

Vitamins & Minerals Can Keep the Doctor Away!

Standard orthodox medical doctors used to believe that diet & supplements were not important or at least were unrelated to health. New research now shows conclusively that nutrient deficiencies and dependencies do exist when people try to maintain their health on three meals a day using the “four food groups.”

Enough research has been done in the last few decades to prove these major points...

- We cannot get all the vitamins & minerals we need for metabolic competence from the standard three meals a day.
- When the body has been assaulted by stressors, drugs, pollutants, injury or sickness, nutrients are lost more rapidly than normal and if they are not replaced, the victim’s ability to withstand stressors or fight off disease is reduced.
- We use so many labor-saving devices that we need fewer calories. As food intake is reduced, it is nearly impossible to get all the nutrients we need without taking supplements.
- Pollutants in the air, food & water put a stress on all of us. As a result, we require more vitamins & minerals to support the enzyme systems which aid in discharging these unwanted toxins.
- Those sweet, “empty calorie” foods we eat rob the body of the nutrients required for digestion & absorption. In addition, food sensitivities & yeast infections damage intestinal lining cells so that even when we do eat nutrient dense food, absorption is limited.

“Pica” (unusual cravings) suggests that the body is not getting something in the regular diet. People tend to consume too much of certain things (fat, sugar, calories) in order to obtain missing nutrients. Even if your diet were able to supply you with an adequate dose of the major minerals, you would still be lacking in the trace minerals found in the *Majestic Earth* products. The importance of some of these trace elements, as well as the effects of a deficiency in them, are as shown in the following chart.

ELEMENT		
Selenium	Protects cell membranes, reduces risk of cancer, antioxidant, enhances immune system	Heart attack, numerous cancers, muscular dystrophy, cystic fibrosis
Chromium	Required for glucose tolerance factor	Hypoglycemia, diabetes
Vanadium	Required for glucose tolerance factor	Hypoglycemia, diabetes
Tin	Supports hair growth and can enhance reflexes, Reduces aggressiveness, violence & self-destruction	Symmetrical baldness, reduced response to noise
Lithium	Reduces aggressiveness, violence & self-destruction	Depression, mania, suicide, spouse & offspring abuse
Gallium	Modulates brain chemistry, anti-tumor activity	Brain dysfunction
Molybdenum	Modulates calcium, magnesium, & copper metabolism	Copper deficiency
Boron	Modulates calcium, magnesium, & copper metabolism	Osteoporosis, arthritis
Zinc	Enhances immune system, thymus, & protects against birth defects	Birth defects, infertility, chronic infections
Nickel	Lowers requirement for B12	B12 deficiency symptoms
Lanthanum Praseodymium Neodymium Samarium Eroptium Ytterbium Thulium	Enhances cell growth and extends life	Shortened life span

Those colloidal trace minerals, as well as others found in the *MAJESTIC EARTH* products are up to 98% absorbable by the body, and as you can see, play a very important role in maintaining a healthy balance within our systems.

TRACE	VALUE	DEFICIENCY
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GIVE US A CALL TO ORDER YOUR ESSENTIAL NUTRIENTS TODAY!