

## Summary

Facts gleaned during my research into the role of minerals are mostly in the public domain, which makes the following some what surprising.

The fact that life started in a sea of minerals and that these very same nutrients are all that is left when and if we are cremated, should have given us all a greater "heads up" than has been the case.

Soil scientists and most farmers understand the vital role that trace elements and minerals play, having seen the benefits to animals feeding on pasture grown on mineral rich soils. These include greater resistance to disease, healthier active bodies, obviously improved contentment, greater fertility and longer productive lives.

Could we humans gain these sort of advantages in the way that animals do? The simple answer to that is yes.

One of the greatest reasons why mineral supplements haven't gained more prominence is firstly due to the inadequacy of recommended daily allowances (RDA) and the second is the complexity of investigating more than one or two minerals at a time.

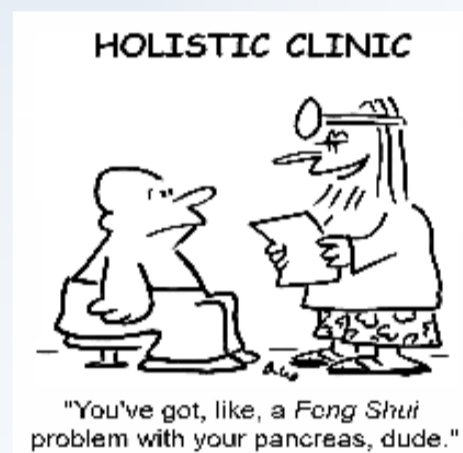
Are we really that short of micronutrients? "I eat a balanced diet including a lot of fruit and

vegetables. So I will be fine, right?"

This time the simple answer is **no!** The World Health Organisation acknowledges that our dietary intake of minerals and trace elements has suffered a massive decline from acid rain, petrochemical fertilizers and the complete lack of any incentive or regulation for corporations to provide humans with nutrient rich food.

So even if you where to buy eat the best food in the supermarket, your intake of important micro-nutrients will almost certainly not be good enough to protect you from what are accepted as 'preventable diseases'. Then there is the unanswered question "What if you aspired to live above and beyond the normal?" What say you wanted your children to be "elite" citizens? Think about that for a while then..

Read on..



## Where we stand..

### Point One -

Recommended Daily Allowances for most micronutrients were set 60 years ago and then and now are based largely on average intakes. Most have **never** been reviewed. The impact of acid rain, acid fertilizers and refining have further weakened the original standards.

### Point Two -

All animal species thrive on a nutrient rich diet and we now know humans are the same. Yet commercially produced human intended food has been devoid of any regulation concerning nutritional integrity (not safety) or reward for nutritional content, for over 70 years. No rules, no standards, just profit.

### Point Three -

No matter how brilliant a new disease treatment is, it will always remain just that, a treatment for one of the estimated 12,420

diseases. How many lives or how much time and money do you have?

### Point Four -

The role of micronutrients are so capacious, so integrated into all biological processes that to live or create a new life, while potentially deficient in these life supporting building blocks, is at the very least, unwise.

### Point Five -

Our current system of disease, diagnosis, followed by expensive treatment is unsustainable; a new approach is needed!



## Clearing some misconceptions..

According to the Oxford dictionary *health* is supposed to mean "being free from disease or injury". Now the word *health* commonly means disease or symptom management and *preventative health* has become early detection. This disease first approach is expensive, disabling and diverts the individual's thinking from the true basis for wellbeing.

Secondly, this paper reminds us that evolution has created a

brilliant and very powerful defence system to ensure our survival through good health. However it will become disabled if deficient of the materials that it needs; leading many scientists to believe that we have a host of genetic abnormalities, coupled with new diseases being discovered by the day.

Thirdly, we wish to make it clear that taking one of even ten minerals or trace elements can be both potentially problematic (toxic, especially if inorganic) and certainly ineffective (iron, copper, selenium and iodine are examples). Trace and

macro elements are synergistic; needing each other for effectiveness and safety.

Finally, we point out the somewhat obvious. When it comes to curing disease, it is your body and mind that works in concert to achieve this. Just how successful this can be, will be influenced by what you both think and whether you are well supplied with the components needed.

Discussion & questions welcome: [info@in-syncminerals.com](mailto:info@in-syncminerals.com)

## The importance of trace minerals was first revealed during trials to solve health issues with young domestic livestock.

The validity of using animals to test drugs or supplements is well accepted because scientists assure us that our DNA is virtually identical.

This is confirmed when it is remembered that we are able to accept organs from animals. Another important advantage of conducting research with animals is the fact that due to their lesser intelligence, we do not have to carry out double blind trials to remove the confusion created by the "placebo" effect.

In some parts of the world, pasture fed or free range animals cannot be successfully farmed without supplementing with trace minerals. It is especially true for animals raised on impoverished sandy (selenium, copper and cobalt) or pumice soils (cobalt) and also those animals unfortunate enough to be fed corn or sorghum in feed lots, or indeed commercially supplied pig and chicken feeds, where experience has proven time and time again that added minerals and trace elements are essential for disease resistance and reproductive productivity.

Signs of mineral deficiency can range from severe, which produce visible symptoms such

as infant death, swollen thyroid glands or hair falling out, to least; where the symptoms might be just a new allergy or change of mood.

Livestock trials produced such outstanding results, it initiated what was to become an extensive 25 year search for evidence that humans might also benefit from such a simple addition to dietary intake.



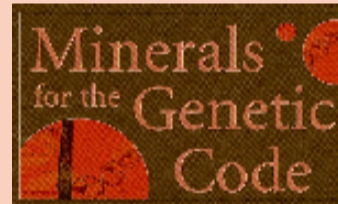
"At first it's, we'll try this and we'll try that. But when there's a medical breakthrough, guess who takes all the credit."

World Health Organisation confirms the massive loss of minerals in western diets.

Acid Rain, acidic fertilizers and unregulated processing have taken their toll. Percentage of Mineral Depletion From Soil During The Past 100 Years, by Continent:

North America	85%
South America	76%
Asia	76%
Africa	74%
Europe	72%
Australia	55%

As recently as 1993, WHO reported that the United States soil was 95% depleted of essential minerals. The 'Breadbasket of the World' was rated near the top of the list as one of the **worst** soils in the world!



### What is now explained:

Amongst other stresses, but especially an absence of, or a marked imbalance of critical minerals can injure the chromosome by altering the chemistry of a gene so that it conveys misinformation (called point mutation) or by breaking the chromosome (called deletion). A cell may be killed or it may reproduce the induced error. If the required trace mineral is not available, it will attempt to accept next best; wasting considerable energy to a achieve an inferior outcome. Minerals, when combined with an adequate intake of saturated fat, are the two main ingredients needed to create the vast and diverse range of enzymes (over 300,000) required by neurons and synapses in our brain to make us who we are or what we might become.

### What science knows about our biology:

Every day our body will renew over 20 million cells. Having reached their "use by date" each cell is replaced by a new replica of the old one (including any flaws in the original's chromosome).

In the cell, whether plant animal or human being, there are chromosomes, which carry almost all of the information required to direct a cell's growth, division and production of proteins. These chromosomes are made up of information carrying genes. This is long established settled science.

# Organic, Safe, Effective



AUSTRALIAN EDITION JANUARY 2014

So great is the loss of micro-nutrients, we believe there is no alternative but to supplement diets, at least for the medium term.

In-Sync Minerals contains the full range of

naturally balanced soluble organic minerals and trace minerals in a capsule. We selected from three well known sources: **The first** was **humic shale** which is preserved vegetation from about 4.5 million years ago. When added to cool water it will dissolve proving its colloidal nature.

**The second** component was to select minerals from the sea: **Kelp powder** is a good representation of the well know benefits of sea weed. Rich in the most effective form of iodine, this balanced trace element resource also contains every micronutrient and some vitamins that nature

provided during our evolution.. It is as natural, safe and stimulates vital glandular function.

**Finally** we added some extra chelated (organically coated) minerals that are most urgently deficient. They speed the improvement in energy and a feeling of wellness.



## In-Sync Minerals - Once a day— easy!

Some aspects of this supplement are unique and for this reason we offer the following suggestions.

Because In-Sync is so holistic, your body will attempt to fix any broken or weak biological processes. Interestingly, it will decide which threat is best dealt with first, not you. This can occasionally be news to 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 a disease that is deemed to be a threat to you, and you take enough capsules, your immune system can get excited fixing things that were impossible while struggling with a deficient diet. 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.

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 tend to have more issues that need to be addressed, and may choose to take extra In-Sync. Things like blocked arteries, will be attended to quietly so as 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](http://www.in-syncminerals.com/getting_serious.php)

### Before You Start

Remove from your pantry any oil that is not virgin quality. Cheap vegetable oils can 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 or even better, olive oil.**

("Suggestion sheet" is included with orders. It details other recommended life style changes)

## Our physical statistics...

There are **100 billion neurons in our brain, needing over 300 thousands different enzymes (formed from 50% minerals and 50% saturated fat). Well supplied neurons assist us to feel content, to remember, to develop a personality, to think, to be moral, ethical and empathetic, but mostly to just feel happy and at peace. We all know that it is our brain that really matters.**

There are 72 kilometres of nerves sending and receiving electrical data to and from 6 billion cells, each having their own DNA to provide instructions on design and repair. They can and will be influenced by local conditions including nutrient supply, environmental stresses and trauma such as PSD, emotional and work place performance pressures. There are 14 glands producing hundreds of different hormones which

themselves trigger reactions in every biological process that goes to make you what you are; there are over 95 thousand kilometres of blood vessels carrying nutrients to every cell and 135 thousand kilometres of lymph vessels removing waste.

With all this going on; you might ask yourself; *which of the 80 known micro-nutrients are you happy to do without?*

Or do you really think the World Health Organisation is wrong and there isn't a problem? That we actually consume plenty of them? I don't think so!

Imagine your potential if you made all of these micro-nutrients abundantly available!



THERE ARE OVER SIX BILLION CELLS IN THE HUMAN BODY... OF COURSE I CAN'T GET ORGANIZED!

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