

<i>Minerals and Enzymes</i>	
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1	a - Introduction	<p>My Name is... ( name left out)... I am a doctor of Naturopathy”). I developed some health problems over 15 years ago. My health problems helped me develop an interest in health and wellness, and I looked for creative ways to improve my own health. I used to catch every flu that came along, so I got involved in new alternative health theories and testing of new products. Early on I discovered that the American health care system is more of a sick care system. My doctors easily treated my symptoms, but my health continued to decline. At one time I weighed two hundred pounds and had been diagnosed with cancer. What you are about to hear (read) is my opinion, based upon my observations, experience, research and most importantly common sense. I have faith that most people will recognize truth when they hear it, because the truth usually makes sense and is based upon logic.</p>
1 A	a - Introduction - Glenn’s comment	<p>Glenn’s comment: He is no longer allowed to share this information due to several things, including being prohibited by the FDA. I, Glenn, feel the information below is valid and can be very helpful. Remember anywhere the health benefits of minerals are discussed we are talking about the <b>proper form</b> of organic minerals. A lack of minerals in the proper forms or a lack of enzymes can often be a major factor in poor health or a lack of really good health. This document addresses this part of a path to good health. Common sense is required. Be careful to avoid improper forms of minerals and avoid over doing it. Be especially careful when supplementing with individual minerals.</p>
2	RNA	<p>RNA takes a picture of DNA and allows healing where it is difficult or slow to heal. Examples of these areas are spinal disks, the eyes requiring stronger prescriptions and developing cataracts, the inner ear, the Milan sheath. Supplementation with RNA can lead to improved memory function, better tolerance to extreme temperature change, enhanced immunity and better vision.</p>
3	Enzymes and Digestion	<p>Enzymes throughout the body are critical for cellular communication and digestion. Digestion is accomplish through a process involving acids and enzymes. These substances help you to break down the food into the building blocks of life your cells and systems need to function. Our digestive systems were designed to process raw foods. These foods contain natural levels of enzymes that assist in digestion, but when we cook or process our food or irradiate the food those natural enzymes are destroyed. This can cause your digestive system, stomach, liver, pancreas and intestines to work harder to make up for the enzymes no longer in the food.</p>

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4	Processed Foods	<p>When you see iceberg lettuce that stays fresh for hours or days it is probably because it has been irradiated, thereby killing all the natural enzymes. Foods that don't spoil will not digest properly. Processed foods can destroy the natural enzymes and can remove the nutrients from the food as well. Enzymes are very complex and specialized and are expensive for the body to manufacture in terms of energy and resources. It is no wonder that often after a meal instead of feeling energized you actually feel tired and sluggish. Of course there are some others factors as well, but the stress of digesting processed foods is certainly one of the reasons for the fatigue. There are some research studies that indicate the body's ability to produce enzymes is not only limited, but some believe finite. In any case when you have spent a lifetime eating processed, sterile and cooked food you are depleting your digestive enzymes and the minerals that make up those enzymes. For most of us, we are not in a position to completely change our lifestyle and eat only natural, raw and unprocessed foods. Nor are we willing to give up our snacks and convenience foods. To remain healthy we need to support our digestive system by supplementing our diet with enzymes that will assist our body to extract the necessary nutrients from our food.</p>
5	Antacid Tablets and Enzyme Deficiency	<p>Antacid tablets are not a digestive aid. Rather they neutralize the acid your stomach has produced in order to digest your food. Most antacids are calcium-carbonate based. It is not that you have a calcium-carbonate deficiency as much as an enzyme deficiency. Antacids do not solve the problem. They eliminate the</p>
6	Acid Indigestion and Body Oder (BO)	<p>Acid stomach is just a warning signal that helps explain a large number of seemingly unrelated symptoms that all lead back to poor digestion. When your food is poorly digested it passes the digestive food into the bowel and poorly digested protein into the bloodstream. The food in the bowel often putrefies and produces poisons that must be neutralized and eliminated. Often this includes foul out-gassing and flatulence. The improperly digested protein in the bloodstream often cannot be used by the tissues so the proteins just pollute the blood and must be neutralized and eliminated. This breakdown also out-gasses, often causing the sweaty Body Oder (BO). Foul flatulence is not a deficiency of "beano". It is a symptom you need to attend. BO is not necessarily a hygiene problem or a deodorant deficiency. More likely BO is a problem of diet and</p>
7	Why Nutritious Food Makes Us feel Sick	<p>Neutralizing and eliminating poisons takes energy. These poisons can cause damage to sensitive tissues and can trigger immune responses that produce a wide variety of disease symptoms, ranging from low energy to inflammation. Simple common sense tells us that if normally nutritious food makes us sick, then we need to find out why and solve the problem. Eating should energize us. When it does not, it may be as simple as supplementing your diet with quality enzyme phytonutrients. Plant foods contain thousands of natural chemicals. These are called phytonutrients or phytochemicals. "Phyto" refers to the Greek word for plant. These chemicals help protect plants from germs, fungi, bugs, and other threats, and when plants high in phytonutrients are eaten they help protect us too. Even though phytonutrients are present abundantly in the plant world most of us are deficient because of our lifestyle and diet. Enzyme phytonutrients have been demonstrated to be effective in supporting the immune system as well as assisting</p>

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8	Hunger Response	<p>Complete digestion can help you in ways you haven't yet considered. We have all heard the story of pregnant women who have cravings for strange combinations of food. This hunger response is her body's way of telling her that something is missing in her diet and she needs this for proper growth of her unborn child. If we examine the hunger response, the reason we get hungry is our body is telling us to eat. We know this is elementary, but hear me out. For most of us, we think nothing more about it and simply eat until we are full, and when we are hungry we eat again., etc. etc.</p>
9	Obesity - Hunger and Poor Food	<p>Perhaps the epidemic of obesity is not so much a case of lazy, undisciplined couch potatoes, but of people whose bodies have told them they are missing vital nutrients, thereby triggering their hunger response. Proper exercise and avoiding junk food is important. People who are not hungry do not overeat. People who do not overeat are not obese. Conventional medicine has focused on strict diet, exercise and even surgery. If results are any measure of success this strategy has failed nearly two out of three Americans, who are now overweight or even obese. It is time for a fresh look at this problem and to use the genius designed into your body to solve this problem. If you are not getting enough food you will be hungry, but how much you eat is not as important as the phytonutrients you derive from the food. If you are not getting the nutrients your body needs, you will be hungry. In many cases it is as simple as supplementing our modern cooked and processed diet with the enzymes our body needs and with the building blocks of elements. These enzymes will then help us to completely digest the foods we eat and we will get the nutrients, the lack of which had been triggering our hunger response. It can also control the insulin spiking that occurs when we consume highly sugared foods, drinks and processed carbohydrates. If you are not hungry for junk food, you will not find yourself gorging on it. Perhaps your apatite will slacken and you will lose weight naturally, easily and without effort. With proper digestion, if the nutrient is in the food, you will be able to use it. If it is not in your food, you will be healthy enough to recognize the symptom and respond by changing your diet and/or adding supplementation.</p>
10	Allergies-Colds and Partial Digestion	<p>Perhaps your allergies are not so much a result of an over active immune system, but a symptom of partially digested protein poisoning your system. If you fast for a period of time and the allergies begin to disappear, you may have a clue that it is your food that is causing the problem. It only makes sense that if your immune system is fighting your food, you won't be able to respond to real disease and infections as quickly or as powerfully as you like. That cold that seems to just hang on may go away when your immune system isn't tied up taking care of other problems.</p>

Section	Subject	Information
11	Enzymes and Cellular Communication	Enzymes in food digestion has been well explored. A larger and less explored area is the roll of enzymes in cellular communication. Each of our trillion or so cells passes chemical messages. Poorly communicating intercellular communication can have effects on energy levels, aging and immunity.
12	Cellular Communication and Aging	While I believe it is somewhat overstated, some enzyme researchers have labeled enzymes as a natural fountain of youth. They do have a point however. Enzymes produce a vital service in nearly every cellular activity. The basis of good health is healthy cells. If you have the intercellular communication you need, your cells will be better able to perform their various rolls in proper organ and tissue function. Researchers continue to explore the roll of enzymes in this capacity. So far we have found that enzyme supplementation has provided many of the promised health benefits and some surprising ones as well.
13	Inorganic Compounds In Our Foods	Between 1965 and 1982 over 4 million (4,000,000) new distinct inorganic chemical compounds were created. Since then (two hundred and fifty thousand (250,000) new formulations have been created annually. Approximately three thousand (3,000) of these new compounds are added to our food and seven hundred (700) of them have been found in our drinking water. Four hundred (400) of these new compounds have been identified in human tissue, but the human liver still only produces the six thousand (6,000) enzymes designed to digest the natural foods our cave man ancestors ate. Even though it is hard to find products that don't use industrial chemical compounds, your body only knows how to digest natural organic compounds. Once we have solved the digestion problem, the question becomes, what happens when the nutrients are not in our food and what happens when our body is out of balance.
14	PH - Used To Measure Body Balance	Your body is composed of a combination of minerals and fluids in a delicate balance that assists the body tissues to function efficiently. One of the ways to monitor this balance is to measure the PH. PH stands for 'parts hydrogen'. The lower the PH number, the more hydrogen is attached and therefore the substance is more acidic. All food elements and compounds have different hydrogen levels expressed as PH. When we say something is acidic it means it has extra hydrogen. For instance, vinegar has excess hydrogen and is therefore acidic. In other words, as you increase hydrogen levels you become more acidic. If we have too much hydrogen in our body, it is said we have a disease called acidosis and when there is not enough hydrogen in our body we have scurvy. When you have too much hydrogen in your system it lowers your oxygen level, which creates a shortage of cellular oxygen, leaving you more susceptible to sickness and disease.

Section	Subject	Information
15	PH and Food Preparation	The different foods we consume and how they are prepared have an overall effect on our PH. For instance, if you grind up wheat to make wheat bread, the bread will make your body more acidic. If you sprout your wheat first, then grind the wheat to make the bread, this bread makes your body more alkaline. Many foods that would normally lower your PH (make you more acidic) tend to raise your PH (make you more alkaline) when raw, because cooking and processing foods can destroy the natural enzymes in raw foods that help the liver to digest the food correctly.
16	PH - Cooking, Enzymes and Acidic Body	The liver and pancreas produce enzymes to digest food. The stomach produces acids. Cooking destroys enzymes, but doesn't destroy acids. Therefore, as a general rule, the more cooked foods you eat the more acidic you are likely to become. As your PH moves lower, meaning more acidic, enzyme functions are impaired which in turn will lower PH even further. This cascading effect further hampers your ability to absorb nutrients from the foods you are eating and it can further lead to deficiency diseases as mentioned elsewhere in this document.
17	PH and Digestion of Fats and Carbohydrates	The body requires an alkaline environment to process fats. The more acidic we become the harder it is for our body to digest and process fats to fatty acids and lipids. Conversely, it becomes easier to digest carbohydrates.
18	PH - Refined Carbohydrates and Body PH	The more refined and processed carbohydrates you consume, the more acidic you become, making it increasingly difficult to digest protein which passes into the bowel and blood undigested, which in turn putrefies and pollutes, which in turn makes you more acidic and on and on and on.
19	Citric Acid is NOT Vitamin C and Soda Pop	People are misled and falsely assume that citric acid is vitamin C. Citric acid is not ascorbic acid (Vitamin C). Citric Acid is in every soda pop we tested and in most canned food. Consuming large amounts of vitamin C as an acid can aggravate an overall acidic condition. The reason citric acid is put into foods is to act as a preservative because it inhibits the growth of bacteria. The acid from just one soda pop takes over fifty glasses of water and a two week period of time for your body to neutralize it. Most commercial beverages and processed foods contain citric acid. As you drink more and more of these beverages your overall PH will drop lower and lower; your body becoming more and more acidic.
20	Acidosis (low PH and acidic) - Symptoms Of	I believe most of the people hearing this recording ( <i>reading this information</i> ) are too acidic (low PH) and have symptoms of acidosis. Some of the symptoms are acid stomach, constipation, headaches, viral and bacterial infections, parasite infestation, cancer and a variety of nutritional deficiency diseases.

Section	Subject	Information
21	PH - Different For Different Parts of Body	Parts of the body, including the center of each cell, are alkaline by function and are supposed to be in the PH range of 7.2. Other areas of the body, like the outside of each cell, are acidic by function and are supposed to be in the PH range of 3. The body is set up to maintain these two distinct PH levels. The difference between these two PH levels, creates a potential difference that provides for electrical and communication functions. Every thought and emotion you have is controlled by electrical impulses. The potential difference between these two PH levels controls how much energy you have. Your overall energy level is a function of the electrical potential difference in each and every cell. Both PH levels must stay in their respective range out of the middle area.
22	PH - Bacteria - Viruses-Cancer	Bacteria, viruses and all cancers are often suppressed if the upper PH is above 6.9 and the lower PH is below 4.0. If you can maintain your respective PH levels, I do not believe it is possible to get the flu, let alone cancer. In other words, your upper PH must stay high and your lower PH must stay low. As you go through your day, think and work hard, both of your PHs will constantly move towards each other. If you don't get enough rest or eat the right kind of food your two PH levels will move towards each other and as they enter the middle danger zone your resistance will go down and you become more susceptible to flu, parasites, bacteria, cancers and many other diseases.
23	PH and Sickness	As people get sicker and sicker the two Ph levels move closer and closer together. This is usually why terminal cancer patients have an upper PH of about 5. Even vegetarians who eat only plant based food are usually too acidic.
24	Angstrom Sized Instead of Micron	As well as exploring the roll of enzymes and PH we need to look at the elements that form the building blocks of our tissues. The human body is made up of minerals and fluids. All minerals used by the body are in a very small size and are controlled by osmosis. A plant will not pull minerals out of the soil unless they are small enough to be assimilated by the plants intracellular structure. I believe that plants can only use particles that are smaller than four (4) angstroms. These small size particles are soluble when put into water, grow crystals when dehydrated and can be absorbed in the upper stomach. It takes one million (1,000,000) angstroms on a horizontal plane to cross the distance of one (1) micron. (Glenn's comment: From what I have been able to find angstrom sized versus micron sized seems to be unimportant for vitamins. The organic versus

Section	Subject	Information
25	Micron Sized Too Large and Dangerous	<p>We tested a large number of mineral supplements, including products labeled as ionic and colloidal and found they all had micron or bigger size particles, were not water soluble, crystalline or ionic. Therefore the minerals are many times too large for proper cell osmosis. The digestive tract will allow particles as big as one (1) micron to enter the bloodstream. Once these particles enter the bloodstream the only way you can get them out of the bloodstream is for the cells to assimilate them through osmosis. Micron size particles are too large to assimilate through a cell, so they can stay in your bloodstream until they deposit in tissue throughout the body, which can cause a variety of heavy metal diseases. When a person consumes water soluble, angstrom size, minerals, the minerals will absorb properly and travel throughout the body and if the body does not need them they will be discharged (eliminated) with no accumulative affect.</p>
26	Plants and Depleted Soils	<p>Growing plants help break down the soil and use only particles near an angstrom in size for osmosis and cell growth. Soils throughout the world have become depleted of usable minerals, in part because the remaining particles are too large to be used by plant root cell osmosis. Our soils have been used and used and no one has ever replaced the used up minerals. In ancient times people would pray for the yearly floods that would replenish the soil. The early pioneers would move further west every twelve years because it was believed that after just twelve years the soils were depleted. Yet two hundred years later we are attempting to grow crops that live off these largely depleted soils. Advances in plant genetics have given us larger yields and beautiful looking vegetables, but the nutrients of the food continues to decline year by year. Look at any perfect looking tomato at the store. There is no comparison in either taste or nutrition with the tomato harvested from your local garden that has angstrom size minerals.</p>
27	Recognize Symptoms	<p>When the human body is short of proper minerals, or has an abundance of a mineral in the wrong form, diseases of all types seem to appear. Minerals we consume, or don't consume, can affect everything from male pattern baldness to the length of our lives. When you drive your car and the check engine light comes on, you have a symptom. The correct response is to stop, check the engine and correct the problem. This would be true preventative maintenance. It is the same when you feel pain in your knee joint. Just because you feel pain does not mean your knee cap is gone, but it is a clue that your body is telling you something. You do not need to be a doctor, but you do need to be a health detective. Aches and pains are symptoms. Rotten teeth are symptoms. Body odor and bad breath are symptoms. Acne and dandruff are symptoms. Mood swings are symptoms. Bone degeneration is a symptom. Headaches are a symptom. Dry skin is a symptom. Even poor eyesight can be a symptom. Think of all these things when your body is trying to tell you something. It is up to you to collect the clues, analyze them and take action. Remember this, hospitals and nursing homes are full of people who did not pay enough attention to what their bodies were telling them.</p>

Section	Subject	Information
28	Pain Medication	Masking symptoms with pain killers is equivalent to putting on a band aid. Pain is an indicator that something is wrong. Listen to your body and attempt to figure out the cause of the pain or what might be wrong and get your body what it needs before it melts down. (Glenn's note: OR eliminate what is unhealthy). It is apparent that you must have food that has nutrition and is usable by your enzyme and digestive functions.
29	Enzymes and Food Allergies	If you don't have an enzyme to match the food you are eating a food allergy or disease might appear.
30	Chrome - Enzyme Dysfunction	What do you do if the standard enzyme function for chrome in your body is shut down due to hereditary or toxic conditions? You might be diabetic because of a lack of chrome as stated in many medical texts. Why do you have a lack of chrome? Is it from depleted soil, nitric fertilizers or lack of enzymes? Is it possible that unnatural or toxic chemicals in your past diet impaired your enzyme function?
31	Chromium Picolinate Is Not Chrome	Many supplement companies have products that are not in a usable form because they are inorganic compounds. Compounds can be natural or manmade. Natural compounds are called organic compounds. Manmade or synthetic compounds that are not found in nature or naturally in food are called inorganic compounds. For instance, water is a natural compound that is made up of the elements hydrogen and oxygen. It is and organic compound, whereas Epsom Salts is a manmade synthetic compound that is inorganic. There is hydrogen and oxygen in the air we breathe, but it is not water. I have found medical books that state diabetes is caused by a lack of chrome. The same medical books state that chromium picolinate does not relieve symptoms. I have discovered that the word picolinate references an inorganic or unnatural molecular compound of chrome. In other words it is chrome attached to some other element that creates an unnatural or inorganic compound that is not usable by the body. This new substance is not chrome. It is a whole new inorganic compound. Chromium picolinate is a chemical compound sold as a nutritional supplement to prevent or treat chromium deficiency even though it cannot be used by the body and may even be toxic.
32	Calcium Carbonate Is Not Calcium	Calcium carbonate consists of one calcium atom attached to one carbon atom, attached to three oxygen atoms. Most people believe they are getting calcium when they take calcium carbonate. They ARE NOT. The body does not have the ability to break this compound down and utilize it.
33	Drug Definition	I believe the correct definition of a drug is 'a new complex molecular inorganic compound that cannot be broken down by the body into its elemental forms', therefore our body treats this new compound as a whole new compound. For instance, you can take two or three elements which are harmless and put them together in a complex molecular compound and make a new poison or drug. Therefore, a person might take a compound, thinking that he is getting an element, when in fact he has been fooled and is taking something that is detrimental.

Section	Subject	Information
34	Examples Of Unusable Inorganic Mineral Supplements	Calcium carbonate is not calcium, Chromium Picolinate is not chrome, copper glutamate is not copper, zinc picolinate is not zinc and vanadium picolinate is not vanadium. These are all complex molecular compounds that are not in forms the body can use. If someone was to produce a product that was organic, and angstrom in size and water soluble, it would be absorbed into the upper stomach. It would also skip digestion while providing the body with the elemental building blocks that might stop the progression of a deficiency disease .
35	Studies using Inorganic Minerals	As an example many studies claim to test products like calcium while using a carbonate of calcium. Because calcium carbonate is a compound that is not calcium, I do not know how accurate these studies are and I am equally concerned about the published RDA. Was the RDA calculated with test results using calcium or calcium carbonate. They don't tell us. Glenn's comment: This same problem exists with all studies that omit saying the exact form of mineral or vitamin was used in the study.
36	Copper - RDA of	I believe that the RDA for copper for instance is so low that you would die of an aneurism taking the recommended RDA. Glenn's question: Are other RDAs as questionable?
37	Chelated - Word Being Used To Trick You	I am suspicious of the word 'chelated'. I think this fancy word is being used to trick you into thinking it might absorb.

Section	Subject	Information
38	Calcium Carbonate, Real Calcium, Digestion, Osteoporosis and PH	<p>Because calcium is an alkaline element, the body uses calcium as the main co-enzyme to adjust the PH of digesting foods as it enters the bloodstream. Calcium carbonate does not work properly as a co-enzyme because it does not bind to hydrogen. This would explain why people can take calcium carbonate all day long, but their body continues to rob calcium from their bone structure, causing the condition known as osteoporosis. Calcium carbonate is blackboard chalk. It is the scale that builds up on your shower wall, gums up your swamp cooler or humidifier and it does not mix with water (it is not water soluble). It tends to gum up your bodies circulation system. The beautiful coral reefs are made from calcium carbonate, from the bodies of the tiny ocean creatures. If this calcium were water soluble there would be no barrier reefs. Therefore, calcium carbonate is organic for sea creatures, but inorganic and in the wrong form for man. It is also organic for chickens, but we have no way to discharge it properly. That is why it is in the wrong form for us. It does dissolve in stomach acid. It is used in antacid products. It neutralizes the acid and is then absorbed into the bloodstream, but not in the form that can be used by the tissues. Since the dissolved blackboard chalk migrates out of the blood, it deposits into joints and organs, around the brain and plugs up the vascular system. On the other hand if you consume real calcium that is water soluble, not carbonated, your PH can start rising to correct levels. I have seen many instances where pure calcium has helped remove the flu symptoms in thirty minutes or less by neutralizing acidic crystalline neural toxins produced by the infection. My theory is that the body uses calcium to flush out and neutralize crystalline acidic neural toxins that are created by the infection. This helps to maintain the proper PH levels.</p>

Section	Subject	Information
39	Calcium (Organic, Angstrom sized) Corrects PH and Insulin Levels	<p>One of the ways you can measure your PH is to measure your first urine in the morning using litmus paper. By taking the right kind of calcium some people reach a PH of 7.2 within days. Others will not notice an increase until they have taken the right kind of calcium for three or four months. Calcium in the correct form is one of the most important minerals we can give our bodies, because it directly affects our resistance and susceptibility to viruses, parasites, bacteria, molds, fungus and cancers. Calcium helps to control the movement of substances in and out of our cells. It allows certain nutrients, such as vitamins and minerals, to pass into the cells and allows toxins to pass out. Without enough <b>available</b> calcium certain substances that you do not need can enter the cell, or elements that you do need may not be able to enter the cell at all. Calcium also plays a vital role in controlling insulin secretion. Certain cells in the pancreas must have enough calcium in the inner-cellular fluids before they can secrete insulin. In other words, when glucose levels increase in the blood the secretion of insulin is triggered, however, the normal secretion of insulin will be restricted if the proper amount of calcium is not present. As a result of the calcium deficiency a person could develop diabetes. Calcium also helps to control obesity, proper nerve impulses and helps to regulate the blood pressure. A person can have high sodium (salt) levels and never have high blood pressure if their calcium levels are normal. Remember we are talking about real calcium, not calcium carbonate or any other inorganic form. When your doctor tests you for calcium deficiency what form(s) are the testing for?</p>
40	Calcium Protects Us From Pollutants and Insecticides	<p>Calcium protects the body from many atmospheric pollutants and various insecticide poisons such as DDT.</p>
41	Vitamin B-12	<p>Absorption of vitamin B-12 depends upon calcium.</p>
42	Calcium (organic angstrom sized) Flushes Toxins from Body	<p>Calcium is not an infection killer. Its' job is to neutralize and help flush acidic toxins from the body. If you don't have enough calcium in your diet, your body will use the minerals stored in your bones to accomplish this mission.</p>
43	Calcium and Magnesium Balance	<p>Calcium has to have magnesium to maintain tissue and bone structure. Proper magnesium levels will help you feel younger, lose weight and increase your libido. Women who are put on a program with increased magnesium reported that their PMS symptoms vanished. Just as important, women reported they felt and started looking ten to fifteen years younger within a few short months. Most women who have taken magnesium, have claimed to lost weight, felt increased energy, felt far less depressed and started enjoying sex again. Some people have noticed they lost some of their wrinkles without applying anything to their skin. Therefore the best anti-aging advice in the world is simply good nutrition. Supplement correct elemental calcium and magnesium together. The more substances that are put into the body that are toxic, such as acid preservatives in food, the more of the water soluble calcium you need to remove them.</p>

Section	Subject	Information
44	Calcium depleted by Acidic Preservatives	Acid preservatives, like citric acid, remove usable calcium. The more of these preservatives you consume, the more calcium you need.
45	Calcium and Magnesium Supplementation	Magnesium is not discharged from the body to remove toxins. Therefore, magnesium supplementation can remain relatively constant while the amount of calcium supplementation you need is dependent upon the diet. Those that have a typical American diet need much more water soluble calcium than people who enjoy a more natural diet.
46	Calcium Excess Flushed Out By Magnesium	Your body needs magnesium to flush the excess calcium from your body after the calcium has neutralized the acidic toxins. A shortage of magnesium can cause calcium to migrate from the bone to the soft tissue in your body. As magnesium levels go down, as much as 30% of the energy a cell creates can be spent trying to pump the excess calcium out after it is no longer needed. This is why some people become exhausted so easily. Premenstrual Syndrome (PMS) is often nothing more than a symptom of premature aging caused by calcification of female body parts, aggravated by consuming calcium carbonate at all, or calcium with a lack of magnesium.
47	Magnesium - Symptoms of Deficiency	An excessive amount of calcium without magnesium can be a sign of a magnesium deficiency. One symptom of magnesium deficiency is a craving for chocolate. Symptoms of a severe magnesium deficiency include migraine headache and PMS. While you may not be a doctor, it makes good sense to be your own health detective. The next time you have an uncontrollable craving for a Hershey's chocolate bar, find out what your body is really attempting to tell you. Magnesium is also required for the production and transfer of energy from protein synthesis for contractility of muscle and excitability of nerves. If you have proper magnesium levels the body can use the calcium it needs and discharge the rest. There is an absolute shortage of magnesium in our food supply. It is plain to see that having a shortage of one mineral affects your entire system and can lead to shortages or surpluses of other minerals via a chain reaction.

Section	Subject	Information
48	Zinc -Symptoms of Deficiency	<p>Zinc is an interesting element. Steel nails are dipped in zinc. This is called galvanization. It is interesting to note that the steel will not rust once coated with zinc. The ability of zinc to stop oxidation makes it one of the most powerful antioxidants in the world. This means that zinc could help slow down the aging process as it slows cellular oxidation. If you spray a proper zinc solution on a sliced apple, it will not turn brown. The oxidation has stopped. Zinc is put on roof flashing to stop moss and fungus growth. It was used on the battlefield to during the civil war to stop infection. Zinc stops bacterial and viral replication. This means they cannot reproduce. One important point is that zinc only interferes with anaerobic, nitrogen breathing bacteria. This is why a person who has the flu can consume zinc and get over the flu faster. Even though zinc does not kill pathogens upon contact a person can use zinc to slow down or freeze a cold in its tracks, so it cannot proceed with standard severity. Because zinc moves through all the fluids of the body it can create a defense against infections that are trying to enter the body. For instance, if you had zinc in your spit you could stop bacteria replication in your mouth, which in turn could stop bacteria from producing acids that dissolve tooth enamel. Thus you would have less cavities..</p>
		<p>If zinc is in your sweat you might not have body odor (BO) if the BO is caused by bacteria. Zinc Deficiencies have been linked to numerous birth defects such as Down's Syndrome, cleft lip, Spina bifida, club limbs, hiatal hernia and umbilical hernia. Other conditions of zinc deficiency are Alzheimer's, paranoia, diabetes, PMS, cavities, depression, infertility, herpes, acne, obesity, alcoholism, hypertension (high blood pressure), thyroid disorders, urinary tract infections, low libido, hair loss, Crohn's disease, prostate cancer and eye diseases. In one study, women who were given proper zinc supplementation showed a twenty percent (20%) increase in mental capacity over a six week period. Zinc has been shown to be important for proper brain function and hormone production, which can improve libido. Zinc has been proven to reduce the size of the prostate gland, helping to prevent prostate cancer. Zinc is important for the proper maintenance of the male reproductive system. Here as a side-light is an important observation. Zinc is important to the fluids of the ear and the health of the prostate. Old men are known to have two common problems. They are often hard of hearing and they can have prostate problems. Two very different symptoms of a common deficiency.</p>

Section	Subject	Information
49	Silver-Blood-Brain Barrier-Kills Virus & Bacteria	<p>Silver is different than zinc because it actually kills viruses and bacteria. It also stops replication. Unlike zinc, silver does not reside in all the fluids that cells call home. For instance, silver is not found in your sweat. After using the zinc to put a bacterial or viral infection on hold, I was able to use silver to finish off the flu. Silver has been reported to kill every virus known to man. In fact it has been shown to kill over six hundred and fifty (650) viruses. It has been reported that silver kills viruses due to the valence charge (A Valence charge is a charge on electrons in the outer energy level of an atom ) that surrounds the silver molecule. Silver only kills bacteria that are anaerobic and nitrogen breathing. The friendly anaerobic bacteria in our digestive tract seem to be immune from silver and zinc because they have a different charge and are oxygen breathing. Silver is also used to treat severe burn patients in hospitals. It has been reported that having silver in the bloodstream increases the healing process of fractured bone. Small amounts of silver have been used to preserve food. The human body has no immune system in certain places like your spinal fluid and many major organs. I knew a lady who had a ten year backache. She knew she had a problem in her spinal area because she was in constant pain. She tried everything, including doctors and chiropractors. Then she tried every colloidal silver product on the market with no luck. Then she found a water soluble silver and within two hours after drinking two ounces at one hundred part per million her back pain disappeared. Silver, when in the correct form, can cross the blood-brain barrier. I believe she had an infection in her spinal fluid and the silver reached it.</p>
50	Silver and Zinc and Immune System	<p>Silver and zinc can stay in the blood and create a secondary immune system that can help prevent viral problems before they start. If you can drink a water soluble silver, it will be totally clear in color. It would absorb and not build up in the body. It might even reach the lymph system and other organs, crossing the blood-brain barrier on its way to being discharged as the body desires.</p>
51	Warts, Cancer and Viruses	<p>Warts are caused by invading viruses. Silver can be very helpful. An invading virus can mutate or change a sick or weak cell from oxygen breathing aerobic to a nitrogen breathing anaerobic cell. I believe cancer is like an internal wart because the cancer cell is one of your cells that has mutated from an aerobic to an anaerobic cell that is growing out of control.</p>
52	Cell Mutation - Causes	<p>Some of the conditions that can cause cells to mutate are: viruses, bacteria, parasites, toxins, radiation, preservatives. These also cause improper PH levels. In order to avoid cancer you need a viral and parasite control, proper PH levels, low pollution levels and proper nutrition.</p>
53	Vaccines and Immunizations	<p>Most people have been inoculated/vaccinated with live cultures. These active viruses and bacterial infections can hide in any one of your major organs and your spinal fluid areas with complete immunity from your immune system. Some organ problems can appear years later by hiding in these locations.</p>

Section	Subject	Information
54	Shingles	Shingles is caused by the same virus that causes Chicken Pox. The only way I know to reach the areas ( spinal fluid areas including the brain and some organs) where viruses and bacteria hide from the immune system is with minerals that cross the blood-brain barrier, that are effective on the problem and are water soluble for proper absorption. Water soluble silver can reach into an organ or spinal area that has viruses hiding in it since early childhood inoculations, and you might develop flu symptoms as you flush out these viruses. These minor inconveniences are short lived and you will survive them. Glenn's note: from personal experience, taking L-Lysine totally relieved the symptoms within 2 days. Research this yourself if you want to.
55	Parasites Are Killed By Copper	Copper kills all parasites and intestinal tract worms. There are thousands of different kinds of parasites. Most are microscopic. Others can grow up to ten feet in length. Over 97% of the American people have some microscopic parasites and do not know it. Parasites can lower the immune system by stealing nutrition the body needs and by overtaxing the immune system. Recognizing you affliction is not always easy. Symptoms can be subtle, including an increased risk of cancer, weight gain, weight loss, inability to taste food, allergies, hay-fever, asthma, acne, high blood pressure and mental conditions. One person who had consumed eight ounces of water soluble copper started tasting her food again. A doctor called who was given six weeks to live because of an incurable parasite problem and after drinking one, eight ounce bottle of water soluble copper his parasites died instead of him. When you kill parasites in your body with water soluble copper you may experience a healing crises. This crises is called the Herxheimer reaction, resulting from the decaying parasites. At this point your ammonia levels can climb and flu-like symptoms can develop. Don't panic, the unpleasant symptoms are short lived.
56	Parasites Passed From Mother To Fetus	Because microscopic parasites travel in the bloodstream and are passed from mother to baby through the placenta, some families have had human hosts to the parasite(s)in their family tree for generations.
57	Gray Hair - Copper and Zinc Deficiency	Copper is supposed to prevent gray hair, but if you are copper deficient your hair might not turn back to its original color unless you have proper zinc with the copper.

Section	Subject	Information
58	Gulf War Syndrome and a Parasite	Gulf War Syndrome is caused in part by a parasite called Leishman. Leishmaniasis is a disease caused by protozoan parasites of the genus Leishmania and spread by the bite of certain types of sandflies. The disease can present in three main ways as: cutaneous, mucocutaneous, or visceral leishmaniasis. The cutaneous form presents with skin ulcers, while the mucocutaneous form presents with ulcers of the skin, mouth, and nose, and the visceral form starts with skin ulcers and then later presents with fever, low red blood cells, and enlarged spleen and liver. Infections in humans are caused by more than 20 species of Leishmania. Risk factors include: poverty, malnutrition, deforestation, and urbanization. All three types can be diagnosed by seeing the parasites under the microscope. This flesh eating parasite can cause birth defects and brain atrophy . It can eat a cell and thereafter an arm or leg disappears from a growing fetus.
59	Hookworms And Loss Of Hearing	A lady who did a lot of traveling to foreign lands had lost her hearing and had to wear hearing aids. After drinking an undetermined amount of water soluble copper the hookworms in her ears died and her hearing came back.
60	Copper-Blood-Brain Barrier and Parasites	Water soluble copper can kill all the worms and other parasites in the human body. It can cross the blood-brain barrier and go everywhere in the body on its parasite killing rampage, while not being toxic to the human body.
61	Copper Deficiency - Symptoms	Some things that copper has been reported to help with are: white hair, gray hair, brittle hair, sagging tissue, hernia, varicose veins, aneurisms, Kawasaki disease, anemia, hyperthyroid, arthritis, ruptured vertebral disks, liver cirrhosis, violent behavior, learning disabilities, cerebral palsy, high blood cholesterol, iron storage disease, glucose tolerance, allergies and hay fever. Copper deficiency has been linked to fragile blood vessels.
62	Copper In The Wrong Form Is Toxic	Copper in the wrong form (i.e.: colloidal copper) that is micron or bigger in size can get into the bloodstream and deposit into the soft tissue, causing Schizophrenia, Doctor Jekyll/Mister Hyde behavior, violent rages, and Wilson's disease (Wilson's disease or hepatolenticular degeneration is an autosomal recessive genetic disorder in which copper accumulates in tissues; this manifests as neurological or psychiatric symptoms and liver disease. It is typically treated with medication that reduces copper absorption or removes the excess copper from the body.)
63	Birth control pills rob copper	Standard birth control pills rob a woman of copper. How often have we heard of the tragedy of a seemingly healthy young woman who suddenly dies of a brain aneurism. A woman who refused to take copper supplements because she was told she was copper toxic (too much copper) later died of an aneurism caused by a lack of copper.

Section	Subject	Information
64	Hair Analysis Can Be Dangerous	If one has a hair analysis done to test their mineral levels they might find out that they have too much of a specific element in their body and a few days later they drop dead of a shortage of the very same element. One can be extremely low in a usable form of the element and yet the hair analysis may show an extremely high and toxic level. This can happen because the test being used to test the mineral levels does not distinguish between elements that are usable and unusable.
65	Copper - Removing Excess	One of the ways to remove excess copper which is causing copper toxicity is to consume the correct type of copper, because the body will try to release (eliminate) unusable material when given material that is bio-available. It is apparent that the body will hang on to elements which are in the wrong form hoping to use them, but can't. Therefore, the body keeps accumulating the wrong type of mineral in whatever form it can get, until a disease appears.
66	Sulfur - Conditions Helped By	It has been reported that it is the sulfur in shark cartilage that helps to control cancer. It is the sulfur in bovine cartilage, also known as Chondroitin sulfate, which has been used to treat arthritis with great results. It is the sulfur in Lorenzo's Oil that repairs the myelin sheath and helps prevent conditions such as multiple sclerosis, palsy and Parkinson's.
67	Sulfur - Many Forms Are Toxic	Many forms of sulfur compounds are toxic. At this point I have to caution you to avoid all manmade inorganic sulfur compounds because they have long term negative side effects. Some manufacturers that produce compound sulfur supplements claim that their supplements are in the same form as sulfur found in fresh fruits and vegetables and have the same affect on the body. I do not believe this is true because fruits and vegetables are plant based organic compounds that are digested with liver and enzyme function, while a sulfur compound supplement can absorb in the upper stomach through osmosis, never reaching the lower stomach, and skipping liver and enzyme function completely. Because complex compound sulfurs can absorb without digestion, entering the system in an unusable and unstable form they can build up in your body and cause aching joints, extreme pain and an over acidic condition. This can cause other complications. Compound sulfurs are put onto salads in restaurants as a preservative or wine drinks as a preservative. People who eat these salads or consume the wine drinks have been known to experience allergic reactions like asthma or extreme breathing difficulties. Breaking down sulfur compounds by liver and digestive enzymes is one of the most difficult digestive processes. I believe the enzymes that break down sulfur are the first enzymes that fail when the body is poisoned or put out of balance. This is why any substance or poison that restricts enzyme function can have a negative effect on the body's ability to get sulfur from the food we eat.

Section	Subject	Information
68	Sulfur - Enzyme Deficiency May Interfere With Absorption	<p>Sulfur in the correct form has no negative side effects and no taste, only positive gain. If you don't have proper enzyme function, sulfur deficiency diseases can appear even though you have plant based sulfur in your diet. If, for instance you have Lorenzo's disease or Multiple Sclerosis (MS) caused by a lack of sulfur and you were to take Lorenzo's Oil that had a plant based sulfur you might not get full relief. If someone made a sulfur that provided the body with correct elemental sulfur that can be used as a building block material to repair the Myelin Sheath many of these conditions would subside. Natural sulfur is present in most green plant foods, certain algae and in a variety of fruits, vegetables and grains in small amounts. It is destroyed by dehydration and heat. Sulfur is necessary for collagen synthesis and helps to keep the skin, hair and nails from becoming rigid. It softens tissue, relieves stress, asthma, arthritis, inflammation, constipation and detoxifies the body and increases blood circulation. It reduces muscle cramps and back pain, permits muscles to heal, helps to be mentally calm and to concentrate. It is also a primary element in the lubricating fluids of the joints. Sulfur scavenges free radicals, relieves allergies to food and pollen, helps the liver to produce cholene, controls acidity and helps to prevent ulcers, helps with hypersensitivity to drugs, increases the body's' ability to produce insulin and is important for carbohydrate metabolism.</p>
69	Aspirin - Messes up Joints In Race Horses	<p>Veterinarians have determined that aspirin interferes with the lubrication of joints in race horses. So they avoid racing a horse that has been given aspirin. In our country we are told, "an aspirin a day" is a great way to stop the pain of arthritis. Does it make sense that if you have a joint problem you would take a medicine that interferes with the joints ability to lubricate itself? Many minerals depend on each other or have interactive dependencies. This is why it is a good idea to find a source of all needed minerals in the proper percentages and in forms your body recognizes as usable nutrients.</p>
70	Skin	<p>The four main elements that hold your cells together, making your skin look good without wrinkles are: sulfur, vitamin c, copper and zinc.</p>
71	Minerals Need Other Minerals	<p>Before your body can use sulfur it needs vitamin c. Before it can absorb vitamin c it needs copper. Before your body can use the copper it needs zinc. This shows how elements in the correct form work together in a synergetic affect.</p>

Section	Subject	Information
72	Gold - Uses and Symptoms	<p>Gold has been reported to be the remedy for glandular problems. It was also used prior to 1930 as a cancer remedy. It helps brain function, depression, despair, fear, frustration, drug and alcohol addiction, melancholy, sorrow, anguish, seasonal attitude disorders, arthritis, burns, chills, circulatory problems, digestive disorders, hot flashes, night sweats, obesity and puncture wounds. Gold also helps by providing deep sleep and extended dreaming. When we have dreams we are in deep REM sleep. This is when our body heals the most. As we get older we tend to sleep less and less which can cause us to age faster. Regardless of age we all need quality REM sleep each night. Because gold is a pure amalgam, meaning it sticks to everything, I believe the element of gold can be used by the body to repair DNA damage, thus slowing down the aging process. Because gland problems can also accelerate the aging process, and gold helps gland function, gold is very helpful in this area as well. Gold is also very good for calming children who are on drugs for hyperactive conditions. I have given gold to children who after one year of consumption seem to have a much higher IQ and increased learning curve.</p>
73	Seven (7) Year Cycle	<p>The body reproduces itself in seven year cycles. Because our DNA gets damaged from free radicals, toxins and poisons, you reproduce yourself every seven years damaged, or just not quite as well as you were. This is caused aging.</p>
74	Platinum - Uses and Symptoms	<p>Platinum, like gold, has a history of being used for incurable cancer, and I believe that platinum is much more effective than gold. Platinum is also effective for stopping headaches, PMS, cold feet and circulatory problems. Platinum seems to create a general feeling of well being. Platinum increases energy, therefore you could use platinum to control your energy level. If you don't have enough energy take a little platinum.</p>
75	Platinum - Inorganic is Dangerous	<p>As good as platinum can be for the body, it can be an absolute poison if particle size is above and angstrom.</p>
76	Chromium Deficiency - Symptoms	<p>Chromium and Vanadium are very special minerals because they activate enzymes that are associated with the glucose tolerance factor. Chromium deficiencies have been reported to create hypoglycemia (low blood sugar), hyperglycemia and diabetes. University studies clearly show an increase in the life span in laboratory animals by 33.3% when they are supplemented with chromium. Because it takes a chrome molecule to burn fat, and most people don't have any available chrome in their body, when they go on a diet they can get light headed and pass out. A common cause of the fainting is known as hypoglycemia. It also takes a chrome molecule to create muscle. Many people are currently taking chromium picolinate and vanadium picolinate, which are inorganic compounds, in the wrong form, incorrect for the body and dangerous.</p>

Section	Subject	Information
77	Selenium - Anti Cancer and Immune Booster	<p>Selenium is an interesting element. When scientists in Arizona gave one group of men and women two hundred micrograms (200 mcg) of selenium daily for seven years and another group dummy pills (placebos) they made an interesting discovery. The group that took the selenium supplement were 42% less likely to develop cancers than the group that took the placebo. Selenium is probably one of the most potent antioxidants on the market. It works by binding with unstable molecules in your cells, preventing them from becoming damaged and potentially cancer causing. Selenium seems to further improve immunity.</p>

Section	Subject	Information
78	Selenium - Detoxifier and Symptoms	<p>A mild virus injected into mice on a selenium low diet inflicted serious damage to their heart. When the same virus was injected into mice on a selenium high diet researchers reported that the mice did not suffer any negative side effects. It is apparent that selenium protects the cells from damage, even from some neurotoxins. Scientists in Brussels found that taking 100 mcgs (micrograms ) of selenium daily the immune system response was improved by nearly eighty percent (80%).</p> <p>They believe that the body uses the trace mineral to produce Glutathione Peroxidasees (GPx). Glutathione Peroxidase is the general name of an enzyme family with Peroxidase activity whose main biological role is to protect the organism from oxidative damage. This enzyme is used by the immune system to detoxify fat, thereby increasing immunity. Residents of Norfolk, England are said to be among the longest lived people in their country. Scientists believe it is because of the higher than normal concentration of selenium in their soil, and consequently in the food they eat. A shortage of selenium can cause the following conditions; anemia, age spots, liver spots, fatigue, muscular weakness, Myalgia, scoliosis, Muscular Dystrophy, Cystic Fibrosis, Multiple sclerosis, irregular heartbeat, Liver Cirrhosis, Lou Gehrig’s Disease (ALS - Amyotrophic Lateral Sclerosis), Parkinson’s disease, Alzheimer’s disease, Lorenzo’s Oil Syndrome, infertility, low birth weight, high infant mortality, sudden infant death syndrome, cancer, AIDS and sickle cell anemia. Selenium deficiency is one of the most dangerous mineral deficiency complexes affecting embryos, newborns, toddlers, teens and adults. The biggest problem with getting enough selenium in your diet is that there is virtually none in most soil and people are starved for it. Many people who have taken selenium in the proper form have immediately noticed a tremendous increase in energy. Selenium also helps the body get rid of toxins.</p>
79	PH - Urinary Tract	Trying to raise the overall PH of your system and making it less acidic can be very difficult. The body removes excess hydrogen through the urinary tract, so the urinary tract needs to be in good working order.
80	Molybdenum	The body can use molybdenum to carry hydrogen just like iron carries oxygen. There is virtually no molybdenum in the food supply today.

Section	Subject	Information
81	Indium - Hypothalamus, Pituitary and Hormones	<p>One of the most exciting and least understood minerals we have studied so far is indium. This rare earth element is not found in any plant we have studied, nor is it in our food supply in any measurable quantity. Trace amounts of indium are in Humic/Fulvic from ancient deposits of lush plant matter that was buried millions of years ago before chemicals, pesticides, and other harmful substances ever existed. Indium is a necessary nutrient in the proper function of the hypothalamus and the pituitary gland. These two master hormone producers have the job of maintaining optimal output of all the hormones for the body. When these two glands are functioning properly, your body systems are able to remain balanced and hormone levels remain at proper levels. This helps sleep, energy while awake, digestion, the reproductive system and even the hormones associated with aging. It is odd that a mineral so important in hormone function is missing from our food supply. Perhaps it was in our food supply at one time, but its source became extinct through natural catastrophe. Human history and legends are full of stories of floods and natural disasters, many of which have been proven by geologists. These legends also include stories of people who lived extraordinarily long lives, but many people living today have discounted this as fantasy. This simple mineral, in an <b>organic water soluble form</b>, may be the fountain of youth we have been looking for. Until we have additional research we will not know. What we do know is that when our hormones are properly balanced our body functions better and aging seems to be slowed down by up to 80%.</p>
82	Indium - Form Is Critical - Indium Sulfate Is Toxic	<p>The organic, angstrom sized form of indium, is not the same as the indium sulfate products that are currently being sold on the market. Organic, angstrom sized, indium is not toxic while indium sulfate is.</p>
83	Follow What Your Body Tells You	<p>It is always helpful to understand the rolls that different minerals and enzymes have in good health. You still need to be your own health detective and listen to your common sense. Hospitals, nursing homes and cemeteries are full of people who listened to their doctors, but ignored what their body was telling them. Use your common sense to guide you in your health decisions. Taking medicines every day to mask your symptoms is contrary to how your body is designed to function. Old age symptoms are not so much related to years of use as to misuse, abuse and improper nutrition. Medicine is not always the answer. Good nutrition is. The challenge is to find the supplements you need in a form your body can use and learn how to avoid the poisons that pollute your body. Before you start any health program it is a good idea to consult your personal healthcare professional.</p>

Section	Subject	Information
84	z - Enzymes Are Killed By Cooking Added by Glenn Molinari	Enzymes is defined as a protein molecule in a plant or animal, acting as catalysts to regulate chemical reactions involved in the metabolism of living organisms.andthe speed of many of the reaction. All enzymes are deactivated at a wet-heat temperature of 118 degrees Fahrenheit, and a dry-heat temperature of about 150 degrees. It is one of those happy designs of nature that foods and liquids at 117 degrees can be touched without pain, but liquids over 118 degrees will burn. Thus we have a built-in mechanism for determining whether or not the food we are eating still contains its enzyme content.
85	Test Your Current Supplement Using Light	To test your current mineral supplement shine a hand held laser pointer through the fluid. If it is solid dissolve it into water and then test it after it dissolves. Since the wavelength of the laser light is about four angstroms, you should not see any highlighted particles in the water if the particles are small enough to be used by the body. Most foods are fortified with minerals that are too big to be assimilated by the body. If you see a streak of particles highlighted by the light this is called the “Tyndall Effect”. This is a good indication that the particles are too big to be used by the body. No matter what the label on your supplement says your laser light tells the truth every time.

Section	Subject	Information
86	PH - Lemon To Balance Body PH added by Glenn Molinari	<i>Alkalinize the body with lemon</i>
<b>Lemon Water: Excellent For Alkalinizing &amp; Cleansing, Strengthening &amp; Nourishing Your Body</b>		
	<b>Digestion Effects</b>	As a prime example of the wonders of chemistry, lemons, one of the most acidic foods we eat, become one of the most alkalizing foods once they are broken down in your body during the digestive process. Food scientists determine whether a food is alkalizing or acidifying by burning it in air to simulate the process of digestion, which, chemically achieves the same effects as combustion by flame, says naturopath and acupuncturist Michelle Schoffro Cook, D.N.M., D.Ac, author of the book "The Ultimate PH Solution: Balance Your Body Chemistry to Prevent Disease and Lose Weight."
	<b>Individual Variations</b>	Lemons may be alkalizing or slightly acidifying, depending on your individual ability to break down, or metabolize, acidic foods, says Chirstopher Vasey, author of the book "The Acid-Alkaline Diet for Optimum Health: Restore Your Health by Creating PH Balance in Your Diet." Weak acids, including lemons and most fruits, whey protein, yogurt and vinegar are easier to metabolize and usually provide an alkalizing benefit. However, some people are less efficient at this digestive process and experience an acidifying effect from the same foods that are alkalizing for others. To determine which metabolic type you are, Vasey recommends using pH strips that you can purchase at a drug store to test your pH levels in response to different foods.
	<b>Kidney Stones</b>	A study published in the August 2008 issue of the journal "Urological Research" found that supplementation with lime, a close citrus relative to lemon, had alkalizing effects that discouraged kidney stone formation, which occurs in an acid environment. In the study, participants with history of kidney stones consumed lime powder for three months. Results showed an increase in urinary pH, indicating an alkalizing effect of the lime extract and a decreased risk for kidney stone formation. Lime powder was as effective as potassium citrate solution at increasing alkalinity. Lime powder also decreased levels of oxidized lipids, while potassium citrate did not show this benefit. Researchers suggested that lemon consumption may also provide alkalizing effects for reducing kidney stone formation.
	<b>Low Sugar</b>	Lemons, limes and grapefruit are low-sugar fruits that will provide alkalizing effects while not offsetting those benefits with the acidifying effects of sugar, says Robert O. Young, author of the book "The pH Miracle: Balance Your Diet, Reclaim Your Health." Lemon and lime contain about 3 percent sugar while a non-sweet grapefruit might contain 5 percent. Young recommends not taking lemon or lime half an hour before a meal or for 10 minutes after a meal.
Balance your body PH so the upper PH is above 6.9 and the lower PH is below 4.0.		

Section	Subject	Information
		Drinking <b>lemon water</b> helps you to stay healthy. Lemons are one of the very few foods on this planet to have more negative than positive ions. That is why they help for alkalizing the body.
		Many of the foods we crave — coffee, carbohydrates, meats and sugar — are acidic. Our bodies do not function nearly as well when they are acidic. They are more susceptible to sickness, disease, fatigue, wrinkles etc.
		Within minutes of drinking warm lemon water it can re-hydrate you. (unlike coffee which is loaded with the diuretic caffeine)
		Lemon water helps clean the toxins out of your body. It assists in “ <i>cleansing</i> the system of impurities” and will help prevent disease.
		Your skin can’t look healthy if your body is holding onto toxins! When you get rid of toxic waste in your system, your skin will show it first!
		If taken regularly, lemon water acts as a tonic to the liver to stimulates its daily digestive and cleansing functions. Lemon is also believed to help dissolve gallstones and is a superior body alkalizer. Lemon water helps to lower blood sugar and can lower the Glycemic impact of any meal.
		It has been studied that even a little lemon can help you lower the absorption of sugars from the food you eat simply because of its high acidic content.
		You can go one step further and eat some lemon peels along with the juice, this acts like a double whammy on weight gain.
		Why? Because the pectin present in the peels helps in weight loss by becoming a gel forming substance in your stomach which reduces the sugar absorption from the food you eat.
		It is well proven that lemon water accentuates the acidity of the digestive system and this helps the body in the absorption of calcium from the foods you eat. Calcium is then stored up in the fat cells.
		It has been studied that the more the calcium content in fat cell, the more its ability to burn fat. So this another benefit of lemon juice for weight loss.
		One of the most important benefits of drinking lemon water regularly is its effect on the gastrointestinal tract. Lemon water assists in the process of <i>digestion</i> and elimination.
		The digestive qualities of <b>lemon water</b> help to relieve symptoms of indigestion, such as heartburn, belching and bloating
		Lemons have also been said to be good for the bones and fighting cancer; plus they have a great amount of vitamin C and potassium and is antioxidant-rich food. Limes are a great alternative if you have them more readily available.

Section	Subject	Information
		<p>Daily consumption of lemon water can make a huge difference in the appearance of your skin. It acts as an anti-aging remedy and can remove wrinkles and blackheads. Lemon water if applied on the areas of burns can fade the scars. As lemon is a cooling agent, it reduces the burning sensation on the skin.</p>
		<p>Because of its high vitamin C content, it is used to prevent and treat many infections, hasten wound healing, and diminish allergies. Lemon water also relieves symptoms of asthma, tonsillitis, and sore throats.</p>
		<p>Lemon is a diuretic. This means that lemon water is especially good for people with <i>urinary tract infections</i>.</p>
		<p>And, lemon water is also used in <i>dental care</i> . If fresh lemon juice is applied on the areas of toothache, it can assist in getting rid of the pain. The massages of lemon water on gums can stop gum bleeding. It gives relief from bad smell and other problems related to gums.</p>
		<p>How to make this magic drink: Squeeze the juice of two lemons — the heavier the better — into a glass of room-temperature water. Sip every morning and afternoon. Skip the sugar — it'll only cancel out all those amazing health benefits.</p>
		<p>If you don't like lemons, use limes. To extract the most juice and pulp from the lemon, roll the lemon around on a table or the counter a few times.</p>
		<p>Lemons are a refreshing addition to many foods and beverages and offer the nutritional benefits of vitamin C, vitamin A and potassium. Aside from their culinary and nutritional uses, lemons are thought to provide a variety of health benefits due to their alkalizing effects on the body. Consult your doctor before making any diet or lifestyle changes.</p>