

A close-up photograph of a glass filled with water, lemon slices, and fresh mint leaves. The glass is the central focus, with the background slightly blurred. The lighting is bright, highlighting the green of the mint and the yellow of the lemons. The word "Minerals" is overlaid in a large, stylized font across the middle of the glass.

Minerals

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Minerals are a very necessary element within the diet, but our soils are dreadfully deficient in minerals in this modern age:

- Our agricultural lands have been over-farmed.
- Only 3 major minerals are added back into the soils... the ones that make the plants strong, green and very healthy looking... nitrogen, phosphorus and potassium.
- The use of Glyphosate (Roundup). Weed killers have increased disease in plants as it has a very detrimental effect on the ground.
- Chemicals lock up the calcium in the soil and cause acidic conditions which then attract pests.
- There are many hidden dangers in using chemical weed killers with approximately 15 known health problems attributed to exposure to Roundup and/or Glyphosate.



Because of lowered mineral content in the ground...

To receive the equivalent **IRON** content...

- In **1950** you could eat just **1 apple**.
- By **1998** you needed to eat **26 apples!**



1950



1998

It's for this reason that fruit and vegetables don't taste as good as they used to, as it's the minerals that give them the flavour.

It's very sad!

You are missing out on so many vital minerals if you are not:

- Growing your own vegetables... or
- Buying organic fruit and vegetables

(Both of these need to have the full spectrum of minerals added into the soils.)



Organic fruit and vegetables contain no more nutrients than conventionally grown produce if the growers are not adding in all the required minerals.

Of-course, at least they are spray-free and do not contain all the chemicals.



Minerals

- Even when buying mineral supplementation, most of them only contain a few minerals. These are considered to be the ‘more important minerals’.
- Unfortunately, through lack of studies, it’s unknown how important many of them are for good health.
- The best way is to make sure you are receiving the whole spectrum of minerals.

We need to understand the difference between:



Metallic Minerals and
Plant Derived 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.



Plant-Derived Minerals (colloidal)

Found in all the various plants and can be easily digested and absorbed by the body.

(Metallic minerals are not absorbed well by the body. They build up and are difficult to flush out. This is the kind found in most available mineral supplementation.)



Unfortunately our agriculture growing areas world-wide have been depleted of minerals and therefore the food we eat is severely lacking in mineral content.

What I use

- I use a colloidal mineral supplementation which is in a very yummy effervescent, probiotic sparkling drink which comes in sachets or a tub.

- It contains 120 minerals, vitamins and amino acids together with Manuka Honey, probiotics etc.
- It comes made with berries, pomegranate or tropical and are all truly delicious.'
- What I like is that just by enjoying a sparkling drink sensation, I am receiving the full quota of minerals reserved from yesteryear when there were numerous in the ground.
- The Australian company I buy them from provides many ways of ensuring you are receiving all the minerals your body requires from table minerals to sprinkle on your food, minerals in shampoo, and countless other ways.



They also provide minerals for your veggie garden, your pets and stock and more.

To learn more about what is available in the minerals range, please go to my website mouthfulmatters.com.