

1: Doctor's Best Vitamins

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Organic vs Inorganic Inorganic or Organic Here we discuss the dietary usefulness of inorganic vs. As a result health professionals recommend that we supplement with minerals and trace elements to offset the lack of minerals in our foods. However, we can easily become very confused within the broad world of supplementation, because of the different claims touting the benefits of one mineral supplement over the other. In order to understand which supplements to use it is necessary to understand some terms. Inorganic or organic mineral The way elements in a compound are connected determines whether it is organic or inorganic. Here are some definitions: When a mineral is chemically inorganic, it means that its chemical composition is without carbon. When a mineral is chemically organic, it means that its chemical composition is with carbon. When minerals are labeled agriculturally inorganic, it means that the food grown is tainted with chemical fertilizers or pesticides or herbicides. When the mineral content of food is labeled agriculturally organic, it means that the food containing the minerals is grown without chemical fertilizers or pesticides or herbicides. The agriculturally inorganic food means that the body has to process the added chemicals. The body sees these chemicals as toxins and it takes nutrients from the body to deal with these toxins. These nutrients are then not available for the body to use in other ways. When a mineral is nutritionally inorganic, it means that it is without any organic carbon-based molecule. When a mineral is nutritionally organic, it means that it is chelated or bound to organic molecules, such as an amino acid. The chelated form of a mineral means that it is able to be absorbed more readily by the body and is therefore available for the body to use. Synthetic Vitamins Many health conscious individuals may not be aware that vitamins come in two forms, natural and synthetic. It is not artificial, and its source is either a plant or an animal. There may be factors, such as enzymes, synergists, catalysts, minerals, proteins, or even unidentified vitamins, which are found in the natural nutrient but not in its synthetic counterpart. Compounds found in the natural vitamins contain nutrients in their natural ratios and do not contain potentially harmful ingredients as may be found in the synthetic product. Labels do not always tell the full story. A natural vitamin should be a whole food product with nothing removed. Synthetic vitamins and minerals often contain salt forms, such as palmitate, sulfate, nitrate, hydrochloride, chloride, succinate bitartrate, acetate and gluconate. This information may aid in the determination of whether a nutrient is natural or synthetic. The benefits from natural vitamins and minerals on different levels surpass synthetic vitamins and minerals. Again, both may appear similar via chemical analysis, but because there is more to natural substances in nature, there is more to natural vitamins and minerals. A synthetically derived substance, notes Dr. There is much controversy in the scientific community as to whether or not the body can utilize inorganic minerals in carrying out life processes. However, it is generally accepted that chemically and nutritionally organic food, that is natural, can adequately provide substances, including minerals, that can be utilized by the body at the cellular level. Raw foods have active enzymes and thus directly assist the production of life processes in the body. Minerals are a critical part of our diet. Three types of minerals are readily available. Metallic inorganic or elemental minerals, chelated minerals, and organic colloidal or ionic minerals.

2: Food additives – Antioxidants, Acidity regulators – eVerbum for Android

an inorganic element found in nature; classify dietary elements that are essential to life processes Minerals building blocks for bones, teeth, muscles, and other body tissues.

Nutrition Minerals are the regulators and initiators of many of the processes occurring in the body. They are essential to muscle contractions, body structure, and fluid balance within the cells and nervous system communication. Minerals give strength and structure to your teeth, bones, muscles, blood and body tissues. They are inorganic matter that cannot be destroyed by cooking or heat. They are absorbed into your intestines and then transported, stored or utilized by your body in different ways. Some travel through the blood stream or are excreted in urine or even stored by your body to toxic levels if too much is consumed. Avoid excess supplementation of minerals. Typically minerals are split into two separate categories, Major Minerals and Trace Minerals. Major minerals include sodium, chloride, potassium, phosphorus, magnesium and calcium. You need these minerals in greater amounts than trace minerals. Major Minerals The Electrolytes: Sodium, Potassium and Chloride Sodium helps regulate your blood pressure, the movement of fluid in and out of your cells, nerve transmissions and muscle relaxation. It is found in processed foods, table salt and small amounts naturally occurring in food. Too much sodium in your diet can cause fluid retention and swelling if your body is unable to excrete the excess. Prolonged vomiting, diarrhea or kidney problems can result in a sodium deficiency, causing muscle cramps, nausea and dizziness. Potassium assists in regulating the mineral and fluid balance both on the inside and surrounding outside of your cells. It is found in fruits, vegetables, legumes, meat, nuts and dairy products. Your body excretes excess amounts, however, and people with kidney problems might need to limit potassium in their diets, as heart problems and even sudden death can result. Not enough potassium can result in muscle cramps, nausea, weakness and fatigue. Chloride regulates the fluids in and out of body cells, transmits nerve impulses and helps your body digest food by absorbing nutrients as a component of stomach acid. It is found in salt Sodium Chloride. Deficiency and excess levels are rare but have similar effects as sodium. Magnesium, Phosphorus, Calcium Magnesium is part of enzymes that regulate your body in making energy, protein and muscle contractions, as well as many other functions. It is part of bones. It helps signal muscles to relax and contract and maintains body cells in muscles and nerves. Magnesium is best found in whole grains, legumes, nuts and green vegetables. Deficiency is rare but irregular heartbeat and nausea can occur. Excess is excreted, unless kidney problems exist. Calcium is well known for its part in building bone strength, length and tissues. It continues to support bone health by slowing bone loss as you age. But calcium also helps clot your blood, supports nerve function and assists muscles in contracting, including your heart beat! It is found in green leafy vegetables, calcium-fortified foods, dairy products and tofu. Deficiency can lead to impaired growth in children and permanently affect height. Even a small deficiency over a long period can affect bone density and loss while increasing risk of osteoporosis. Iodine is found naturally occurring in saltwater fish, potatoes and cooked navy beans, but most people get their daily needs in iodized salt. People who are iodine deficient may experience weight gain or develop goiters. Goiters are enlarged thyroid glands and are frequently still seen in developing countries where the salt has not been iodized. Excess iodine can result in irregular heartbeat. Fluoride protects your teeth from decay, hardens tooth enamel and strengthens bones. Inadequate fluoride can result in weak tooth enamel but an excess can cause tooth mottling, or stains. It is found in tea, fish and drinking water. Chromium helps insulin in your body to use glucose. You are unlikely to consume excess from dietary sources but a deficiency could appear to look like diabetes. It is found in whole-grains, cheese, peas, eggs and meats. Copper serves as a part of many enzymes. It helps your body make hemoglobin and connective tissues as well as plays a part in producing energy in your cells. Copper is found in nuts, seeds, organ meats and seafood. Deficiency or excess intake is rare in the U. Iron is an essential part of hemoglobin, needed to transport oxygen to every body cell and enzymes. It is needed for healthy brain development and immune function. A deficiency can lead to anemia, fatigue and infections. Excess amount can cause an enlarged liver, skin coloring, diabetes and internal damage. High iron foods include meats, beans, spinach, seeds and whole-wheat foods. Manganese helps in bone formation, metabolism of energy from foods,

and is a part of many enzymes. It is rare to have a deficiency or consume excess from dietary sources. It is found in whole-grain products, lentils, and some fruits pineapple and strawberries and vegetables kale. Selenium works with Vitamin E as an antioxidant, both protecting cells and supporting immune function. It is found in seeds, whole-grains, seafood, organ meats and eggs. Deficiency or overconsumption is rare in a normal diet. Zinc helps your body use food, support enzymatic reactions and promote cell reproduction and tissue growth and repair. Zinc is found in whole-grain products, meats, eggs, peas, nuts and seeds. A zinc deficiency can impair growth in children and cause birth defects during pregnancy. Avoid excess zinc supplementation. Molybdenum is a part of enzymes and works with riboflavin to help use iron to make red blood cells. Deficiency and excess consumption in a normal diet is rare. What Is Saturated Fat? How Much Should I Have? She served as a U. Peace Corps Volunteer in Malawi working as a Community Health Advisor in a rural village, immersing in the joys of life without electricity or running water. Traveling, adventuring and experiencing new cultures has made her a passionate advocate for the equality of nutrition and wellness for all people.

3: Essential Elements

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Ascorbyl stearate is an ester formed from ascorbic acid and stearic acid. Commercially it is extracted by distillation in a vacuum from the same plants, and therefore may or may not be genetically modified. It is a fat-soluble anti-oxidant, also known as Vitamin E, and is used to prevent fats and oils from going rancid. Used in animal and vegetable oils, cheese and soups, milkshakes and baby formulas. Vitamin E can cause several side effects in high concentrations. These are not associated with the use of tocopherols as additives, but as vitamin supplement. It is a fat-soluble anti-oxidant, and is used to prevent animal oils from going rancid. Used in animal and vegetable oils, cheese and soups, vitamin supplement, and in vitamin E enriched foods. For commercial purposes it is synthetically produced by chemical synthesis, and is a fat-soluble anti-oxidant used to prevent fats and oils from oxidising and becoming rancid. Used in animal and vegetable oils, cheese and soups, salad dressings, and synthetically vitamin E enriched foods. For commercial purposes it is synthetically produced by chemical synthesis, and is a fat-soluble, anti-oxidant used to prevent fats and oils from oxidising and becoming rancid. It is also used to enrich foods with a synthetic source of Vitamin E. The result is a white to light brown-yellow crystalline powder which is odourless and has a slightly bitter taste. When dissolved it is used as an anti-oxidant and added to foods containing oils and fats to prevent oxidation. Used in oils, margarines, lard, snack foods, and salad dressing. It may cause gastric or skin irritation, gallates are not permitted in foods for infants and small children because of their known tendency to cause the blood disorder, methemoglobinemia. The result is a white to light brown-yellow crystalline powder that is odourless, and has a slightly bitter taste. When dissolved it is used as an anti-oxidant, and added to foods containing oils and fats to prevent oxidation. The result is a white to light brown-yellow crystalline powder that is odourless, with a slightly bitter taste. Used in oils, margarines, lard, snack foods, and salad dressings. There is the possibility that the lauryl alcohol used is obtained from animal fat. When dissolved it is used as an antioxidant, and added to foods containing oils and fats to prevent oxidation. Used in oils, margarines, lard, and salad dressings. The most common method of extraction is to boil the wood chips or sawdust in a solution of common salt, skimming off the substance which rises to the surface, then pulverizing it into a powder. The powder is light-grey in colour, but in the presence of light turns green. Guaiac resin is then dissolved into different solutions and added to food as an anti-oxidant. Used in cola, chewing gum, and sauces. It is produced from sucrose, mainly derived from vegetable origins. Erythorbin acid produces a white to yellow crystalline solid which is very soluble in water, and is used as an anti-oxidant in foods. Used in dairy-based drinks, processed cheese, fat spreads, processed fruit, canned vegetables, breakfast cereals, sweeteners, vinegars, and mustards. None known in the concentrations used. It is produced from sugars derived from vegetable sources such as beets, and sugar cane. It produces a white, almost odourless crystalline powder that is freely soluble in water. Sodium erythorbate is used as an anti-oxidant in food to improve flavour stability, and the pink colouring of meat. Used mainly in meat products. It is prepared from sugars derived from vegetable sources such as beets and sugar cane, to produce a white, almost odourless crystalline powder, that is freely soluble in water. Sodium erythorbin is used in food as an anti-oxidant for its ability to improve flavour stability, and the pink colouring of meat. It produces a white, crystalline solid with a very characteristic odour, that is soluble in ethanol. Used in bakery goods, salad dressings, mustards, processed meat, soups, and vegetable oils and fats. May cause nausea, vomiting and delirium. A dose of 5g is considered fatal. It is highly effective as an anti-oxidant and preservative as it stabilises free radicals to prevent further oxidation. It is also a synthetic analogue of vitamin E. Used in biscuits, cakes, fats and oils, cereals, pastry and pastry products, nuts, potato snack foods, sweets, and chewing gum. Generally used to keep fats and oil from becoming rancid, as well as preserve food odour, colour, and flavour. May provoke an allergic reaction in some people and may trigger hyperactivity and other intolerance reactions. There are serious concerns over carcinogenicity and estrogenic effects and in large doses caused tumors in laboratory animals. It is highly effective as an anti-oxidant, and preservative as it stabilises free radicals to prevent further oxidation. Used in biscuits, cakes, fats and oils,

cereals, pastry and pastry products. Commercially it is prepared by de-gumming the extracted oil of seeds especially soybean, but there has been a move towards using the oil from sunflower seeds. It is a normal component of body cells and will be degraded and used by the body without side effects. It is prepared by the condensation polymerisation of divinylbenzene, and a mixture of anti-oxidant monomers. Used in edible vegetable oils and animal fats in food processing, fish oils, chewing gum base, baked products cookies, potato chips, and processed meats ground turkey. It is a colourless, hygroscopic liquid with a strong odour, used as an anti-oxidant to prevent fats from going rancid. Used mainly in pet foods. There has been some speculation that ethoxyquin in pet foods might be responsible for multiple health problems. It is produced commercially from the bacterial fermentation of carbohydrates and molasses. Sodium lactate acts as a preservative, acidity regulator, and anti-microbial agent, which is highly effective against bacteria, fungi, and yeast. It is not made from milk and thus suitable for people with milk allergy or lactose intolerance. It should not be given to babies and small children, as they have not yet developed the appropriate enzymes in the liver to metabolise these forms of lactate. Potassium lactate acts as a preservative, acidity regulator, and anti-microbial agent, which is highly effective against bacteria, fungi and yeast. It is produced commercially from the action of lactic acid on calcium carbonate, to produce a white crystalline salt a baking powder that is soluble in water. Calcium lactate acts as a preservative, acidity regulator, and anti-microbial agent which is highly effective against bacteria, fungi, and yeast. Ammonium lactate acts as a preservative, acidity regulator, and anti-microbial agent which is highly effective against bacteria, fungi, and yeast. It is produced commercially from the bacterial fermentation of carbohydrates, and molasses. It acts as a preservative, acidity regulator, and anti-microbial agent which is highly effective against bacteria, fungi and yeast. Magnesium lactate is also a mineral supplement. Commercially it may be produced by the fermentation of carbohydrate solutions, usually molasses or hydrolysed corn starch with *Aspergillus niger*. Citric acid does not cause allergic reactions in people who are allergic to oranges and citrus fruits, as it is commercially made from sugar, not fruits. Pseudo-allergic reactions intolerance have been reported, but these are very rare. Monosodium citrate, Disodium citrate, Sodium citrate trisodium citrate Sodium citrate is the sodium salt of citric acid. Monosodium citrate is a strong sequestrant and is used to prevent clumping in blood samples. Disodium citrate is used as an anti-oxidant, acidity regulator, and sequesterant in foods. Trisodium citrate is used as a flavour, and preservative in foods. This produces a white crystalline powder which is soluble in water. Citrates does not cause allergic reactions in people who are allergic to oranges and citrus fruits, as it is commercially made from sugar, not fruits. Monopotassium citrate, Potassium citrate tripotassium citrate Potassium citrate is the potassium salt of citric acid. Potassium citrate is used as an acidity regulator and buffering agent in soft drinks. Tripotassium citrate can also be used as an antacid for the stomach. Monocalcium citrate, Dicalcium citrate, Calcium citrate tricalcium citrate Calcium citrate is the calcium salt of citric acid. Calcium citrate is used as an acidity regulator, preservative, anti-oxidant, sequestrant, firming agent, and sometimes a flavour in food. Commercially it is manufactured as a by-product of the wine industry. Used in many products such as baking powder, chewing gum, jams and jellies, sweets, tinned fruit and vegetables, cocoa powder, and frozen dairy produce. It is not metabolised in the body; thus, it is excreted in the urine without side effects. Monosodium tartrate, Disodium tartrate Sodium tartrates are the sodium salts of tartaric acid. It is used as an acidity regulator, and anti-oxidant in food. Monopotassium tartrate cream of tartar, Dipotassium tartrate Potassium tartrates are the potassium salts of tartaric acid. It is used as an acidity regulator, sequestrant, and stabiliser in food. It is very inexpensive and often used as a substitute for other natural acids, as only a small amount of phosphoric acid is needed to get the same result as other organic acids. It is used in foods as an acidity regulator, anti-oxidant, and flavour enhancer. It has no side effects.

4: The Interesting Properties and Common Uses of the Mineral Mica

A mineral stream that is saturated with inorganic molecules of minerals derived from rocks processes them into ionic form by forces of nature but they remain inorganic. An ionic liquid supplement derived from the elemental mineral is essentially the same process but processed by man.

Here, we shall tell you about the properties and uses of the mineral mica. **Properties of Mica** Physical Mica is translucent and optically flat. It displays basal cleavage, which means that it splits along planes parallel to the base. It can be beaten into thin sheets, and is colorless in this form. Mica resists deformation and compression, hence, it is elastic in nature. **Chemical** The mica group is a group of phyllosilicate minerals. Its atoms are arranged in a hexagonal manner. That is why it displays basal cleavage. All the minerals belonging to the mica group can be classified by the formula: Rarely, it can also refer to Mn, Cr, Ti, Li, etc. The compound also contains water. If the X ion in mica is K or Na, then that mica is called common mica. If the X ion is Ca, then it is called brittle mica. Except for acids like hydrofluoric or concentrated sulfuric acid, it is unperturbed to the action of other acids, bases, alkalies, common solvents, and oils. Water also does not cause any damage to it. It can also resist damage caused by most climatic conditions. **Electrical** Mica has great dielectric strength. Dielectric strength is the ability of a material to tolerate high voltage without breaking down. It has a low power loss factor. It is a good insulator, and has high electrical resistance. **Thermal** Mica can tolerate high temperatures. In the mica group, Muscovite and phlogopite are the varieties that can withstand high temperatures. Mica is also fireproof; it does not ignite. It has low heat conductivity. **Uses of Mica** **Uses of Ground Mica** Ground mica is used in gypsum wallboard as a wadding to remove its imperfections and enhance its work ability. It is used in paints to improve their quality and add shine. It is added to plastic products to strengthen their mechanical properties. It is added to rubber products like tires, as it can serve as an anti-sticking agent. Ground mica is added to make-up products like eyeliners, mascara, nail polish, lipstick, foundation, etc. **Uses of Sheet Mica** Mica can be beaten into thin sheets. These sheets are useful in electrical appliances because of their dielectric, insulating, and heat-tolerating properties. They are used in: According to a report of the British Geological Survey, the largest deposits of mica in the world are present in the Koderma district in the Jharkhand state in India.

5: Organic vs Inorganic - Kelatox

Minerals - inorganic compounds needed in the body as structural components and process regulators Minerals - not destroyed by heat, oxygen, or gas Mineral bioavailability - affected by life stage, by other minerals ingested at the same time, by pH of foods ingested at the same time Phytic acid, tannins and oxalates - decrease absorption of minerals Yeast leavened breads - increase absorption.

Magnifies the effect of herbal teas and tinctures Chelates all monovalent and divalent metals Is a powerful natural electrolyte Restores electrochemical balance Helps rebuild the immune system Reported claims of external beneficial use: Treating open wounds Healing burns with minimum pain or scarring Eliminating discoloration due to skin bruises Killing pathogens responsible for athlete's foot Acting as a wide spectrum anti-microbial and fungicide Treating rashes and skin irritations Helping to heal cuts and abrasions Helping heal insect bites and spider bites Neutralizing poison ivy and poison oak. Schlickewei [] and five associates [] at the University Hospital in Freiburg, German, on human patients requiring transplantation or replacement of bone during surgery. Human donor tissues have become scarce due to special legal requirements and necessary additional testing because such tissues have a high danger of transmitting the HIV virus and hepatitis. The only other known substitute source available in large enough quantities for clinical use, was animal bone in the form of inorganic calcium compounds bovine calcium hydroxyapatite, and although these were well tolerated by the body, they showed no signs of being resorbed. Remarkable bone regeneration and resorption characteristics were identified when the animal bone implants were impregnated with a low molecular weight humic substance fulvic acid prior to transplant in to patients. The same transplant procedure without the fulvic acid showed no signs of regeneration during the course of the experiment. While on the lookout for a new group of active agents with the ability to promote wound healing, the doctors came across the humic substances. The doctors said that the bone resorption is most easily explained by the known ability of humate to induce the activation of leucocytes. They said that previous experiments had established that the humic substances are able to bind to calcium-containing compounds, stimulate granulocytes, and block the infectivity of the HIV virus. In this clinical test and previous experiments, fulvic acid has been shown to activate and stimulate white blood cells, promoting healing, turn inorganic calcium into an organic bio-active cellular regenerative medium conducive to new bone growth, stimulate cellular growth and regeneration, and inhibit the HIV virus. He also used fulvic acid alone as a treatment for specific ailments in livestock. The results of supplement feeding and treatment included. Dairy Cows After 2 months on supplement no bacterial or viral infections. All cows on supplement experienced more complete digestion. Cows with bacterial infection mastitis treated with 1 pint of fulvic acid solution recovered to full production in 12 to 24 hours. Hogs Animals on the supplement experienced better and more complete digestion. The free choice supplement in hrs acted as an excellent vermifuge deworming agent. The supplement completely eliminated Necro, a bloody diarrhea in hogs. Mink Animal on the supplement experienced more complete digestion. When on the supplement were less vicious, more docile. Supplemented animals ceased fur chewing. Successfully eliminated most diseases common to mink herds. Poultry Supplementing to feed acted as a vermifuge. Pullets given supplement were free of most diseases. Pullets on supplement experienced more complete digestion of other feeds in diet. Pullets on the supplement produced eggs of superior shell hardness and quality. The results of these early tests support the known benefits which fulvic acid provides to all living systems, plant or animal. They indicate that fulvic acid may very possibly become the most important factor in health management in the future. Consumption of plant derived mineral fulvic complexes by humans for many years has shown that they will not build up in the body tissues as do metallic minerals. The following observations and theories describe the reasons why: Cells have the ability to accept or reject minerals, including aluminum, lead, arsenic, mercury, etc. In that capacity they are probably most essential for bio-reactions, electron transfer, catalytic reactions, and transmutations. Fulvic acid has the ability to complex and remove toxic metals and other minerals from the system. Fulvic acid mineral solutions have been ingested by people for many years, yet have never been shown to cause toxic mineral build-up in humans. It is obvious that when

metals, minerals, and trace elements become complexed into fulvic acid, they take on an entirely new property of availability, unlike their original form. It is when fulvic acid is not present that one should seriously worry about toxic build up from any source. Aluminum is found in biological quantities in most plants grown in soil. Most of our food crops contain ppm or more of aluminum. In crops today this concentration would normally be in the absence of fulvic acid. Known biological function of Aluminum is to activate the enzymes succinic dehydrogenase. It increases survival rate of newborn infants, and according to professor Gerharkt Schrauzer, head of the department of chemistry at UCSD, is an essential mineral for human nutrition. Watts believes that aluminum contaminated stains gave faulty results in the early studies that highlighted aluminum as a health risk. It is now generally accepted that arsenic is in fact, in trace levels, and essential element for optimal health and longevity. The levels of arsenic that most people ingest in food or water are not usually considered to be of health concern. Despite all the adverse health effects associated with arsenic exposure, there is some evidence that low levels of exposure may be beneficial to good health. Test animals maintained on a diet deficient in arsenic did not gain weight normally, and they became pregnant less frequently than the control animals maintained on a diet containing a more normal but low concentration of arsenic. Also, the offspring from the deficient animals tended to be smaller than normal, and some died at an early age. Arsenic has been found to be essential for survivability of newborn babies and also neonatal growth. Arsenic has been shown to promote the growth rate in animals. Like most plants, tobacco contains trace amounts of cadmium and lead. It is interesting to note that people that smoke tobacco have about twice as much cadmium in their bodies as do non-smokers. Higher levels of lead are also found in smokers. It would stand to reason that burning converts the natural organic plant forms of these metals. The metabolic antagonism between mercury and selenium results in the protection from selenium poisoning by mercury and the protection against mercury poisoning by selenium. A mutual antagonism between the two exists. Taking in too little zinc is at least as important a health problem as taking in too much zinc. Without enough zinc in the diet, people can experience loss of appetite, decreased sense of taste and smell, slow wound healing, and skin lesions. In severe cases in children, too little zinc can cause poorly developed sex organs and dwarfism. False Information Undocumented information disseminated throughout the health food industry regarding aluminum toxicity has caused undue concern to health conscious individuals everywhere. Because of the persistence of such claims it would be well to examine the issues from the standpoint of documented evidence and reason. It is never found in its pure form but is always combined with other elements, silica being one of the most common. Healing Clays Aluminum combines with oxygen and silica to make up the major elements in montmorillonite clays which people have beneficially used externally and internally for thousands of years. Any clay compound found in health food stores contains very high levels tens of thousands of parts per million of aluminum. Aluminum is a major component in all soils and enters the food chain at every level, be it plant or animal. Where Did It Start? Aluminum received a bad rap when a foundry worker in England who pulverized aluminum pellets into powder died of aluminum toxicity. Without goggles, mask or protective clothing he continued his occupation until he became dysfunctional. At his death an autopsy revealed abnormal quantities of aluminum in his lungs, cells and tissues, all of which contributed to his untimely death. Health advocates immediately manned the torch and spread the word that aluminum is a toxic poison which should be banned in any form from contaminating food, drink or medicine. Iron Toxicity Any major or trace element used under identical circumstances to that of the English foundry worker would produce toxicity. When used in excess they become toxic poison. When used in excess they become toxic. The fact that most natural compounds of aluminum are inert and pass through the system without harm coupled with the fact that aluminum is never found in nature in the pure form, points to the absurdity of the claims that all forms of aluminum are toxic poison. The aluminum-containing diets were fed for four generations, with no noticeable differences from the animals on the normal diet in behavior or in growth curves beyond a slightly greater initial growth in the rats receiving aluminum. As was the case with rats, smaller amounts of aluminum were found in the tissues of the normally fed dogs, and these amounts were not appreciably changed except in the liver, following prolonged ingestion three months of aluminum in amounts of ppm and ppm daily 6 and 2 animals respectively. No detrimental effects were noted in the health of the animals. A few analyses for aluminum in human autopsies

are reported. These in general are in accord with the figures reported for the rat and dog, with the exception that the figures for the liver are lower and for the heart and brain higher. Poison From the Garden Most food crops contain parts per million of aluminum; with beans testing parts per million [] The internationally recognized, Oregon State University scientist, Dr. Reported in parts per million ppm: Mint leaves contain , Plantain leaves 56, Beets 28, beet leaves 72, with various marine algae at ppm of aluminum. Even our good friends such as spinach contain ppm of aluminum. If natural forms of aluminum are toxic why do we classify most of the above as health foods? And here again, what of the question of build-up in the body? We would suggest that anyone believing that all forms of aluminum are toxic should use extreme caution in eating anything from the garden. The Team Nutrients always work as a team. When there is an abnormal concentration of one element, it results in an upset metabolic balance. Human effort to produce super concentrates of any nutrient with total disregard to the overall systems ability to deal with the same element in high concentration is a deadly poison. Organic arsenic in trace amounts is essential, yet in higher concentrations is a poison. Such concentrates, results in harm to the user. Selenium in trace amounts is absolutely essential. The same element in high concentrations is a deadly poison. These elements have been placed there by nature and not by man. Since organic aluminum is in all plant foods without exception, one of the surest methods of determining whether a product is natural in the presence or absence of aluminum In all likelihood, Aluminum as contained in plants may yet prove to be one of our closest friends. Especially in the complex with fulvic acid. A state of matter in which the matter is dispersed in or distributed throughout some medium called the dispersion medium.

6: Minerals: Essential Nutrients! / Nutrition

This difference between organic and inorganic mineral forms is the crucial point in understanding mineral nutrition, and is discussed at length later in this lesson. The Minerals In The Body A List of Major and Trace Minerals.

7: The Soils Around Us

Minerals are the regulators and initiators of many of the processes occurring in the body. They are essential to muscle contractions, body structure, and fluid balance within the cells and nervous system communication. Minerals give strength and structure to your teeth, bones, muscles, blood and body tissues.

8: Fulvic acid Benefits - A detailed overview of the benefits of Fulvic acid

Best NAC Detox Regulators supports the body's natural biochemical pathways for neutralizing and excreting toxins. The three nutrients in this productâ€”NAC (N-Acetyl Cysteine) and the essential minerals selenium (Se), and molybdenum (Mo)â€”sustain glutathione, one of the body's most important antioxidants, along with many enzymes that use.

The care and feeding of the gen-x soul John R. Mabry Facing Lifes Uncertainties The Wise handbook of masonry and waterproofing. Vinny Maddalone : / Candor pam bachorz Foraging Along the Pacific Coast from Mexico to Puget Sound Advice to Young Men (Clear Print) 25. Income Tax Collection System80 We Band of Sisters Modeling of thermal performance of multiphase nuclear fuel cell under variable gravity conditions Mime and Improvisation (LAMDA) Its too early/too late for me The Dorian Invasion Bk. 3. Paul Laurence Dunbar Web based application architecture Scent of the roses There is no tomorrow Optimizing and creating images God makes Adam and Eve Rebellion in the veins Education that works Sets, relations, functions An informal education At the conjunction of rhetoric and composition Fairfax, Vienna, Reston, Herndon, Virginia, EasyFinder Terayama in Amsterdam and the internationalization of experimental theatre Stephen Clark Jun fan/jeet kune do : the textbook Canadian criminal justice a primer 4th edition Lg tone ultra premium wireless stereo headset 760 manual Spectrum historical atlas of india An accomplished woman Research methods in the social sciences The golden age of unstructured play, 1900-1950 Ronald Reagan National Airport Introductory chemistry pearson 7th edition Articles 1 and 2 of the Code : anti-doping rule violations under the Code Interbrand leading brands 2017 report. John Browns tract Litterbug bear written by Brian Conway Trusts and equitable interests