



Ionic Minerals

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An important aspect of nutrition is the daily intake of nutrients. Nutrients consist of various chemical substances in the food that makes up each person's diet. Many nutrients are essential for life, and an adequate amount of nutrients in the diet is necessary for providing energy, building and maintaining body organs, and for various metabolic processes. People depend on nutrients in their diet because the human body is not able to produce many of these nutrients—or it cannot produce them in adequate amounts.

The Three Functions of Nutrients

Provide Energy	Promote growth and development	Regulate body functions
Carbohydrates	Proteins	Proteins
Proteins	Lipids	Lipids
Lipids (fats and oils)	Vitamins	Vitamins
	Minerals	Minerals
	Water	Water

Nutrients are essential to the human diet if they meet two characteristics. First, omitting the nutrient from the diet leads to a nutritional deficiency and a decline in some aspect of health. Second, if the omitted nutrient is put back into the diet, the symptoms of nutritional deficiency will decline and the individual will return to normal, barring any permanent damage caused by its absence.



Minerals are different from other nutrients, in that they are inorganic compounds (carbohydrates, proteins, lipids, and vitamins are all organic compounds). The fundamental structure of minerals is usually nothing more than a molecule, or molecules, of an element. The functions of minerals do not include participation in the yielding of energy. But they do play vital roles in several physiological functions, including critical involvement in nervous system functioning, in cellular reactions, in water balance in the body, and in structural systems, such as the skeletal system.

Because minerals have a very simple structure of usually one or more molecules of an element, they are not readily destroyed in the heating or cooking process of food preparation. However, they can leak out of the food substance

that contains them and seep into the water or liquid the food is being cooked in. This may result in a decreased level of minerals being consumed if the liquid is discarded.

There are many minerals found within the human body, but of the sixteen (or possibly more) essential minerals, the amount required on a daily basis varies enormously. This is why minerals are subdivided into two classes: macrominerals and microminerals. Macrominerals include those that are needed in high quantities, ranging from milligrams to grams. Calcium, phosphorous, and magnesium are macrominerals. Microminerals are necessary in smaller quantities, generally between a microgram and a milligram. Examples of microminerals include copper, chromium, and selenium. Dietary requirements for some minerals have yet to be established but regardless of the tiny amount needed, they are critical for healthy function.

The human body is like a factory. The numbers of chemical reactions that are constantly going on in the human body are so numerous that it is hard to fathom. Minerals play a very vital role in the various metabolic processes of the body. They play a major role in the synthesis of hormones and enzymes. A deficiency of minerals can create numerous health problems.

It is not so easy to get mineral requirements met through the modern diet. Even if one is conscientious about not ingesting toxic substances like anything processed or fast “food” there is a vast deficiency of minerals in the current food supply due to the use of extensive fertilizers which devoid the food crops of their natural minerals. Additionally, nutrients are not reintroduced into the depleted soils of commercially grown crops. This in turn results in incomplete enzyme activity in the food crops and ultimately results in a deficiency of minerals in the body.

One easy way to provide the body with essential minerals is to supplement. Ionic minerals do not just help in combating the problems related to hormonal imbalances. Minerals are of significance especially when there is a fluctuation in the pH levels. Minerals are the main components that are responsible in maintaining the proper pH of the body. Ionic minerals are responsible for reducing the imbalances that are caused by enzymes or hormonal deficiencies.



Ions are atoms or molecules that have a negative or positive charge because they have either gained or lost an electron, and ionic minerals are minerals made up of such charged particles. Ions are attracted to particles that have the opposite charge, making them more active chemically than non-charged particles. It is believed that this property makes ionic minerals easier for the human body to absorb because they are negatively charged, while the lining of the stomach is positively charged. Minerals are usually absorbed in ionic form.

The seven macrominerals-- **calcium, chloride, magnesium, phosphorus, potassium, sodium and sulphur**-- now share the research spotlight with a longer list of essential trace minerals. These are needed only in minute amounts, but their absence results in many disease conditions. The number of trace minerals known to be essential to life now exceeds thirty, and some researchers believe that for optimum health we need to take in every substance found in the earth's crust. Along with familiar trace minerals, such as iron and iodine, the body also needs others less well known, like cobalt, germanium and boron.

Not all minerals are beneficial. Lead, cadmium, mercury, aluminum and arsenic, while possibly needed in minute amounts, are poisons to the body in large quantities.

It is always prudent to consult a medical practitioner before engaging in any significant change in your dietary regimen.



Be sure to try NSP's Ionic Minerals w/Acai (32 fl oz).

References

<http://www.westonaprice.org/abcs-of-nutrition/166-mineral-primer.html>

<http://www.fags.org/nutrition/Met-Obe/Nutrients.html>

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Yours in Good Health!

Sincerely,

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