



THE IMPORTANCE OF MINERALS

Original Article Compliments of Analytical Labs

Article Updated by Dr. Smith

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THE CHAIN REACTION PRINCIPLES

Why Just One Mineral Out of Balance Can Affect ALL Minerals In the Body

Every single mineral in the body has an effect on every other mineral in the body. So if just one mineral is imbalanced in the body, this affects all other minerals by starting a **massive chain reaction** of mineral imbalances.

You hear people saying, "I'm just taking a little Magnesium," or "a little Zinc" or whatever the mineral. If people only knew the harm they can cause by taking even one mineral supplement they don't need or by taking the right supplement (i.e., the one they need as identified through mineral testing) in excessive quantities.

For instance, consider Iron. Thousands of people take Iron tablets because they are tired. Unfortunately, if Iron is not taken in the right ratio with other minerals, it will make you MORE tired.

Everyone's mineral requirements are different and the amount of iron and other minerals you need for more energy may be completely different than for the person next to you.

HERE IS WHAT COULD HAPPEN TO A PERSON WHO TAKES AN IRON SUPPLEMENT

1. **Sodium Goes Up.** This is the first thing that happens. The Iron will cause Sodium levels to rise as a consequence of stimulating the adrenal glands. (Now if you are "clinical" low in Sodium as indicated

on a Tissue Mineral Hair Test, then increasing Sodium because of taking Iron is beneficial. However, what if you already have too much Sodium in your body? Then taking Iron would cause your Sodium to go even higher and this would be an adverse effect, not beneficial.)

2. **Magnesium goes down.** Magnesium levels will go down because Sodium lowers Magnesium.
3. **Calcium goes down.** When Magnesium goes down, calcium also goes down as the body's response to maintain the same Calcium to Magnesium Ratio.
4. **Potassium goes up.** Calcium and Potassium also move in the opposite direction. So when Calcium goes down the Potassium goes up.
5. **Nitrogen goes down.** As the above chain reaction occurs, the person goes into fast oxidation and starts to cannibalize his own proteins, instead of building them. This then lowers the nitrogen levels.
6. **Copper goes down.** As a result, tissue respiration speeds up causing Copper to be used more quickly. If the Copper is already at low levels OR if the person has a high Zinc-to-Copper Ratio, then the Copper availability could plunge to dangerously low levels. For example, at levels below 1.0, the person moves into a cancer danger zone.
7. **Zinc goes down.** As Copper goes down, Zinc goes down to maintain the proper ratio of Zinc-to-Copper. Since Zinc is needed for healthy function of the adrenal glands, the lowering of Zinc will eventually exhaust the adrenals. This will make you more tired than before you started taking Iron. Also because Zinc is required for over 60 different enzyme actions in the body, can you imagine the chain reaction that can occur with insufficient Zinc levels alone?
8. **Manganese goes up.** As Zinc goes down, Manganese goes up since they normally move in opposite directions. Eventually, Manganese reserves will become depleted. This is unfortunate, because Manganese in combination with Iron makes a person very powerful, both physically and emotionally.

As the Manganese levels collapse, the person becomes weak and indecisive due to exhausted adrenals – much weaker than the person was before taking this Iron supplement. As you can see from the above chain reaction, taking of Iron has made this person's anemia worse.

Now you can see what can "really" happen when you or any person takes "just a little Iron" to get your energy up. All of these mineral imbalances could easily be



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caused by just one mineral which has become too high in relations to the others – in this case, Iron. Few people, however, are taking just one type of mineral, like Iron, so can you imagine what is actually occurring with most people today who have, for example, 21 minerals out of balance and just how complicated it can be trying to restore their mineral balance.

Each mineral in the body has an effect on all the other minerals. No mineral works alone.

The Bible (Gen. 3:19) talks about man(kind) coming from dust and going back to dust – this is a reference to minerals. For the earth and all living things are made of minerals. No matter what your view on the “creation” of man, one thing is certain, the physical body is made up of minerals. Minerals are the basis of all life on this planet. Every single physical living cell on earth is derived totally from minerals and mineral-based compounds. Every single living cell, including DNA genetic codes, is dependent upon minerals for both structure and function. So when the Bible says we come from dust, this means we are composed of minerals, which is the composition of dust, and when the human body is buried after death, in time, it returns its mineral composition back to the earth (from dust we came and to dust we return.)

THE FALLACY OF TAKING RANDOM SUPPLEMENTS

After reading the above, we hope that you now understand this very important principle of human biochemistry. Understanding this also helps people realize that taking supplements at random, i.e., without testing, has serious immediate health consequences, and in time, even fatal consequences.

There is no way of knowing which minerals you are deficient or excessive in without the intelligent use of hair mineral tests.

In fact, the principles we are discussing in this article regarding the chain reaction of minerals also applies to vitamins, too, and this principle of testing nutrient levels prior to taking supplements applies for both minerals and vitamins.

You might think a person would be able to tell if a supplement (vitamin or mineral) is good or right for their body by the way the supplement makes him or her feel. **However, feeling better is not really a Criterion that a supplement is working for you. You must realize that it is possible to make a person “temporarily” feel better while in the long-term making them worse.**

If you have read Dr. Smith’s article on the **“Three Ways Supplements Are Manufactured Today,”** then you also know that the above also applies when

taking nutritional drugs, like isolated or synthetically-made vitamins and minerals.

For example, a fast oxidizer, one who has a high level of Sodium and Potassium, has overactive or overstressed Adrenals. This person is already overstimulated. So if this person takes supplements like Vitamin E, Vitamin C and a high B-Complex Stress Vitamins, he or she may experience feeling better, but is really making their body worse.

What happens is that the Vitamin C, E and B-Complex raises the Sodium and Potassium levels even more. It is a drug-like effect. The person notices a pick-up, but what he or she will probably not be aware of is that by raising the Sodium and Potassium levels, they have pushed their body closer to a heart attack.

They are also not aware that their Calcium (Ca) and Magnesium (Mg) levels are being lowered at the same time. As this practice of taking these vitamins continues over time, the Ca/Mg ratio levels can move into the cancer range. However, they do not know this because this “pick-me-up” effect makes them “feel good.” The Criteria is only testing and monitoring the effect of supplementation through retesting can provide the feedback that you need to determine if your supplements are working for or against you.

If not testing, people are guessing. They read in a magazine, a health book, an advertisement, listen to vitamin sales person, do an internet search where they say that everyone needs this or that vitamin or mineral or that everyone is deficient in this or that vitamin today. Well this may be true for a lot of people, but unless you have tested your own body, you do not know if it is true for you! People stock up on 2 for 1 vitamin or mineral sales -- choosing the vitamins and minerals they take about as accurately and efficiently as if they were using a Roulette Wheel. When you don’t know what to take, you have to guess. Some people think “more is better” Or “I’ll take a little of every vitamin and mineral to be on the safe side or to cover all the bases, so to speak.” They believe that no matter what they take, their body will know what to do with it. If this were the case, then why would so many hair tests indicate toxic amounts of copper, lead, cadmium, calcium, magnesium, iron and Zinc in the tissues of those who have practices this philosophy for taking supplements?

The whole philosophy of everyone taking the same kind of multiple supplements is just as absurd as everyone wearing the same shoe size.

If everything was the way everyone “says” it is – *if* all the minerals the body did not need were excreted through urine or bowels, and *if* all you had to do to correct deficiencies in the body was to give people the minerals they were “low” in, then it would be the easiest thing in the world to correct mineral imbalances. However, because of this chain reaction, or rather nutrient synergy of minerals-to-minerals, minerals-to-vitamins and vitamins-to-vitamins, it is not that simple. Restoring mineral and vitamin balance requires testing to know which nutrients are required and retesting to monitor the effects until balance is restored so healing is attained.