

Only plants have the ability to efficiently extract minerals from the soil in a way that is bio-available to the human body. All higher organisms in the food chain depend either directly or indirectly on mineral-rich soils and the plants that transmute and assimilate them. Today it is virtually impossible to get adequate mineral saturation from the food we eat. Current agricultural practices do not allow for proper soil humus regeneration, and chemical fertilisers, insecticides etc. further add to the toxic burden and mask soil deficiencies. In a recent 4 year study of 1000 crop samples taken from farms in 11 Midwestern States of U.S.A., analysis showed that food mineral levels declined on average over 42% over 4 years! However, on organic farms these trends are reversed.

By examining early human bones the archaeological evidence shows that from Paleolithic times bone density was several times that of modern humans. These individuals lived in a mineral rich environment where the animals and plants, including wild herbs, provided complete and wholesome nutrients. Today everyone can be seen to be mineral deficient, having metabolic defects to some degree, often genetically transmitted, and made worse by stress and poorer soils. Even when a patient is diagnosed to be deficient in one or more minerals, e.g. zinc, calcium, iodine etc., it is not enough to supplement just those minerals alone. All minerals are co-dependant on one another and too much of any one can give a relative imbalance to others. They are not always on a one to one basis; for example for better calcium absorption silica is needed, while calcium tablets will make the situation worse through absorption problems. Indeed single mineral tablets do not consider our biological complexity and vitamins cannot be adequately absorbed without a complete saturation of all the minerals.

While scientists can make artificial seawater in the laboratory, no fish will live in it. Only plants can supply this biologically complex stuff of life, and only organic plants can supply them as nature intended. Herbs that are unhybridised can contain minerals in natural and concentrated form. They are naturally chelated (bound with proteins), along with good diet and daily

routine, well-chosen herbal nutritive tonics are rich in all the minerals, and co-factors necessary to address and maintain total bodily health.

MINERAL MAX

COMPONENT HERBS

ALFALFA: Contains more minerals and trace elements within an alkaline reaction than any other herb. Rich in natural chlorophyll and cholesterol lowering properties it has blood cleansing and building properties. It contains almost all known vitamins, minerals, and trace elements including vitamins A, B1, B6, B12, C, D, E, and K, niacin, pantothenic acid, biotin, folic acid, protein, plus eight essential amino acids, Calcium, Phosphorus, Potassium, Magnesium, Iron, Zinc, and Copper. It combines well with other natural supplements. Well known as a nutritive tonic, its action is cleansing and detoxifying, and provides the raw materials for the bodily structure, electro-chemical activity, and all metabolic processes.

BARLEY GRASS: Barley grass contains one of the highest quantities of life giving chlorophyll, over 1000 enzymes, about 45 percent protein a huge amount of minerals and trace elements especially natural sodium for muscles and joint health, one of the highest natural levels of enzyme SOD (superoxide dismutase), which is a powerful antioxidant that protects the cells against toxic free radicals, thought to be a primary culprit in aging (liquid oxygenated sunshine), a natural detoxifier that rids the intestines of stored toxins

FENNEL: (*Foeniculum vulgare*; *umbelliferae*) Fennel seed is one of the best herbs for digestion, and helps to rebuild the plasma element of the body and sustain all tissue elements. Soothes and tones mucus membranes, facilitating their healing through its anti-inflammatory and protecting properties. As a catalyst and distributing agent for the other herbs, it is ideal to help empower and potentise the total formula. It contains minerals calcium, potassium, sodium, phosphorus, iron, magnesium, selenium, manganese, copper and zinc. The content of vitamins on fennel seeds are vitamin A, vitamin B (B1, B2, B3, B5 and B6), vitamin C.

PSYLLIUM HULLS: (*Plantago psyllium*) Renowned as the finest lubricating and bulk laxative in the plant world. Through its bulking action, it aids the even distribution of the organic minerals within the formula. Where there are mineral deficiencies, inadequately processed

food, and metabolic waste encumbering the intestinal mucosa, regardless of whether the person experiences constipation or not, Psyllium Hulls gently removes the waste and encourages healthy peristalsis, and thus, along with the other formulas, improves the assimilation of all other nutrients.

SLIPPERY ELM: (*Ulmus fulva*) A highly nutritive tonic food for conditions of deficiency. Helps to rebuild the plasma element of the body and helps to restore the mucus membranes, particularly of the lungs and stomach. Its emollient action is very soothing for inflamed or ulcerated membranes and surfaces. High in Niacin, Riboflavin, and Thiamine, plus vitamins E, F, K, and containing the minerals Calcium, Iron, Sodium, Selenium, Iodine, copper, Zinc, Potassium, and Phosphorus, it has as much nourishment as oatmeal.

12 POINTS ON MINERALS

1. According to Senate Document No. 264 the official publication, 99 per cent of American people are deficient in minerals, and a marked deficiency in any one of the more important minerals actually results in disease.

2. The body is equipped to chelate only a small amount of some inorganic elements from nature. Therefore, the body requires the minerals to come from plants in a chelated form so that they may be properly assimilated and utilised. The efficiency of each mineral is enhanced by balanced amounts of the others.

3. The body must maintain an adequate mineral supply to maintain a balance between internal and external pressures of the body cells called osmotic equilibrium. This state must be maintained for normal cell function and continued youthful health.

4. All nutrients such as vitamins, proteins, enzymes, amino acids, carbohydrates, fats, sugars, and oils, require minerals for activity. All bodily processes depend upon the action of minerals.
5. Trace chelated minerals are more important in nutrition than vitamins. Vitamins can be synthesized by living matter, minerals cannot.
6. Vitamins are required for every biochemical activity of the body. Vitamins cannot function unless minerals are present.
7. Minerals are the catalysts that make enzyme functions possible. Chelated minerals combine with enzymes into an alkaline detoxifying agent that neutralises the acid metabolic by-products of the cells and other toxic conditions within the body and prepares them for elimination.
8. Hormonal secretion of glands is dependent upon mineral stimulation.
9. The acid-alkaline balance (PH) of the tissue fluid is controlled by minerals.
10. All elements work together as a collective whole. If there is a shortage of just one mineral, the balance of the entire bodily activity can be thrown awry. A deficiency of one mineral may disrupt the entire chain of life, rendering other nutrients either useless or inefficient.
11. There are two sorts of organic minerals – colloidal and non-colloidal – the human body needs both. The McCammon New Zealand Herbals programs contain both for optimum availability and for effectiveness.
12. Minerals are, therefore, justified as a supplementary dietary substance, especially in these days when the mineral content of our fruits and vegetables are destroyed by petrochemicals and synthetic fertilisers and lack the organic

structures in the soil. Minerals are the lowest common denominator in disease, representing the basic stuff of the body.

MINERAL MAX

"After taking 'Mineral Max' twice a day for three days I noticed a burning pain that had continuously been in my knees was gone - great stuff" (Ref # 3)

"When using 'Mineral Max' I feel a lot less tired, I tend to eat much less, have a positive energy filled outlook on life, and very regular bowel motions....." (Ref# 9)

" Mum has been taking it ('Mineral Max') for 1 week, she is totally amazed, her swelling in knuckles, elbows etc has all reduce(d) she has heaps more energy...more flexible ...able to make a fist which she hasn't been able to do for years. Had rheumatoid arthritis for 13 years" (Ref # 15)

Mineral Max is designed by Michael J McCammon N.D. experienced naturopath and herbalist contains around 80% alkalizing minerals and 20% acid forming minerals - the perfect balance for the human physiology. This formula aids in reducing systemic acidity and provides more than 50 minerals and trace elements. Used as the foundation for all physiology changes and maintenance, minerals in saturation and delivered correctly are essential and indispensable for the total effectiveness of any health program.

New Zealand HERBALS

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MINERALS



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