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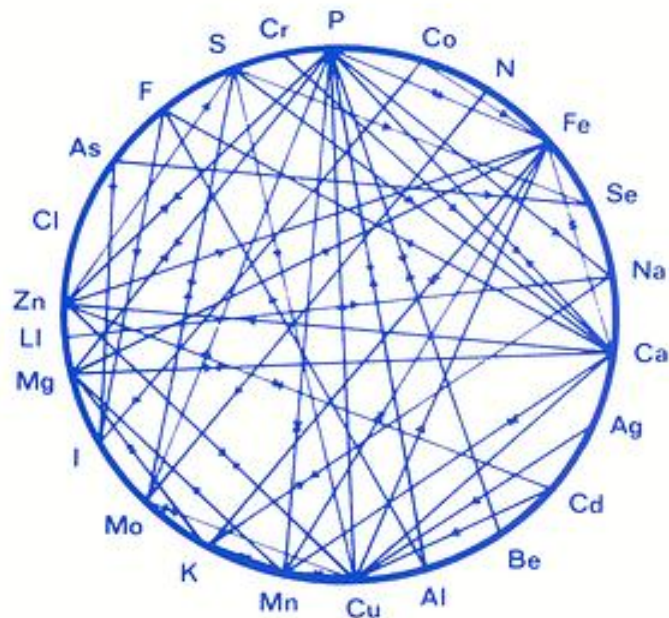
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The Effect of Trace Mineral Balance on Nutrient Absorption

[by John Nitkowski, Independent Researcher in Nutrition and Degenerative Diseases](#)



The Mineral Wheel

Ag - Silver	Al - Aluminum	As - Arsenic	Be - Beryllium
Ca - Calcium	Cd - Cadmium	Cu - Copper	Cl - Chlorine
Co - Cobalt	Cr - Chromium	F - Fluorine	Fe - Iron
I - Iodine	K - Potassium	Li - Lithium	Mg - Magnesium
Mn - Manganese	Mo - Molybdenum	N - Nitrogen	Na - Sodium
P - Phosphorus	S - Sulfur	Se - Selenium	Zn - Zinc

Although the human body requires about 100 elements, this mineral wheel shows some of the most important elements needed by the body, and more importantly, it shows the interrelationships between the elements. This is the most complete wheel ever developed. The major minerals, electrolytic minerals, and many other trace minerals are represented here.

The lines and arrows on the diagram connect specific minerals to others. Every mineral has synergistic and antagonistic counterparts. The importance of this is, if you have too much or not enough of a specific mineral, it will affect the counterpart causing a mineral deficiency or excess that may be toxic.

On this wheel, an arrow pointing to a particular mineral means that an excess of the mineral may cause a deficiency of the mineral that the arrow comes from. For example, an excess of calcium can cause decreased absorption of Phosphorus, Zinc, Magnesium, and Manganese. This is the same thing that happens in farming soils. Too much or too little of any nutrient results in sick plants, animals, and humans alike. You only need to read the United Senate Document #264 to see how the mineral deficiency in plants results in the mineral deficiencies and disease in those who eat those plants.

This is very important information to understand if you are seeking answers to the

health problems we face today. There are many factors involved that are purportedly the causes of disease such as pollution, acid rain, electro-magnetic fields, pathogens (disease causing organisms), lack of nutrition from a variety of sources such as: mineral depletion of our agricultural soils, refining of foods as in white flour and white sugar, lack of enzymes...I could go on and on. There is much information on the pages of this site that give you the particular scientific dietary causes of disease. So I won't go on any further on that, but at the heart of the main causes of disease are two **principles!**

One of these principles is ignorance. "I didn't know drinking soda pop or coffee could lead to cancer!" The other principle is indifference. "Yeah, I know that smoking cigarettes is killing me, but I like them... and you have to die of something!" While those may be very obvious examples, the lack of seemingly insignificant trace minerals in our diets can be killing us and cutting our lifespans in half, and the ignorance and indifference in this matter is the real reason for our demise. The reason this is true is because **there is something you can do about it!** Degenerative disease is not something you get, as if you were terribly unlucky and were in the wrong place at the wrong time, degenerative disease is the direct result of your diet and your lifestyle. With knowledge and understanding you can have optimum health even in this polluted environment. **You don't have to contract cancer or any other degenerative disease!**

My purpose is to help people learn the principles and to help them stick with them. The reason I am with HTN is because they have something no other company has. The biological information is more accurate and the products are so much better than anything else I have ever seen. And yet this is not medicine or a treatment or a cure for any disease or disorder. There is only one reason why any person can overcome any disease. It's because the body has the ability to heal itself when all the nutrients it requires are provided in the proper balance, the right mental attitude is maintained, and when the proper internal environment for the cells is maintained within the body. If we are ignorant or indifferent the result will be the same. It is a natural law that always prevails that we will reap what we sow. It's like the law of gravity; even if you are ignorant of the law it will still prevail if you step off the edge of the building. If your body becomes acidic because you drink soda or coffee, or because you don't give your body the trace minerals it needs, disease will be the result, whether you are aware of the law or not. You are what you eat and absorb into your body. That never changes. When scientists and the Bible both tell us the same thing, that we can live to 120 years, why do people live, on the average, to just over half? Just remember that for every person that lives to one hundred there will be one that dies at thirty! That's how averages work.

This was made immediately clear to me this week when I was asked to look at a competitor's product and was asked to comment on it. I looked at the minerals that were added and saw there were eleven minerals. They were all in forms the body had to convert before they could be used and calcium carbonate was the form of calcium. This form will eventually produce about four percent ionic calcium after it goes through the digestive process. It is basically the same as blackboard chalk. I said, "Where are the other sixty-four minerals? Where are the essential fatty acids?" As you can see from the mineral wheel above, too high or low amounts of any mineral will cause negative problems adversely affecting the absorption of all the other minerals. It is very easy to see the reason for disease in light of the nutritional deficiencies of those who think they are healthy and are getting everything they

need through their diets and through nutritional supplementation.

That is the greatest deception of all, when you are taking food supplements that are supposed to be providing you with everything you should be getting from your food (and are not) and your supplements don't even come close. No doctor, scientist, or wise man could ever develop a dietary supplement that contains **all the minerals** in the proper forms and proportion for optimum absorption. That's why I'm really excited about Sango Coral Calcium. The chemical analysis of the Sango Coral is nearly identical to that of human bone. Sango Coral is the substance used in bone grafts when additional material is needed. The body does not reject it. Minerals really are the key to optimum health. Now with heart disease being the number one killer, and cancer right behind at number two it is very clear we are losing the war against these diseases. Add to that the fact that there are more than 153 additional known diseases and you can see that we are on the wrong track. With all the people taking supplements and all the people who are supposedly eating a balanced diet, why is disease still so prevalent. **If even half of those people really were getting what they needed the disease rate would be nowhere near what it is today.** I believe the key is in the trace minerals.

This next chart shows the elements that naturally occur in Sango Coral Calcium. I'm sure when you look at the elements some of you will learn of elements you did not even know existed. Another thing is you may look at some of the minerals and say, "It has arsenic and lead!" But remember one thing, your body needs minute quantities of even these minerals. As we read at the beginning of this page, it is because of imbalances that we have problems with our health. When everything is in the proper balance perfect health is the only outcome because the organs and glands will be operating perfectly. The circulatory system can carry oxygen and nutrients to the cells and carbon dioxide and other waste products away from the cells to the organs of elimination which are working perfectly. The immune system will be operating perfectly and will be able to detect and destroy pathogens and other foreign matter. The digestive system can efficiently extract nutrition from the foods you eat... and on and on. Why would anyone want to throw a wrench into this marvelous system? But they do because of ignorance and indifference. I know hundreds of people who use HTN's Coral Calcium as part of their nutrition program and every one of them has a story of improved health, from every imaginable disease. This is why I am involved, because I have my own story of overcoming very severe osteoarthritis and I got my life back!

Elements in Sango Coral Calcium from Okinawa and Parts per Million (PPM)				
Aluminum 180	Antimony .37	Arsenic .38	Barium 2.29	Beryllium <.06
Bismuth <.09	Bromine .14	Boron .182	Cadmium <.1	Calcium 391,000
Carbon 119,000	Cesium 20	Chlorine 275	Chromium .625	Cobalt .091
Copper 23	Deuterium 150	Dysprosium .18	Erbium 5.19	Europium <.1
Fluorine .67	Gadolinium .094	Gallium .692	Germanium .191	Gold <.05

Hafnium <.15	Holmium .091	Hydrogen 1100	Indium <.06	Iodine 1.22
Iridium <.04	Iron 510	Lanthanum .323	Lead <.08	Lithium .66
Lutetium .078	Magnesium 4,190	Manganese 26.9	Mercury <.01	Molybdenum <.08
Neodymium 1.11	Nickel <.08	Niobium <.09	Nitrogen <.005	Osmium <.2
Palladium <.025	Phosphorus 94.1	Platinum <.03	Potassium 32.5	Praseodymium 2.73
Rhenium <.2	Rhodium <.02	Rubidium .22	Ruthenium .081	Samarium <.05
Scandium .049	Selenium <.08	Silicon 1280	Silver .38	Sodium 129
Strontium 295	Sulfur 1780	Tantalum <.1	Tellurium <.2	Terbium .091
Thallium 1.24	Thorium .101	Thulium .052	Tin .198	Titanium 5.88
Tungsten <.09	Vanadium .267	Ytterbium .051	Yttrium .461	Zinc 2.51
Zirconium <.08				

Scientists are just beginning to understand the importance of some of these minerals. There is more information revealed every day on the body's requirements for them. But the thing is, we always had a need for these minerals, they used to be in our food. But no more. Because of soil depletion of these minerals, the soil, the food that comes from the soil, and ultimately our bodies are deficient in these important trace minerals and correspondingly degenerative disease is rampant.

The minerals Praseodymium and Yttrium have been given to laboratory animals and have doubled their lifespan. Rubidium and Cesium have been used successfully against cancer in both animals and humans. Zinc is important in wound healing and also for the production of Super-oxide-dismutase (SOD). Iron, of course, is crucial for hemoglobin and copper is also important for its production. Germanium is an adaptogenic mineral that helps to fight all diseases. The point I'm trying to make is, all of these minerals have a purpose and function in the human body. You can do a study on each of these minerals and find out what role they play. But that may not be necessary, unless you want to be a scientist. Why? Because getting the minerals is what is important. And getting them in a form you can use is even more important. But the most important of all is that you get all these minerals in the proper proportions to one another. You don't want to go out and find a Praseodymium supplement or even a Calcium supplement. You want a supplement that has all the minerals in a form that is very bioavailable and has all the minerals you need all in the proper proportions to one another. There is only one in the whole world.

Sango Coral Calcium is the only way to do it and it has been used safely for at least a thousand years enriching all the cultures that used it from Japan, to Spain, to the United States of America. The popularity of Coral Calcium is exploding now in th US,

due to the fact that it works and people are becoming more health conscious. HTN was the first to bring it here and it is still the best, proven by its effectiveness, and through scientific studies using analysis of the Oxygen Reduction Potential that measures the electrical charge produced by the negative ions. HTN's Ionic Coral Calcium goes through a patented process to remove impurities and is certified contaminant free. No other coral, even coral from Okinawa, can make this claim.

To close this topic I would like to say there have been advancements in health and hygiene and the average lifespan of humans has gradually increased over the past hundred years, but the quality of life has actually gone down. Sixty years ago Alzheimer's Disease was unknown. One hundred years ago the cancer rate was three percent. Today it is thirty-three percent for women and fifty percent for men. Most of the increase in longevity can be attributed to the fact that infant mortality has been drastically reduced (that takes a lot of zeros, ones, and twos out of the average). Critical care can be very quickly administered to those having heart attacks, seizures, or to those involved in accidents, thanks to better communication and transportation. A great variety of food is available year round and food storage methods are vastly improved. And perhaps the most important, deaths from infectious diseases has declined drastically. Whether it is from immunizations or from improved sanitation is debatable, but the fact is it is true. Medicine can now keep a diseased person alive longer but it has not won the battle against a single degenerative disease.

One other fact is true. During the times when people were dying for the lack of the improved technology I just mentioned, degenerative diseases were virtually non-existent. Now that we have this technology and we are not dying of polio, cholera, scurvy, or starvation we should be living close to our potential, which is 120 years. Wake up! This is what would happen if there were no degenerative disease!

But remember our enemies, ignorance and indifference, and remember where these enemies live, in our minds. But also remember that they can be defeated through knowledge and commitment. **Do it for yourself and for those you care about!**

This document is supplied for information and educational purposes only. It is not intended to recommend or prescribe any treatment for any condition or illness. Contact a doctor or medical professional who is trained in the use of natural nutritional supplements before adding any new protocol or when starting any health or exercise program.

For More Information Contact:

Lynda Carter
HTN Independent Distributor # 79233
4029 Aliso Ave.
Oakland, CA 94619
Tel: 510-530-1960
FAX: 510-482-6400

<http://www.helpyourbodyhealitself.com>

<http://www.the-real-lynda-carter.com>

eMail: lyncarter@sbcglobal.net

Send email with questions or comments to Andrew W. Beretvas, our webmaster, at expertworks@consultant.com.

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