

Parasites
Parkinson's Disease
Reduced glucose tolerance
Ruptured disc
Skin eruptions or sores
Varicose veins
White or gray hair
Wrinkled skin

SOME SYMPTOMS OF **COPPER** EXCESS (TOXICITY):

Anxiety
Depression
Insomnia
Post-partum psychosis
Stuttering
Joint & muscle pains
Wilson's' Disease (paranormal copper assimilation which leads to excessive copper in brain, liver, kidney and corneas of the eyes)

FOOD SOURCES OF **COPPER**:

beans
black pepper
bone meal
brewers yeast
cocoa
dark leafy greens
dried fruits such as prunes
fish
kidney
liver
molasses
nuts
organ meats
oysters
potatoes
raisins
shellfish
soybeans
whole grains
Yeast

GERMANIUM

(50 parts per million) Germanium is one of the most dynamic new discoveries in the realm of trace elements necessary for optimum nutritional health. Germanium raises the level of activity of various organs (facilitates oxygen uptake) and helps to expel harmful pollutants and arrest germ activity. Germanium serves as an electrical semi-conductor; it helps correct distortions in the electrical fields of the body.

Germanium is still being researched for all of its possible supplementary applications. Poor immune system, low energy and cancer indicate germanium deficiencies. It is believed to act as an anti-cancer agent and is effective for viral, bacterial and fungal infections.

SOME SYMPTOMS OF A **GERMANIUM** DEFICIENCY:

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Asthma
Cancer (breast, lung, bladder)
Cardiac insufficiency
Hepatic cirrhosis
Hypertension
Leukemia
Nephritis
Neuralgia
Neurotic disorders
Softening of brain tissue

FOOD SOURCES OF GERMANIUM:

aloe vera
beans
chlorella
garlic
ginseng
green tea
leafy greens
oysters
reishi mushroom
shiitake mushrooms
tuna
vegetables
water chestnut
wheat bran

GOLD

(75 parts per million) Gold promotes a general euphoric feeling, enhances the body's natural defenses against illness and promotes vitality and longevity. Gold has been found to improve glandular function. It helps the body to relax. Some people report that after taking gold for an extended period of time, it raises energy levels. It is also believed that gold helps repair damaged DNA.

Gold is reported to be effective against joint inflammation and when used with aspirin for arthritis relieves pain. Gold is not an analgesic but may have anti-inflammatory effects.

SOME SYMPTOMS OF A GOLD DEFICIENCY:

Arthritis
Brain dysfunction
Cancer
Chills
Circulatory disorders
Depression
Digestive disorders
Drug/alcohol addiction
Gland dysfunction
Heat flashes
Insomnia
Joint inflammation
Night sweats
Obesity
Seasonal attitude disorder

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IODINE

(15 parts per million) Iodine is called the metabolizer. It is one of the most vital of the biochemical elements and has one of the highest vibratory frequency rates of all the elements. It mainly affects the thyroid, which not only controls many important functions in the body, but also keeps us in a quickened state of health. Iodine restores heat, assists calcium in the repair and building of tissue in the body. Iodine is stored, in a small percentage, in muscles, most in the thyroid and the rest in the skin and bones.

The thyroid gland secretes iodine. The hormones the thyroid produces regulate and control the metabolism of the body (increases the assimilation of salts), digestion, heart rate, body temperature, nervous system, reproductive system and body weight. Iodine protects the brain by destroying harmful toxins, and helps neutralize toxins in the rest of the body. Iodine aids the assimilation of calcium and silicon. Skin problems such as dry or scaly skin are indicative of an Iodine deficiency. Regular elevated intakes of iodine occur occasionally, such reactions may manifest as skin rashes or acne.

SOME SYMPTOMS OF AN IODINE DEFICIENCY:

- Acne
- Cretinism
- Depression
- Frustration
- Goiter
- Hormonal imbalance
- Hyperthyroidism
- Hypothyroidism
- Lethargy
- Miscarriages
- Scaly or dry skin
- Sterility or Infertility

FOOD SOURCES OF IODINE:

- asparagus
- cod
- eggs
- fish
- fresh vegetables
- haddock
- iodised salt
- kelp
- meats
- mushrooms
- perch
- sea bass
- sea fish
- sea food
- sea vegetables

INDIUM

(± 180 part per million) Indium exists in such small amounts, and is not water-soluble in nature, that it is simply not in the food chain. It is for this reason that it is designated a trace mineral (micro-mineral). Testing done in 1975 was unable to determine indium levels in the body due to its low concentration. All this points to

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indium being vital for our continued good health, and a solution to some of mankind's most dreaded health problems. One of many health problems that research has shown that indium may help is cancer. It has shown to be effective against Walker 256 carcinosarcomas, and more research for its further use is ongoing. In 1983 study found that indium sought out and saturated tumor tissue. This is good news given the general tumor reducing characteristics of indium. In 1971 study found that indium supplementation caused a lower incidence of tumors. In 1971, Dr Henry Schroeder found that the use of indium resulted in a lower body weight. Of even more interest is the fact that indium was more active in females than males. Since women have less muscle mass than men, indium may give them the extra boost they need to lose weight. Dr Schroeder graphed very interesting results. He found that, after maturity, females without indium added 20% of their weight on as fat, while those supplementing with indium added on no fat at all. Indium has a beneficial effect on the thyroid gland. By potentiating this gland, and helping support proper thyroid levels, more calories are burned and weight is normalized. Indium users have known of its anti-depressant activity for over two decades now, with indium producing a feeling of well-being and euphoria after only a few days of use. Two major effects that indium has are in its ability to help the body assimilate other important nutrients and in increasing the life span or red blood cells from 90 to 120 days.

WHAT INDIUM HELPS:

Abdominal pain
Acne
Backache
Bloated feeling in the stomach
Depression
Dizziness
Dry skin softened
Eye irritation
Eye pain
Fatigue in the legs
Fever
Pain throughout body
Hair growth returned
Headaches
Healing time of scratches, burns, and bruises decreased
High blood pressure helped – gradually
HIV/AIDS patients helped with diarrhea
Hypoglycemia reduced to near normal
Intestinal & bowel problems
Irritability
Lack of concentration
Lethargic appetite
Libido returned to normal for both, male and female
Menstrual problems
Migraines
Mouth sores
Mouth ulcers
Muscle pain
Nasal Congestion
Nausea
Neck & shoulder stiffness
Normalization of low blood sugar
Normalization of saliva flow
Physical endurance increased
Productive cough
Runny nose

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Sense of smell regained
Sense of well-being
Sinus pressure
Sleepiness in the afternoon
Sneezing
Sore throat and other throat problems
Taste sensitivity
Trembling hands & arms
Urinary problems
Weakness

FOOD SOURCES OF INDIUM:

Is not present in food today.

IRON

(75 parts per million) Iron is called the energy giver. It attracts oxygen and builds blood. Along with manganese and copper it is necessary for health blood chemistry and is essential for recovery from illness. It is stored in the blood, bone marrow, liver and spleen with trace amounts in every organ. Iron is one of the most common deficiencies in men as well as women, although women require more iron than men because of their menstrual cycle. Without sufficient iron, the body cannot manufacture enough new hemoglobin packed blood cells, (the red cell protein that transports oxygen in blood). Iron helps the body to rid itself of carbon dioxide and keeps liver tissue soft.

Iron combines with other nutrients to produce vital blood proteins and is involved in food metabolism, digestion, elimination, circulation, and helps maintain sufficiently high blood pressure. Vitamin C improves iron absorption.

SOME SYMPTOMS OF AN IRON DEFICIENCY:

Anemia
Anorexia
Brittle nails
Constipation
Depression
Dizziness
Dysphasia
Fatigue/lack of stamina
Fragile bones
Growth retardation
Hair loss
Headaches
Ice eating (pica)
Unnaturally pale skin

FOOD SOURCES FOR IRON:

Reasonable amounts of iron are also found in lamb, pork, and shellfish. Non-heme and heme **IRON** is found in the following:

HEME IRON FOOD SOURCES:

beef, liver
beef, corned
beef, lean ground; 10% fat
*beef, round

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*beef, chuck
*beef, flank
chicken, breast w/out bone
chicken, leg w/bone
chicken, liver
chicken, thigh w/ bone
cod, broiled
flounder, baked
*pork, lean ham
*pork, loin chop
salmon, pink canned
shrimp, 10 - 2 1/2 inch
tuna, canned in water
turkey, dark meat
turkey, white meat

NON-HEME **IRON** FOOD SOURCES:

acorn squash, baked
almonds, raw
apricots, dried
asparagus
bagel
baked beans, canned
blackstrap molasses
bran
brazil nuts
bread, white or whole wheat
broccoli, cooked or raw
brown rice
cashews, dry roasted
cod, broiled
collards
dandelion greens
dates
dried beans and peas
dried fruits
egg yolk
enriched rice, cooked
fortified breakfast cereal
kale
kidney beans
legumes
lima beans, cooked
macaroni, enriched, cooked
millet
molasses, blackstrap
oats
peanut butter, chunky
peas, frozen and prepared
prune juice
prunes, dried
pumpkin seeds
raisins, not packed, seedless

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red kidney beans, cooked
rice, brown, cooked
rice, white enriched, cooked
seeds
soybean nuts
spaghetti, enriched, cooked
spinach, boiled or cooked
vegetables
vitamin supplements
wheat
whole grains

MAGNESIUM

($\pm 2,000$ parts per million) Magnesium is a natural tranquilizer. Called the “anti-stress mineral” it aids in relaxing nerves, relieving tension, assisting digestion, activates enzymes important for protein and carbohydrate metabolism, and modulates the electrical potential across all cell membranes.

Magnesium is important in the production and transfer of energy, muscle contraction and relaxation, and nerve conduction. It also aids regularity, is necessary to keep vertebrae in their proper position, induces restful sleep, purifies and purges body tissues (combats acids, toxins, gases, impurities, and neutralizes poisons), and lowers fever. Magnesium is stored in the bowel, nerves and ligaments. Chlorophyll and green vegetables contain large amounts of magnesium.

SOME SYMPTOMS OF A MAGNESIUM DEFICIENCY:

Anorexia
Asthma
Calcification of organs
Calcification of small arteries
Cramps
Convulsions
Depression
ECG changes
Growth failure
Headaches
Kidney stones
Malignant calcification of tissue
Migraines
Muscle ties
Muscle tremors
Muscular weakness
Myocardial infarction
Neuromuscular problems
PMS
Vertigo
Wrinkles

FOOD SOURCES FOR MAGNESIUM:

almonds, dry roasted
amaranth
avocado, Florida
bananas
barley
bone meal

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bran
bran flakes
brazil nuts
brown rice
buckwheat
cashews, dry roasted
cereal, oats, instant/fortified
cereal, shredded wheat
dark-green, leafy vegetables
dried apricots
eggs
fish
green vegetables
honey
legumes
meat
milk
millet
molasses
nuts, mixed, dry roasted
oysters
peanut butter
peanuts, dry roasted
potato, baked w/skin
pulses
quinoa
seeds, pumpkin
shellfish
soy flour
soybeans, cooked
spinach, cooked
sunflower seeds
tofu
tuna
wheat germ
whole grains

MANGANESE

(±100 parts per million) Manganese, also called the “brain mineral”, is important in the utilization of all mental facilities/functions. It aids memory and other brain and nerve faculties. Though only found in trace amounts in the body, good health is impossible without it. It increases resistance and recuperative ability and like iron aids in oxygen transfer from lungs to cells. Manganese strengthens tendons, tissues, ligaments, and linings in and outside of organs...”If the human body is well supplied with it, (manganese) various tissues, cells and nerves become more tensile and elastic” – The Chemistry of Man by Bernard Jensen. Manganese makes up part of a molecule known as muco-polysaccharides, which are used to form collagen, the strong fibrous connective material that builds tissue, bone and cartilage. This mesh of collagen is the framework on which calcium, magnesium, and other bone hardening minerals are deposited. Carpal Tunnel Syndrome, a painful condition in which arm tendons are weak or damaged, is a sign of a manganese deficiency. Deafness, if due to damage of the cartilage of the ear, can be attributed partially to a deficiency in manganese. Manganese has a positive effect on the libido by increasing energy levels and the brain’s ability to receive and send messages. It also helps the reproductive organs to work properly because of its effect on tissues and

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nerves. Production of sex hormones is aided by manganese. It can help reduce menstrual cramps and PMS. Manganese is stored half in the bones and the remainder in the liver, pancreas, pituitary gland, and kidneys.

SOME SYMPTOMS OF A MANGANESE DEFICIENCY:

Carpal Tunnel Syndrome
Deafness
Depression
Gout
Hearing problems
Infertility
Lack of concentration
Loss of libido in both sexes
Memory loss/mental confusion
Miscarriages or still births
Multiple Sclerosis
Nerve problems
PMS
Poor muscle co-ordination
Retarded growth rate
Ringing in ears (Tinnitus)
Stiff tendons
Stuttering
Tremors

FOOD SOURCES OF MANGANESE:

almonds
amaranth
barley
beets
blueberries
broccoli
brown
brown bread
brussels sprouts
cereals
clams
ginger
mussels
nuts
oats
pineapple
quinoa
raspberries
rice
sunflower seeds
sweet potatoes
tea
tofu
walnuts
wheat

MOLYBDENUM

(50 parts per million) Molybdenum is a little-known, though essential, trace mineral. It is instrumental in regulating pH balance in the body. For each pH point increase (e.g., 6.1-6.2), the oxygen level is increased 10x, thus increasing the metabolism and enhancing the body's ability to burn fat.

Although very small amounts are needed, molybdenum is a vital part of three important enzyme systems and is necessary for the proper function of certain enzyme-dependent processes, including. The metabolism of iron. When the iron stored in the liver is freed, it can then carry oxygen to body cells and tissue. Molybdenum works with the enzyme systems to help eliminate toxic nitrogen waste by turning it into uric acid. The uric acid then can be converted and more easily flushed out of the system.

Molybdenum promotes general well being, aids in carbohydrate metabolism, has proven itself useful in MSG (or other chemical) sensitivity, increases libido, and may enhance the effect of fluorine in tooth decay prevention (dental enamel is rich in molybdenum). It also induces sleep.

Because of molybdenum's ability to raise the body's pH, it may be beneficial in the treatment of cancer, viruses, and parasites.

SOME SYMPTOMS OF A MOLYBDENUM DEFICIENCY:

- Acne
- AIDS
- Allergies
- Anemia
- Anthrax
- Asthma
- Athlete's foot
- Bell's Palsy
- Bladder infection
- Cancer
- Candidiasis
- Canker sores
- Cavities
- Contrail/Chemtrail exposure
- Colds/Flu
- Depression
- Diabetes
- E. coli
- Eczema
- Epstein Barr virus
- Gout
- Gulf War Syndrome
- Hepatitis C
- Herpes simplex
- Impotency
- Insomnia
- Liver damage – Cirrhosis
- Lupus
- Lyme Disease
- Multiple Sclerosis
- Obesity
- Parasites
- Prostate infection
- Ringworm

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FOOD SOURCES OF MOLYBDENUM:

Broccoli
buckwheat
cauliflower
cereals
grain
leafy vegetables
legumes
lima beans
liver
oats
organ meat
Peas
pulses
spinach

PLATINUM

(50 parts per million) Platinum is used in the treatment of cancer, and as a base in some of the chemotherapeutic treatments in conventional hospitals, although not in the proper (natural) form.

In the early 1970's, Platinum was used in the dye in x-rays of women's breast. Breast lumps reportedly began shrinking & even disappearing after the use of the dye. Many believed the platinum in the dye caused the shrinking and disappearance. Since then platinum dye has been replaced with radioactive dyes. Platinum may be effective in killing disease-causing bacteria, fungus, viruses, and help boost the immune system.

SOME SYMPTOMS OF A PLATINUM DEFICIENCY:

Back pain
Cancer
Chronic fatigue
Gland dysfunction
Headaches
Insomnia
Mental alertness
Nerve damage
Neuralgia
PMS
Poor concentration

POTASSIUM

(900 parts per million) Potassium is called the alkalizer. It neutralizes acids and restores alkaline salts to the blood stream. Potassium works with sodium in all cells including nerve synapses to maintain/restore membrane potentials & assist in metabolic processes. Potassium is critical to cardiovascular and nerve function, through regulating the transfer of nutrients into cells, and for muscle energy. Potassium also regulates water balance, assists recuperative powers, aids rheumatic or arthritic conditions (causes acids to leave joints and ease stiffness), is vital for elimination of wastes, is a natural pain desensitizer, helps control convulsions, headaches and migraines, promotes faster healing of cuts, bruises & other injuries, and generally contributes to a sense of well being. Potassium is stored in the muscles.

SOME SYMPTOMS OF A POTASSIUM DEFICIENCY:

Bad circulation

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Bluish tint to skin
Chronic Fatigue Syndrome
Diabetes
Earaches
Edema
Headaches
Heart palpitations
Hypertension
Insomnia
Intestinal pain
Muscle weakness
Oppressive breathing
Pain in the eyes
Prolapsed uterus
Swollen glands
Tissue anemia
Water retention

FOOD SOURCES OF POTASSIUM:

apricots
bananas
cereals
coffee
dairy foods
dates
dried fruits
figs
fish
lean poultry
legumes
meats
milk
nuts
peaches
potatoes
seafood
seeds
tea
vegetables
whole grains

SELENIUM

(±75 parts per million) Selenium is an essential trace mineral that works with vitamin E in metabolic functions. It promotes normal body growth, fertility, encourages tissue elasticity and is a potent antioxidant that naturally reduces the retention of toxic metals in the body. Selenium is crucial for the proper functioning of the heart muscle and there is evidence that it can help the body fight cancer. In Norfolk England, the people are said to be among the longest-lived people in their country. Scientists believe it is due to high concentrations of selenium in their soil. Low soil levels of selenium have long been associated with higher cancer rates. Selenium is stored in muscle and other tissues, as well as in the liver and kidneys.

SOME SYMPTOMS OF A SELENIUM DEFICIENCY:

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Age & liver spots
Alzheimer's
Anemia
Cancer
Cardiomyopathy
Cirrhosis of the liver
Cystic fibrosis
Fatigue
Fibromyalgia
Heart disease
Heart palpitations
HIV (Aids)
Hot flashes
Immune deficiencies
Infertility
Multiple Sclerosis
Muscular Dystrophy
Muscular weakness
Pancreatic atrophy
Pancreatitis
Parkinson's disease
Premature aging
Scoliosis
Sickle cell anemia
Sudden Infant Death Syndrome

SOME SYMPTOMS OF **SELENIUM** EXCESS (TOXICITY):

Dermatitis
Fatigue
Fever
Hair loss
Heart problems
Hinders performance of certain enzymes
Increased tooth decay
Liver & kidney impairment
Muscular problems
Nausea
Paralysis
Skin inflammation

FOOD SOURCES OF **SELENIUM**:

bran
brazil nuts
brewer's yeast
broccoli
chicken
egg yolk
eggs
fish
garlic
grains
herring
kelp

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kidney
liver
onions
organ meats
oysters
red meat
seafood
sesame seeds
shellfish
tuna
wheat germ
whole grains

SILICA

(±180 parts per million) Next to oxygen, Silicon is the most prevalent element on earth. The mineral Silicon makes up 28.9% of the earth's crust. Within the human body, the naturally occurring mineral is found in the form of Silica. A natural compound made up of silicon and oxygen. The amount of silica in the adult human body has been found to be as high as .48% on a dry weight basis. All connective tissue cells in the body, the nails, the hair and the skin contain silica. Silica plays an active role in bone formation, in giving tissues hold, firmness, and strength, and in bone re-mineralization. Silica molecules enhance the body's ability to increase water-absorption of essential proteins, acting as a binding agent. By binding existing calcium, protein and water molecules together, they help strengthen and revitalize skin, hair and nails. Foods that are usually rich in silica these days grow in mineral depleted soils, therefore our daily diets may lack sufficient quantities of silica. Due to a depletion of silica in our bodies through the aging process, we result with symptoms of dry skin, wrinkles, dull, lackluster hair, and brittle nails. Silica is found in blood, brain, kidneys, liver, lymph nodes, lungs, muscle, and testes. The highest levels are found in the connective tissues such as in the aorta, trachea, tendon, bone, skin, hair, and nails. Therefore, it gives strength and support to all the tissues of the body. Silica is especially important in children, playing a role in the formation of bones. It tends to accelerate bone development and has a positive effect on the phosphorus to calcium ratio.

SOME SYMPTOMS OF A SILICA DEFICIENCY:

Alzheimer's disease
Skin problems
Weakened hair
Weak joints & bones
Weak, split nails

KNOWN BENEFITS

Anti-inflammatory and disinfectant
Helps fortify the bones
Helps in pain relief for burns
Helps revitalize the scalp
Helps with removing aluminum in Alzheimer's
Immune system enhancement
Increased elasticity of blood vessels and improve heart health
Makes skin soft and silky
Plays an important role in muscle, vein, teeth, and hair resistance.
Promotes thick, strong hair as well as strong, hard nails.
Protects functions and structure of connective tissue.
Reduces pain & inflammation in joints
Relieves stomach problems

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Relieves vertigo
Retard the aging process
Stimulates cell formation and metabolism

FOOD SOURCES OF SILICA:

algae
artichokes
asparagus
barley
beets
bell peppers
grain husks
green vegetables
horsetail supplements
millet
oats
rice
sunflower seeds

STABILIZED OXYGEN

Stabilized Oxygen is the highest quality, strongest and most stable of all the liquid electrolytes of oxygen available on the market. Stabilized Oxygen is a liquid concentrate of electrolytes of oxygen, made available to the body, in a molecular form and released upon contact with stomach acid. By providing your bloodstream with molecular oxygen it is possible to kill anaerobic bacteria and other parasites on contact, without harming your tissue or friendly aerobic bacteria. When extra oxygen is released into your blood stream, though minimal when compared to the amount of oxygen you breathe into your lungs, it is very beneficial to your metabolism.

If the body can maintain a robust cellular oxidation, meaning that virtually every cell in your body is functioning well, disease and bacteria are killed. When cell oxidation is diminished, due to stress, pollution and junk foods, the body is opened up to degeneration, fatigue and sickness.

The chlorite molecule is used for a number of important enzymes that help improve cell oxidation. Stabilized Oxygen has specific enzyme enhancing qualities. The most abundant element found in healthy human blood is chlorine, followed by sodium, calcium, magnesium, iron and so forth.

When Stabilized Oxygen hits one's stomach acid, it breaks it up into elemental sodium and oxygen. When Stabilized Oxygen is diluted in water, the high alkaline pH is rapidly lowered from a pH of 12-13 to about a pH of 8.6. When this happens it causes the separation of chlorite ions and Stabilized Oxygen molecules (O₂) from the sodium atoms. Tiny amounts of chlorine dioxide are released, this reaction destroys microbes in the water, making Stabilized Oxygen a good thing to have on hand when your water source is questionable. Stabilized Oxygen has been proven effective in killing salmonella, cholera, E coli, streptococcus, pseudomonas & staphylococcus aureus. Our four-ounce bottle yields two 10-drop dosages a day for 60 days

SUPER SILVER

(Bacterial & Viral Infections)

The Three Main Grades of Processed Silver

Colloidal Silver – Silver that is electronically processed into a fine state of subdivision that is suspended in liquid and due to the electronic charge holds it's individual character and settles very slowly.

Ionic Silver – Electronically processed silver that is broken down into a free electron (or subatomic particle) that exists in solution.

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“SUPER CILVER” – Cilver that has been electronically pushed into a state where it develops a self perpetuating pulse rate that is eternal in nature and pulses too rapidly for individual recording. One definition given by a noted physicist, Robert C. Beck, is that the cilver when processed by this method, loses its identity as a trace element i.e. is not identified as a “particle” and acts more like a gas. Other research professionals have tested this cilver and found the exact same thing. It is etheric in nature but carries the signature of the element cilver.

SUPER CILVER has been extensively tested on literally tens of thousands of people with impressive success.

THE SILVER PROBLEM

Colloidal and Ionic Silver are in a 3 dimensional physical form and take up space. Even if so small they did not harmfully build up in the body, there is a second problem.

One of the worlds leading physicists, considered to be the father of electro-medicine today, Robert C. Beck, tested these three forms of silver for **penetrability**. He found that all forms of Colloidal and Ionic silver had 5% to 6% effectiveness for penetrating certain membranes. When he tested SUPER CILVER he was astonished to see 100% penetration!

Another major distinction between SUPER CILVER and all others is that due to its energetic and etheric nature, it doesn't break down. Direct sunlight does not change its composition even after years of exposure.

SULFUR

(900 parts per million) Sulfur is known as a healing mineral. It aids every cell in the elimination of toxic substances through agitation. Sulfur aids functions in enzyme reactions and protein synthesis and is important in cellular respiration. Sulfur is the flexible bond that connects cells; it is the lubricant found between joints. A deficiency of water-soluble sulfur can lead to a variety of conditions ranging from skin irritations and rashes to total breakdown of cellular regeneration. Pain and inflammation associated with various muscle and skeletal disorders indicate a deficiency of sulfur.

It is believed that sulfur can repair the myelin sheath, the protector on the end of every nerve in the body. Damage to the myelin sheath causes the shaking condition in palsy, MS, Lorenzo's Disease & many other disease conditions where motor functions are uncontrollable.

Chronic or severe allergies to materials such as dust, pollen, wool, animal hair, feathers, etc., with symptoms ranging from respiratory congestion to inflammation, itching, & general discomfort, can be relieved with sulfur. It increases blood circulation, reduces back pain, relieves migraine headaches, promotes muscle healing, scavenges free radicals, beautifies the skin, relieves allergies to food, controls acidity in stomach ulcers, is important for carbohydrate metabolism and speeds wound healing. Sulfur is stored in the brain, nerves, bowel and liver and in all body cells especially skin, hair and nails.

SOME SYMPTOMS OF A SULFUR DEFICIENCY:

- Acne
- Arthritis
- Asthma
- Back Pain
- Constipation
- Circulatory problems
- Dry skin
- Free radical damage
- Infection
- Inflammation
- Migraines
- Muscle pain
- Nerve disorders

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Skin disorders
Stress
Urinary tract disorders
Various muscle & skeletal disorders
Wrinkles

FOOD SOURCES OF SULFUR:

brussels sprouts
cabbage
egg yolks
eggs
fish
garlic
kale
kelp
legumes
lettuce
meats
milk
nuts
onions
poultry
raspberries
seaweed
turnips

TIN

(100 parts per million) Tin is concentrated primarily in the adrenal glands but is also found in the liver, brain, spleen and thyroid. Tin is found in the tissue and has many chemical and physical properties similar to those of carbon, silica, germanium and lead. This has been implicated in hair and hearing loss. Little is known about the functions for tin in humans.

SOME SYMPTOMS OF A TIN DEFICIENCY:

Hair loss
Hearing loss
Male pattern baldness

FOOD SOURCES OF TIN:

cereals
licorice, organic
meat
seaweed
vegetables

VANADIUM

(300 parts per million) Vanadium regulates the circulatory system, helps reduce cholesterol levels, and cholesterol buildup in the central nervous system, lowers elevated blood sugar and is believed to help reduce the incidence of heart attack. When used in combination with chromium it is found to be very beneficial in healing mineral deficiencies found in diabetics and hypoglycemics.

It has been estimated that 80 million Americans exhibit some of the characteristics of diabetes such as

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insulin resistance, excess insulin release, high triglycerides and high blood sugar. Chronic weight loss or gain, frequent urination and chronic thirst are warning signs that are indicative of the possible onset of diabetes. It is distributed throughout the body, some in fat tissue.

SOME SYMPTOMS OF A VANADIUM DEFICIENCY:

Cardiovascular disease
Diabetes
High cholesterol
Hyperinsulinism
Hypoglycemia
Infertility
Metabolic dysfunction
Obesity
Pancreatic dysfunction

FOOD SOURCES OF VANADIUM:

apples
buckwheat
cabbage
carrots
cauliflower
corn oils
cucumber
dill
fish
green beans
lettuce
lobster
meat
oats
olive oil
olives
parsley
radishes
safflower oil
sardines
soybeans
strawberries
sunflower seed oil
sunflower seeds
tomatoes
whole grains

WATER OF LIFE

(4,000 parts per million) Our Water of Life begins as a fossilized kelp product called "Calzyme"; a unique and potent blend of natural minerals and calcium salts extracted from the sea and concentrated through decomposition over eons of time.

Marpe adds its own blend of "missing elements" to create a finished product that aids and promotes the body's natural functions, helps promote healthy blood, the strengthening of cell walls, and the proper contraction and relaxation of muscles such as the heart.

The numerous elements that compose our bodies are constantly being used up and must be replen-

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ished. Unlike all other Marpe Minerals products targeted to specific health needs, Water of Life contains approximately 84 trace elements, making it the perfect nutritional supplement for overall body maintenance.

ZINC

(300 parts per million) A deficiency of Zinc can lead to a variety of degenerative diseases and illnesses. Zinc deficiency is common due to depletion of our soil and losses associated with food processing. Zinc aids in the proper assimilation of vitamins. It is important in the following: normal growth & development, maintenance of body tissues, sexual function, immune system, chemical detoxification, synthesis of DNA, and helps reduce healing time (before & after surgery). Zinc is an anti-oxidant and must be in proper balance to assist some 25 enzymes in various functions involving digestion, metabolism and reproduction.

In the 1800's surgeons used zinc as an antiseptic/antibiotic after surgery and it was noted for its healing properties. Lack of zinc in pregnant women can result in numerous birth defects such as; Down's Syndrome, cleft lip, spina bifida, clubbed limbs, hiatal hernia, and umbilical hernias. Zinc is anti-bacterial, anti-viral and is found in all the body fluids, including the moisture in the eyes, lungs, nose, urine and saliva.

Because zinc moves through all the fluids in the body, it creates a defense against infection-causing bacteria and viruses trying to enter the body and stops bacterial and viral replication. Zinc is stored in the thyroid, pancreas, liver, kidneys, bones, voluntary muscles, prostate, sperm, skin, hair, nails, white blood corpuscles and parts of the eyes.

SOME SYMPTOMS OF A ZINC DEFICIENCY:

- Acne
- Alcoholism
- Alzheimer's
- Anemia
- Angina
- Anorexia & Bulimia
- Anthrax
- Birth defects
- Body odor
- Cavities
- Crohn's Disease
- Depression
- Diabetes
- Eye diseases
- Free radical damage
- Hair loss
- Herpes
- Hypertension
- Infection
- Infertility
- Libido
- Loss of smell & taste
- Miscarriages
- Obesity
- PMS
- Still births
- Thyroid disorders
- Urinary tract infections

FOOD SOURCES OF ZINC:

barley

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beef
brewer's yeast
chicken, dark meat
crab
fish
lamb
legumes
liver
mushrooms
oysters
peanut butter
peanuts
pork
soybeans
spinach
sunflower seeds
turkey
Wheat

COMBINATION MINERALS

These combinations of minerals are specially formulated for specific ailments. For a more detailed description/explanation of these combination minerals, please look up individual minerals contained in the combination in above listing.

BONE SUPPORT

A combination of: Calcium, Magnesium, Boron, Cobalt, Potassium & Zinc.

CALGOLD (\pm 1300 parts per million)

A combination of: Calcium & Gold. This combination is a helpful sleep-aide.

CALMAG (\pm 1300 parts per million)

A combination of: Calcium & Magnesium.

ADD~Ease (\pm 212 parts per million)

A combination of: Calcium, Gold, Chromium & Zinc. This product is used for cases of A.D.D. & A.D.H.D. (Attention Deficit Disorder), or any form of abnormal hyper activity.

COTIN (\pm 90 parts per million)

A combination of: Copper & Tin. This product is specially formulated to help prevent hair loss.

FYBROSUPPORT (\pm 2550 parts per million)

A combination of: Calcium, Magnesium, Manganese, Platinum, Sulfur, Water of Life & Zinc.

HYPO SUPPORT

A combination of: Copper, Iodine, Selenium, Tyrosine (not listed in above mineral listing) & Zinc

MAGZIN (\pm 350 parts per million)

A combination of: Magnesium & Zinc.

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CILZINCO (\pm 90 parts per million)

A combination of: Silver, Zinc & Copper. This product is specially formulated to kill a viruses, bacteria & parasites.

VANCHROZIN (\pm 500 parts per million)

A combination of: Vanadium, Chromium & Zinc. This product is specifically aimed at people who suffer the condition of Diabetes.

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