

## **The Top 7 Health Problems Linked to Mineral Deficiency or Imbalance**

Cancer: Research confirms cancers thrive in acidic conditions where little oxygen is present, but cannot grow in alkaline conditions which are rich in oxygen. For example, there is no such thing as "heart cancer" because blood flowing to the heart from the lungs is highly oxygenated and slightly alkaline to maximise its oxygen-yielding capacity.

The typical western diet, high in animal products, sweets, processed foods and anything fried, turns the pH of blood acidic, making it less able to deliver oxygen to vital organs thereby leaving them more prone to cancer formation. All minerals and trace minerals are alkaline by nature and work in unison to keep your blood's pH at 7.45.

### **Alzheimer's / Senility:**

Recent studies show that emotional stress can increase the risk of developing senility. Restrained lab mice developed protein tangles in their brains similar to those seen in Alzheimer's victims. Unrestrained mice showed no such tangles. Calcium, magnesium, iron, phosphorus, manganese, tin and zinc have demonstrated combined reductions in stress and can prevent protein-induced brain tangles.

### **Arthritis:**

A "self-attacking-self" disease due to an immune system weakened by viral infection, emotional stress or both. Zinc and selenium are often deficient in those with arthritis. These minerals and magnesium remove the "confusion" by restoring "chemical balance" to the body.

### **Depression / Mood Swings:**

Depression is a whole-body illness. Mood swings, for example, are usually attributed to low blood sugar (hypoglycemia). Iron, zinc, magnesium, lithium and potassium boost levels of brain chemicals called neurotransmitters that ease tension and make us more alert. Chromium, vanadium, copper and manganese raise blood sugar levels to stabilize our moods and make us feel better.

### **Diabetes:**

This is a metabolic disorder with abnormally high blood glucose levels. Common symptoms include frequent night time urination, excessive thirst, increased appetite, unintentional weight gain/loss, blurred vision, fatigue, physical weakness numbness and tingling in the hands and feet. Diabetes is an autoimmune disorder, resulting from a mistaken attack by the immune system on otherwise healthy insulin-producing cells in the pancreas. Chromium, manganese, selenium, tin, vanadium and zinc all contribute toward rectifying these problems

### **Heart (cardiovascular) Disease:**

Hypertension is often a precursor to heart problems. Potassium reduces hypertension through enhanced kidney function. Magnesium removes obstructions in the heart arteries while boron reduces magnesium excretions. Calcium lowers cholesterol build-up in the heart. Chromium enhances "good" (HDL) cholesterol, as does copper, helping to prevent heart disease. Iron enhances oxygen transfer to the heart. Selenium reduces atherosclerosis that is invariably linked to heart attacks. Vanadium reduces fat and cholesterol in blood serum. Other trace minerals such as manganese, zinc, molybdenum, tin, nickel and silicon play additional roles in preventing heart disease.

**Osteoporosis:**

This is a progressive disease in which bones gradually become weaker, causing changes in posture and increasing the risk of fractures. Boron, calcium, copper, iron, magnesium, sulphur, zinc and manganese increase bone mass and reverse such bone deterioration.

These are the top seven health conditions, but they are really just the tip of the iceberg. Trace minerals are vital for joint movement, positive emotions, heart function, strong bones, good circulation, and brain health. -Dr. John Heinerman, UK

*Dr. Heinerman is a recognised expert on alternative medicine with over 25 years experience. He is the author of 22 books including the best seller **Nature's Super 7 Medicines**.*

In addition to Dr. Heinerman's recommendations, we must also add that environment, emotions and lifestyle are very important aspects in the generation of imbalances within the body. From a wholistic view, all these aspects, including the energetic integrity of the subtle energy bodies (emotional, mental and spiritual) are included for lasting results.

**Source unknown – received via email**