

Natures Health Tonic

Every mineral found in your body is found in seawater

Colloidal Sea Minerals *Concentrate*

How are these Colloidal Sea Minerals Produced?

Organic liquid mineral and trace element supplement is produced via a lengthy process of evaporation and concentration of vast volumes of ocean water on the Australian coastline.

- During the process of evaporation all the sodium chloride is removed (along with some gypsum and dolomite) and the residual product, representing less than 1% of the original volume is the end product.
- The end product is exceedingly rich in magnesium, potassium and sodium.

I always thought minerals came from the earth and plants. Colloidal Sea Minerals Concentrate is solely ocean minerals. Why?

Many people believe that the rain forest is the lungs of the planet. The truth is the ocean provides 70% of the oxygen. The rain forest and all the rest of the vegetation on the earth provide the other 30%. Every mineral found in your body is found in seawater. The minerals in seawater are colloidal in nature. So is human blood. Before you are born, you are carried in a saline solution almost identical to seawater. Seawater and blood carry almost the same salt content percentage. It's no wonder that the digestive system readily recognises colloidal minerals from ocean water in liquid colloidal suspensions and absorbs them at nearly 100%.

What does Colloidal mean and why is it so important?

A colloid is the smallest size a substance can be and still be classified as that substance. Colloidal minerals are of a practical size small enough to be readily absorbed by the body. The nature of human blood is colloidal. Supplements in colloidal form are recognised by the human body and quickly absorbed.

What is the difference between colloidal minerals and tablet form minerals?

The type of minerals used in most tablets is a metallic mineral. These minerals come from grinding up rocks and soil. These minerals can be difficult to digest and absorb. Many nutritional experts believe the body can absorb only 5% to 10% of these minerals. That means up to 90% of the tablet passes through the digestive tract with no benefit. It's easy to see why minerals in this form are expensive in the extreme. 90% of the minerals and 90% of your money just pass through.

Why are minerals of such importance?

Minerals create a healthy environment in which the body, using vitamins, proteins, carbohydrates and fats, can grow, function and heal itself. If you lack any mineral, a deficiency is the result, which can lead to degenerative diseases of many kinds as well as a breakdown of the cell regeneration and growth process, which leads to the loss of the cells themselves. This can lead to nervous disorders, muscle damage, brain damage or illness. A deficiency of minerals has been traced to low energy, cancer, unnecessary ageing, obesity, loss of memory, immune system dysfunction, fragile teeth and bones and a host of others too numerous to mention.

How do I know if I need minerals?

As part of cellular metabolism, acids are naturally produced in the body. On a high acid diet (meat, dairy, wheat, eggs, and refined, chemicalised preserved food) we can become mineral deficient even if we are taking vitamin supplements. This is because our minerals are being used to neutralise the excess acids in the blood instead of carrying on their normal functions. We are mainly concerned with deficiencies in calcium, potassium, magnesium and sodium. These are the major acid buffers in the body:

Charles Northern, MD., a government consultant and one of the earliest nutritional physicians, explained the reason many years ago. He said: "It is not commonly realised that the vitamins control the body's appropriation of minerals...in the absence of minerals vitamins have no function. Lacking vitamins, the system can make use of minerals, but lacking minerals, the vitamins are useless." (US Senate document #264)

This means we can get along without vitamins, perhaps, but we cannot get along without minerals. The reason for this is that the human body can manufacture some of the vitamins (the B vitamins in the intestinal tract, vitamin D from sunshine, as examples), but the body cannot manufacture its own minerals. They must be supplied by food, water or

supplementation. According to Bernard Spur, Ph.D., all life, whether vegetable, animal or human, depends upon minerals. When they are adequately supplied they make a strong, healthy body. When they are lacking, individually or collectively disease sets in.

Testing over many samples show a constant average of values for the following trace elements:

Element		Concentration	Element		Concentration	Element		Concentration
(Ca)	Calcium	668 ppm	(Co)	Cobalt	34 pb	(Mg)	Magnesium	120,000 ppm
(S)	Sulphur	20,000 ppm	(Ce)	Cerium	34 ppb	(P)	Phosphorus	7 ppm
(Y)	Yttrium	17 ppb	(K)	Potassium	30,000 ppm	(Ag)	Silver	17 ppb
(Na)	Sodium	16,900 ppm	(La)	Lanthanum	17 ppb	(Br)	Bromine	5140 ppm
(Kr)	Krypton	17 ppb	(Sr)	Strontium	640 ppm	(Cd)	Cadmium	8 ppb
(B)	Boron	380 ppm	(W)	Tungsten	8 ppb	(Si)	Silicon	235 ppm
(Xe)	Xenon	8 ppb	(F)	Fluorine	4 ppm	(Ge)	Germanium	5 ppb
(Ar)	Argon	47 ppm	(Cr)	Chromium	3 ppb	(Li)	Lithium	13,400 ppb
(Th)	Thorium	3 ppb	(Rb)	Rubidium	9,580 ppb	(Sc)	Scandium	3 ppb
(I)	Iodine	4,700 ppb	(Pb)	Lead	2 ppb	(Ba)	Barium	2350 ppb
(Hg)	Mercury	2 ppb	(In)	Indium	1580 ppb	(Ga)	Gallium	2 ppb
(Zn)	Zinc	790 ppb	(Bi)	Bismuth	2 ppb	(Fe)	Iron	790 ppb
(Nb)	Niobium	1 ppb	(Al)	Aluminium	790 ppb	(Ti)	Thallium	1 ppb
(Mo)	Molybdenum	790 ppb	(He)	Helium	0.6 ppb	(Se)	Selenium	320 ppb
(Au)	Gold	0.4 ppb	(Cu)	Copper	235 ppb	(Sn)	Tin	235 ppb
(U)	Uranium	235 ppb	(As)	Arsenic	235 ppb	(V)	Titanium	85 ppb
(Mn)	Manganese	150 ppb	(Sb)	Antimony	34 ppb			

Did you Know?

- Some vitamins can only be made available to the body if minerals are present to work with.
- Vitamins alone have been found completely ineffective in the absence of minerals.
- Sulphur is responsible for a smooth complexion, glossy hair and a youthful appearance.
- Calcium is essential for good muscle tone, for nerve function as well as strong bones and teeth.
- Zinc is essential for sexual health, cell division, cell repair and growth.
- Silicon is responsible for keeping the skin firm, the body filled with vitality, the eyes bright.
- Phosphorus found in the structure of the nucleus of every body cell is necessary for good teeth and bone structure and brain tissue.
- A selenium deficiency is associated with heart disease. Research shows a reduced risk of cancer with a high selenium food supply.
- Boron is necessary for prevention of loss of minerals from the bones and suppression of osteoporosis.
- Copper helps the body absorb and use iron to synthesise haemoglobin and plays a part in the control of cholesterol. It also utilises iron and is necessary in the body for the prevention of anaemia.

These few examples are just an illustration of the importance of Colloidal Minerals. The presence of both major and trace minerals are essential to overall good health.

How to Take Colloidal Sea Minerals Concentrate

ADULTS: 10-15 drops diluted in strong fruit juice or water (may slowly increase up to 1 teaspoon).

CHILDREN: 5 drops diluted in strong fruit juice.

Healing Properties: Take just before going to sleep. For energy: Take anytime.

Please note the following:

The information contained in this handout is not to be considered as medical advice, diagnosis or prescriptive in any manner whatsoever. Always seek the advice of your medical professional.