

Liquid Minerals:

Minerals play an important role in the body's many intra- and extra-cellular functions. Their presence is essential for all enzyme, hormone, protein and other biochemical activities.

Other roles of minerals are as catalysts, facilitators or inhibitors of thousands of critical enzymes that control most body functions. Minerals are also used to regulate the body's water balance and for acid-base regulation.

Minerals known to have functions essential to life include Calcium, Phosphorus, Iron, Iodine, Copper, Sodium, Potassium, Chlorine, Magnesium, Sulfur, Zinc, Fluorine, Manganese, Cobalt, Chromium, and Selenium.

Mineral deficiencies are known to be associated with dysfunctions of critical body systems. For example, Magnesium is critical for the cardiovascular system. Zinc is critical for the immune system. Manganese, Chromium and Zinc are critical for blood sugar regulation. Mineral deficiencies are among the most common and serious nutritional deficiencies in our population.

Depleted soils yield food that is low in minerals. Re-refining and processing of many foods further reduces their mineral content. Physical and emotional stress, aging, pregnancy and use of prescribed drugs increase the body's need for certain minerals. These factors together, add up to major mineral deficiencies in much of the population.

Did you know that if the body has a deficiency of Calcium, the body will pull Calcium from the bones' other tissues, so the level will remain normal in the blood? The tissues are essentially robbed of minerals to protect the blood levels.

*Mineral supplements can be purchased through **Healthy Heart Plus**. Liquid minerals are water soluble for easy absorption.*



Call 877-EAT-RAW-1 for more information on how
Healthy Heart Plus can help you improve your health