

# Minerals

Traditionally we obtained minerals and trace elements from the food and fluids we consumed. This traditional source of essential minerals is no longer a satisfactory source. The standard for agriculture has rapidly shifted from sustainable chemical free organic farming to one where chemical fertilisers, neurotoxic herbicides and pesticides have replaced safe and nourishing organic farming methods that have sustained mankind for thousands of years.

This has resulted in the standard that has been practised for thousands of years being overtaken by one that has been practised only for a few decades. Today the food we consume has only on average 25% of the mineral value of the food that our forefathers consumed whilst establishing our great democratic economies.

Minerals enable your cells through electrical impulses to communicate with one another, thereby assisting you with every function, whether it be simple movement, or immune response to injury or disease. You could say that they keep us wired.

Minerals help regulate the fluid within our body, and help regulate blood pH. They assist in directing the two-way traffic of getting oxygen into the cells while at the same time aiding in the export of carbon dioxide.

Minerals also help regulate nerve impulses and muscle reflexes. Minerals are essential in the building of teeth, the skeletal system and soft tissue, and are known as the building blocks of cells.

Minerals are absolutely essential in human development from foetal stage right through to maturity. Minerals, both Macro and Trace, are essential in maintaining our immune systems, offering vital support from the very beginning of life right through to senior years, helping us to mature gracefully rather than aging rapidly.

If one had to seek out a universal catalyst to life they needn't look any further than minerals, as every known life form requires them. A good example of just how influential minerals are is that Magnesium, just one of the essential elements, is required for every life form known to man. Without minerals your brain, heart and other organs would cease to function.

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This situation has in a very large way contributed to a sluggish and sickly society that is increasingly more depressed, less productive, more overstressed and overmedicated, and as we get more obese and sickly, we are drawn more than ever before, to a seemingly simple solution to this problem, taking more medications. It is now the norm for many people to take several medications for several different conditions.

Many medications have side effects which limit and cause the body to lose essential minerals and trace elements. Mineral and trace elements that the body needs to enable communication on a cellular level, for fluid regulation, blood pH, and organ function, and it also needs these essential minerals as they are a catalyst for other nutrients that are just as essential and are an integral part of the immune system.

The search for a suitable dietary mineral source led us directly to the oceans. The sheer range of elements found in ocean water is the reason that our oceans are teeming with millions of different life forms. The uncanny similarity of ocean water and the fluids within our own bodies further supports ocean water as being a highly suitable and natural source of dietary minerals, both macro and trace. It will be of interest to you to learn that ocean water and our own blood plasma has an almost identical concentration and range of elements.



