

ARE YOU SWALLOWING ROCKS?

Why is it that Americans take huge amounts of calcium supplements, yet we have a growing problem with osteoporosis in this country? Why is it that more people than ever are taking multi-vitamin/mineral pills, yet we have more illness and disease than ever before?

Answer: WE DON'T HAVE A GIZZARD LIKE A CHICKEN! The human body cannot digest rocks, and many forms of vitamin/mineral supplements contain nutrient designs made of **CRUSHED UP ROCKS, FILLERS AND BINDERS.**

We know that the human body cannot use rocks — even if they're in small pieces. That's why when a child swallows a penny, even though it's made of a mineral — copper — it comes out shiny. We were not designed to ingest, digest, or utilize rocks no matter how small they may be crushed up.

One of the most amazing aspects of plants is their ability to take metallic compounds, or minerals, and transform them into a design that is water-soluble, and thus usable by the human body.

Unfortunately, tablets, pills, chelated and colloidal mineral supplements skip this step and **DO NOT CONTAIN** minerals that are water-soluble -- and the net effect is shocking! As stated in the Physicians Desk Reference, or PDR -- found in every doctor's office and medical school in the country, **“supplements in tablet or pill form are only 10% absorbed by the body.”** That means if you've been spending \$100 per month on nutritional mineral supplements, a minimum of \$90 is literally going straight down the drain.

NATURE HAS BEEN AMBUSHED!

America leads the world in nutrient-depleted soil. This fact has been quietly known for decades. Even the US government in US Senate Document 264 from the 74th Congress back in 1936 stated: **“99% of the American people are deficient in minerals...”** The alarming fact is that foods, fruits, vegetables, and grains now being raised on millions of acres of land no longer contain enough certain needed minerals and are starving us, no matter how much of them we eat.”

At the Earth Summit Statistics meeting in 1992, experts revealed information conclusively showing that farmlands in North America were 85% micro-nutrient depleted.

In 2002, leading medical researchers and clinicians recommended that every American use a daily multi-nutrient supplement to address the health dilemma of nutritionally poor diets (Journal of the American Medical Association, June 2002).

DISPELLING THE DISEASE MYTH!

Everywhere you turn, you hear or see the evidence of disease in our society...heart disease, autoimmune disease, bone disease, gum disease...what is this word “disease?”

It has actually become a common phrase, a normal word in our everyday vocabulary. As common as it is, there seems to be a lack of understanding on what disease really means and what actually causes it.

Is it stress? Is our environment making us sick? If someone could just develop the right immunizations, would we be disease-free? Can we blame disease on lack of sleep, a virus, or something we’ve inherited?

What I am about to share with you, will forever change your understanding of what causes disease.

Dr. Linus Pauling, one of the most decorated and applauded scientists of this past century, and two-time winner of The Nobel Prize and famous for his work with Vitamin C, repeatedly stated in his works, *“Every ailment, every sickness, and every disease can be traced to a MINERAL deficiency.”* Let me repeat that, *“Every ailment, every sickness, and every disease can be traced to a MINERAL deficiency.”*