

Ionic Minerals - Why Take Ionic Minerals?

Minerals fit into the category of [The Basics of Health](#). We need them. Everyday. **Every day you don't get your minerals you are chopping off a few hours or a few days of your life.** There is no such thing as "eating right." If the minerals aren't in the soil where the food is grown, they are not in our foods. Many over-the-counter vitamin and mineral supplements are made with inorganic and synthetic components that are not easily assimilated by our bodies.

How do you know this is happening to you? Look at your [fingernails](#). **Do you have vertical ridges on them?** If so, your body is not taking assimilating into your cells what you are putting into your mouth. You need higher quality, more easily assimilated vitamin and mineral supplements.

That's the bare bones of the matter. Now, if you want to read some detail, read on ...

Let's discuss, in depth, the advantages of having "expensive urine" in the form of **ionic minerals**:

A Veterinarian's Perspective:

How many of you grew up on a farm, still work a farm, or have anything to do with livestock? I'll tell you what ... If you raise livestock the only way to make money is to raise a lot of your own feed. Why is it that we are so attentive to the weight and production of animals we eat? So we can have the healthiest meat? So they will be happy? So they will be healthy? NO, it's because if we don't, we can't make any money from it. If an animal comes down with a disease, you weight the benefits of calling the vet against the profit. If the cost of treatment outweighs your profit margin, you get your twenty-two out and cut your losses. It's really that simple; and one major reason I like small animal medicine SO much better.

Management methods were drummed into my head in every one of my nutrition and animal husbandry classes. We learned to cull animals that needed a lot of food to gain weight, that didn't mother well, that needed several breedings, that were infertile, or didn't throw a certain amount of offspring each time they birthed, among other reasons. Livestock producers gauge production using what we call a [selection index](#). **As early as my freshman year in college taking my Animal Science courses, we learned how to prevent and cure diseases in animals through nutrition.** If you are going to make money as a farmer you better know how to do stuff yourself and you'd better do it with feed and nutrition if you can.

When I went for my Master's degree in Biology I learned about cellular health. That expanded my picture of what the body needed in addition to caring for a herd with various management practices. When I got into veterinary school I leaned all about disease processes. It was assumed that we already knew quite a bit about nutrition and its importance. In the veterinary world we don't have major medical, hospitalization, and Blue Cross/Blue Shield health insurance to cover diagnostic procedures. We also don't have Medicare. We do have pet insurance available, but that is not all it's cracked up to be. I know of only one organization that makes money on that deal, and it isn't the client. I push high-quality diets and preventative medicine for a reason . . .it's better for the pet and it saves the owner money.

Remember that automobile commercial several years ago with the slogan, "Well, you can pay me now, or you can pay me later...?" My clients kind of got annoyed when I would chant that, but it was true. I really didn't care where they bought their high-quality diet.

Every animal and every human being that dies of natural causes dies of a nutritional deficiency. That is fascinating, isn't it? Everyone is dying of nutritional deficiency! Dr. Joel Wallach, on his tape, Dead Doctor's Don't Lie tells us that this can easily be documented through autopsy. He says that back in the 60's there were numerous papers published documenting this fact...and still, very few paid any attention.

I apply nutritional knowledge in my practice...because it works! If you take in only 10% of the information offered here, it will save you an enormous amount of unnecessary misery. You will save a huge amount of money and it will add many healthful years to your life.

You can't live to your genetic potential stuffing your face with baked goods and candy, and drinking latte's to wash them down because you have a deadline to accomplish.

In our world, there are five cultures where the people live to be over 100 years of age:

They are the Georgians of the Caucasus Mountains in Southern Russia, the Huns of Eastern Pakistan, the Tibetans in Western China, the Vilcabamba Indians of the Ecuadorean Andes and the people of the Hunza Valley in Kashmir.

What do these people all have in common? It seems like they all follow many of the basic ingredients for longevity. These basic ingredients include:

- 🍷 Exercise regularly and consistently
- 🍷 Don't use preservatives or artificial colorants
- 🍷 Eat a frugal diet, high in fiber, low table salt (the white kind), fat and refined sugars and rarely fry in oil
- 🍷 Drink water with a high mineral content, from a well or mountain streams
- 🍷 Consume plenty of fresh fruits and vegetables
- 🍷 Never experience loneliness
- 🍷 Practice holistic medicine, using traditional herbs and medicines to prevent and cure diseases
- 🍷 Enjoy regular sex, even up to the age of 100
- 🍷 Live in extended families, which offer cradle to grave security
- 🍷 Seldom drink or smoke
- 🍷 Live at high altitudes with little air pollution
- 🍷 Respect their elders, who lead busy active lives into their 100's emphasize relationship harmony over the pursuit of wealth or success

Case Studies:

Margaret Steetch of Radford, Virginian, one of the oldest known Americans, died at age of 115. She died of a nutritional deficiency. She died of the complications of a fall. What did she die from? Osteoporosis, a calcium deficiency. She had no other ailments, none whatsoever. Her daughter told reporters that her mother had a **craving for sweets...** indicating that she had a disease called [pica](#). We'll talk more about pica later, but usually when you have **cravings for chocolate and sweets** you have a **deficiency of chromium and vanadium**.

In Niger, Africa, a Chief by the name of Bower, was eulogized at age 126 by one of his wives. Yes, he had many wives. She was bragging about him, because at age 126 he was still in possession of all his own teeth.

A gentleman from Syria, who died in 1993 at age 133 was in the Guinness Book of Records, not because he was 133, not because he remarried for the fourth time at age 80, but because he fathered nine children after the age of 80!

If you are my age, you may remember the [biosphere experiment](#). In November of 1993, the six Biospherian's came out of their self-subsistence dome in Arizona, where they had been for two years. These three couples were, according to the intricately researched experiment, eating and growing the perfect foods, recycling the atmosphere, and were not exposed to pollution in their water or food. When they came out, they were examined by doctors from UCLA Los Angeles. Data collected from specimens taken from these individuals was put into medical computers which ultimately projected they could live to 165 years if they continued to do what they were doing.

What I'm attempting to point out is that it is possible to live to be 140 years of age in a "perfect world," but who lives there? How can we minimize and eliminate those factors in our lives that age our bodies faster than we'd like?

One common denominator with these case studies is that it all centers on diet. These people use unrefined Sea Salt (not the kind you get in most health food stores, but salt like [Celtic Sea Salt](#).) They cook with butter instead of olive oil and they live to be 120. This isn't the estrogen-mimicking butter contaminated with antibiotics and steroids either. It's organic, clean, pure butter. The closest thing we have these days is at our local co-ops.

Who are you going to believe when listening to health and longevity advice? The doctor's who live to the ripe old age of 58 on the average, or the people who live to 140? It's your choice.

Think about it ... the average life span of an American today is 75.65 years, with women living on the average of 79.10 years and men, to age 72.2. (World Health Organization recent statistics from 2004.) The average life span for a doctor is 58. What's the message here? Could it be...if you want to gain 20 years, statistically, don't go to medical school? Or is it that some professions are particularly stressful? Or that they don't listen to their own gut instincts and instead listen to the drug companies and get influenced by their local medical associations?

To live to age 120, there are only two very simple things you have to do...avoid the things that are needlessly aging your body and incorporate lifestyle changes that extend it. Things that age your body include smoking excessively, drinking excessively, being exposed to pesticides, herbicides and other chemicals, eating improper foods, or doing stupid things like running during the middle of the night down the road in black clothes and painting your house using an aluminum ladder during an electrical storm. ([News of the weird](#) or [Darwin awards](#))

Positive Lifestyle changes include things like... taking in essential nutrients. **You need 99 nutrients in your diet every day.** Sixty minerals, 16 vitamins, 12 essential amino acids or protein building blocks, 8 essential glyco*nutrients, and 3 essential fatty acids. If we don't take in those 99 nutrients in our daily diet, we will contract a deficiency disease. **The trick is that we need these nutrients in complete numbers and in optimal amounts.**

Americans are getting smarter about their health, taking a far greater interest today than in the past. The American media, newspapers, magazines, TV & Radio and even the internet, has noticed our interest in supplements, health, and longevity. This is not because the American medical profession has asked them to do that, but because it sells newspapers, magazines, and air space. [News on Health](#).

But, "We get all the vitamins we need in our diets and taking supplements just gives you expensive urine." Right? WRONG!

I'd rather pee out 50 cents or a dollar-a-day in excess vitamins and minerals. It's pretty cheap insurance! My goal, as your naturopath is to help you find the nutrients that work for YOUR body and tell you how much to take, so you don't HAVE to waste any money.

Between 1776 and World War II, our government spent 80 million dollars on healthcare and healthcare research (<http://www.ahrq.gov/data/hcup/>) . Right now we are close to TWO TRILLION dollars per year spent for healthcare.

You may think that healthcare is free if you have insurance, but you would be wrong! I was at a Rotary meeting one time and we had a fellow from the local hospital come talk to us. He shared with

us that over 40% of all people going to their hospital did not pay one cent on their bill for their treatment. Not ONE cent!

Somebody has to pay for that. Who pays for that? We do! They just raise our insurance rates to cover those kind of losses.

I'll tell you what, if we used the human-type medical system for animals and livestock your hamburger would cost \$275.00 per pound. On the other hand, if we used the agricultural health system we use for animals on humans, insurance premiums for a family of five would be around \$10.00 per month. Take your choice.

Here's an example:

How much does an ulcer cost? Maybe only a couple of hundred dollars a month in drugs, but what about all that testing and the wear and tear on the body? How many of you still believe that ulcers are caused by stress? Almost everyone has heard that.

We knew 50 years ago in the livestock industry that ulcers, at least in pigs, are caused by a bacteria called, [Helicobacter pylori](#). We couldn't afford one of those high-priced stomach surgeons from the [Mayo Clinic](#). In fact, we used to say, "Hold the Mayo!"... We learned that with a trace mineral called **bismuth** and some cheap tetracycline antibiotic you can get at your local feed store, we could prevent and cure those stomach ulcers in pigs ... without surgery or Prilosec or Zantac. It cost about \$5.00 to cure a pig of stomach ulcers.

Now, the [Natural Institutes of Health](#) "discovered" in February of 1994 that ulcers are caused by [Helicobacter pylori](#)...not stress. They also wrote that ulcers could be cured, yes, they did say cured, not "shows promising results." They said ulcers could be cured using a combination of the trace mineral bismuth and tetracycline. Um . . .duh.

For those of you who don't know what bismuth is... you can get it from any drug store or grocery store. It's about \$3.00 per bottle and it's called, **Pepto Bismol**. I often see it in the local Dollar Store. So, for a teaspoon of Pepto Bismo and some Aureomycin Calf Scour Pellets or the same stuff in powder form you use for your chickens, you can cure ulcers. It's your choice... Eating for your particular blood type heals most of the other stomach problems I commonly see.

Cancer – The number two cause of death in America. In 1993, the [National Cancer Institute](#), and the [Harvard Medical School](#) in Boston issued the results of a study on cancer patients. They had discovered an "anti-cancer diet." The study involved doubling up on certain vitamins and minerals, using twice the Recommended Daily Allowance (RDA). In reality, that is a trivial amount. For instance, they used Vitamin C for one group. Where the RDA for Vitamin C is only 60 milligrams, they gave these people double that amount, 120 milligrams. Whoopee. You can't even find Vitamin C at your local health food store in tablets of less than 500 milligrams. Linus Pauling, the gentleman with two Nobel Prizes says, if you want to prevent and treat cancer with vitamin C, you have to use 10,000 milligrams per day. Dr. Pauling was 96 years old, working 10-hour days on his ranch near Big Sur in California and teaching at the University of California at San Francisco.

They doubled the RDA for vitamin C and nothing happened. They doubled the RDA for Vitamin A and nothing happened. They doubled the RDA for zinc, riboflavin, the trace minerals molybdenum, and niacin... and nothing happened.

Finally, **in one group they got a major benefit**. In this group they received three nutrients at one time. They received vitamin E, betacarotene, and the trace mineral selenium, again at double the

RDA. Keep in mind, when you get only one-half of one percent improvement in any pharmaceutical experiment, you've made a major improvement in humanities life. That, is a MAJOR benefit! In the group who received vitamin E, betacarotene, and selenium for five years, death from ALL causes was reduced by NINE percent! One out of every 10, who would have died from any cause, survived. It doesn't take a [rocket scientist](#) to figure out that vitamins and minerals are important.

Thirteen percent of these people who would have died without those three nutrients, survived. Within this same group, stomach and esophageal cancer, the type of cancer most prevalent in this area where the experiment was performed decreased substantially. Twenty-one percent of these patients survived.

Those are significant numbers...

Alzheimer's Disease – Today, everyone has heard of [Alzheimer's disease](#), but just 50 years ago there was no such thing as Alzheimer's Disease. It's a new disease. One of those things that just sort of happens. Now it is a major disease. What's that all about? Could it be the excess fats in our diets? Those trans-fatty acids and saturated fats we ingest in huge amounts in our daily diets? The amount of fat that Americans ingest is now larger than in any other time in our history. And it shows. According to the [World Health Association](#), 66% of us are now considered to be "obese" (which means that we have over 30% of our body weight consisting of fat.)

If you haven't seen the movie [Super Size Me](#), now is the time to go to your local video store and rent it. It will change the way you think about fat ...Permanently!

Higher dosages of Vitamin E via unsaturated oils like olive, sunflower, sesame, avocado, almond and Canola can prevent Alzheimer's disease? That sounds crazy! Well it's true. These unsaturated fats compete with the saturated fats for the same receptor sites on our cells. If the saturated and [transfats](#) overpower the unsaturated fats, the membranes get sluggish and won't allow those essential vitamins and minerals to pass through the membranes.

One trick I use in my practice (besides cutting down on saturated and trans fats) is to use **Chitosan**. Chitosan binds fats. When used during meals it will bind the fats you are eating. When used before bed with a little water, it binds excess cholesterol and removes from your body via the intestinal tract. You don't need a prescription for that! (**Note:** Not for those allergic to fish as Chitosan is often made from shrimp exoskeleton.)

In July of 1992 the University of California came out and said that vitamin E eases memory loss in Alzheimer's victims. Medical doctors were 50 years behind on that discovery, so you might be safer going to a veterinarian.

Kidney Stones – Ever had a kidney stone or know anyone who has? What's the first thing your doctor told you to give up, nutritionally, when you got the kidney stone? [Calcium](#). This is based on the ignorant belief that the calcium in kidney stones comes from the calcium you eat. In fact, it comes from your own bones when you have...a raging calcium deficiency. First you get a raging osteoporosis and then you get kidney stones.

We learned, a thousand years ago, in the agriculture industry if you wanted to prevent kidney stones in livestock you better give **them more calcium, more magnesium and more boron**. Now the reason is that, bulls and rams have a special anatomy that when they get a kidney stone, they die. When you and I get a kidney stone, we just wish we were dead. I'm still emotionally traumatized from having to amputate a ram's penis because he was a stone former. It's called "water belly" in the sheep world. The PAIN that animal went through! Another reason why I chose small-animal medicine!

A study from Harvard Medical School back in March of 1993 stated... "Calcium limits kidney stone risk. In a study that turns conventional medical wisdom on its head, researchers have found that people whose diet is rich in calcium run a reduced risk of developing kidney stones. In a study of more than 45,000 people, who were ranked into five categories, the group that received the most calcium had **no kidney stones.**"

Of course it really depends on the TYPE of calcium. You want one that will be absorbed by your system, not the kind that weighs two pounds for a small bottle. That kind of calcium is hard to digest and is not bioavailable. See my page on the [types of calcium](#). Maybe you can figure out which one is best for you. I'll give you a hint ...after 13 years one keeps coming up again and again. It's in ionic form.

Here are a few interesting obituaries stemming from nutritional deficiency that have been extracted and embellished with my own experiences from Dr. Joel Wallach's tape ([text in blue](#)) Dead Doctor's Don't Lie (remember that tape from about 12 years ago?)

This first obituary was of particular interest to me, as I had a [brain aneurysm](#) several years ago...which I cured with supplements containing high amounts of...you guessed it...[copper](#)! (I also believe that aneurysms also have a viral core cause. These viruses attack the blood vessels causing them to be weak like a tire tread that balloons. The viruses also need to be treated if you don't want them to rupture.)

Dr. Stuart Cartwright died at age 38. He dropped dead in his home. He was a family practitioner. He died of a **ruptured aneurysm**. Now we learned in 1957... he died from something even a turkey wouldn't die from. In 1957 we learned that aneurysms are caused by a **copper deficiency**. A pilot project, using 250,000 turkeys was done with feed pellets deficient in copper, but containing all other trace minerals and nutrients (about 90 different nutrients). In the first 13 weeks, fully one half, 125,000 of those turkeys died. Farmers were out there picking them up by the bushel basket. Those that died were taken to the state diagnostic lab. They were autopsied. It was found that they all had died of a ruptured aortic aneurysm. So they doubled the amount of copper in the feed and next year they raised 500,000 turkeys and didn't lose a single one from a ruptured aortic aneurysm. They ran that experiment on rats, rabbits, dogs, cats, calves and sheep and what not and found out there is a whole series of diseases caused by a **copper deficiency**.

Gray hair and skin wrinkles are signs of copper deficiency. You start getting gray hair you've got a copper deficiency. You get **skin wrinkles (yes, "crows feet")** because the elastic fibers in your skin are going. Then of course, there **are varicose veins and body parts sagging**. These are caused by elastic fiber breakdown. You can go to a plastic surgeon if you want, but it would be more effective and a lot safer if you just take some copper. As Dr. Wallach says, "Dr. Cartwright may have had a medical degree, but he didn't have 'expensive urine.' He died from something that even a turkey wouldn't die from."

The best form to take? [Ionic](#), but there are some [whole food sources](#) as well. If you are craving these foods, your body is trying to tell you that you need more copper.

Other diseases involving copper deficiency include: Anemia, baldness, benign prostatic hyperplasia, bone and joint abnormalities, brain disturbances, diarrhea, elevated LDL cholesterol levels, general weakness, hypoglycemia, impaired immune function, impaired respiratory function, osteoporosis, retinal degeneration, rheumatoid arthritis and skin sores.

Note that **eating large amounts of sugar significantly increases copper deficiency**. Now, if you are thinking that doesn't apply to you, we'll talk about your salt cravings later on! Copper needs to be in a balanced formula. Large amounts of zinc, iron and Vitamin C bind to copper making it unavailable to the system.

Here's a guy by the name of Steward Burger. He wrote five best-selling books on health and diets. He received his medical degree from Tufts Medical School, located not far from Harvard Medical School. The books he wrote included the [South Hampton Diet for Weight Loss](#), [Forever Young](#), [20 Years Younger in 20 Weeks](#), and [How To Be Your Own Nutritionist](#). He died at age 40. How'd you like to follow his dietary practices? He died of age 40 of **cardiomyopathy... a selenium deficiency**. Yikes. We know it in the veterinary field as [white muscle disease](#) or **stiff lamb disease**. I had this drummed into me during my years studying for my Animal Science degree. Washington is known as a selenium-deficient area. I used to live and work at the [Washington State University Swine Center](#) in my senior year of college. If we didn't give selenium shots that first week in a pig's life there at the center, they would keel over and die on the way to the slaughter house. Pretty gross. I wish I could forget some of that stuff!

Now, any farmer can go to the feed store and get selenium pellets or injections to prevent this disease. Dr. Burger, author of five best-selling books on nutrition... died of a nutritional deficiency. He didn't have "expensive urine," says Dr. Wallach.

Now, Dr. Wallach from the Dead Doctors Don't Lie tape believes that you can prevent, totally prevent, [cardiomyopathy](#) for just ten cents per day and if we don't do it, we are "malignant dumb." I don't know if that is true, but it is one of those land mines you can avoid. I believe that it is perfectly safe to take ionic minerals every day, but I always tell my clients, "If a little is good, a lot ain't necessarily better." A quote that was drummed into my by one of my disease prevention professors at Washington State University. It's hard on your body as well as your pocket book. Most people test they need **only 2 tablespoons/day** of the ionic minerals and vitamins. I believe they are a lot safer than "potty pellets" and that you really do urinate out the excess.

This is the last one, and it comes directly off Dr. Wallach's tape. It's just too funny to pass up... "Many of you may know this woman. Her name is Dr. Gail Clark. She was age 47 when she died. She was the Chief Cardiologist at the West Saint Louis County Group of Hospitals. She was the Chief Cardiologist at Saint Marie's Health Center in Richmond Heights. She died from heart attack... a cardiomyopathy heart attack. You can just see her walking down the hall. She's got the stethoscope around her neck... the status symbol, the stethoscope around her neck. Boom! She has a heart attack and falls down right in the hall. The nurses scoop her up, and put her on a gurney. They call the technicians and another doctor... "Code 3," "Code Blue," or whatever it is and they whip her into a room. Get this picture? Let's say you are a cardiac patient. You are all hooked up to the monitors and IV's, and you hear them say, "Tear her clothes off. OK, stand back. Buzzzzzzzzzzzz! It didn't work! Turn it up! Stand back! Buzzzzzzzzzzzz! And then you hear that terrible sound when you know the treatment didn't work. Eeeeeeeeeeeeeeeeeeeeeeeeeee! The flat line when you know the heart is gone. Everybody walks out and you ask, "Nurse! Nurse! What happened next door?" and she says, "Well, your cardiologist, Dr. Gail Clark, the Chief Cardiologist of this hospital, age 47, just died of a cardiomyopathy heart attack." You now see all the patients are holding their gowns, running out of that hospital, leaving their watches and shoes, check books, and credit cards, because they don't want to get what Dr. Gail Clark got."

One of the reasons why I love this example is that I was down in Mexico getting some chelation therapy a few years ago and a story was circulating about one of the patients there. I guess it was circulating because I saw him there. Another client was relaying his story to me. This man asked his doctor if he should have chelation for his heart blockage. "Are you insane?" Asked his doctor. "If you

do that, you will die." Of course he stressed the die part. I've experienced doctors who sometimes do that.

Well, the man did the [chelation](#) anyway. He went down to the Coyle Chelation Clinic in Sonora, Mexico. As a nurse was showing him around and guiding him to a comfortable chair to sit in while he had his first treatment, he glanced in the rooms filled with Lay-Z-Boy chairs and whom did he see? His own cardiologist! Do you think he said, "Imagine seeing you here, doc?" Uh ...no. That's not what he said. I actually won't repeat what he said. Moving on...

Pica Appetite:

Remember I told you I was going to tell you about Pica. Pica is a funny disease. Pica is a disease that farmers know about. In horses it is called, cribbing. It's when the animal chews on the wooden feed bunk. The treatment is to supplement some minerals. These are fun cases.

Dairy cattle lose lots of minerals through their milk by intensive milking. You will see them picking up big rocks from the creek and chewing on them, or chewing on barbed wire, or you'll see them walking down the path chewing on a bone, or a shingle. That's called Pica. Every good farmer and husbandryperson knows you've got to give them some minerals or they will eat the barn.

In human beings we see this at funny times. Pregnant women are notorious for Pica. In the middle of the night they might elbow their husband saying, "I want some pickles and ice cream." They are craving minerals because that fetus is pulling minerals out of their body. They crave sweets and salty things because of their mineral deficiencies. The baby's nourishment comes first. If they don't get those minerals replenished they get hemorrhoids and leaky bladders. Over time, they need specific minerals and [glandulars](#) to repair the deficiency damage. Sometimes the woman will opt for surgical procedures.

Every once in a while I'll get a dirt eater in. That is called Pica as well. I had one secretary who ate dirt. She actually told me what the best kind was...the red kind on particular stretch of road on the way to Twin Falls, Idaho. Red dirt? Iron deficiency. I told her to at least heat it overnight in the oven. At least she'd kill off the roundworm eggs in it. I put her on ionic minerals.

I see cats in advanced stages of leukemia, [AIDS](#), and FIP (Feline Infectious Peritonitis) occasionally. I always know that they are too far gone to help when the owner tells me they found them at the (clay litter) litter box eating the stuff. "How do you know they are eating it?" I ask. "It's just plastered all over their mouth." They say. "Darn . . .Bummer." I say.

Another type of pica:

In housing projects little kids will eat lead paint (pica appetite again) and get lead poisoning which leads to learning disabilities, bone problems, and anemia. I remember that chipped paint when I was young. My mom told me not to eat it. I wasn't compelled to.

Liver Spots:

Any way, if you have a selenium deficiency and don't want to wait until you have a heart attack and die to recognize it, just look at your hands and other body parts for **liver spots**. If you have liver spots you have an early selenium deficiency... that's called, **free radical damage**. Fortunately, if you recognize this and start taking some ionic minerals, in four to six months they will lighten in color. If they are going away on the outside, your body is getting healthier on the inside, which helps protect your heart, liver, and kidneys.

Check your [fingernails](#) to evaluate your liver health:

The other quick test you can do to **check your liver function** is to look at the tips of your fingernails. If they have a red line at the tip, your liver is working like crazy trying to keep up with detoxification.

You might want to add some [burdock root](#) into your supplement protocol and eat those raw fruits and vegetables . . .at least 1 1/2 cups a day of each.

Low Blood Sugar – About 10% of the American population have low blood sugar. How many of you have seen a hyperactive child on sugar? Well, [chromium](#) and [vanadium](#) deficiencies will result in sugar problems such as low blood sugar and hyper-activity including **ADD** and **ADHD**. If you ignore this issue, over the years it can lead to **diabetes**.

Tin deficiency – leads to **male pattern baldness**. If you let it go on for any length of time, you get **deafness and tinnitus**. I had an office worker who was deaf in both ears caused from nerve deafness. She always tested she needed tin.

Boron deficiency – Helps with the absorption of calcium to build strong bones so you don't get osteoporosis. Also, it helps you make estrogen and testosterone. If you don't get enough boron, women will suffer miserably going through menopause. You'll also want to take the right kinds of [oil](#) for your body to suck those nutrients in and make them available to your bones. Boron is in the correct balance in these [ionic minerals](#), or you can increase your boron by eating [whole foods](#).

Zinc deficiency – The first symptoms of a zinc deficiency are **loss of your sense of smell and taste**. You don't have a cold, but food just doesn't taste good anymore. If you walk into the kitchen, and the cook asks if you are excited about dinner... and you say, "I didn't smell anything when I walked in"... you know you have a zinc deficiency. **This is the most common mineral deficiency I see in the United States**. Often, the client will need more than ionic minerals to fix this. I put them on [Standard Process™ Zinc Liver Chelate® or Chezyn®](#)--especially if they also have visual disturbances. People just don't seem to eat the amounts of nuts and seeds they need to get their zinc in. We have to supplement.

[Other symptoms of zinc deficiency and whole foods high in zinc.](#)

Trace Minerals, also called [Rare Earth](#) minerals, are defined as being:

- 1) Present in all healthy tissues of living organisms.
- 2) In concentrations within tissues that are relatively constant from one species to the next.
- 3) Necessary for optimal health. Deficiencies induce reproducible physiological and structural abnormalities in several species. Note: Replacement of same may reverse the defects.

Now, you can't just take in processed ores like **gold** and **aluminum** without becoming poisoned by them. This is called **heavy metal poisoning**. These minerals need to be in an organic form so that they are bioavailable to the body. This is one reason why so many people have **high blood pressure**. They are eating salt that has been so process and heated, that the molecules within salt are inorganic (dead), and the body can't absorb them. Now, sodium and chloride are not trace minerals, but any mineral organically bound is generally not toxic to the body. [Read more on the best kind of salt to buy, here.](#)

Remember, I told you that we need 99 nutrients: 60 minerals, 16 vitamins, 12 essential amino acids, 8 essential sugars, and 3 essential fatty acids? We are lucky in that plants can make most amino acids and fatty acids. Plants can do that because they take carbon out of the air to make vitamins, amino acids, and fatty acids. However, we need to eat 15-25 different plants each day to make this happen. The fact is, the average American doesn't do this. The average American thinks if they are eating potato buds out of a box, they are eating a vegetable. It's true. Potato buds do NOT count as a vegetable! You've got to be careful about what you consider a vegetable. It has to be live and raw to get many of the vitamins, and enzymes, your body needs.

While it is theoretically possible, it is not likely you are going to get these 99 essential nutrients in proper proportions from your diet. If your life is as valuable to you as mine is to me, as valuable as my husband's life is to me, I would make sure I was getting all my essential vitamins, minerals, amino

acids, antioxidants, and fatty acids. You just have to supplement. I can guarantee that you won't make it to 120 years of age, or even live a quality life until you die if you don't supplement. You're just not going to do it. So, you want to pick some great quality supplements. What you put into your body comes out as health. Garbage in, garbage out.

Is our topsoil depleted of minerals?

I believe that our farm and range soils are depleted of minerals. The crops; grains, fruit, vegetables, nuts, etc. grown on these soils are mineral deficient and the people who eat these grains, fruit, vegetables, nuts and anything else grown on these soil get mineral deficiency diseases.

Our soils may not be as depleted as some believe, but they are pretty darned contaminated with petrochemicals, herbicides, pesticides and fungicides. If you are a chemically sensitive person like I am, you know what I mean. How could our soil NOT be imbalanced when we only add back NPK (Nitrogen, Phosphorus, Potassium) fertilizers and no trace minerals?

I don't know about you, but I purchase shale minerals in bulk and add them to my garden. I also compost and care for the soil I grow our fruits and vegetables in.



As you can see from the picture of our backyard, plants respond to love, water and good soil! **I also nourish our soil with all the expired supplements I cull from my pharmacy.** Not drugs, just supplements. I let the plants recycle those nutrients.

Will plants grow anyway, even if the soil is depleted of minerals? Of course, but they don't have optimal growth patterns and, if they are foodstuffs, these plants won't produce the correct or optimal amount of plant protein and other essential nutrients.

I have a friend who once worked as a chemist for a plant chemical company. They were so proud of the volume of corn they grew one year, that they decided to market to foreign countries. The problem arose when the corn was analyzed and found to be greatly deficient in methionine levels.

No one wanted our corn. At least not that crop. They said their own countries corn was much higher quality and they would not jeopardize the health of those who ate it because of it's deficiency.

Think about this:

There is no governmental agency that subsidizes healthy soil management. No one to encourage farmers to put 60 minerals back in the soil after every harvest. Farmers get paid for tons and bushels. For forty bucks or so per acre, you can get the maximum yield. Some say it only takes 5 to 10 years to deplete the soil of minerals. **How are minerals being put back when the crops are harvested and taken away?** What is put back on the soil to fortify crops grown by big producers? Only NPK fertilizers.

Now, I'm a practical, common-sense sort of gal. If you put back three minerals and take out sixty... hmm... the numbers just don't add up. That's why we need to fortify our soils and our bodies with extra minerals.

Health care in the United States costs us about two trillion dollars a year. I wonder what would happen if we went back to some old farming methods? Until that happens, we need some insurance...our bodies need some insurance against those diseases that we can prevent. The United States is the richest country in the world. We also have the highest health cost per capita of the entire world. Wow. We should be taking lessons from Japan, the healthiest nation in the world, according to the [World Health Organization](#).

Let's look at calcium and what Americans are doing to their bones. Did you know that a calcium deficiency can result in some 147 different diseases? Everyone has heard of osteoporosis. The #10 killer of adults in the United States. Calcium deficiency costs a lot of money. It costs about \$35,000 to replace one hip joint. That's OK, it's free! Your insurance or Medicare will pay for it, right?

[Read more on the different types of calcium and best food sources.](#)

Back to Dr. Wallach's tape for a story about calcium...

Mrs. Skeets, from Radford, Virginia, age 115 years, died as the result of the complications of a fall. We don't have osteoporosis in animals and it is because of farmers that we don't have it. Farmers couldn't afford for their animals to get this disease. For a clearer picture, imagine the farmer whose cows don't produce any calves. He calls the veterinarian who examines the cows and finds nothing wrong... so he checks the bull. In checking the bull the veterinarian finds the bull has osteoporosis of both hips and can't breed the cows. The Vet tells the farmer... I'll tell you what. You give me \$70,000; I'll put two new hips in the bull and next year you'll have some calves. The first thing that farmer does is tell the veterinarian, "Stand back, Doc...and Boom, he takes care of that." That's the way it is in production animal medicine.

While the kids are grinding the bull up, making hamburger, steaks, and roasts, the farmer explains his thinking to the vet. "Now Doc, you know I wasn't going pay you \$70,000 for that old bull. I could buy a new bull every year, for 70 years for that. However, every once in awhile I get a bull that throws great calves and I'd like to keep him. Is there anything I can do to prevent that "osteoporosis thing" from happening?"

The vet tells him..."If you'll give that bull about ten cents worth of calcium every day after he is weaned..."

"Now wait a minute, Doc. You mean if I give that bull 10 cents worth of calcium, I can prevent a \$70,000.00 disaster?" The vet tells him, "You got it. It's just that simple."

The farmer thinks...all I have to do is give up half a cup of coffee a day to afford that. Guess it's a no brainer. The farmer isn't malignant dumb after all...

Mineral Loss in the teeth: When I first started taking ionic minerals in 1994, one thing that prodded me in that direction was that my teeth were demineralizing. They actually were starting to look clear at the tips. This same thing happens with older cats when they have kidney disease. I know I have a predisposition to **kidney problems**. I didn't want to die the kind of death I've seen those kidney-failure cats suffer.

I knew I needed to do some things consistently to stop the progression of that. I also had just gotten a [bone density test](#) that showed I was starting to get some **osteoporosis**. I knew I couldn't take the normal types of calcium as I am also a stone former (also a kidney thing.)

So, I took a sample of these ionic minerals and did some [muscle-testing](#) on them. I went down to a large Boise, Idaho shopping mall (five hours away) and personally tested over 300 people to see if they needed the product. I had to satisfy my own interest to see if it was also good for other people. The result was that over 95% of all people I tested needed these minerals. I tested all ages and sizes of people.

Since then, I've tested thousands of others in validation of their quality. I've also tested 16 other brands and have noticed that these are the best on the market and the only one I would ever take. I take them every day. The minerals are back in my teeth and I no longer have **cardiac arrhythmias** (another sign of calcium deficiency).

Receding gums, gingivitis, and pyorrhea (infected gums). . . If you have gingivitis and receding gums you have advanced osteoporosis. Those bones are melting away a little bit every day. If you have to take your teeth out every night and put them in a glass next to your bed, in that fizzy stuff, you have major, advanced osteoporosis. You need calcium. If you can't get enough through oral supplementation, or you form stones when you take the wrong kind, or your arthritis gets worse when you take the wrong kind of calcium, ionic minerals is the product for you. I would also recommend packing your gums with **White Oak Bark** every night for a month or two. White Oak Bark has lots of calcium in it and it is astringent. It sucks the infection out the gum line and sticks the gums back onto the teeth. As I tell my clients, "You know those TV commercials advertising Copenhagen chew? Just a little between the teeth and gums will do it." Apply the powder to the infected area then rinse your tongue off of all that extra powder and sleep with it on your gum line. Rinse it out the next day and apply each evening. It doesn't taste that bad, and works GREAT.

Arthritis – Degenerative arthritis, osteoarthritis, rheumatism, lumbago, all those sorts of things are all caused by osteoporosis of the joint ends of the bones. I want you to think about something for a minute. If you don't take a pain reliever or anti-inflammatory for that arthritis, let's say you get arthritis of the hips, you are going to 'favor' that a little bit, aren't you? You are going to use a cane, a "walker," or crutches. You will try to favor it, by not putting any weight on it. Right? Now, think about that for a moment.

Now, imagine you are driving your Mercedes down the highway. Let's say that the last time the oil was changed they didn't tighten the plug on the oil pan and all the oil drains out. The oil light on the dashboard comes on and that light irritates you, so you pull over to the side of the road, lift the hood and clip the wire that leads to the oil light. You get back in the car and just keep driving. Would you do that to your Mercedes? Of course not! And that is what we are doing when we take pain relievers and go out dancing, or aerobics or something like that. You think that pill works great because it killed your pain. However, what the painkiller is doing is allowing you to wear the end of the bones off faster and faster. This, of course leads to joint replacement surgery. Isn't it better to get to the core cause and repair things before it gets that bad? I think so.

PMS, Premenstrual Syndrome helped with calcium too? – The medical treatment of choice is a hysterectomy for many chronic female problems. Around ten years ago, the University of California at San Diego offered the following: If a woman will just double the RDA for calcium intake, she can get rid of 85% the physical and emotional symptoms of PMS. When that information came out there were huge lines around the health food stores, but the stores closed before they all got their calcium. Every person in line was... a man. They were there for their daughters, girl friends and wives. I've seen many a case of PMS in my day. There are effective natural treatments to help these women. It doesn't involve a hysterectomy, but they do have to eat their fruits and vegetables, take some supplements and find ways to pamper themselves. My favorite is through massage and [Reiki](#). Preferably both, at the same time. Find a practitioner in your area and start there. Get on some great supplements, get an appointment with me, but do SOMETHING before you destroy every relationship that means anything to you.

Diabetes – Everyone is touched by [diabetes](#). It is the number three cause of death in adults in the United States. It has terrible complications and side effects. The side effects include; blindness of many kinds, kidney failure of several types, and cardiovascular disease (#1 cause of death). People with diabetes, on the average, have a shorter life span than those people without it.

Two trace minerals help diabetes, [chromium](#) and [vanadium](#). I've seen diabetics supplement with these two minerals, but they weren't doing the other lifestyle changes they needed to do and this treatment was not effective. These two minerals became published at to its benefits for diabetics in August 1957 in the Federation Proceedings, which is the official journal of the American Science, the National Institutes for Health. Whole foods high in these minerals are listed on my [Mineral Best Bet Foods](#) page. The [Zone diet](#) is a great diet for diabetics. I also recommend magnetic insoles, specifically [MagStrides](#), to keep the circulation in the feet going strong and for the prevention of sores and the need to amputate the feet.

You know it's kind of funny...

Hill's, manufacturer of Science Diet dog food, only puts **40 minerals in their dog food. There are 28 minerals in rat pellets but only 11 minerals added to baby formula!** Whoa.

It doesn't matter which infant formula you choose none of them offer more than 11 minerals. I've heard another naturopath who works with lots of fertility stuff recommend mixing the baby formula 50-50 with organic, freshly juiced carrot juice. If you have to feed formula, you may as well not feed something deficient! This is a way to do that.

These days you just can't depend on any foods that are boxed, or packaged or bottled.

Do you take Tums?

Tums is made from what is called metallic minerals, which are essentially ground up rocks; oyster shell, egg shell, dolomite, limestone, calcium carbonate, clays of various kinds, sea bed minerals. These types of minerals are only 8 to 12% absorbable and when you reach age 35 to 40, this drops down to 3 to 5% because you generate less hydrochloric acid in the stomach to break them down. Did you check your fingernails earlier? Remember, if they have ridges on them, your body is not digesting the type of minerals you are taking into your body.

Metallic minerals are hard on the kidneys and sometimes contaminated with heavy metals. Because they are not in bioavailable, organic form, they don't get taken up by the cells, but if that's the only thing you have to offer your body, then it will do the best it can to utilize it. That's one reason why I recommend [Celtic Sea Salt](#) and ionic minerals. . .much easier to absorb!

Did you know that some of those multiple vitamins you are purchasing don't dissolve in your digestive tract? I've noticed that the heavier the bottle, the less the absorption (even though they dissolve in vinegar). Also, companies often spray their name on the outside of the tablets, so **you are taking in varnish**. Tell me that doesn't build up in your system.

If you read the labels on those multiple vitamins it says the iron comes in the form of iron oxide. **Iron oxide is rust.** Why not just put a couple of rusty nails in your water? I know of one ionic mineral company that makes their iron formula that way. I purchased some of their minerals a few years back. As the iron aged on my shelf, I noticed the iron settling out and causing a red scum on the bottom of the bottle. Geez. It's really good to know and be able to trust the source of your supplements. I took all their minerals after that, and watered my plants with them! Plants can take inorganic minerals and convert them to organic minerals. Pass the salad...

Another example on absorption: If you take 1000 milligrams of calcium lactate in tablet form figuring you will absorb...let's be generous...10%...doing the math...that equals 100 mg. of absorbable calcium. An arthritis sufferer might tell you they took 2000 milligrams of calcium and it didn't help a bit. In fact, it got worse. It's because they were taking the wrong kind of calcium for their body AND not enough was being absorbed to do any good. So, what do you do? Take 20 tablets a day to get the dose you need, or take a calcium that is a more digestible form like seeds, nuts, leafy green vegetables and ionic minerals? This is my biggest disappointment with cheap vitamins. When you compare the costs, **the quality supplement is most always cheaper.**

Do you want to do the math yourself? OK, if you take your bottle of calcium and divide the cost/bottle by the number of pills you get cost/pill. Now multiply that by 20 pills (and who wants to take 20 pills of calcium each day? What about those fillers your body has to process?) I propose taking the proper, absorbable, bioavailable form for your body is much more effective and cheaper. I don't know you, but **from years of practice I've noticed that the people that come to me aren't getting the minimum amount of raw fruits and vegetables that they need each day.** Therefore, you will have to find the best source of minerals for you that won't hurt your body as they are being digested. For calcium, taking too much of the wrong type of it can cause kidney stones...especially if you don't have the correct balance of boron, magnesium, and other major and minor trace minerals to balance everything out.

Farmers use chelated minerals. It's what they can afford and still make a profit. Chelated minerals are just metallic minerals with an amino acid, protein, or enzyme wrapped around the metal atom...which increases the absorbability to 40%.

I remember in my Feeds and Nutrition class working with the feed plant in setting up special rations for different experiments having to do with a variety of pig rations using new and exciting grains such as soy and triticale. They were very careful not to accidentally tear that bag of chelated minerals as it cost about \$80-\$100 per bag! You just used a pound or two for every 100 pounds of ration. Don't be messing up on those decimal points when you are figuring out the pounds per hundred! We always had our work double-checked to find mistakes because mistakes are costly in the animal world.

The most efficient way to absorb minerals is the colloidal and ionic forms. Colloidal and ionic minerals are **98% absorbable.** They are also 2 ½ times **more available** than chelated minerals, and 10 times more available than metallic minerals. They come in liquid form. Colloidal and ionic minerals are 7,000 times smaller than a red blood cell...and **every particle is negatively charged. Your intestinal lining is positively charged.** This creates a magnetic gradient that concentrates these minerals around the lining of your intestine. This combination creates **high absorbability.** Because of this, you don't need as many milligrams of minerals to get your RDA (Recommended Daily Allowance) and the small amount you take really absorbs into your body more effectively. **Aren't YOU and your loved ones worth the extra few cents for ionic minerals? I believe you are.**

Plants have a very interesting part to play in the creation of colloidal minerals. (Another great reason to eat some live plant material every day in the form of raw fruits and vegetables.) Plants absorb inorganic minerals from the soil and turn them into colloidal minerals. The human body stores, uses, and transports minerals in colloidal form. Are these minerals important? You bet they

are. Every day you don't get your minerals you are chopping off a few hours or a few days of your life.

Ionic and colloidal minerals are extracted from ancient plant material that is thousands...maybe even millions of years old. This material is mined from the earth and processed with water to extract the organic minerals from them.

Over the years I have muscle tested about 16 different colloidal and ionic mineral products. It used to be a long process for me trying to find which colloidal mineral was the best for each person with all those bottles to hold up to the body as I tested hundreds of products (that's how I used to do my [muscle-testing](#).) Over the years, however, New Vision's product has consistently tested out as the best one on the market.

I have even seen people develop visual disturbances from drinking certain colloidal minerals from mines that were particularly high in lead and other heavy metals. We do need some **Rare Earth** minerals in our body such as gold, silver, and even cadmium, but taking too many of these heavy metals will poison us. That's not good. You have to find an ionic or colloidal mineral that has the right and safe balance of these Rare Earth minerals. The best companies harvest shale from mines that are lower in heavy metals. And some companies have good tasting , reasonably-priced minerals as well (that are safe).

In Summary (at long last!)

If you have been around as long as I have in the natural medicine world, you will have seen products that come and go. There are a lot of fad products out there, many of which just don't work. The products I promote in this handout truly work. I've tested the products myself, on myself, and I keep an open eye to what comes and goes. Believe me, there are a lot of products that come and go... Fortunately I don't have to try all of them ...because my clients do that for me.

I do know what works and what consistently tests strong on people over the years. I see my client's health improve or we work to find ways that will shift their thinking so that they can improve. They wouldn't buy ionic minerals for ten or more years on a consistent basis, if they were not working. **The deal is . . . if a product [muscle-tests](#) strong on the body, then your body needs it.** It's up to you.

My favorite ionic minerals by the way can be ordered here: <http://Denice.NewVision.net>

References:

[Rare Earths Forbidden Cures](#) by Joel D. Wallach, and Dr. Ma Lan
World Health Organization www.who.org