QUICK REFERENCE GUIDE TO "NATURAL MEDICINE"

MINERALS

How They React With The Body In The Treatment With "Alternative Medicine"

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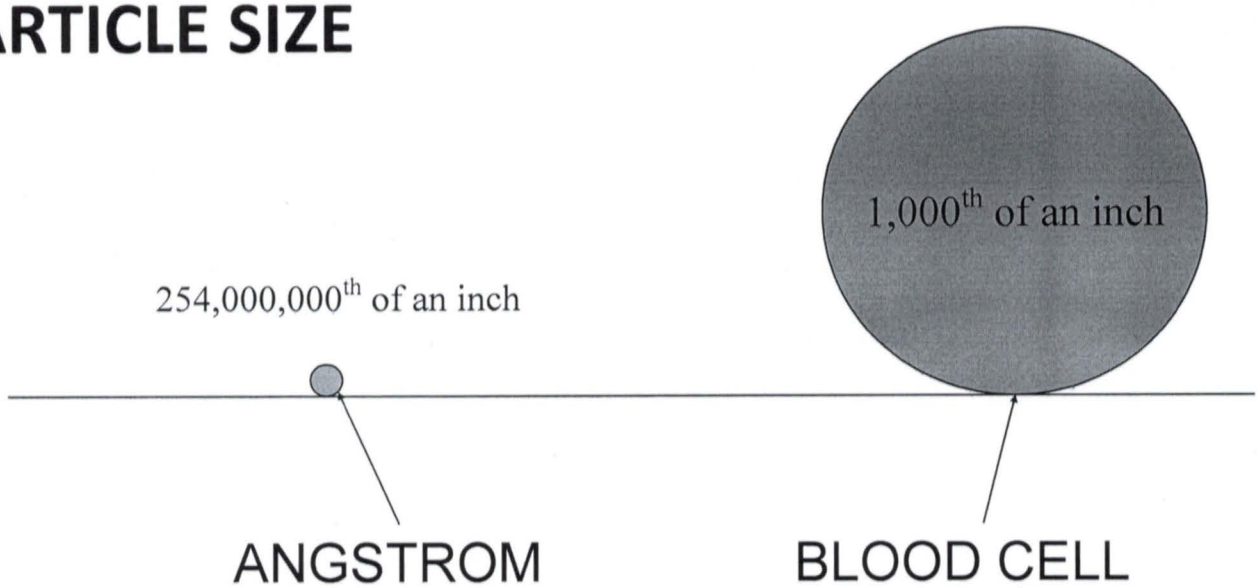
PARTICLE SIZE



ANGSTROM

- ANGSTROM is named in honor of the Swedish physicist Anders Jonas Angstrom, who made important studies of light.
- ANGSTROM, is an extremely small unit used to measure the wave length of light.
- It is used to measure small distances, such as the diameter of an atom, or the thickness of a soap film.
- Light waves have wave lengths from about 4,000 – 7,000 angstroms.
- One angstrom equals one hundred-millionth of a centimeter, **OR** 1/254,000,000 of an inch (0.0000001mm).

COLLOID

- KAHLoyd, is measured on average 1/25,400,000 of an inch.
- One nanometer measures a billionth of a meter.
- The dimension of a typical colloid particle measures between a few nanometers and a few thousand nanometers.
- Colloids are not stable, and very irregular in size – therefore it is difficult to control them.

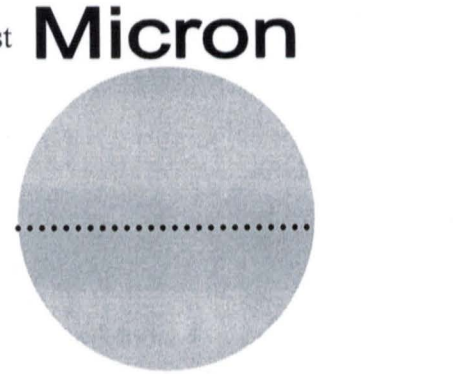
NOTICING SIGNS OF A MINERAL DEFICIENCY

- The minerals we consume or don't consume can affect everything from male-pattern baldness to the length of our lives.
- If you are driving your car and the oil light comes on, you have a symptom. The correct thing to do is put oil in your car, before any damage occurs. This is true preventative maintenance.
- Pain is our "oil light" that indicates something is wrong.
- Doctors mend symptoms with painkillers. It is the as same as putting a band-aid on the symptom.
- Listen to your body, find out what the cause of the pain is, or what might be wrong, and give your body what it needs before any damage occurs. Just like the car, preventative maintenance should become part of our lifestyle for healthy living.

ABSORPTION

- The human body is made up of minerals.

- All minerals used by the body are in angstrom size.
- It takes 1 million angstroms on a horizontal plain to cross the distance of one micron.
- A colloid has been found to be a micron or bigger in size.
- The digestive tract will allow particles as big as a micron to enter the blood stream.
- Micron size particles are too large to assimilate through a cell, they stay in your blood stream and are deposited in different locations, which can cause a variety of heavy-metal diseases.
- When a person consumes water-soluble minerals they will be absorbed in cells and through the process of cell osmosis, travel everywhere in the body, and if the body does not need them the body will discharge them with no accumulative effect.
- Our soils have been used, and used, and no one has ever replaced the lost minerals that are correct in size. The minerals put into the soil today are all molecular and bigger in size. So therefore it will take years for the normal process of breaking them down into the size that plants can properly assimilate them.



THE 'ates"

- Carbonate – Citrate – Picolinate – Gluconate – Echolocate, etc are all complex inorganic compounds.
- Notice the similarity between these words. They all have the letters "ate" in them.
- Calcium Carbonate consists of 1-Calcium attached to 1-Carbon attached to 3-Oxygens. Most people believe they are getting Calcium, when taking Calcium Carbonate. In fact they aren't since the body doesn't have the ability to break this compound down.
- **Calcium Carbonate is also known as CHALK!!**
- Calcium Carbonate can cause: kidney stones, gallstones, wrinkled skin, cataracts, brittle hair, enlarged heart, hardening & loss of flexibility of the arteries. It can also increase your need for bypass surgeries.

INTERESTING FACT

- In ancient times people would pray for the yearly flood that would replenish their soils.
- Early pioneers would move farther west every 12 years, because it's believed that after 12 yrs the soils were depleted. Yet 200 years later we are attempting to grow crops and live off the same soils.

ABOUT THE MINERALS

Recognition of the importance of the minerals required for perfect health is so new, that few textbooks contain much about it. It is now believed that at least 24 elements are essential to living matter (i.e. deficiency symptoms occur when these elements are lacking which are then resolved when proper balance is achieved). Minerals are essential to physical and mental health. They are a basic part of all cells, particularly blood, nerve, muscle, bones, teeth, and soft tissue. Some are essential for functional support such as the electrolyte minerals (sodium, potassium, and chloride), that help regulate the fluid and acid-base balance of our bodies, while other minerals are part of enzymes that catalyze biochemical reactions, aid energy production, metabolism, nerve transmission, muscle contraction, and cell permeability. Carbohydrates, proteins, fats, vitamins and minerals are the building blocks of our diet and provide the fuel, or source of energy, to maintain life and promote cell and tissue growth and other biochemical support. Minerals contain no calories or energy in them selves, but assist the body in energy production.

Minerals (or elements), come from the earth, and eventually return to the earth, and can most simply be defined as chemical molecules that cannot be reduced to simpler substances. They exist in their inorganic state in the earth, and in their organic state as the basic constituent of all living matter. The main elements essential to health, each of which makes up more than .01 percent of total body weight, are termed macro-minerals

(calcium, phosphorus, chlorine, potassium, sulfur, sodium, magnesium and silicon). The next group of elements, termed micro-minerals or trace minerals, each of which constitute less than .01 percent of total body weight, though found only in minute amounts, are also essential to health (iron, copper, zinc, iodine, cobalt, bromide, boron, manganese, selenium, fluorine, molybdenum, vanadium, arsenic and chromium). Other elements contained in the body include some of the toxic metals (lead, aluminum, cadmium, and mercury).

WHAT MAKES OUR MINERALS UNIQUE?

Marpe Wholeness Minerals dietary supplements are the purest minerals available on the market (up to 99.9999% pure) and the purest water (a five step purification process assures absolutely pure water). Nothing more, nothing less. Marpe Wholeness Minerals, through a complex proprietary process, liquefies minerals to a state where (when dehydrated) they will grow crystals. Each mineral presents unique problems that must be overcome in a different manner than each other mineral. This process duplicates nature's method of turning minerals from the earth into a form useable by man. When a plant processes minerals from the earth, the minerals end up in the crystalline form necessary in order to be useable and absorbable by the body.

RECOMMENDED DAILY ALLOWANCES

We do not follow the Recommended Daily Allowances (RDA) suggested by the FDA when we recommend dosages of our mineral waters. Due to the fact that our products are completely absorbable, unlike anything the FDA has ever tested, commonly known measurements do not apply to our products. Work with your health care practitioner to establish appropriate dosages for your individual needs. Having an understanding of the basic minerals needs in your body and how minerals work is the best way to figure out what your deficiencies are. The Minerals do not have to be refrigerated. They last indefinitely. We do not recommend mixing the various minerals together to store them, although it is fine to put them in the same container and then drink them.

A gallon has	=	128 ounces	=	256 Tablespoons		=	768 tsp
A quart has	=	64 Tablespoons	=	192 Teaspoons			
A pint has	=	32 Tablespoons		=	96 Teaspoons		
3 Teaspoons	=	1 Tablespoon		=	15ml		
2 Tablespoons	=	1 ounce					

CONVERSION TABLE

Gallon = 4 Quarts	= 8 Pints	= 128 ounces	= 256 Tablespoons	= 768 Teaspoons
Quart = 2 Pints	= 32 ounces	= 64 Tablespoons	= 192 Teaspoons	
Pint = 16 ounces	= 32 Tbspns	= 96 Teaspoons		

1 Teaspoon	=	5 ml
3 Teaspoons	=	1 Tablespoon
2 Tablespoons	=	1 ounce

Conversion of Parts per million (ppm) to Milligrams (mg) ~ (ml/liter = ppm)

100 ppm	=	½ mg	=	1 Teaspoon

1 Teaspoon = 5 ml

Example:
If the product is listed at 1,500ppm this would be the equation:
1,500 divided by 100 = 15
15 multiplied by .5 = 7.5 mg per teaspoon

Question:
How do I explain why minerals are needed for the body?

Answer:
It is relatively simple. You can display the chart below that shows the chemical (mineral) composition of the human body. It is only logical that if the human body is made up of minerals that it will need minerals for optimum health.

Frequently Asked Questions

Question:
How do I explain the equation for mg to ppm and the relations between RDA or doctor recommended complex elements and Mono-atomic's?

Answer:
When considering converting Parts Per Million to Milligrams in reference to the Recommended Daily Allowances (RDA) it is important to note that the RDA was formulated with the fact in mind that the only elements available outside food itself was complex elements. When using complex or colloidal elements it is estimated that the human biology will be able to breakdown and absorb 1% and if extremely lucky 5%. If the recommended dose is 2,000mg daily of a complex element, to derive the approximate need of a Mono-atomic, multiplied by a 1% probable absorption to get the answer. 2,000mg x 1% = 20mg. When using a Mono-atomic element that is close to if not 100% absorbable the RDA would not apply. The following table of the RDA amounts is provided for you as a base line.

THE pH FACTOR

The pH balance in the body is one of the most pertinent factors that affect the health of the body. pH stands for parts of hydrogen The ideal pH of the body is indicated when the urine is 6.6 and the saliva is 7.4. There are two pH's in the body which are intra and extra cellular and keeping them in the proper range keeps the polarities of the body in the proper position for optimum electrical impulses, meaning nitrogen and oxygen are at the ideal balance in the body. The pH in the body controls fat. Alkaline elements break down fat. Cell's that are anaerobic are nitrogen breathing cancerous cells. The always have a very low pH. Aerobic cells, which are oxygen breathing, are healthy cells; they have a high pH. Having an alkaline system will help to prevent cancer. Both pH's are supposed to stay as far away from each other as possible. If both pH's in the body meet death occurs. The lower pH, mostly for extra cellular fluids, should be 4.5 or lower. A higher pH, for inter cellular fluids should be 6.9 or higher. pH test kits test the upper pH. Most people do not have a problem with high pH.

We recommend taking most of our minerals in the morning. Certain minerals work better at night and others work better during the day. There are also minerals and vitamins that work together, activating each other.

THE MINERAL CO-FACTORS

PRODUCT	AM	PM	CO-FACTOR
BORON	X	X	
CALCIUM		X	MAGNESIUM
CHROMIUM	X		ZINC
COBALT	X	X	VITAMIN B
COPPER	X	X	IRON & ZINC
GERMANIUM	X	X	
GOLD		X	COPPER
MAGNESIUM	X	X	CALCIUM
MANGANESE	X	X	
PLATINUM	X		
POTASSIUM	X	X	
SELENIUM	X		GOLD
SILVER	X	X	
SULFUR	X	X	VITAMIN C
TIN	X	X	
VANCHROZIN		X	
WATER OF LIFE	X		
ZINC	X	X	

ALKALIZER

The Marpe Alkalizer is essentially a form of liquid that when added to water will change the value thereof to an alkaline. The basis behind this is to reverse the aging that occurs in one's body because of the accumulation of non-disposed cellular waste in the system. Since waste products are carried out by the blood and disposed of in a liquid form, drinking the proper kind of water is a definite must. Alkaline water works on a cellular level meaning it causes the waste products accumulated in the cell to be removed from the system via perspiration or urine. It also raises your own pH levels, bringing your body to a more alkalized and thus healthier state.

Water is a very strong solvent. It sustains and even protects life. It carries essential minerals through the body, supplying our cells with the necessary nutrients we so desperately need. It is essential in every aspect of our lives, and because of this, getting the right type of water is vital. Many assume the more pure the water, the better. The truth is, "pure" water (distilled) is dead. Nothing can live in it, and if taken long enough it will leach out valuable minerals from the body such as calcium, magnesium, potassium and sodium. What is more important is the right type of water. What is exactly the right type of water? The answer is alkaline. Where can one obtain such water you might ask? Marpe Minerals now offers it in the form of the Marpe Alkalizer.

A few drops of the Marpe Alkalizer in a glass of milk neutralizes the lactic acid. It takes 120 drops of the Marpe Alkalizer to neutralize your soda, and when added to normal bathtub water, (approximately 20 drops) you'll come out clean as a whistle, no soap required. One drop in a glass changes the tap water from 5.4 to 9, and two drops changes is to a 14 pH.

This is an amazing product!

BORON

(±30 parts per million) Boron is said to potentiate estrogen's role in building bones by helping convert vitamin D into the active form necessary for the absorption of Calcium. Boron is essential to bone metabolism and calcification of bones, and helps prevent osteoporosis, arthritis, and tooth decay. Boron is necessary for cartilage formation and repair; it affects Calcium, Magnesium, and Phosphorus levels. Memory and brain function can be improved with boron. Boron plays a role in regulating the hormones, especially estrogen, but testosterone as well. A boron deficiency can cause weak and fragile cell walls. Some research shows that

boron improves libido. Boron is stored in the parathyroid glands. Some recent studies suggest that a lack of boron may diminish immune function. Boron may also help wound healing, and blood sugar regulation. Some athletes take it to promote better muscle growth, energy metabolism, and hand-eye coordination.

SOME SYMPTOMS OF A **BORON** DEFICIENCY:
Arthritis
Bad teeth
Blood sugar irregularity
Brittle bones
Carpal Tunnel Syndrome
Cavities
Degenerative joint disease
Hormonal imbalance
Loss of libido
Memory loss
Muscle pain
Osteoporosis
Receding gums
Weak cartilage

SOURCES OF **BORON** AND DIETARY SUGGESTIONS:
It is found in the oceans, rocks, soils and plants. A diet dominated by meat and dairy with very little fruit and vegetables may lead to a deficiency. Effects of a deficiency are more pronounced when complementary nutrients such as vitamin D, are also deficient. Postmenopausal women may have a higher-than-normal rate of boron deficiency. When eating a diet of refined foods, you may be lacking in boron

BORON OCCURS MOST WIDELY IN:
(These sources depend, however, on how much boron is found in the soil.)
almonds
Apples
dates
fruits
grapes
green leafy vegetables
hazelnuts
honey
kale
legumes
nuts
peanuts
pears
prunes
Raisins
rosehips
soybeans
THE FOLLOWING ARE LOW IN **BORON**:
dairy
fish
meat

CALCIUM

(±2,500 parts per million) Calcium is one of the most essential of the major biochemical elements needed in human nutrition. It is needed in every organ of the body, including the brain. Calcium is called the "knitter" because it promotes healing or knitting everywhere in the body. It is valuable for tone, power, strength, longevity, vitality, endurance, healing of wounds, counteracting acids, and helping regulate metabolism. Because it is used in almost every function, calcium is commonly deficient in our diets. It is one of the first elements to go out of balance when the diet is inadequate. Calcium is stored in the blood and teeth, as well as in the nerves, muscles and tissues. Magnesium and vitamin D increase Calcium absorption while Sodium helps keep calcium in soluble form in the body (it must be water soluble to be useable). Calcium raises the body's resistance to viruses, parasites, bacteria, and cancer. A lack of calcium leads to a host of diseases and degenerative conditions. Pure water-soluble calcium serves a two-fold purpose; it helps reverse symptoms caused by a buildup of compounded calcium, like kidney stones, gallstones, arthritis, and high cholesterol, and helps reverse conditions caused by a deficiency of calcium like acidosis and osteoporosis. A high incidence of cavities, or white spots on fingernails indicates a calcium deficiency. This mineral is necessary to regain the proper pH balance.

SOME SYMPTOMS OF A **CALCIUM** DEFICIENCY:

Aching joints
Acidosis
Acne
Arthritis
Attention Deficit Disorder (A.D.D.)
Asthma
Bell's Palsy
Brittle nails
Carpal Tunnel Syndrome Cancer
Cataracts
Chronic Fatigue Syndrome
Cramps
Eczema
Elevate blood cholesterol
Enlarged heart
Fibromyalgia
Gallstones
Heart palpitations
High Cholesterol
Hypertension
Insomnia
Muscle cramps
Nervousness
Numbness in the arms and/or legs
Pasty complexion
Rheumatoid arthritis
Rickets
Tooth decay

FOOD SOURCES OF **CALCIUM** IN (100G PORTIONS):

Agar-Agar
Almonds
Amaranth grain
Brazil nuts
Brown rice
Chick peas
Chicken

Chinese cabbage
Cottage cheese
Dried Wheatgrass or Barley grass
Eggs
Hazelnuts
*Hijiki**
Kale
Kelp
Kombu
Mackerel
Nori
Okra
Parsley
Pinto beans
Pistachio nuts
Quinoa
Salmon
Sardines
Sesame seeds
Spirulina
Sunflower seeds
Tofu
Turnip greens
Wakame
Walnuts
Watercress
Yoghurt

HOW TO USE HIJIKI*

Hijiki is the richest food source of calcium. It is virtually tasteless, yet has a slight seaweed smell. It comes in an easy to use dried form. Hijiki can be added straight from the packet into soups and stews or cooked along with brown rice. Simmer hijiki along with chosen food for at least 15 minutes.

DAIRY IS NOT THE BEST SOURCE OF **CALCIUM**

It is a widespread nutritional myth that dairy produce is a good source of calcium. Milk products do contain a fair amount of calcium, particularly hard cheese but, because of the calcium to magnesium ratio in these products, the calcium is not well absorbed. As well as inhibiting the body's ability to absorb magnesium, eating dairy foods in excess can cause the body to produce too much mucous. As you can see in the list of calcium rich foods above, seaweeds and other land plants offer the best sources of bio-available calcium.

CALCIUM INHIBITORS

Generally it is not that a person is not eating enough calcium - it is one of the most widely occurring nutrients in our diet. It is more the case that lifestyle choices and dietary habits might interfering with the body's ability to absorb calcium. Things that inhibit the absorption of calcium are

- coffee
- soft drinks
- diuretics
- excesses of protein, especially meat
- refined sugar or too much of any concentrated sweetener or sweet flavored food
- alcohol
- cannabis
- cigarettes and other intoxicants
- too little or too much exercise

- excess salt
- the solanum (deadly nightshade) genus of vegetables - tomatoes in particular, but also potatoes, aubergines, peppers, courgettes - they all contain the calcium inhibitor solanine

CHROMIUM

(±300 parts per million) Chromium deficiency is a major factor in the development of heart disease (heart attacks, hardening of the arteries). Chromium is stored principally in the kidneys, spleen and testes, with trace amounts found in the heart, lungs, pancreas and brain. The body cannot easily absorb chromium.

Chromium helps the body regulate metabolism, and regulate insulin and blood sugar levels. Chromium helps the body lose weight by stimulating enzymes that metabolize glucose for energy. It plays an important role in the liver synthesis of fatty acids (burns fat). When the body is deficient in chromium, twice the amount of time is needed for insulin to remove glucose from the blood. Chromium enhances insulin performance and glucose utilization and helps carry proteins. Chromium works best if taken before meals. Refined sugar causes the body to deplete chromium more rapidly. Strenuous exercise can also deplete chromium levels. The elderly are unable to store as much chromium in the body as are younger people.

SOME SYMPTOMS OF A **CHROMIUM** DEFICIENCY:

Anxiety
Aortic cholesterol plaque
Arteriosclerosis
Attention Deficit Disorder (A.D.D.)
Bi-polar disease
Coronary blood vessel disease
Depression
Diabetes
High blood cholesterol
Hyperinsulinism
Hyperactivity
Hypoglycemia
Impaired growth
Infertility, decreased sperm count
Obesity
Peripheral neuropathy
Pre-diabetes

FOOD SOURCES OF **CHROMIUM**:

The best source of chromium is brewer's yeast, but many people do not use brewer's yeast because it causes abdominal distention (a bloated feeling) and nausea.
Other good sources of **chromium** include the following:

- apples
- bananas
- beef
- chicken
- eggs
- green peppers
- liver
- oysters
- spinach
- wheat germ
- black pepper, butter, and molasses are also good sources of chromium, but they are normally consumed only in small amounts.

CILVER

(±100 parts per million) Cilver **has been** used for thousands of years for health care. It is believed that cilver, is a systematic disinfectant and works like a secondary immune system. Since **cilver kills only** bacteria that is anaerobic or nitrogen breathing, the friendly bacteria in the digestive tract are immune to it due to the fact that they are oxygen breathing (aerobic).

"What we have actually done was rediscover the fact that cilver **killed** bacteria, which had been known for centuries…when antibiotics were discovered, clinical uses for cilver **as an antibiotic were discarded." – Robert O. Becker, M.D.**

SOME SYMPTOMS OF A **CILVER** DEFICIENCY AND SOME DISEASES WHERE THE USE OF **CILVER** MAY BE BENEFICIAL:

Anthrax
Athlete's foot
Boils
Candida
Colitis
Cystitis
Cerebro-spinal meningitis
Dermatitis
Diphtheria
Diplococcus
Dysentery
E. coli
Gonorrhea
Impetigo
Infection
Influenza
Intestinal trouble
Pneumococci
Ringworm
Shingles
Staphylococci
Streptococci
Tuberculosis
Warts
Whooping cough

COBALT

(200 parts per million) Cobalt is an essential mineral although the body only needs a small amount. Cobalt is stored in red blood cells with smaller amounts in the kidney, liver, pancreas and spleen. It also maintains red blood cells. Research indicates that cobalt helps with the repair of the myelin sheath, increases the effectiveness of glucose transport from the blood into body cells (pernicious anemia), and the building of red blood cells (increases the assimilation of iron). Cobalt is an important agent of vitamin B-12, it increases the body's ability to absorb vitamin B-12. Cobalt stimulates many enzymes of the body and normalizes the performance of other body cells. Because of its low absorption rate and high excretion rate, cobalt toxicity is not common but excess can lead to enlargement of the thyroid gland.

SOME SYMPTOMS OF A **COBALT** DEFICIENCY:

Bowel disorders

Digestive disorders
Fatigue
Myelin sheath damage
Nerve damage
Pernicious anemia
Poor circulation
Slow growth rate
Weak muscles

FOOD SOURCES OF **COBALT**:
clams
eggs
fruits
kidney
leafy green vegetables
meats
milk
organ meats
poultry

COPPER

(90 parts per million) Copper is most concentrated in the liver, heart, kidneys, brain, bones, and muscles and is essential in the blood. Trace amounts are present in all body tissues. Copper increases iron assimilation, iron and copper work together in the formation of hemoglobin and red blood cells. Anemia can be a copper deficiency symptom. Various enzyme reactions require copper. Copper influences protein metabolism and general healing, improves vitamin C oxidation and is integral in the formation of RNA. Low or high copper levels can be found in those with mental and emotional problems. Copper helps rid the body of parasites, and is beneficial for graying and thinning hair. Copper excess is not common because only a small percentage is assimilated, but toxicity problems can present serious disease states.

SOME SYMPTOMS OF A **COPPER** DEFICIENCY:
Allergies
Anemia
Aneurysm
Arthritis
Changes in hair color and texture (not graying)
Diarrhea
Dry brittle hair
Edema
General weakness
Gulf War Syndrome
Hair loss/baldness
Heart Disease
Hernias
High blood cholesterol
Hypo & hyper thyroid
Impaired respiration
Kawasaki disease
Liver cirrhosis
Oppressed breathing
Osteoporosis