



NSIPM & Sano Wellness Center

Mineral Balance

Minerals are essential for life, including all plants, animals, and even insects. Each of the macro minerals – sodium, potassium, magnesium and calcium – as well as the trace minerals – iron, zinc, copper, chromium, manganese, molybdenum, selenium and iodine – **must be consumed in the diet for optimum health.**

One element cannot take on the tasks of another. Minerals also show that their functions are reciprocal in biochemical pathways, meaning that many depend on each other for effect. For that reason, **minerals cannot be considered individually and isolated from each other.**

For instance, one of the functions of copper is the transport of iron. Without copper, iron could not be absorbed in the body. On the other hand, without the presence of molybdenum, copper would not be able to perform its function adequately.

Minerals are basic and essential to the biochemical processes of metabolism (Krebs Cycle and Respiratory Chain). Without them, a harmonious interaction between enzymes and vitamins in the body would not be possible.

We all know that healthy functioning must include support of the **free radical scavenger system** in order to keep free radicals in check. **Enzymes are the basic structure** of the scavenger system and **enzymes need minerals** for their chemical structure. They are the locomotive for enzymes and vitamins. Therefore, minerals are absolutely necessary to **initiate chemical reactions between enzymes and vitamins.**

It is well known that modern farming techniques deplete many of the minerals in the soil as well as the nutritional content of our food. The absence of a steady food-derived supply of minerals subtly undermines our health. We are certainly aware of the changes in the character of the food we buy. The produce looks beautiful, but according to the U.S. Department of Agriculture, studies of food grown today have shown far less nutrient density than food grown as little as 50 years ago.

Altering our food supply with unnaturally penned up chickens and other livestock, increasing milk production using hormones and corn-fed cattle bunched unnaturally together in feed lots also substantially effects nutrient quality.

Fortunately, **blocked or derailed biochemical exchange processes that have been affected by mineral imbalances can be re-ignited with appropriate mineral supplementation and/or the use of ionic mineral catalysts.**

Ionic (charged) minerals will not actually supplement a given mineral in the traditional sense but will behave as a catalyst for a particular mineral's utilization. These ionic minerals are not dependent on digestion as they are immediately bio-available via their electrical charge and are used to “re-educate” the biological system on absorption and build up of its own mineral supply.

Validation – Mineral Taste Test

Animals choose the food they need with every sniff and bite. We are no different. We are composed of 70 trillion cells that function much the same. The cells of our mouth and the surrounding tissues, or more specifically, **the membranes** of each cell, **act as ionic probes** and are exquisitely sensitive to what is presented to them. They record and signal back to our brain the chemical composition of the food we ingest so we can survive.

Convention says that we record only four variations of taste: sweet, sour, salty, and bitter. However, the range of each on a graded scale provides a significant scope of intensity. Blending all four, each with its own infinite scale, results in an **astronomical number of combinations beyond calculation.**

In addition, those cells are in our mouth rather than anywhere else so they can help you better decide. We really have a need to know what is going on with every bite. Is what I'm eating good or bad – food or poison – or do I even want it?

Body Bio has developed a group of **9 Essential Liquid Minerals** in a **very low concentration**, which is **close to homeopathic**. This mild concentration of each mineral challenges the taste buds to search out the answer we are asking. First, is there something there other than water? If so, is it pleasant or harsh? Each of us has **the ability to test each mineral** by itself, to determine the desire ability at that moment in time. Important, because change and adjustment are part of the fabric of life and maintenance of health.

Minerals will change in taste as you build up your body's store for that mineral.

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