

Compare Colloidal Minerals to Ionic Minerals

Are you tired of eating food that has been infused with chemicals and additives? Do you want improved health benefits? Are you looking for a way to experience more health benefits by changing your diet? Do you want to get back to a simpler, healthier way of living and eating?

If you want to experience new and improved health benefits, then you need more ionic minerals in your diet. Traditionally, fresh fruits, vegetables, and grains that grow in mineral and nutrient-rich soil are full of ionic minerals and offer impressive health benefits.

Scientific research studies have shown that ionic minerals are full of great health benefits. These ionic minerals have a mind of their own and are able to select a positive or negative charge in the watery environment of your body. A body of health needs these ionic minerals to function properly and to reach full health benefits. The body also needs more than just one ionic mineral. In fact, the body needs lots of them to survive.

Transporters offer new benefits in this process. They bind to a mineral and pick up an ionic form of it. The ionic mineral then hits your bloodstream and is sent exactly where it benefits the body the most. However, whatever the charge of the ionic mineral may be, the mineral must break through a dense, negative charge located on the surface of the negative charge on the surface of the intestinal cell. This negative charge may keep out certain agents, such as undesirable minerals. Therefore, the transporters add great health benefits to the body by acting as a neutralizer. The transporters pick up the negative charge so that the ionic form of the mineral can enter this intestinal region. This is just one of the great health benefits of an ionic mineral!

Some people claim that the body absorbs about 98 percent of colloidal minerals while it absorbs only 8 to 10 percent of ionized minerals. Colloidal minerals are often cited as potentially hazardous to the body but are sometimes used as supplements of trace minerals and are used in dietary supplements to increase a person's energy levels.

Colloidal minerals also are sometimes used to help raise blood sugar levels in people who have diabetes. Colloidal minerals are used to treat arthritis in some cases. Colloidal minerals are used to reduce clumping of blood cells. Colloidal minerals are used in the slowing early onset of cataracts. A colloidal mineral can turn gray hair to a darker color again. Finally, colloidal minerals have been used to alleviate some aches and pains.

But research also has shown that the percentages above do not reflect an accurate representation of colloidal and ionized minerals. In fact, the body absorbs essential minerals in their ionic forms from about a 20 to 90 percent range. How much the body absorbs colloidal and ionized minerals varies.

By eating foods that are rich in an ionic mineral, you will experience new health. It is important to know where your food is grown and how the soil is regulated, as this will affect the number of minerals in your food. The ionic mineral system of these foods helps your body function more efficiently!

You will not be disappointed with how your overall health improves and how you thrive with the impressive benefits of eating fruits, vegetables, and grains that are rich in ionic minerals. Investigate your food today. Modern farming and the fall of the natural food system is leading to a depletion of this process, but an ionic mineral can bring overall balance, health, and well-being to your body today.