

Please Read First

Getting the Best from In-Sync Minerals

Many aspects of this supplement are unique and for this reason we offer the following suggestions: In-Sync is designed to provide the full range* of "often missing core health nutrients". Because it is so complete and active, your body will attempt to locate and fix anything that poses a threat to a healthy life. Interestingly, your reenergised immune system will decide which threat if any, gets dealt with first, not you.

If there are no urgent problems discovered, you should feel increased energy and a feeling of being at one with the world. Should you have an issue that is deemed to be a threat to your wellbeing, your immune system can get quite excited fixing things that were impossible while struggling with one or more deficiency. As everyone is different, having different nutritional backgrounds, not to mention age, these effects will vary.



While **all** of these temporary effects are **beneficial**, they may exhibit in ways that can be a bit disconcerting. For example, it is possible that an injury may hurt more for a period, as repaired nerves increase signals to the brain. The main point is that your body will use these resources to keep you safe, **so you must trust it, and persist.**

Younger and healthier people tend to get an immediate increase in energy and better sleeping. This is even truer for the very young.

Older people have had longer to develop deficits and possibly issues that need to be addressed. Things like blocked arteries, will be attended to quietly; you won't know it is happening. People with cancer, (known or unknown) might feel tiredness, so just sleep as much as possible, while eating as well as you can from the fruit bowl and the salad bar. No heavy meals as these drain a lot of energy in order to digest this type of food. See http://www.in-syncminerals.com/getting_serious.php

Before You Start

In-Sync Minerals is designed as a standalone supplement. Experience has shown that other vitamins and especially minerals* should not be required. Remove from your pantry any oil that is not virgin quality as there is a real danger that a cheap vegetable oil will be either or both of genetically modified or hydrogenated (trans-fat). Olive oil is safe for dressings and rice bran oil is better for cooking. Oils are important as experts estimate that one "take away" meal may contain 25 grams of trans-fat, which is the equivalent of eating nearly 250 grams of butter. The worst part of trans-fats is that they coat the walls of cells preventing nourishment. Even the best of margarine spreads (so called dairy) will contain over 80 percent of these cheap oils. We recommend using easy spread 100 percent butter sparingly.

Avoid drinking significant amounts of soda, pop, fizzy drinks, or whatever you call them. They are sweetened with broken

sugars; fructose, lactose, sucrose which are toxic and encourage diabetes.

Take your pulse and write it into your calendar. (Heart beats per minute) If kids can do it, so can you. Retest after a month to prove how effectively you have cleared the sludge from your veins and arteries.

Mind matters – Positive Placebo

Everyone knows about the placebo effect; when given a benign pill you can feel a lot better. This is a demonstration of the importance of your mind. Interestingly few realise that you can use this power to increase your chances of having a positive experience. Therefore, if you think that a few minerals won't do you much good, you will probably be right.

Suggested Dosage

We suggest that you take In-Sync after food or at least with plenty of water. Night is the bodies repair time, which increases healing. It is also easier to remember to take them as you go to bed. (It is definitely the best option for smokers.) Some start with one capsule after each meal. Next day take two, the next day three. As minerals and trace elements are a key component of good food, they should be viewed as an ongoing component of the new you. On average we find that 3 caps a day is probably a maintenance dose for an adult and that is very affordable.



Children respond very well and can have the contents of a capsule added to a savoury food at the rate of one capsule per 20 kg of body weight.

If you are well, then just take some after breakfast to give your day a boost. If you are middle aged or above and you have a few health issues to attend to, you might increase up to two at each meal. At that rate you should feel changes occurring. If you find that you have an inconvenient level of large bowel activity, you could increase your roughage intake (whole food) and reduce number of capsules until things settle down again. If health issues develop, it will be because your body **now has the tools** to remove a disease issue. Trust and persist.

Occasionally you may experience a few days where progress appears to have stalled. Experience has shown time and again, that these periods are merely potholes on the journey to greater wellbeing. More information can be obtained on our web site <http://www.in-syncminerals.com> or email info@in-syncminerals.com

** Apart from UK residents, we do not recommend taking any other mineral supplements. People living in regions of high calcium intake (such as the UK) where the water is hard, and especially if dairy food is consumed regularly, may benefit from taking a separate supplement of say 300 to 500 mg of magnesium per day.*