

Why we
need
Minerals



Why Do We Need Minerals

We need minerals for all functions
The formation of blood and bone
The proper composition of body fluids
The maintenance of a healthy nervous system
The regulation of muscle tone
The regulation of heart beat
The regulation of the cardiovascular system
Used in energy production
Used for healing and growth
To utilise vitamins and other nutrients
For the production of enzymes
Is essential for hormone structure
Critical in DNA synthesis
Helps balance pH levels
Helps neutralize toxic metal (detox)
Immune function
Assist with fatigue
Keep a healthy reproductive system
Sexual performance



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As you can see, they are important for a vast variety of functions within the body.

The Problem

But if you are lacking in even one mineral, it can affect your health. Mineral deficiencies show up as symptoms in the body.

Lithium Example

Did you know that if you lack in Lithium you can experience symptoms like:

- ADD
- Depression
- Infertility
- Manic depression
- Rages and fits
- Reduced growth rate
- Reproductive failure
- Shortened life span

Did you even know you needed Lithium in your body? Most probably not!


Batteries!!?

But surely I don't need the same substance as they use in batteries, pacemakers, ceramics and glass!

Technically, that's right... but you do need Lithium for health.

Listen, there is something you need to understand...





We need to understand the
difference between Metallic
Minerals & Plant Derived
Minerals

What are Metallic Minerals?

Metallic Minerals

- Our earth is made up of rocks in various stages of disintegration
- As these rocks break down they provide minerals for plants to grow
- Through photosynthesis the plants change these minerals into a colloidal form which can then be used to feed and energise both animals and humans.





What are Plant Derived Minerals?


Plant-Derived Minerals (colloidal)

- Are the type of minerals found in all the various plants and can be easily digested and absorbed by the body
- Metallic minerals are not absorbed very well and can build up and be difficult to flush out
- Unfortunately our agriculture growing areas world-wide have been depleted of minerals and therefore the food we eat is severely lacking in mineral content



Pure Water and Plant Derived Minerals are two of the most important nutrients our body requires





So this is where
Paradise Nutrients
comes in...