

The Importance of Minerals



Every living cell on our planet depends on minerals for proper function and structure. Minerals are needed for the proper composition of body fluids, the formation of blood and bone, the maintenance of healthy nerve function, and the regulation of muscle tone including the heart. Today in our modern world, mineral deficiency is even more likely to occur than vitamin deficiency. The soil conditions on farms that grow most of our food simply do not have anywhere near the mineral content needed to produce the quality of food that we need to keep our immune systems strong. Even if we eat a theoretically “balanced” diet we are still at risk for severe mineral deficiencies. The mineral-rich content of Body Balance is therefore not only ideal for maintaining these healthy levels of minerals, especially trace or micro-minerals, it is ESSENTIAL if we are to have a quality of life we can count on in any way.

Some minerals are the very foundation for the electrical nature of life, whereas others play out their role at the very core of every enzymatic action in the body. Because all enzyme activities involve minerals, without them vitamins and other nutrients cannot be utilized! Because some minerals are required in high concentrations, these are called macro minerals, or electrolytes. For example, macro minerals such as sodium, calcium and potassium help to create the electrical impulses of muscle and heart movement, as well as the electrical aspects of our nerves and our brain function. Trace minerals, which are needed in much smaller amounts in the body, are nonetheless just as vital. Without trace minerals, important enzymes remain idle and useless and therefore the functions they perform are not able to take place.

The Medical World News stated back in 1992, that most people have micro mineral deficiencies and don't even realize it. It said that roughly 30% of elderly people have severe mineral deficiencies, even if some appear to be in average health. I would suggest that the number is much higher. After all, if the food most people eat is grown in mineral-deficient soil, it cannot be expected to nourish and fortify. So if our very food itself is so deficient, where do we go for these vital elements of health?

We now know that minerals should come from food whenever possible. An important aspect of mineral nutrition is that each nutrient MUST be in balance with the others.

The level of each mineral in the body has an effect on every other, so if one is out of balance, all mineral levels are affected. For example, too great an intake of copper can depress zinc levels, resulting in zinc deficiency and potential copper toxicity. Too much calcium can affect magnesium absorption. With minerals, especially trace minerals, it's definitely NOT true that if a little is good, then a lot must be better. We haven't yet been able to recreate the perfect balance that nature has. The wide spectrum of macro and rare trace minerals in our Body Balance food fits this criteria in terms of what our bodies need, perfectly.

These minerals are easy to assimilate precisely because they come from whole sea vegetables. They are bonded to, or chelated with, the same amino acids to which they were originally assigned. Natural sources of minerals do not need to be highly concentrated to contribute to good health. They need only to be absorbed and naturally chelated to do their work. Every mineral is important individually. All of them are in perfect synergistic balance in Body Balance.

For more information go to: www.somaandsoul.com.au



Sue Morris – Life Force Independent Member
I.D. No. 20890317 - Mobile No. 0411 183 913
Website: www.somaandsoul.com.au

