Introducing: a document series…

A note to our readers:

This is an informative and important document covering the top 50 minerals for health. The original document is provided courtesy of California Earth Minerals, the maker of Terramin. The challenge is that the original document is 18 pages long! So, we decided to feature it each month, broken down into two page segments.

Best of Health,

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Minerals Health and Knowledge

What you need to know & what you thought you knew

Looking Back

The history of scientific inquiry into the physiological effects of minerals and metals is one of ongoing discovery, debate and denial. Any serious study of nutrition and health is loaded with politics and distrust, where mainstream medical practitioners are contemptuous of alternative perspectives, especially the claims of scientists who remain uninfluenced by the petrochemical, genetic engineering and pharmaceutical industries. Likewise, those who study natural healing continue to be dismissed as “snake oil” vendors; on the other hand, modern orthomolecular scientists and complementary medical practitioners consider traditional medical experts to be dubious and old fashioned, closed-minded, and perhaps serially arrogant in the midst of repeated misplaced public confidence. It is adversarial science at its best and its worst, where truth sometimes takes a backseat to status quo and consensus. But slowly and inevitably we edge toward a better understanding of our earth and its life-sustaining connection to our bodies.

Even in the domain of natural health and geopharma, there are too many spurious claims. Numerous myths persist on the subject of minerals, vitamins, and what exposure levels are good or bad for you. Claims are plentiful, but any serious treatment of the topic should begin with an acknowledgment of the old adage, “everything in moderation, nothing in excess.”

With this in mind, one would expect that most biochemists and medical experts should be searching for the optimal amounts and combinations of all the elements in the periodic table to support our quest for good health and best-practices in supplementation. But there is little evidence that the various global health bodies are researching the optimal amounts of mineral absorption and intake. Rather, they seem preoccupied with establishing minimal standards based on old information and broad assumptions about the *average* needs of humans, regardless of the individual circumstances of people and their independent health needs. Moreover, many federally-sponsored scientists seem overly eager to research only the toxicity of mineral overdoses, rather than inquiring about whether we are biologically intended to consume certain minerals in copious, moderate or trace amounts. And of course, there appears to be little official curiosity about the differences between manmade and natural trace elements in attempting to gain an understanding of the critical distinction between exposure and toxicity.

The chronicles of mineral discoveries are replete with accidental findings, strange epiphanies, unpredicted outcomes and an orthodoxy—often government managed, that refuses to admit the fact that our bodies need a greater variety of elemental minerals than has been officially recognized, and in larger doses. In fact, many minerals we know of today as being beneficial were once considered poisonous and were shunned. Minerals considered essential are being discovered and officially recognized all the time. Yet the FDA and USDA are far behind the research curve when it comes to acknowledging newly discovered beneficial minerals, and in fact behind other countries of the world in research and development in nutritional scientific advancements. Novel health products come to US markets sometimes decades after they are accepted in other parts of the world.

Minerals and the Nutritional Gap

Below is a list of minerals in alphabetical sequence that are generally accepted as essential or helpful in certain circumstances for health and function of the human body. Not all of these minerals are recognized by the various regulatory bodies of the US government as necessary, and some that are recognized have no established dietary intake levels established. The amounts listed as essential are from various sources including the FDA, but may not represent DV or RDI. Don't let anyone tell you that if the government has not sanctioned it or prescribed it, or provides it...it must be bad. You could be playing with your health and life. All elements can be toxic in amounts exceeding safe thresholds.

This list is accompanied by an indicator of the amount each element that exists in colloidal ionic suspension within 100% pure ION-MIN brands. Also shown is whether or not the US government considers the element an "essential" macro or micronutrient.

If you are considering taking minerals for medical treatment, consult your licensed physician or naturopath.

The Big 50 Minerals

COMPOUND	SYMBOL	ESSENTIAL DAILY AMOUNT	TYPICAL DIET DEFICIENCY	AMOUNT IN AVERAGE BODY	AMOUNT IN TERRAMIN
Aluminum	(Al)	unknown	unknown	.0025 oz	inert*

You've heard the scare stories about toxic buildup of aluminum causing dementia and health problems, but did you know that colloidal aluminum exists in small but significant amounts throughout nearly every food and plant in the world? While toxic aluminum from man-made sources is a public health danger, the fact remains that natural aluminum is one of the most abundant elements on the surface of the earth...more abundant than iron. Yet it is needed in the human body in extremely small amounts, in ionic, molecular form. Aluminum may be involved in regulating insomnia and sleep patterns, cerebral function, and mental development as well as the cellular environment. It may be involved in enzyme synthesis.

Nevertheless, many pundits proclaim fearfully that aluminum will accumulate in your body and cause disease, especially brain disorders. But think about the logic of this. The second most common element on earth is inherently toxic? While you're considering that, think about the fact that many people with osteoporosis also have calcium deposits on their arteries and calcium induced arthritis. So the reason the mineral calcium is being collected and deposited isn't certainly due to an overdose. Other factors are at work when your body cannot resolve an intake of minerals in their natural, colloidal form; and sometimes the body is rejecting the wrong kind of the mineral. In this regard, colloidal aluminum is widely considered safe in small amounts, yet many people have been exposed to too much non-colloidal aluminum from man-made sources.

** Moreover, Terramin is an alumina silicate, which is one of the most powerful natural and safe aluminum detoxifiers. Because of its strong anionic charge, Terramin does not release aluminum, but rather pulls it from your body, including the toxic forms of aluminum we are all exposed to. Aluminum has one of the highest cationic charges of all minerals. Like mercury, it is missing three electrons (chemists refer to it as being "positively trivalent", meaning it has a strong positive voltage). Therefore, it will not exchange for other minerals in the Terramin compound, but instead aluminum deposits in your colon will be drawn unconditionally into Terramin molecules. Taking Terramin can actually pull aluminum out of your body.*

COMPOUND	SYMBOL	ESSENTIAL DAILY AMOUNT	TYPICAL DIET DEFICIENCY	AMOUNT IN AVERAGE BODY	AMOUNT IN TERRAMIN
Antimony	(Sb)	unknown	unknown	0 oz	<1 ppm; <5 mcg

This element has always been considered both exotic and toxic. But recently, it has been discovered that trace amounts of antimony are needed to catalyze biological recovery processes for arthritis, osteoarthritis, bronchitis, prostate enlargement and rheumatism. Does that sound like a deadly poison? You need only tiny amounts of it, which are hard to obtain in processed foods. If you foolishly eat the metal form of it, you could die. But in trace amounts of colloidal, antimony contributes to natural health.

COMPOUND	SYMBOL	ESSENTIAL DAILY AMOUNT	TYPICAL DIET DEFICIENCY	AMOUNT IN AVERAGE BODY	AMOUNT IN TERRAMIN
Arsenic	(As)	unknown	unknown	.00015 oz	<5 ppm; <25 mcg

Once again, found in basically all life forms, this element has received nothing but bad press. Trace amounts of the nontoxic colloidal form are needed to support cellular function, immunity, and healthy bones, teeth and hair. Metallic forms of it are deadly poisonous.