

The Solution to our Chronic Mineral Deficiency Now!

by Dawn Adrienne Taylor



Dawn Adrienne Taylor, BA (Hons); D.Hyp; Reiki Master/Teacher. Dawn took English Literature, at London University; and is a fully accredited member of the Reiki Network; and the Professional Board of Hypnotherapists. For 30 years, she has also studied and researched effective nutrition, crucial to optimum health and disease prevention.

INFORMATION has finally reached the daily press warning of the link between mineral-deficient foods and degenerative diseases. But what can we do to improve our health immediately and prevent future disease? It took almost 30 years of sourcing optimum nutrition before I discovered a unique 75 organic plant-derived mineral supplement that is transforming my health and that of countless others.

"Minerals in the soil control the metabolism of plants, animals and man. All of life will be either healthy or unhealthy according to the fertility of the soil." This was a statement made by Dr Alexis Carrel, Nobel Prize Winner, in 1912. Almost a hundred years later, agriculturist and writer, Graham Harvey, writes in *The Daily Telegraph*: "Britain's once fertile soil has been systematically stripped of its crucial minerals by industrial farming, leaving our fruit and vegetables tasteless and a nation in chronic ill health."

The *Daily Mail* has written extensively about the vital importance of minerals in the body; and BBC news in February, reported that "40% of the elderly admitted to hospitals in this country are so malnourished, they are not strong enough to take medication," and of the widespread ignorance about malnutrition in the NHS. In issue 103 of *Healing Today*, an excellent article by Dr John Lovesey exposed "The Myth of a Good Diet".

When I was 21 and a vegetarian at the time, I too, learned of the dire state of our soil and how our animals are fed growth hormones and anti-biotics; and I have taken vitamin and mineral supplements ever since, sincerely believing I was replacing what even my organic diet lacked.

However, I discovered in recent years that the minerals we buy in the shops are from ground rock (hydrophobic), or synthetic and made in a laboratory; and are not extracted from plants (hydrophilic). For minerals to have any value, they must:

- a) be plant-derived so the body can absorb them;
- b) contain a full spectrum of at least 70 plant minerals. The average mineral supplement contains only 15-18 hydrophobic minerals i.e. those derived from the ground (soil, salt lakes) of which only a fraction (typically 5 to 7%) can be absorbed by the body.

It never made sense to me that an efficient and sophisticated system like the human body would reject any of the vital nutrients it depends upon in order to function; and no doctor or nutritionist could tell me why so little of a vitamin and mineral supplement was assimilated. I learned, rather obviously, that the answer is that we were meant to eat mineral-rich plants not the earth in which they grow! We are designed to eat apples, but have been given rocks!

I've never accepted either that, "you can expect to get illnesses when you get older," or that "after age 40, you get these odd niggling little pains." This is not how life was designed or meant to be. These are the symptoms of what doctors call sub-clinical diseases, which indicate an already depleted immune system is deteriorating further. They are warnings of those illnesses that manifest full-blown later in life, yet which are unnecessary if we consume a nutrient rich diet. As Linus Pauling, twice Nobel Laureate also stated in the 1950s, "One could trace every sickness, every disease and every ailment to a mineral deficiency."

This 75 organic plant-derived mineral supplement has been used successfully by millions in the USA, Australia and other countries since 1932 and has received in excess of 15,000 written testimonies, many hundreds of which have been legally attested. It is extracted from rich, 80 million year old Senonian compost using the purest water filtration methods. Each 600 mg wafer contains 75 minerals in balanced quantities as nature intended it. Dr Schrauzer, researcher, inventor, author, chemist and, when younger, was considered to be one of the top twenty scientists in the world, says that these minerals are, without doubt, the purest of the plant derived mineral extracts that he has analysed.

OUR NUTRITIONAL NEEDS BEGIN FROM CONCEPTION

Pregnant women are recommended to take two wafers a day, which dissolve quickly in water and are naturally flavoured. This makes it very consumable and for children who weigh under forty pounds, half a wafer per day is recommended. Older children and adults take one wafer a day, which effervesces quickly in water. A month's supply may easily be carried around in a pocket-sized packet.

Here we have the immediate answer to our mineral-deficiencies; and with the reassurance of the only company I've found which insists every batch has an external report certifying its contents contain 75 pure plant minerals. I'm not aware of any other company in the world that does that.

Small groups of people are working to re-mineralise the earth but this could take hundreds of years and, as individuals, we need to supercharge our own immune systems right now to resolve our health issues as a matter of urgency.

"Osteoporosis is a preventable disease," says Dr Robert Bender, physician for over 40 years. Food intolerances, allergies, hyperactivity etc result from a lowered immune defence; as do degenerative diseases inaccurately attributed to age, such as: high blood pressure, diabetes, Alzheimer's, strokes and cancer. They are all avoidable if we consume optimum nutrition.

"Vitamins are basically useless in the absence of minerals"

Dr Gary Price Todd

It makes more sense to say "minerals and vitamins," in that order, because it is minerals that form the basis and contribute the most essential source for our bodies being able to function. We can survive longer without vitamins than we can without minerals; without them, vitamins cannot be absorbed.

Four years ago, I contracted Epstein Barr Virus (glandular fever) and subsequently the very severe and wide range of chaotic symptoms of Myalgic Encephalomyelitis (or Chronic Fatigue Syndrome). Within a few weeks of taking these minerals, my energy levels soared, my mental agility returned, depression and anxiety have gone and the carbohydrate cravings associated with the gut yeast, candida albicans, have also disappeared. I eat less, generally, as my body is satisfied with the nutrients it is receiving on a daily basis.

Minerals are the very source of physical life and the very foundation of nutrition because our bodies, inner and outer, consist of approximately 98% minerals and we need a full range each and every day. Minerals control every organ and all the electrical impulses in our bodies. Minerals work interdependently and we therefore need all of them. This is why my previous attempts to heal myself by taking a very long list of nutrients, herbs or minerals in isolation, have failed.

People are reporting that their blood pressure is down for the first time in years, that they have automatically cut down on smoking, dropped a dress size or if they get a cold it doesn't last – and many other people have far more dramatic health experiences. The most common experience is that everyone taking this full spectrum of plant minerals reports an increase in energy.

In his book, "The Root of All Disease," Elmer Heinrich says, "I have been monitoring and studying thousands of mineral-deficient people for twenty-five years. In my opinion, heart disease is a direct result of a mineral deficiency."

These pure plant minerals provide the quickest and most gentle detox (a lack of minerals prevents the body from detoxing normally); and provides the essential food we cannot obtain from discerning shopping.

From my own results alone, I am tempted to say this 75 mineral supplement is miraculous, but, when you think about it, taking

plant-derived minerals really is a matter of simple biology and geology that should be taught in schools! If we return to the agricultural wisdom of the past (e.g. three-field system, where one field is left fallow for several years to regenerate, instead of spraying every possible inch with chemical feeds to create bulk crops for profit), I'm certain we would develop a society rich in health and intelligence, with a population that understands the wisdom of nurturing the Planet and fellow man.

Rick Bockner, the 22nd and last Reiki Master to be initiated by Mrs Takata (the remarkable lady who brought Reiki from Japan to the West in the 1930s) told me that Mrs Takata always said to him: "All illness starts here," patting her solar plexus to indicate where the absorption and digestion of our nutritious fuel begins. Mrs Takata who devoted her life to healing through Reiki, understood the body well. I believe she knew of the essential importance of minerals from plants as she drank a special mixture of blended raw vegetables several times each day. She took this with her wherever she went, in addition to practising daily Reiki.

OUR BODIES ARE TEMPLES

Although, "We are not human beings on a spiritual journey, but spiritual beings on a human journey," (Pierre Teilhard de Chardin) we are, nevertheless, very much physical beings of the earth and, as such, must nourish our bodies. This enables us to follow our true paths in optimum physical health and developed consciousness. I wish I'd found these special minerals sooner, but better late than never. It is clearly evident we cannot rely upon officials to make health choices for us, we must take the responsibility ourselves; and I shall continue to share this information with all my Reiki students, Hypnotherapy clients and, of course, my loved ones. I strongly recommend you try them for yourself.



Plants convert metallic hydrophobic minerals into hydrophilic minerals through the root system

A plant mineral is between several thousand and a million times smaller, than the smallest metallic mineral.

The average plant-derived mineral is less than 0.00001 micron in size that could conceivably be 1/10,000th the size of a red blood cell.

The small size of the plant minerals makes it possible for the body to absorb them.