

THE IMPORTANCE OF MINERALS

Approximately 99% of the human body is comprised of minerals, yet minerals are generally overlooked when nutrition is considered.

Gary Price Todd, M.D. says the human body requires at least 60 minerals in order to maintain a disease and ailment free state. If this is true, it is easy to understand why sickness is so prevalent throughout the world. Foods that we raise or purchase today contain, on average, no more than 16 to 20 minerals. This small number of minerals in plants is due to a mineral deficiency of the soils around the world.

When a plant grows, it draws available minerals from the soil. If the soil lacks minerals, the plant lacks minerals. This mineral deficiency was caused by millions of years of wind and rain erosion and centuries of unwise farming practices. Dr. Todd also said vitamins are basically useless in the absence of minerals.

If the preceeding is true, it makes sense that people need to find a mineral source that provides 60 or more minerals.

Most of us have been hearing about vitamins since we were children. And even today we hear authoritative sources say be sure to take your vitamins, but seldom do you hear anyone say, "Be sure to take your minerals." Vitamins are sometimes expected to do more than they are capable of doing. Our bodies can live longer without vitamins than they can with a deficit of minerals.

Did you know all the vitamins in the world would do us little good without minerals? Minerals are required for the body to utilize vitamins. In fact, minerals are the essential building blocks of blood, bone, and tissue. Without minerals your body could not repair damaged cells or tissue. The lack of just one trace mineral could create a multitude of health problems.

Some of the best supplements today contain no more than 10 to 15 minerals because they are metallic minerals derived from rocks. These are known as hydrophobic minerals because they are not water-soluble. Minerals from plants have been predigested by the plant and are known as water-soluble, plant derived, hydrophilic minerals.

Plant minerals are 99% absorbable and most valuable to the human body. They are the same as those obtained from fruits and vegetables. However, most foods contain even less than 20 minerals. So to get a complete spectrum of 75 pure plant derived minerals, get the best life has to offer. **Get Nature's Own 75 Colloidal Minerals.**

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