



In-Sync guide to staying healthy

There are a few things, apart from supplementing with a quality mineral supplement, that will make a difference to your growing slimmer, younger and living a 'full' life.

In a possible order of priority:

Avoid Junk Oils



Some interesting research regarding oils and fats.. Let me quote Thomas Smith :

All fats and oils are not equal. Some are healthy and beneficial; many, commonly available in the supermarket, are poisonous. The health distinction is not between saturated and unsaturated, as the fats and oils industry would have us believe. Many saturated oils and fats are highly beneficial; many unsaturated oils are highly poisonous. The important health distinction is between natural and engineered....

There exists great dishonesty in advertising in the fats and oils industry. It is aimed at creating a market for cheap junk oils such as soy, cottonseed and rapeseed oils. With an informed and aware public, these hydrogenated oils would have no market at all....

Thomas Smith is so right! These are now to be banned in California, New York, and that is just the beginning...whole foods are good.

Avoid refined food.. Eat Low GI foods

High GI foods are generally the 'waste' left after industry has extracted everything that it can sell off separately. What is left is pure sucrose/lactose/fructose, cellulose and sodium chloride to mention some. This is actually dangerous un-palatable waste. Unfortunately, food scientists overcome the taste problem by adding lots of sugar, plus some chemicals (colouring/ flavouring) and sell it at a great profit. This is how they afford huge advertising campaigns.

This 'junk food' enters your blood stream quickly as it is already broken down by acid treatment/ high pressure and unless you are extremely active, this junk is stored as hard lumpy fat.

We believe that pure sucrose, or white sugar without the natural protecting influence of minerals (especially zinc and chromium), makes your 'smart' dendritic white cells sleepy. They become less effective at identifying free radicals or dead and diseased cells, allowing them to accumulate and poison your body and brain.



The importance of water

Further your waste disposal starts with the lymph system. It needs a lot of water to allow it to carry away surplus fat, toxins and dead cells. These waste products are filtered from your lymph by your liver and kidneys. Too little water, too little cleansing. We recommend water filtering as it removes chemicals using carbon and leaves the minerals.

Some interesting stats:

1. 75% of Americans are chronically dehydrated. (Likely applies to half world population.)
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the 1 trigger of daytime fatigue.
6. Preliminary research indicates that a generous intake of water could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking adequate water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should every day?

The Power of Thought

Just in the same way that you become what you eat, so too does your future depend on what you expect. Like the ripples in a pond, good or bad thoughts, always come back to you. Whether you think you will or perhaps you won't, either way you are right.



Walk to live

We all have five times more lymph in our bodies, than we have blood. The lymph system does not have a pump (heart), relying on one way valves activated by exercise and especially walking. No walking, no pumping and body slowly becomes like a stagnant sewage system, not a pretty thought. Walking for health and running for fitness.

Avoid close contact with chemicals

Your body can, if in good health, handle many chemicals. If it is weak it will object and you will become increasingly intolerant to even common daily products. You can help by avoiding as many as you can, especially products containing soy, cottonseed and canola oil, artificial sweeteners, refined white bread, white sugar and white salt. (use the natural alternatives) synthetic deodorants, chemical colouring agents and flavourings.

Eat uncooked food, salads and fruit

Cooking destroys vitamins, amino acids and other energy generating compounds. The more you can eat raw, the greater is your potential as a human and the less need there will be to supplement with potentially toxic vitamins etc.

Avoid eating lots of Carbohydrates and Protein in the same meal.

Your stomach produces acid to assist in the digestion of protein and alkaline to assist with the breakdown of carbohydrates.

When the digestion of a protein loaded meal is completed, your stomach needs to neutralise the acid contents, to avoid burning the stomach lining. It uses calcium to do this. Eat too much protein (in adult life), you may become short of calcium. Your body will take it from your bones to avoid this potentially damaging effect.

Try eating meat with salad or meat with vegetables (no potato or rice or pasta). Have a look at you profile in the morning. Stomach will shrink as the food has been processed quickly and efficiently.

The same with eating potato, rice, pasta with vegetables or salad! Great! No more discomfort or 'mummy tummies'.

Why Minerals?

- Because Minerals are the one component of modern diets that has DECLINED over recent years due to acid rain, acid fertilizers and food stripping. This decline coincides with increasing rates of PREVENTABLE disease.

- Because people living in environments where their intake of minerals is higher (due to geographic co-incidence) have either the lowest cancer rate in the world (Senegal) or amazingly greater longevity. (Himalayas, Andes).

- Because farmers have used and continue to use minerals, to prevent and cure disease in their animals, with great success.

- Because without the presence of minerals, most every other supplement is less effective: The absorption of vitamins is compromised and enzymes are 50% minerals.

- Because highly respected Scientists like Dr Linus Pauling (won the Nobel Peace prize twice) and Dr Joel Wallack (Author of "Dead Doctors Don't Lie") have shown that ALL disease, sickness and illness can be traced to a deficiency of one mineral or another.

- As with health, it is better to repair the foundations of a house, before spending money on damaged caused. Minerals are

those foundations and when repaired, symptoms largely disappear.

Why In-Sync?

- In-Sync Minerals contains every minerals known to have ever been included in our diets. Minerals are synergistic (inter-related) so it is vital to include them all. By doing this, the supplement gains power.

- In-Sync Minerals are capsulated to ensure rapid absorption. They will not be passed out of your system, un-dissolved. In-Sync Minerals are colloidal (cold water soluble*).

- There are no tableting agents, no water and no fillers. Just minerals, with emphasis on those that have been the most deficient.

- In-Sync Minerals is marketed direct to the end user. It contains approximately three times more available minerals as compared to other mineral supplements.

In-Sync contains:

Every mineral (77) used in our creation made from;

- Quality colloidal minerals (Humic shale)
- Kelp powder (sea minerals /iodine)
- Boosted with high quality chelated minerals (The ones known to be the most deficient in modern diets)
- Chelated Minerals are treated to ensure rapid cell absorption





Resting Heart-rate Test

Take your pulse by feeling for the large artery in your neck or your outer wrist. Count the number of beats in 20 seconds. Repeat until you have a reliable average. (bear in mind that cigarettes and alcohol and lift this by several beats per minute).

Multiply by three to get your per minute rate.

| Heart Rate per min | Body Age | Heart Rate per min | Body Age |
|--------------------|----------|--------------------|----------|
| 60 | 19 | 74 | 50 |
| 63 | 20 | 75 | 55 |
| 64 | 22 | 76 | 60 |
| 65 | 25 | 77 | 65 |
| 66 | 27 | 78 | 70 |
| 67 | 30 | 79 | 75 |
| 68 | 33 | 80 | 80* |
| 69 | 35 | 81 | 85* |
| 70 | 37 | 82 | 90* |
| 71 | 39 | 83 | 95* |
| 72 | 43 | 85 | 100* |
| 73 | 45 | | |

*See your Doctor

Skin Pinch Test

Your skin is replaced faster than any organ in your body and it will show progress fast:

Place one hand palm down on a table. With the fore-finger and thumb of the other hand, take a large pinch of skin from the back of your hand. Hold the skin firmly for five seconds then release; counting the number of seconds it takes for the skin to return to normal.

| Seconds To Recover | 2 | 4 | 6 | 8 | 10 | 12 |
|--------------------|---|---|---|---|----|----|
| | | | | | | |

| Body Age Years | 20 | 30 | 40 | 50 | 60 | 70 |
|----------------|----|----|----|----|----|----|
| | | | | | | |

If you average the above two results you have an indication of your biological age!

Compare it with your chronological age!

Hear what our customers have to say about In-Sync Minerals...

"This astonishing up-lift has continued and I have re-discovered an energy and enthusiasm for 4 life which I thought had gone for ever. The credit for this new verve for life must go to "In-sync" and the brilliant concept behind it !"

"Memory is the best; the more I take the better it gets..."

"The health and vigour amazing. I have experienced one cold in the 2 years I have been taking the magic tablets. Lack of sleep isn't a major issue. So long as I do stop every now and then and have a catch up night. A good 8 hours but can survive on 5 to 6 with no problems. In-Sync is the way to go!"

"...I just feel so much happier when I take the minerals its almost like a natural anti-depressant..."

"I also have a much better quality sleep and don't feel as tired the next day. Its definitely the most effective supplement I have ever taken."

"I have to say, everybody I know who takes In-Sync, tells me that they can feel a difference"

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