in the blood, they osmotically and naturally pull and keep water in and keep the cell hydrated.

It's no accident that the number one deficiency in the human body today is minerals. Since no one commercially is adding the minerals back to the soil, all foods including most organically grown foods lack sufficient minerals to meet the mineral needs of the body. Soil mineral levels determine to a large degree the nutrient density of all foods. This results in the cells having a constant unsatisfied hunger.

For decades aggressive farming techniques have deprived many of our formerly rich soils of their mineral content. Soil mineral depletion has been diagnosed as early as the 1930's and it has only gotten worse as time goes by. To make matters worse synthetic fertilizers don't replenish the exhausted soils and actually bind many of the trace minerals, making them unavailable to plant life and facilitate an even greater deficiency.

British researcher David Thomas who has investigated all the past editions of *The Composition of Foods* by McCance & Wildowson- the leading authority on British nutrition that notes all major foods, has found some startling facts. Thomas who has checked all editions dating back to 1940 has found an alarming trend- there has been a gradual and steady decline of trace elements and minerals in all fruit and vegetables; Calcium down 46%; Sodium down 49%; and copper down by 75%. More specifically carrots have lost 75% of their magnesium; broccoli has lost 75% of its calcium and sodium has all but disappeared from runner beans. There are declines across the board with almost all fruit and vegetables.

So unequivocally, the need for mineral supplementation is essential, but how minerals are delivered and in what form or their electrical potential to participate in cellular reactions is the key to a good mineral supplement. We are learning that we've got to consume more minerals from our food, supplements, water, and beverages. Once we consume them, we've got to *absorb* them, then we've got to *utilize* them, and then the minerals can adequately affect the metabolism and biochemistry. It's a phenomenal orchestration of homeostasis, regulation and balance to carry out all of these functions of the body.

Formulations like our *Conscious Essentials*, *Ormus Greens* and *Pure Aussie Sea Minerals* all deliver the full complementary spectrum of minerals and their co-factors to repair tissue and bone throughout the body.

Each of these formulas supply the 70 plus trace minerals needed to address all enzyme systems of the body. If we want everything in our body to work right we must have all of its enzyme systems working and all the trace elements are necessary for this to occur.

For example many people are unaware that without the correct forms of chromium, vanadium and zinc your sugar metabolism would be compromised. When sugar is not absorbed into the cells, our cravings for sugars or starches increase. Additionally, when our cells do not absorb sugar readily then the extra sugar gets converted into fat. This is one main reason why we have such an epidemic of overweight and obese people in America today.

Conscious Essentials - The perfect formulation and ratio of calcium and other bone building minerals along with Vitamins D, A and K to build healthy bone and tissue throughout the body. The exact nutrients that are required for proper absorption of calcium in the gut and for bone mineralization and remodeling.

Conscious Essentials powder contains proteins - polypeptides that are signal proteins that act like hormones. The signal proteins in *Conscious Essentials* are a group of proteins that are necessary for controlling and regulating calcium uptake, transportation and secretion in the process of bone formation, and additional amino acids, polysaccharides and more than 70 trace minerals that can help you have optimum body functioning, longevity and happiness.

Sunwarrior Ormus Supergreens - They are the unsurpassed raw green super food on the planet that are grown in a pristine ancient seabed in a volcanic region of Utah and Arizona. The paramagnetic soil of this region is loaded with platinum, gold, silver and ormus* trace minerals that give these greens a magnetic property--if you look at the greens you will see they look like iron shavings on a magnet. This magnetic property increases the vibration and frequency of those who consume it. The Noble Minerals (ormus) are so microscopic that the process to refine them is not cost effective, but the cereal grasses pick the Noble Metals up, especially Oat Grass.

Sunwarrior Ormus Supergreens are 100% certified organic, Non GMO, & Gluten Free! Sunwarrior Ormus Supergreens uses a patterned cold-drying process that protects and preserves the heat-sensitive bioactive constituents and phyto-nutrients of the greens. This patented process makes *Sunwarrior Ormus Supergreens* a superior living food that is raw and bio-available. Also in formulating the greens with Probiotics, they are not added as a powder after the fact, but actually they are cultured in the greens creating a powerful green super food Probiotic that is alive and active.

Pure Aussie Sea Minerals provides a stabilized ionic form of minerals that are the most compatible to human physiological needs. Unadulterated by preservatives, *Pure Aussie Sea Minerals* are also a rich and viable source of magnesium, which is so lacking in our modern diet.

For children the benefit of the *Pure Aussie Sea Minerals* prior to immunization is three fold. One, the base nutrients of minerals is what most children are deficient in due to their mother's deficiency which is undeniable. Also, the replenishment of the minerals to the system will help the formative body develop a healthy nervous system and in the case of the immunizations a healthy immune system. Third, a good mineral saturation will prevent a high absorption rate of the toxic heavy metals used to preserve and make the vaccines. The most toxic is mercury a key ingredient of thimersol a major stabilizing ingredient used in most vaccines along with aluminum and other toxic metals.

It's a tough situation that the child's body has to endure and good mineral supplementation gives the child the best chance to survive the vaccines' side effects with fewer receptor sights available for the toxic metals to adhere to and a stronger immunity to actually respond to the vaccine as it was intended rather than overwhelm the child if it has limited defenses. The damage to the brain and other key organs has been on an increase with children as conventional medicine continues to increase the number of vaccines as well as bunch them in greater quantities to facilitate their delivery without understanding the long term harmful effects that could be caused like autism, immune suppression and learning disabilities.

An important point to remember is that in the case of heavy metals if you keep your zinc and copper levels optimal, then when you are exposed to toxic trace elements like cadmium, the zinc and copper have already occupied the metal protein carriers. Since there are no extra protein carriers to put it into the tissue because your body is operating with optimum nutrition, what happens? The toxic trace elements are excreted and *that's exactly what you want*. And that's the way to avoid a toxic trace element like cadmium.

All of our concentrated mineral formulas have their origins from our oceans where all the minerals and trace elements our body can be found. This full complement of nutrient helps us to stay strong and healthy and prevent problems from developing. The *Pure Aussie Sea Minerals* are extracted from the purest areas of its protected coastline. *The Ormus Greens* are grown from an ancient sea bed and the algae harvested for the *Conscious Essentials* comes from a pristine and protected coast line of Argentina. Each of these formulas will take care of all your body's mineral needs.

Our body's cannot make minerals. They have to come from our daily supply of nutrient either from our foods or supplemented in a bio-available form safe for adults and especially children.