

MINERALS USED IN HIGH pH MINERAL THERAPY

GERMANIUM

Germanium is an element that is structured to act as a semiconductor as it accepts and transmits electrons. It was discovered by a German, Clemens Winkler in 1886 (thus the name Germanium). It is closely related to the elements carbon and silica. In human biology nutritional germanium is highly efficient as an intracellular electrical impulse initiator. It helps correct distortions in the electrical aggregate of the human body and is a metallic cofactor for oxygen utilization.

Ionic germanium is necessary for the optimum nutrition of the human body. This element is amazing as it raises the level of activity of various organs by enabling them to attract more oxygen. It is responsible for providing more oxygen to the body as well as expelling harmful pollutants and pathogens or rendering them harmless.

Dr. Azuhiko Asai, of Tokyo, Japan who discovered the nutritional properties of germanium, was able to connect the healing properties of certain herbs to relatively high levels of germanium. Germanium is known to enhance the immune system by stimulating production of natural killer cells and T-suppressor cells. Researchers in Russia found that germanium could be attributed to anti-cancer activity.

Germanium is still being researched for all of its possible supplementary applications. Due to the life giving oxygen that germanium brings to the body it is believed that this alone is a major part of why it is such a dynamic element. Germanium deficiencies are typified by severely reduced immune status, arthritis, osteoporosis, low energy and cancer. Many naturopathic physicians are using germanium with individuals that have a serious illness that require an increased oxygen level in the body.

INDIUM

Indium: Is a rare trace (or micro-) mineral believed to support several hormonal systems in the body and may elevate immune activity and reduce the severity and duration of a plethora of human conditions. It is believed that indium may provide aid to the hypothalamus and pituitary glands. These two master hormone producers have the job of maintaining optimal output of hormones for the body. Once balance is achieved, a great many other hormone-producers become stimulated, causing a domino effect and help retard aging and various health problems.

Indium: Seems to enhance food and mineral absorption by the body. It even has been found to aid in the utilization of other essential trace elements. It is not found in food or water; in fact, although it is not ordinarily found in the human body at all after approximately 25-30 years of age, those people taking indium experience beneficial results immediately.

Some of the short-term benefits reported by many indium users include: increased energy, an enhanced sense of wellbeing – the so-called "indium high", and a reduced need for sleep. Long-term benefits of indium include (but are not limited to) a gradual correction of many chronic illnesses such as: ADD, improved blood pressure, stress-related problems, healthier body weight, autism, and a reversal of visible signs of aging. It is believed that when taking indium one feels rejuvenated and energized because the hormonal system is working better.

Serving Size: Adults: 1 teaspoon (tsp) daily.

Children: 1/4 to 1/2 tsp. or as recommended by your health care professional

MANGANESE

"As an essential part of the biochemical reactions that affect bone, cartilage, brain function and energy supply, manganese is indicated as a deficiency in a wide variety of ailments.

"Manganese has a definite impact on a person's mental activities. If the mental faculties are to remain well-balance and under control rather than unruly and chaotic, manganese must be balanced and supplied in proper quantities," as stated by Dr. Bernard Jensen in his book The Chemistry of Man. Manganese is required for bone metabolism and many enzyme reactions. Jeanne Freeland-Graves, R.D., Ph.D. states that, "This is one mineral that you will definitely be hearing more about in the future." Well the future is today!

Manganese is the element that is often found in combination with lecithin. Lecithin is a brain and nerve fat. manganese gives us strong nerves, coordination of thoughts and produces elasticity with quick recuperative ability. According to Dr. Carl C. Pfeiffer, manganese is needed in the formation of thyroxin which is produced by the thyroid gland. Manganese is also indicated for successfully helping those suffering from schizophrenia. Manganese is part of the entire brain system and is used whenever any of our mental faculties are utilized.

Manganese makes up part of a molecule know as mucopolysaccharides. These molecules are used to form collagen, the strong, fibrous, connective material that builds tissues throughout the body. This includes bone and cartilage, the rubbery cushioning found where bones meet. The mesh of collagen is the framework on which calcium, magnesium and other bone-hardening minerals are deposited.

Manganese is found in the bloodstream. It is metabolized in a similar way as iron. It carries oxygen from the lungs to the cell yet it is different than iron as it is not hematinic. Manganese is part of the proper development of the structure of the fragile ear bones and joint cartilage. Although manganese is only found in small amounts in the body, it is vital, and if it is missing, it is impossible to maintain good health unless it is replaced. Because of the importance of manganese in bone and cartilage maintenance, proper levels of manganese may reduce the \$20 billion corporate America spends yearly to treat carpal tunnel syndrome, as reported by Dr. Joel Wallach in Rare Earth's.

Manganese also influences the intestinal tract lining, biliary lining, laryngeal passages, excretory duct of the liver, the ovaries and the linings of the generative organs. It has a positive effect on the libido of men and women. Women who have PMS or menstrual cramps usually need both calcium and manganese. When researchers analyzed women's premenstrual symptoms, they noticed a clear pattern: Most women reported much less severe symptoms when they followed a diet high in both calcium and manganese.

Manganese deficiency produces varied and peculiar symptoms and complaints. It is almost never found in excess, but is lacking in many cases because it is found in only minute traces in some foods, and is totally absent in many. Manganese is to be considered when a tonic or favorable effect is desired on linings, membranes, joints, ligaments, gelatinous and tubular structures.

MOLYBDENUM

Ionic molybdenum is a little-known, though essential, trace mineral. It is instrumental in regulating pH balance in the body. For each pH point increase (e.g., 6.1-6.2), the oxygen level is increased ten times, thus increasing the metabolism and enhancing the body's ability to burn fat.

Although very small amounts are needed, dietary supplement molybdenum is a vital part of three important enzyme systems and is necessary for the proper function of certain enzyme-dependent processes, including the metabolism of iron. When the iron stored in the liver is freed, it can then carry oxygen to body cells and tissue. Molybdenum works with the enzyme systems to help eliminate toxic nitrogen waste by turning it into uric acid. The uric acid then can be converted and more easily flushed out of the system.

Molybdenum promotes general well being, aids in carbohydrate metabolism, has proven itself useful in chemical sensitivity, increases libido, and may enhance the effect of fluorine in tooth decay prevention (dental enamel is rich in molybdenum). It also induces sleep, thereby an insomnia treatment. Because of molybdenum's ability to raise the body's pH, it may be beneficial in the treatment of cancer, viruses, and parasites.

We recommend a beginning dosage of ½ teaspoon molybdenum nutritional supplement twice daily in 8 ounces of water. There is no recommended dietary allowance (RDA) established for molybdenum, and it is considered safe up to 15 mg per day. When taken together molybdenum has been found to interfere with the absorption of copper. However, molybdenum may prove to be very beneficial in the natural therapy of many ailments.

POTASSIUM

"Potassium is known as a great alkalizer as it is a primary electrolyte, important in pH balance and water balance. Potassium constitutes five percent of the total mineral content of the body even though only about three to four ounces are found in the body at one time. Potassium is easily absorbed and is vital for the elimination of waste from the body. In fact, at least 90% of it is excreted through the kidneys and in fecal matter.

Potassium is a natural diuretic, helping your body excrete water and sodium. There is evidence that salt sensitivity may be caused by a lack of potassium. Scientists believe that potassium has the ability to pump sodium out of the the body's cells thereby reducing body fluid. One study disproved the old idea that high sodium diets are the cause of high blood pressure. In one study, 67% of the heavy salt users remained unaffected when placed on a low sodium diet. A Dr. McCarron stated that deficiencies in potassium, calcium and magnesium were more likely the cause.

Not only is the effect of potassium on blood pressure quite remarkable, it is also necessary for good muscle contraction. Potassium also produces healthy electrical activity in the heart and rapid transmission of nerve impulses throughout the body. Heartbeat irregularities are commonly considered a classic sign of potassium deficiency.

Potassium attracts oxygen to tissues; lack of it reduces tissue oxygenation. In turn this causes weakened muscles and a weakened heart. Dr. Max Gerson found that a lack of potassium prevented tissue oxygenation thereby leading to and supporting cancer.

People who have hypoglycemia often suffer from headaches, weakness and other conditions directly attributed to potassium deficiency. Potassium is depleted by low blood sugar. On the other hand, diabetes, which involves reduced tolerance to sugar, indicates a lack of potassium. Both conditions can be assisted using a potassium supplement.

Potassium is also indicated to help counteract tumor growth. Research shows that by controlling the salt and water content at the cellular level, cellular function, energy production, and overall biological integrity can be restored or improved. Low-sodium, high potassium environments can restore damaged cell proteins, in part, to their normal undamaged configuration. Potassium also supports the adrenal glands. These glands are often severely impaired from a protracted period of functioning in a continual state of stress response.

SELENIUM

Selenium reduces cancer risk according to Arizona scientists. The following first appeared in the January, 20 1997 issue of "First", a woman's magazine:

"When scientists in Arizona gave one group of men and women 200 micrograms of selenium daily for seven years and another group "dummy" pills, they made an astonishing discovery: the group who took the selenium supplement was 42 percent less likely to develop cancer than the group who took the placebo. Selenium is a potent antioxidant, which binds with unstable molecules in our cells, preventing them researchers believe, from damaging cells and thus potentially causing cancer."

Selenium is an essential trace mineral that is crucial for the proper functioning of the heart muscle and there is evidence that it can help the body fight cancer. Researchers found that selenium can also improve how well you think and feel though they're not sure why. Scientists in Brussels found nearly an 80 percent improvement in immune system functions in those taking selenium daily. In Norfolk, England the people are said to be amongst the longest lived people in their country and scientists believe it is due to the high concentrations of selenium in their soil. Selenium, as it turns out, is an excellent anti-oxidant which explains the improvement in the immune system.