



Why Should We Take Minerals?

Minerals are part of every cell and body fluid, they are the neurotransmitters that signal every action within the body, **literally the body's electrical system.**

Minerals are vital to the overall digestive process and play a major role in maintaining alkalinity within the body – enabling the blood to carry the correct amount of oxygen to all the cells while stimulating and regulating the heart muscle and enabling nerve tissue and glands to properly function.

From the book **Healthy Healing by Linda Page, ND, Ph.D.**, she states, " Minerals and Trace Minerals are the building blocks of life, the bonding agent between you and food. They keep your body pH balanced, are essential to bone formation, regulate the movement of cellular fluids, nerve electrical activity and metabolic function. Trace minerals are only .01% of body weight, but even deficiencies in these micro-nutrients can cause severe depression, PMS, hyperactivity in children, blood sugar disorders, nervous stress, high blood pressure, premature aging, memory loss and poor healing."

" Many minerals are no longer even sufficiently present in our fruits and vegetables, leached from the soil by chemicals and pesticide sprays used in commercial farming."

Mineral Deficiencies: The mineral depletion of the earth's soil and ocean

The **Earth Summit Report** of June 1992 reported the following decline of nutritional minerals in farm and range soils by continent over the last hundred years:

Continent	% Depleted Over Past 100 Years
North America	85%
South America	76%
Asia	76%
Africa	74%
Europe	72%
Australia	55%




Long Natural Health

info@longnaturalhealth.com | www.longnaturalhealth.com
888.337.0511 | 303.845.1827