

LIFEFORCE

BALANCED MINERALS & SALTS

Available in Capsules
Nappi Coded: 701581/003

BALANCED MINERALS & SALTS

THE FACTS:

Most people are aware that everyone in today's society needs some type of supplementation in the form of Vitamins. However, many of these people are totally unaware that vitamins cannot function, or be assimilated, without the aid of minerals and trace minerals. Although the body can synthesize some vitamins, it cannot manufacture a single mineral!

Research has revealed the crucial importance of minerals and trace elements. As constituents of various enzyme systems, minerals are vital factors in health and well-being therefore releasing your body's natural healing power.

Tissue salts are minute inorganic mineral components. Your health may be influenced by the balance and distribution of these salts, as they are the building blocks of cells, tissues and organs. If the body has a deficiency in any of these salts, illness occurs, and if that deficiency is corrected, the body generally heals itself. This is a gentle way to combat illness and disease and has proven to be so successful that it has survived over a century of medical advancement.

Vitamins alone are not enough. As important as vitamins are, they can do nothing for you without minerals. Minerals can be called the Cinderella of the

nutrition world. **Our physical well-being is more dependent upon the minerals we take into our systems than upon the vitamins, carbohydrates and calories we consume.** A wide range of readily available plant foods usually supply vitamins, whereas minerals are not always found in plants and must be present in soil before plants and grazing animals can make use of them. Due to the soil decline, commercial farming and the use of chemical fertilisers, the mineral content of our food has declined dramatically over the past decades.

Minerals are elements found abundantly in the earth's crust. Calcium, Phosphorus, Potassium, Sodium, Magnesium, Sulphur, Silicone and Chlorine are all necessary to the body in relatively large amounts and are therefore referred to as bulk minerals. Every second of every day your body relies on ionic minerals and trace minerals to conduct and generate billions of tiny electrical impulses. Without these impulses, not a single muscle would be able to function. Your heart wouldn't beat, your brain wouldn't work and your cells would not be able to use osmosis to balance water pressure and absorb nutrients. Among the many important processes they help to regulate are heartbeat, water balance and the functioning of nerves and muscles.

Trace elements, which are also minerals and no less important than bulk minerals, are necessary in extremely small amounts. Every sickness, disease and ailment can be traced back to a deficiency in these trace elements.

Iron, Zinc, Copper, Manganese, Chromium, Iodine, Selenium, Fluorine and Molybdenum are all trace elements and each forms less than one hundredth of one per cent of the human body. However, these minute amounts should not be misleading, as they are vitally important to your health.

The more we study the elements, the more we learn

about the vital roles they play in biological functions.

Zinc, Copper and Manganese are known to form an antioxidant enzyme in the body called SOD (Super Oxide Dismutase). These mineral elements have scientifically proven to be positively correlated to an extended lifespan. It offers the body protection from peroxides and free radicals, which attack body cells, causing age-related diseases such as Arthritis, Cataracts, Arteriosclerosis and Multiple Sclerosis.

It is therefore important that we become conscious of our mineral intake. We cannot blindly rely on our diet. Since the same foods can vary greatly in mineral content from one person and area to another, we need to safeguard our health by eating a great variety of mineral-rich foods and taking multi-mineral supplements.

Supplementing with minerals and salts promotes radiant health and contributes to longevity. You will enjoy optimal health and in the process become disease free.

WHAT IS THE RECOMMENDED DOSE?

One (1) Capsule daily unless your practitioner advises otherwise.

YOUR REQUIREMENTS ARE RAISED BY:

Alcohol, drugs, smoking, Vitamin D deficiency, diarrhoea (excessive), vomiting (excessive), pregnancy, breastfeeding, too high fibre intake, coffee & tea, antacids, certain metabolic diseases (e.g. Diabetes and Thyroidism), burns, eating disorders, prolonged stress and vegetarianism.

MAKE A DECISION TODAY TO TAKE CONTROL OF YOUR PERSONAL HEALTH AND WELL-BEING, BY GETTING THE BEST WITH LIFEFORCE BALANCED MINERALS AND SALTS. It contains the full spectrum of all the minerals, trace elements and tissue salts in one capsule.

SOME OF THE BENEFITS:

MAGNESIUM:

Helps in utilisation of proteins
Maintains healthy nervous system and metabolism

PHOSPHOROUS:

Helps maintain healthy bones.
Plays part in energy and metabolism within cells

IODINE:

Essential component of the important hormones
– i.e. works on the thyroid gland

MANGANESE:

An activator or enzyme co-factor in lipid, protein and carbohydrate metabolism

SELENIUM:

Is necessary for enzyme production and is a potent anti-oxidant

SODIUM & POTASSIUM:

Is part of the Electrolyte chain, needed for numerous cellular metabolic processes

IRON:

Transporting oxygen in the blood to produce energy

CALCIUM:

Bone, tooth and nail formation
Clotting of blood and muscle functioning
Helps absorption of Vitamin B12

ZINC:

Cell division, protein synthesis, growth
Virtually all enzyme activities
Strengthening of the Immune system.
Metabolism of Vitamin A, B complex & essential fatty acids
Every aspect of reproduction

Energy production
Condition of skin, hair & nails

12 TISSUE SALTS

If the body has a deficiency in any of these salts, illness occurs, and if that deficiency is corrected, the body generally heals itself.

DEFICIENCY DISEASE AND SYMPTOMS

Deficiencies in trace elements can result in Allergies, Alzheimer's, Anaemia, Arthritis, Brittle nails, Cardiac Arrhythmias, Diabetes, Hypoglycaemia, Immuno-depression, Insomnia, Learning problems, Nervousness and Obesity.

A shortage of individual minerals may result in many varied illnesses as listed below.

MAGNESIUM:

Irritability, muscle weakness & spasms
Cardiac arrhythmias & mental derangement

IODINE:

Hyperthyroidism

SELENIUM:

Lightened colour of the fingernail beds
Muscle discomfort or weakness
Cardiomyopathy (myocardial disease)

SODIUM & POTASSIUM:

Both part of the body's electrolyte chain
Muscle weakness
Irregular heartbeat
Mood / mental changes
Nausea & vomiting

IRON:

Chronic fatigue
Weakness
Anaemia
Learning problems in children
Shortness of breath
Decreased physical performance

CALCIUM:

Poor muscle tone
Weakening of bones in the elderly

resulting in osteoporosis

ZINC:

White spots on nails
Poor condition of hair & skin
Delayed wound healing
Susceptibility to infection
Loss of taste, smell & appetite
Apathy & lethargy
Retarded growth
Slow mental development
Abnormal metabolism of Vitamin A

Give your body the proper and balanced raw materials available in Balanced Minerals and Salts containing the full spectrum of 16 minerals, 50 trace elements and 12 Tissue Salts. You will be taking the necessary steps to living a healthier and longer life.

PERSONAL ADVICE:

Balanced Minerals & Salts are complimented by Multivitamins and Essential fatty acids.

CAUTION:

Lead, Cadmium and Mercury are highly toxic and must be avoided at all cost. It can lead to illnesses and diseases such as Arthritis, Memory and Mental Degeneration, Infertility and Schizophrenia.

REFORM DISTRIBUTORS

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