

## **The Root Of All Disease - Condensed Manuscript of E. G. Heinrich's Book**

What would you say if the world's most respected health organization told you that a lack of minerals was the "Root of all Disease"? Would you be alarmed or maybe skeptical or would you want to learn more of the facts so you could make your own decision? Regardless of your reactions, it is necessary for you to understand the importance of minerals in relation to good health.

Minerals, as we know them, are locked in the crust of the earth. As land dwellers, our main link with minerals is through a diet of plants, which are able to extract and assimilate metallic minerals from the soil as they grow. Our secondary link is from meats of animals that eat plants. Minerals are extremely important for our well-being, yet they have always been taken for granted, and few of us have given them a second thought. Until a few years ago, no one knew of or cared about the importance of these essential building blocks. Now that minerals are enjoying tremendous success in the marketplace it is only prudent that users learn more about them. Mere knowledge of minerals and their differences may shed new light on how you perceive minerals.

In order for us to understand the importance of minerals, we need to first understand how minerals are composed.—Vitamins, carbohydrates, proteins and lipids are all compounds of the chemical element known as carbon. Minerals from the earth are elements which are not carbon and which are not bound to carbon. These minerals participate in a multitude of biochemical processes necessary for the maintenance of health in human beings and animals which inhabit our planet. Nearly everything on our planet is comprised of minerals. Your lamp shade, furnace, wallpaper, flooring and your automobile would not exist if there were no minerals. There would be no life without minerals! Minerals control millions of chemical and enzymatic processes which occur in the human body at all times. This knowledge should make us aware of the importance of minerals for mankind's survival.

Although some are very rare, there are more than 100 mineral elements found on earth. Four of these, oxygen, hydrogen, carbon and nitrogen, make up 96% of our body. The remaining 4% of our body is basically made up in part of the other 70 or more minerals which are no longer readily available to us, as I will demonstrate further on.

The scientific community grouped minerals into two categories. Those that are considered to be required in our diets in amounts greater than 100 milligrams per day are called major minerals. Those that are considered to be required in our diets in amounts of less than 100 milligrams per day are called trace minerals. There are only seven major minerals. They are calcium, magnesium, potassium, phosphorus, sulfur, sodium and chlorine. Our bodies should contain significant amounts of each! Trace minerals, on the other hand, are present in the body in very small amounts. It is thought that each makes up less than one-hundredth of one percent of our body weight.

Also, it is a known fact the absorption of many minerals declines with old age. Additionally, stress and exposure to environmental pollution raise our requirements for minerals, especially zinc, calcium, iron and sulfur. In my own personal research I found and am amazed at the number of people who are not aware of the importance of minerals relative to good health. Most of them seem to have resigned to the fact that you've lived a full life if you die at the average age of 76 after suffering from several diseases for years prior to death.

In my estimation, less than one fourth of the people in the world are aware of the important part minerals play for ultimate health, and they are likely not getting an adequate amount without consuming a full spectrum of mineral supplements. This stems from the lack of minerals in our present day foods. To grow and reproduce, crops take up minerals from water and soil, as plants have done for millions of years. According to science, millions of years ago the soil near the earth's surface, where our plants are grown, was saturated with dozens of minerals. At least 84 minerals were available nearly everywhere and some areas of the planet did contain 100 minerals. Science has proven the plants of prehistoric times were rich in minerals because there was an abundant supply for them to feed upon from the soil.

When a plant grows it draws available minerals from the soil. We now know the mineral content of plants

has been severely altered throughout the last several million years and drastically altered during the last 100 years. When man began to till the soil, wind and rain erosion began to take its toll along with continuous cropping which gradually caused the soils to lack minerals.

Unfortunately, these millions of years of erosion and centuries of unwise farming practices have made good soil a scarce commodity. Soil tests from all over the world have revealed that our soils are severely lacking in minerals. This in turn leaves us with mineral-deficient plants with very little food value.

Man developed chemical fertilizers in the early 1900s by making or mining concentrated forms of nitrogen, phosphorus and potassium rather than using living compounds as they exist in nature. These living compounds include manure or humus, a rich, variegated blend of bacteria, fungi, molds, yeasts, algae, worms, insects and other tiny organisms. Without an abundant supply of these compounds our soils become barren and can barely sustain life. The health and survival of all plants, domestic or wild, depends on the health of the soil and its ability to provide a constant supply of minerals. If there is a lack of minerals in the soil, few of the necessary components of good soil exist so plants become stunted, sick and devoid of much of the food value they contained in prehistoric times.

When man began adding artificial fertilizers—nitrate, phosphate and potash—to the soil, it was learned that crop yields could be greatly increased. But what appeared to be a blessing has turned out to be a curse. According to the Complete Book of Minerals for Health by Rodale Press, man-made fertilizers upset the delicate balance of minerals and organisms in humus rich soil by killing off the beneficial bacteria, and lacking in the naturally occurring minerals they are less available to plants. Chemical fertilizers can also saturate plant roots with too much of one nutrient, making it difficult for plants or crops to pick up and absorb other minerals they need so much. If minerals are not pulled from the soil by plants, the nutritional value of our foods is drastically diminished.

Most of the more popular mineral formulations available today contain no more than 10 to 15 minerals because they are derived from clay, ground up rock and soil, and ancient sea beds, like the Great Salt Lake in Utah. This type of mineral is known as a metallic hydrophobic mineral! Basically, it will not interact with water because it is not water-soluble. The type of mineral which comes from a plant and has been assimilated or digested by the plant is known as a water soluble, plant derived, hydrophilic mineral.

The few metallic minerals which come directly from the earth are hard to digest or assimilate. Many nutritional experts believe no more than 5% to 8% of metallic minerals (or those from the earth) are actually assimilated by the human body. This lack of assimilation occurs because the hydrochloric acid in our stomach isn't strong enough to totally dissolve metals during the short 15 to 21 hour digestive cycle. The balance, or up to 92%, merely passes through the waste system without benefit.

Minerals, even if they are metallic, are of significant value to balance and metabolize our bodily functions. However, you could not live on soil or rock because it is not alive or enzymatically active like plant derived minerals from raw plants. Plant derived minerals, which have not been destroyed by heat or altered by man-made chemicals are, from a medical standpoint, enzymatically active or living minerals.

What about vitamins? Most of us have been hearing about vitamins since we were children. And even today we hear authoritative sources say, "Be sure to take your vitamins!" Vitamins are sometimes expected to do far more than they are capable. Our bodies can go far longer suffering with a deficiency of vitamins than they can with a deficit of minerals. Did you know all the vitamins in the world would do us little good without minerals? The minerals in our bodies are so important that the body goes to complicated, even desperate lengths to maintain their balance. If a cell is deficient in a single mineral, it will suffer from a loss or imbalance of several minerals.

A vitamin can be broken down into its basic elements which are carbon, oxygen and hydrogen. Basically, vitamins are a group of chemically unrelated organic nutrients that are essential in small quantities for normal metabolism, growth and physical well-being. Vitamins must be obtained through diet since they are either not synthesized in our bodies or are synthesized in inadequate amounts. Many people have been misled or have a misconception about vitamins. Thousands have told us they will only use food

supplements with “natural vitamins.” The so-called natural vitamins do not exist in supplements. Natural vitamins only come in plants. All supplement vitamins are synthesized in a laboratory. Therefore, they cannot be called “natural vitamins.” Don’t believe anyone who tries to convince you otherwise. At this point you may ask yourself a question. Is all this publicity about mineral deficiencies and the lack of minerals really true and if so, which minerals and what kind of minerals should I be taking? In my opinion, at least part of your question can be answered with this little story.

Many movies have been made about the migration of the American settlers in the early 1800s. We all know they had to cross the great plains of the United States. What we don’t know or realize is that few of these people settled in one place for a long period. Every few years, they would have to pick up and move. They’d start a small farm in the Midwest such as Iowa, Missouri, Kansas or Nebraska with a milk cow, a couple of pigs, maybe some sheep and a few children. After a few years the children would always be sick, Dad would get constipation and the cow would quit giving milk. The cucumber plants, tomato plants and farm crops wouldn’t grow, so they would almost starve. If they were lucky enough to make it through the winter, they’d load all their belongings into a covered wagon and move West with the milk cow in tow. When they found a suitable place they started another farm. In a few years, the children would always be sick again. Mom would get constipated this time. The crops, cucumbers and tomatoes would quit growing and the cow would again quit giving milk. And, if they survived the winter, they’d load everything in a wagon and move farther West again.

What was the problem? **The soil was being depleted!** Crops and plant growth took minerals out of the soil. The only way to eliminate this problem was to own a piece of bottomland near a river. Only the lucky people farmed the bottom land. When it flooded, they’d get new topsoil and silt and sometimes additional minerals from miles upstream. So, if they were fortunate enough to have bottom land they didn’t have to move. Why? Because the fertilizer would come to them during the flood. But if they were out on the prairie with no river or bottom land they would be required to move, otherwise the entire family would become malnourished and nearly starve.

This settling and moving process occurred many thousands of times during the last 175 years. This was necessary because the early settlers were actually strip-mining the nutrients from the soils. And if there were little or no nutrients in the soil, their crops and gardens could not grow because of a lack of nutrients in the soil. Depleted soils cannot possibly supply adequate nutrients to our food chain.

According to Gary Price Todd, M.D., the human body requires at least 60 minerals for optimal health. But, only about 15 minerals are available in any kind of quantity in most of the food we eat today. We know plants can make vitamins, amino acids and varying amounts of fatty acids if they are healthy from being grown in soils containing abundant minerals. If the soil lacks minerals, the plant is stunted because a plant cannot make minerals. Dr. Gary Price Todd says, “Sick soil causes sick plants, which causes sick animals, and ultimately sick human beings.”

If at this point, you still do not grasp the fact minerals play an important role in our lives, you might ask the question—What are minerals like calcium, copper and iron from rocks in earth’s crust doing in our living, breathing, active bodies?—a lot—Let me mention a few examples. **Calcium** is essential for all organisms and is found in the cell walls of plants, all calcareous tissues and the bones of all mammals. Calcium is the fifth most abundant mineral element in the earth’s crust. Calcium is also the most abundant mineral in the human body comprising approximately two percent of the adult body weight. Calcium is a construction worker so to speak. It is a builder. Calcium gives bones and teeth their strength and rigidity, and also helps nerves to function properly.

It’s critical that young girls get lots of minerals and extra calcium several years before they reach 11. That’s because “most bone-forming activity occurs in the years just before and just after the start of puberty,” which on average is age 10, says Dr. Abrams. Menstruation begins two or three years later. By age 15, most bone-forming activity has come to a halt, he says. **The higher the bone mass, the lower the odds of osteoporosis later in life.** As we get older and become less active, bone density becomes a problem.

**Iron** is part of a substance called hemoglobin which carries life-sustaining oxygen to our cells. Symptoms of iron deficiency include listlessness, fatigue, memory problems and heart palpitations.

**Copper**, zinc and cobalt, among other minerals are necessary for enzyme activities such as food digestion. Copper also plays a significant role in respiration.

**Sulfur** may be one of the most important minerals for humans. It is a non-metallic mineral, widely distributed in nature. It is an important structural atom in many proteins and small organic molecules. Sulfur is involved in the quality and maintenance of many types of tissues and structures within the body including hair, fingernails and skin.

**Sodium** and **potassium** regulate water balance and aid in digestion. If it were not for these two minerals we would bloat or swell up with water or we would dehydrate, dry out or die.

**Phosphorus** is an extremely important essential major mineral, but it receives little attention from many nutritionists because, supposedly, it's abundantly available in all foods. Due to soil depletion this is not necessarily true today. Our bodies contain about two pounds of phosphorus which, when tied to calcium, helps give strength and rigidity to bones and teeth. It also controls energy release. Phosphorus has more functions in the body than any other mineral. A lack of phosphorus causes us to overeat. In fact, according to the [Complete Book of Minerals for Health](#), if our body has too little phosphorus we'd have to eat practically nonstop just to maintain basic metabolism.

I have witnessed thousands of people lose weight naturally after they began to consume a full spectrum of 70 or more minerals on a daily basis. People don't eat as much when they get more minerals, and they digest their foods much better as well. Better digestion means less constipation, more energy, less sluggishness, more motivation, better attitude, etc. Minerals make it happen! The proof is as obvious as sunlight.

Our body is made up of about 100 trillion cells, each one bustling with activities that depend on magnesium. **Magnesium** is essential to all living creatures and has electro-chemical, catalytic and structural functions. In fact, next to potassium, magnesium is the most plentiful mineral inside each cell. Magnesium is closely related to calcium in regulating and controlling nerve impulses, especially the heart beat.

**Chlorine** is another one of the major minerals! Chlorine's intended use from Mother Nature was not to disinfect our water or swimming pools, but to help digest our foods. Chlorine is found in virtually all of our foods. As a part of hydrochloric acid, chlorine rallies the digestive juices of the stomach to help digest proteins. Chlorine helps detox the liver and it's a terrific stomach anti-parasitic.

I could write much more about major minerals, but what about trace minerals? According to our government, the trace elements that are required for human health are iron, iodine, copper, manganese, zinc, molybdenum, selenium and chromium. My experience with minerals over the last twenty years has basically proven we need many more minerals than those proposed by our government. I believe all of the rare minerals are extremely important for protracted health. However, they are not available from 99% of the mineral supplements on the market today!

Minerals initiate, regulate and control every organ and function in our bodies. Heart and blood pressure stabilization is directly related to minerals. Although other factors play a part in high blood pressure, minerals are the key to regulation. When the body or any organ becomes stressed out, it will require more nutrients and oxygen to keep it going. Minerals help the body better utilize the oxygen it receives.

Mineral-insufficiency and trace-element-insufficiency problems are actually more likely to occur than are

vitamin-insufficiency situations. Those at increased risk of such insufficiencies include people who eat low-calorie diets, the elderly, pregnant women, people on certain drugs (such as diuretics), vegetarians and those eating foods from areas where the soil is extremely deficient in certain minerals. The soil of Alaska, for example, is very rich in selenium, while the soil in certain parts of China and New Zealand is very poor in selenium. Thus, you can eat foods from those areas, eat a perfectly "balanced" diet, take the average mineral supplement, and still develop severe mineral deficiencies or trace-element deficiencies that can only be averted through dietary change and supplementation with a complete spectrum of minerals.

Our vulnerability to even minute dietary imbalances in minerals can be appreciated by comparing, to begin with, our daily mineral intake (about 1.5 grams) with our total intake of carbohydrates, proteins and lipids (about 500 grams). Thus our mineral intake represents only about 0.3 percent of our total intake of nutrients, yet minerals are so potent and so important that without them we wouldn't be able to utilize the other 99.7 percent of foodstuffs and would quickly perish.

There has been a strong tendency on the part of some dietetic and medical professionals to discourage people from taking more than the RDA's (Recommended Daily Allowances) daily values of minerals which can be obtained, they say, in the typical American and European diet. Unfortunately, numerous studies have shown repeatedly, that many, possibly most, people on earth are not getting the RDA's for the minerals in their daily diets. Again, this is because most of our raw foods lack minerals and even become more superficial when they are over processed and over cooked. A lack of minerals can place stressful situations upon our resistance to disease. Supplementation, therefore, seems advisable.

Just how important are minerals for good health? And, do minerals prevent disease? Let me recite a now famous statement from Dr. Linus Pauling, two time Nobel Laureate. He said, in his opinion, **"one could trace every sickness, every disease and every ailment to a mineral deficiency!"** **If his statement is true, and I believe it is, "The Root of All Disease"** is a lack of minerals! I have been monitoring and studying thousands of mineral deficient people for twenty years. **In my opinion, heart disease is a direct result of a mineral deficiency!** Did you know we lose more people in the United States every year from heart disease, than we have lost in all of our wars combined since the signing of the Declaration of Independence? This is staggering!

The heart surgery industry in America is booming. According to the statistics of the American Heart Association, in 1995, 1,460,000 angiograms (the diagnostic procedure that starts the ball rolling) were performed at an average cost of \$10,880 dollars per procedure. This resulted in 573,000 bypass surgeries at \$44,820 dollars per surgery and 419,000 angioplasties (the balloon procedure for opening up arteries) at \$20,370 dollars each. The total bill for these procedures was over \$50 billion dollars that year. Now, if you have trouble grasping the magnitude of \$50 billion dollars a year, try \$137 million dollars per day, or \$5,700,000 per hour or \$95,000 every minute.

According to Julian Whitaker, a medical doctor, other than their costs, the only thing definitely known about these procedures is that they do kill people. Roughly one in 25 patients having bypass, and about one in 65 patients undergoing angioplasty die from the procedure. I am not a doctor, but from my experience of watching and studying thousands of mineral deficient people during the last 20 years, I am convinced heart disease would be dramatically reduced if everyone consumed a full spectrum of plant derived minerals every day.

Nearly everybody, especially so-called nutritional experts, misunderstand or don't appear to know anything about plant derived minerals. They group plant derived minerals with metallic minerals which come from oyster shell, calcium carbonate, limestone, soil and clay and sea salts. Supposedly too much of some of these metallic elements have toxic effects on the body. Again, according to Dr. Todd, **the human body is not designed to absorb or assimilate and use metallic minerals.** The health food industry recognized the metallic mineral absorption problem, of no more than 8%, in the mid 70's. Chelated minerals were developed in the laboratory. This process involved wrapping amino acids or protein around metallic minerals to help the body metabolize them. This did help the problem because these added dissolvers did increase the assimilation to about 40%. However, chelated or not, the fact remains, they are still metallic

minerals.

We all know about toxic metals (toxic minerals) and most people have been led to believe the so-called toxic minerals are bad regardless of their source. This is not necessarily true. Let's take aluminum as an example. Aluminum, as found in the earth is a metallic mineral. It has always bothered me to learn that so many of our supposed leaders, intellectuals, doctors and nutritionists know so little about the element. It has been criticized beyond belief. Granted, metallic aluminum, like that which can be dissolved or leached from aluminum pans or utensils may be extremely harmful and I truly believe it is. But what about aluminum from food? Did you just have a knee jerk reaction? You're probably asking yourself, "Did this stupid fellow say foods contain aluminum?" Don't be surprised because the answer is yes!

In the first place, all aluminum which comes from food is preassimilated by the plant, and it is naturally tied to hydrogen in the form of sulfate. Plant derived minerals are naturally rich in sulfate. Naturally occurring aluminum sulfate minerals are called alums which are used in stypitics and antiseptics. We all know aluminum hydroxide is used extensively as food additives throughout the world. Therefore, if aluminum is harmful, why have you lived so long, and why is it used in food processing or as ingredients in deodorizers, antacids, and face makeup and nearly without exception in many municipal water systems throughout the world? Alum sulfate increases stomach acidity and improves digestion and the absorption of nutrients, stimulates gastric and pancreatic secretion and has a mild diuretic effect.

We were able to obtain copies of the results of lab tests for aluminum in certain plant foods. The results came from the A & L Laboratory Agronomy Handbook used by many agronomists worldwide. Here is what we learned from these tests.

Plant or Food	Aluminum in PPB
Bananas	97,000
Coffee	97,000
Asparagus	90,000
Beans	165,000
Celery	190,000
Cucumbers	90,000
Potatoes	100,000
Tomatos	90,000
Soy Beans	75,000

I suppose you are surprised as I was the first time this was brought to my attention. I was even more astounded recently when we were visited by one of our Japanese distributors and their PhD food chemist. He gave us a book published by the Japanese FDA (JFDA), listing the minerals in every conceivable food. (This book is available. Contact your local bookstore and ask for ISBN #1-56959-904-1). The categories in this book include many species of fish, all edible animal meats, nuts and berries, fruits, vegetables, and all types of beverages. **All total, there are more than two thousand listings and every one contained aluminum.** Many also contain arsenic and lead. The amounts in this book are relative to micrograms per only three and one-half ounces (3 ½ oz.) of each item.

JFDA Aluminum Amounts in (3 ½ oz) Foods	
Plant or Food	Aluminum in MCG
Round Herring Sardines	34,000
Shrimp	1,300
Condensed Skim Milk	670
Cheddar Cheese	2,000
Radish	1,500

Figs	1,600
Cocoa	17,000
Pork Products	2,400
Green Asparagus	610
Turnip	1,200
Eggplant	13,000
Sencha Tea	100,000
Bancha Tea	332,000
Oolong Tea	247,000
Nutmeg	113,000

It is interesting to note that a glass of skim milk contains as much aluminum as one half ounce of pure, plant minerals which are leached with only pure, contaminant free water. And what about the teas? Today everyone is touting the benefits of tea. Note, that three ounces of Bancha Green tea contains more aluminum than one quart of pure plant derived minerals which are leached with pure, contaminant-free water. The most interesting fact is all of the consumables listed contain minerals which are negatively charged by Mother Nature. All metallic minerals, including those “washed in” minerals from the sea, have a natural positive charge from Mother Nature. This zeta potential is easily verifiable and indisputable.

The way I calculate the amounts listed on the JFDA Report, people allowed no more than 2 mg per day could not eat more than one thin slice of a banana each day. People allowed 4 mg could eat no more than a very small portion of a potato each day. And what about salads? Apparently, plant derived aluminum is not harmful, don't you think?

I had the opportunity to speak to many people while participating in a National Health Foods show in Anaheim, California in early 1995. I directed a simple question to more than forty people on an individual basis. Several had PhD's in food chemistry, at least eight of them were certified nutritionists, two were medical doctors, four were chiropractors and the balance were health food store owners. My question to each was “would you eat food if you knew it contained aluminum, arsenic, lead or nickel?” Without hesitation each person replied “absolutely not!” I was shocked to learn that so many supposedly well-schooled nutritional people were unaware that these minerals can be found in nearly all the foods we eat.

Nearly all plants contain aluminum, and if your mineral supplement contains little or no aluminum, it is not plant derived. If it is not plant derived, it is also not negatively charged. Therefore, it probably is not very well assimilated or absorbed. According to food chemistry, plant derived minerals are 100% absorbable, so comparing colloidal metallic minerals to plant derived minerals would be like comparing sawdust to oatmeal. Pure plant derived minerals are the result of plants converting hydrophobic metallic minerals to hydrophilic (water soluble) minerals through the root system by a process known to science as assimilation through plant synthesis. By this process the metallic mineral is assimilated or digested by the plant, therefore it can be more easily assimilated by the human body. This side steps the normal digestive time of from 15 to 21 hours as required for the small amount of metallic minerals actually utilized.

Plant minerals like those obtained from tomatoes, broccoli, potatoes, oranges or any other food grown from the earth are different than metallic minerals. Their size and molecular weight is much smaller than metallic minerals and in most cases the plant minerals are attached to an additional molecule even though they possess the same name. I predict that the scientific community will change the name of plant minerals in the future. I believe this will occur after they eventually realize plant minerals are composed differently and function differently than metal elements.

The Sizzling Minerals were particle sized by Dr. Ranville of the Colorado School of Mines. The results are available to anyone upon request. Basically Dr. Ranville found the TRC plant derived minerals to be anywhere from 10,000 to 200,000 smaller in size than metallic minerals which can be scooped out of the earth. These minerals are only slightly larger than a water molecule. The small size and water solubility is one of the reasons so many nutritionists believe plant minerals are much easier to assimilate or absorb than

metallic minerals. The small size of a plant mineral gives it much more surface area. Therefore, the Hydrochloric Acid in the stomach comes in contact with considerably more surface area allowing for much more and possibly 100% assimilation.

In addition to being water soluble, plant derived mineral extracts are naturally acidic. This alone makes important elements like calcium and iron more easily absorbable. The average plant derived mineral is less than 0.00001 micron in size which could conceivably be 1/10,000th the size of a red blood cell. It has been calculated that the plant derived minerals in one teaspoon of Rockland's Liquid Minerals (which is the source of Sizzling Minerals) would have a total surface area of approximately 55 acres. That's billions of tiny electrically charged minerals. And tests have proven Rockland's Minerals (like all plant minerals) have a natural negative zeta potential or natural negative electrical charge.

According to science, the surface of the earth has changed significantly since its inception. One of these changes apparently occurred approximately 70 million years ago in an area of the United States which is now known as Emery County, Utah. Supposedly, a glacier or other causes of earth movement buried a large quantity of vegetative matter which may have been a dense growth or a washed in bog of numerous plants which is believed to have accumulated over a 600-year period. Today, The Rockland Corporation controls three leases, which encompass 800 acres of humic shale. They opened the original Rockland Mine in 1986. The company opened the new Rockland Mine in 2002 and it produces a much stronger composition of plant derived minerals than the original mine. On average, the humic shale is about 30 feet thick, providing reserves of approximately 30 billion metric tons which is sufficient to produce at least 1 trillion gallons of Rockland's, or what many people refer to as TRC, Liquid Minerals. "Basically, this humic matter is a prehistoric deposit of plants which was or still is under great pressure from the earth. All of the moisture has been compressed out of the humus (referred to as humic shale) and what remains is nothing more than prehistoric plant derivatives."

According to scientists, humic shale was formed about 70 million years ago when earth's fertile, mineral-rich soils produced lush green forests and wholesome, succulent, wild fruits and vegetables. This was the era when the soils near the earth's crust contained at least 84 minerals. The numerous mineral elements available at the time may explain why the plant eating Brontosaurus reached a body weight of 70,000 pounds, yet had a mouth no larger than a horse.

The prehistoric deposit of humic shale was discovered in 1926. By 1930, trial and error tests revealed that minerals could be extracted from the humus with water through a natural leaching process. Continued tests over the years also revealed that the humus contained numerous minerals, which came from prehistoric plants rather than normally recognized metallic minerals which come from ground up rocks and soil. These plant minerals have been sold to millions of satisfied customers since 1931. This 70-year track record of high reorders and customer satisfaction convinced our company to introduce this great mineral supplement to the retail market in 1984. We chose to introduce the product under the name "Body Toddy." Body Toddy was later changed to Mineral Toddy and Total Toddy. These names were sold and the pure unadulterated original product is now utilized to make Sizzling Minerals, which is sold by U.S. Naturals.

Chances are good you and your family lack minerals so daily mineral supplementation may be advisable. I would recommend you consider adding minerals to your family's daily diet, especially to the daily regimen of the young girls. I'm convinced osteoporosis can be prevented if an adequate amount of full spectrum minerals are consumed at a young age. While you think about this, you might recall, according to Dr. Linus Pauling, "The root of all disease" may be directly related to a lack of minerals. For more information on minerals and nutrition, go to the "The Linus Pauling Institute" link:

<http://lpi.oregonstate.edu/infocenter/index.html>