

Top 7 Problems Linked to Trace Mineral Deficiency or Imbalance

Here are the seven most serious health problems linked to trace mineral imbalance or deficiency.

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 is slightly alkaline to maximize 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. Fluoride (naturally-occurring in minerals) reduces calcified heart valves, which is very common with ageing. 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 emotions and lifestyle are very important aspects in the generation of imbalances within the body. Psycho-neuro-immunology is no longer a new science. One must address the total body-mind-emotional state for true and lasting healing to occur.

For a high-functioning physical body we highly recommend Humic Fulvic Minerals

that give you full spectrum, nature-formulated minerals and trace minerals. Humic Fulvic Minerals also aid in better absorption of other supplements you may be taking.

If, after nourishing your body with a full-spectrum mineral supplement, you feel you need extra calcium, magnesium, potassium, iron or zinc, our *Essence of Life* transdermal Magnesium is a safe and easy way to supplement, and Dr. Gunderson's nano ionic minerals are safe and easily absorbed.

Along with mineral supplementation, Liquid Manna will oxygenate and detoxify your body and over time, as toxins are eliminated, your body will become more alkaline. Liquid Manna is also an excellent antioxidant.

If you are detoxifying your body, you may need to alter your lifestyle to support and maintain the detoxification. Eliminating processed foods is an important commitment to make and our whole food supplements will help you in that process.

In the case of long-term emotional stress we offer superior adrenal support from Dr. James Wilson.

All of these products will soon be featured on the DICI site,

Liquid Manna = Bottled Water in Plastic Containers

We have had an inquiry about the quality of plastic used for the Liquid Manna bottles. There have also been a couple of recent articles circulating about bottled water and how it is most often simply tap water and we don't doubt that is true. We'd like to address these two issues regarding the Liquid Manna.

First of all, Mountain Valley Spring is a real source of spring water. Here is an excerpt from the company's website.

The quality of Mountain Valley Spring Water begins with the natural spring source the company has utilized and carefully protected since 1871. No activities are allowed on the 2,000 acres of forest land protecting our watershed other than

those relating to the bottling of our premium spring water products.

The water flowing from the natural spring is tested daily by our quality control staff, monthly by the Arkansas Department of Health, annually by the National Sanitation Foundation, and periodically by other governmental bodies and private companies using our products.

Everything coming into contact with our water, including the stainless steel holding tanks, piping, bottles and caps is carefully tested daily.

While Mountain Valley is being bottled, the water is filtered and ozone is added to ensure there is no biological contamination. We use ozone because it is quite effective against a wide variety of potential contaminants, but also because it breaks down into oxygen after it is in the bottle. We monitor this process every 10 seconds for pH, conductivity, ozone residual and total dissolved solids. Bacterial tests are taken daily and incubated. Sample cases of product from each production run are put aside and reserved for six months. The records of all in-house and third party testing (governmental agencies or independent companies) are maintained for 10 years.

Additional rigorous oversight and inspections (both surprise and announced) come from the Food and Drug Administration, the Environmental Protection Agency, the U.S. Military, the National Sanitation Foundation (on behalf of the International Bottled Water Association) and the Kosher Union. Mountain Valley Spring Water is also scrutinized carefully by diverse governmental authorities in countries such as Japan, Canada and the United Arab Emirates.

[Go here](#) to review the current complete water analysis.

In addition to the frequent testing described above, our premium spring water undergoes an extensive annual analysis by a laboratory certified by the EPA to analyze drinking water. This analysis, mandated for all companies belonging to the International Bottled Water Association, shows the natural occurring minerals and properties of our water and also tests for 187 potential contaminants.

Despite what some critics of bottled water may say, this required analysis far exceeds the scope of the testing required of municipal tap water systems and the "maximum contaminates" allowed by governmental authorities for bottled water is

significantly lower than is allowed in municipal tap water for important things like lead and disinfection byproducts. For further information on Mountain Valley water, [read here](#).

Plastic Bottles

In a perfect world perhaps, plastic would be non-existent; however, there are various aspects of plastic that are better than others.

One of the main concerns in using plastic bottles is the leaching of BPA (bisphenol) from the plastic. Mountain Valley Spring Company has assured us that they use PET bottles for the Liquid Manna water which contain **no BPA and** have a #1 recycle rating.

Again, in an ideal world perhaps we could offer the Liquid Manna in glass bottles. However, we would not stay in business very long under current circumstances. First of all, Mountain Valley Spring Water is not offered in glass bottles, and as you probably know, Fred does not open the bottles to imbue them with the high levels of oxygen contained within -- nothing is rebottled once it leaves Mountain Valley Spring. Secondly, customers would loudly complain about the cost of shipping due to the increased weight of their orders, and lastly, the breakage during shipping would be enormous. Neither the US Postal Service or FedEx handle boxes in a gentle manner.

We care about our products and our members and we feel confident that there is no issue with the safety of the Mountain Valley Spring bottles as long as the product is used as directed.

Here is a pdf file, [Smart Plastics Guide](#). You may want to take a look. (PET and PETE are the same thing.)

Feedback

Sweet Wheat Donation to Australia: We have all been thinking of you here at Sweet Wheat, and I do pray you are well with all the flooding in Australia. Kim and I were just speaking about the devastation and she wondered if you were involved with any relief organizations? Kim would like to help in some way and wondered if giving away bottles of Sweet Wheat to those in need would be of help.

I want to let you know that Kim mentioned that if you find that this would be helpful to please offer Sweet Wheat bottles and we will replace those for you at no cost. Linda, Sweet Wheat, Inc.

Response: Wow Linda . . . what a generous offer that is! Where I am situated down in Melbourne, I am not being directly affected by the floods, yet the floods are in five major locations throughout Australia and everything is in close proximity.

What a compassionate heart Kim has and we are grateful to have her in our lives. I will follow this through immediately with distributors "on the scene" so to speak who would have a ground floor understanding more than me. With gratitude, Libby

Q: I have been drinking Liquid Manna, though not as much as I should. I have noticed an increase in energy, but nothing else. I figure that much is being done internally of which I am not aware.

My question is about sleeping with the Royal Liquid Manna bottle. I have a water bed. Will that take some of the oxygen to the water bed as opposed to my body when I sleep with the bottle? I have not done this yet because I wanted to get an answer. D.F., California

A: You have actually hit on a brilliant idea. If you have a bottle of Royal Liquid Manna in your water bed, maybe even a few of them, they will eventually charge the water in your waterbed to an extremely high level. Thus, eventually you will be sleeping on Liquid Manna and it will deliver wonderful healing oxygen to you while you sleep.

Fred has validated this response and thinks it is a great idea . . . go for it. Fred also indicates that doing this will not reduce the oxygen level of your bottle of Royal at all. David

Q: How long does the oxygen last in the gallon of water; does it evaporate after a while?

A: The oxygen is VERY stable and will last a very long time. Evaporation will cause the water to reduce in volume but the oxygen content will remain as long as there is some wetness remaining. (Quote from Fred)

Q: Can you drink Royal Liquid Manna every month?

A: Although it is not necessary, you can drink Royal as much and as often as you like . . . within your budget limitations. Even though it borders on wastefulness, it will not hurt you. David

Q: The Royal Liquid Manna helps to regenerate the body and its organs, so could it regenerate the hair cells in the ear that transmit sound?

A: Royal Liquid Manna very definitely has tissue healing qualities, and it is always worthwhile to try any way you can think of to use the Royal. Drops in the ears might help and I am also developing small pads filled with Royal that you can put on your ears . . . perhaps under ear muffs or earphones. David

Comment: Liquid Manna in a sleep mask? Brilliant idea! Close to the brain and all your senses. I sure hope you can produce such a product very soon. I use the Royal Liquid Manna during the day for relief of allergy symptoms which particularly affect my eyes. I have felt the need for relief at night, but had to wake up, reach up to the top of the headboard to grope for the bottle, and then hold it on my eyes for a while to get relief. A sleep mask would mean less waking up and better sleep. Looking forward to it. J.W., California

Comment: To quote your Newsletter Notes, "I often hear from Members that they only read my Notes each week and don't invest the time to read the body of the Newsletter." I just quietly shook my head and thought of all the information the readers who only look as far your Notes are missing out on. Rest assured you have members who do read the entire newsletter. It is at the top of my mandatory Friday morning 'must read' list and I look forward to its arrival each week. M.C., Michigan

Liquid Manna . . . E. has still a strong reaction on her face and skin (rash) and drinks the water, but she is much more alert and responsive! K.M., Vancouver, Canada

Comment: Our hearts go out to all our Queensland friends who are, have been and will be affected by the floods. We know you will bounce back from this bigger and better than ever because of the Queenslanders' never-say-die attitude.

Comment: Just read the newsletter and had to say that I totally understand why the prices have to change -- a business no matter how ethical still must make a profit to continue to exist.

The fact that you can earn an income with your passion and have joy from that is something that is not to be sneezed at!

I, for one, am more than happy to pay a fair price for the fabulous goods and wonderful service that you provide. I am your customer for as long as you are around! Thanks a bunch for being here. Catherine

Response: Catherine, you bowled us over with this email. It is so appreciated that you took the time to write your thoughts. We are blessed to have YOU in our lives. Thank you. Libby and David

Disclaimer

This newsletter is intended for informational purposes only. Nothing in this email is intended to diagnose or treat, nor is it intended to be a substitute for professional health care advice.