

# BODYBIO

## Liquid Minerals

Minerals are essential for life, not just yours and mine but all life, including all plants, animals, and even insects. Each of the macro minerals sodium, potassium, magnesium, and calcium, as well as the trace minerals iron, zinc, copper, chromium, manganese, molybdenum, selenium, and iodine must be consumed in the diet for optimum health.

Donald Rudin M.D., Ph.D., stated that metabolic performance declines 50% with the loss of just one of the trace minerals. The loss of only one of the macro minerals totally denies any cellular function as we know it.

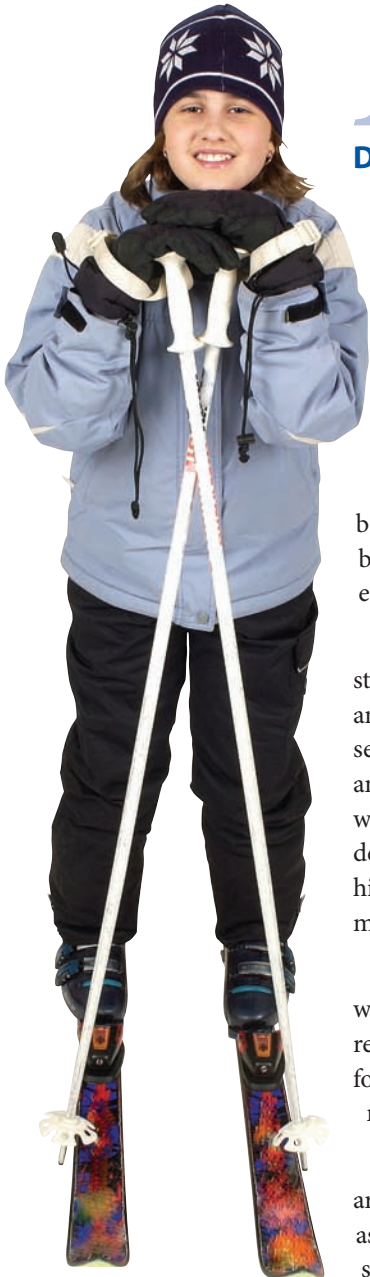
### RAPIDLY DEPLETING SOIL

It is well known that modern farming techniques deplete many of the minerals in the soil as well as the nutritional content of our food.

The absence of a steady food-derived supply of minerals subtly undermines our health. This may be difficult to quantify but we certainly are aware of the changes in the character of the food we buy. The produce looks beautiful, but has little or no taste which is an indication of low nutrient content.

Altering our food supply with unnaturally penned up chickens, increasing milk production using hormones and corn fed cattle bunched unnaturally together in feed lots is not the way mother nature so beautifully designed our world. Finding food with the flavour that we recall wafting from our grandmother's kitchen is, for many, a dream.





## **D**RAMATIC INCREASE IN **DEGENERATIVE DISEASE**

Advances in medicine have increased life expectancy, but the price is shockingly steep with an unusual increase in degenerative diseases, such as arthritis, heart disease, chronic fatigue, muscular dystrophy, fibromyalgia, obesity, ADHD, bipolar disorder, osteoporosis, depression, cancer etc. Adopting the conveniences of processed foods may free us from the drudgeries of the kitchen but it is becoming painfully obvious that although we may be living a bit longer, we are falling apart much earlier.

Linus Pauling, recipient of two Nobel Prizes, stated, “You can trace every disease, every sickness, and every ailment to a mineral deficiency. The search for better health begins with an adequate and ample mineral base.” Our research at BodyBio, which has been testing individuals for mineral deficiencies for over 20 years, has a long clinical history of witnessing the benefits that adding minerals can provide.

Your body has basic intelligence. It is designed with feedback from your cells to know what’s required, and given the choice, will seek out those foods with the nutrient value you require at that moment in time.

This may be a leap of faith for some, since we are not accustomed to using our senses as sharply as our ancestors, who probably would not have survived without a keen ability to determine good from bad. One of our challenges today is to figure out exactly “how we know what we know.”



**a**nimals choose the foods they need with every sniff or bite. Are we so different? Hardly. We are composed of 70 trillion cells that function much the same. The cells of our mouth and the surrounding tissues, or more specifically the membranes of each cell, act as ionic probes and are exquisitely sensitive to what's presented. They record and signal back to our brain the chemical composition of the food we ingest so we can survive.

Convention says that we record only four variations of taste: sweet, sour, salt and bitter. However, the range of each on a graded scale provides a significant scope of intensity. Blending all four, each with its own infinite scale, results in an astronomical number of combinations—probably beyond calculation. The wonders of our metabolism are truly astounding.

In addition, those cells are located in your mouth instead of under your arm so they can help you decide. We really have a need to know what's going on with every bite. Is what I'm eating good or bad...food or poison...and do I even want it?

BodyBio has developed a group of 8 Essential Liquid Minerals in a very low concentration which is close to homeopathic. This mild concentration of each mineral challenges the taste buds to search out the answer we are asking. First, is there something there other than water. If so, is it pleasant, is it harsh? Each of us has the ability to test each mineral by itself, to determine desirability at that moment in time. Important, because change and adjustment are part of the fabric of your life and health.



**BodyBio**, in addition to the 8 trace minerals recommends Iodine (I), #9. You do not test for BodyBio #9 but you should take one portion (3 drops) per day of (I) in your mineral drink to provide protection against deficiency.

### **WHAT SHOULD I DO FIRST?**

The first thing you need to do is test yourself for each of the minerals. Identifying the proper combination of minerals in your drink is an essential component to your liquid mineral supplement program.

NOTE: Taste testing is a normal function we do constantly as we choose our foods. However, some will feel more secure having their Health Care Professional help them through the steps of mineral testing, which is a very good idea. For others, self-management of health is an empowering feeling. BodyBio takes great pride in being able to bring you "Personal Choice;" the ultimate in nutrition.

“Y

*our body has basic intelligence. It is designed with feedback from your cells to know what's required, and given the choice, will seek out those foods with the nutrient value you require at that moment in time.”*



## GETTING STARTED WITH YOUR MINERAL TEST KIT

- 1) The kit is easy to use.
- 2) Minerals are essential to health. This kit allows you to determine your personal need in a simple and reproducible home test.
- 3) The kit enables you to test your like or dislike for up to 8 BodyBio Liquid Minerals. We do not have a test for #9 Iodine (I), however, #9 is essential. The maximum dose for #9/per day is 3 drops.
- 4) To refill the test bottle when empty put a daily dose of the relevant mineral into the bottle and fill with distilled or pure water.

### *Procedure for Using the Taste Test Kit*

Starting with Test Bottle #1, pour a small amount in a glass or cup and sip... record the number that best fits how that mineral tastes (a taste test scale of 1-7 is on the box).

If the mineral has no taste other than plain water; you should include that mineral. Add that one in your daily mineral drink. If it tastes metallic or has a strong lingering taste, your body is saying 'I don't want this right now; maybe next time.' Omit this mineral from your drink, but test regularly.

Repeat this process for each of the remaining minerals. Test and record your numbers each day, or on a regular basis (at least once a week), or whenever the drink tastes odd or different. You're the judge. Make sure you only take the minerals that pass your taste test.

Minerals will change in taste as you build up your body's store for that mineral. Testing helps you to know what you require. Tomorrow or next week your need may be different.



Your need for some minerals may be greater than others and each of us is genetically different. We must test periodically to learn what's changed. Take only the minerals that have no taste at all (a 3) or have a pleasant taste (1 or 2).

## TAKING YOUR DAILY LIQUID MINERAL DRINK

To take one portion, start with #1 and put in 13 drops of potassium phosphate. Proceed down the list #2 through #8 and add in each one as indicated on the bottle until you have added all the ones that scored under 4 (between 1 and 3). Mix them all together. You may also add 3 drops of #9.

It is best to take them with some vitamin "C" such as orange or grapefruit juice. Pineapple is OK. Using 1/2 juice and 1/2 water. will reduce your sugar intake. You can always add in a pinch of vitamin "C," especially if you take it with plain water. When using other juices, like vegetable juice, it would be advisable to add in a pinch or 1/4 tsp. of vitamin "C."

## INSTRUCTIONS FOR REFILLING TEST BOTTLES

There are 8 different minerals in the taste kit. Both the test bottles (8 oz.) and the mineral supply bottles (2 or 4 oz.) are colour matched. #1 is green, #2 is orange, #3 is blue, etc.

Starting with Mineral #1, put 13 drops of #1 (Potassium Phosphate) in the test bottle and fill with pure water. Repeat with the appropriate number of drops for each of the minerals in their respective bottle, 7 drops for #2, 10 for #3, etc.



## QUESTIONS AND ANSWERS

# Q

**Why in a liquid form?**

**A** Absorption in a liquid form is not just more desirable, it's essential and naturally occurs as part of the act of eating. Wouldn't that happen in a dry form as a capsule or tablet? Well...yes... maybe. Absorption is not an exact science. Certainly some will. However, if we begin with minerals in a dissolved liquid state, we can have more confidence as to cellular absorption and availability.

The proof is in the way you feel after taking them. Try taking your dose of minerals in mid-afternoon when you may begin to tire. The pickup is subtle and quite interesting. There are a vast number of positive cellular changes going on to deliver that response.



# Q

**If my chemistry shows a need for Potassium, Manganese, or one of the other minerals, why is it important that I take them all together?**

**A** The chemistry of life exists in a sort of chaotic mix. Minerals combine in the body to provide a wide range of functions. Avoiding the ones you don't need and taking the ones you do need permits the body to focus on those that were in short supply. Taking them together permits the body to have access to the ones it needs at that time.

# Q

**Do minerals compete with one another in my body?**

**A** Yes. Minerals do compete with one another. However, they also work in concert, not much different than seen in many of life's examples. Potassium competes with and works in concert with Sodium. The same for Calcium and



Magnesium, as well as Manganese and Zinc, and Zinc and Copper, and Copper and Molybdenum. The list goes on and on. Each have a wide variety of functions. Zinc, for example, has an essential role in over 200 different enzyme processes in your body.

Plants deprived of Manganese but with an excess of Zinc grow tall and thin, while the reverse occurs with low levels of Zinc and high levels of Manganese. The plants have thicker trunks or stalks, thicker branches and thicker leaves. Molybdenum raises Uric Acid levels while Copper suppresses Uric Acid. Calcium initiates muscle contraction with Sodium, while Magnesium triggers muscle relaxation with Potassium.

The heart is an excellent example of mineral cooperation with the electrolytes initiating the millions of beats year after year. It is probably the best example of mineral activity and of the necessity of keeping an ample supply on hand always, and in balance.

Taking one mineral over time will tend to suppress another or even a third. The form of mineral is probably best taken as a liquid...and they should always be taken together to be sure enough of each to prevent the deficiency of any one.

Replenishing your mineral stores is an ongoing lifetime event. The need is certainly obvious; you expect to get what you need from the food you eat, but it's increasingly hard to do so. The more you are exposed to the science of health and the lack of minerals, either in your diet or because of sickness, aging, genetic differences etc., the more you should examine the marvelous benefits of minerals.

Taking them together is the best way to replenish your mineral base.



## How do I know which minerals I want now?

**A** The answer, oddly enough, is right under your nose. Using the sense of taste is an exquisite, elegant system of testing yourself to determine which ones your body desires. It is a floating feedback system that changes with you as you change. And change is an absolute; our bodies change with the seasons and the years. The BodyBio Taste Test is an easy checking system that you can depend on to guide you.

The scoring tells the story. If any one of the minerals tastes sweet, pleasant or of nothing, you need it. If it tastes strong or harsh, you don't—not now.

The intensity is related to your deficiency or excess. You should only take those that scored from 1 to 3 (4 at your discretion) and avoid the strong ones. The goal is to achieve balance, and no one knows what you need better than you.



**I understand that heavy metals like mercury or lead can cause health problems. How do these bad guys relate to the good minerals we need for good health?**

**A** For some, this could be very important. Heavy metals (mercury, lead, cadmium, etc.) are more prevalent than ever in our environment. They are highly toxic and extremely difficult to remove from the body. It is highly probable that the intake of a high dose of good minerals could possibly help in displacing and removing those toxic minerals. There is research showing that the higher the mineral base the lower the mercury.

As our body's demand for minerals from life events, aging and poor diet choices effect us, taking care to ensure we have optimal mineral status is essential. Combining different minerals in one solution is the best way to ensure repletion.



**What is the importance of the specific dosage of the BodyBio Minerals?**

**A** Body Bio Minerals are unique, highly-absorbable minerals. Their low dose solutions do not mean they have reduced potency, rather they have been designed to work specifically with the use of the testing process to provide an accurate and individualised programme of mineral restoration. The over prescribing of minerals is more common than one might imagine and is a poor practice in medicine. In medicine, titration is the process of gradually adjusting the dosage of a medication until the desired effect is achieved. Each of us is genetically unique and our needs for minerals differ, for example, BodyBio zinc has a suggested daily dose of 6.8 mgs, but when testing you may find you only need a half dose or even a double dose. The particular concentration of each mineral is designed to allow you to be flexible and consequently more precise. Avoiding over-dosing is important for all nutrients, especially so for minerals.

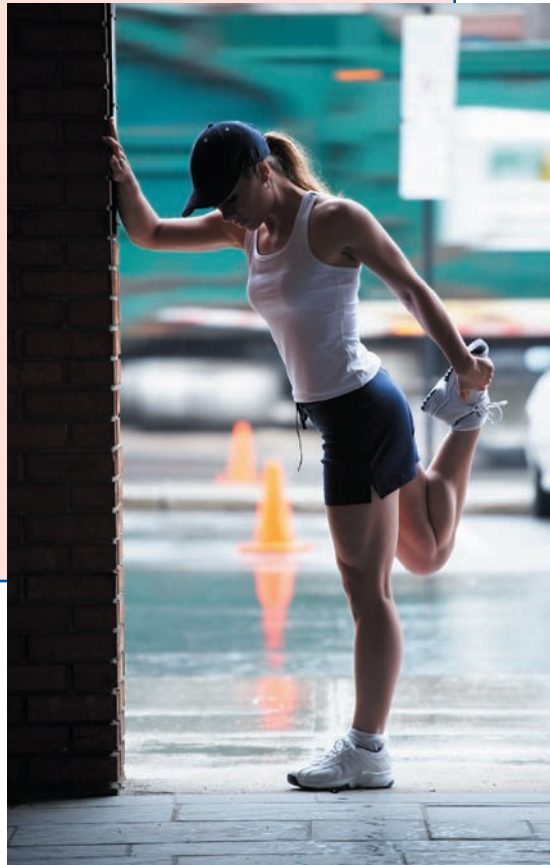
Animals are well known to change plants when a mineral is required or may need to be avoided, the Mineral Test Kit allows this individualised assessment to take place in your home, with personalised supplementation to correct your mineral levels.

## MINERAL IONS

Minerals are metal atoms which connect to one or more atoms to form a molecule. For example: Magnesium ( $Mg^{++}$ ) plus Chloride ( $Cl^{-}$ ) = forms one molecule of magnesium chloride ( $MgCl$ ), which is composed of just one ion of each atom.

$Mg^{++}$  plus Carbonate ( $CO_3^{-}$ ) = forms one molecule of magnesium carbonate ( $MgCO_3$ ). A carbonate ion has one atom of carbon and 3 atoms of oxygen, but it is still only one ion.  $MgCl$  and  $MgCO_3$  as well as most of the metallic molecules in the biochemistry of life can dissolve in water to become ions.

They disassemble and float separately as ions in our internal water solution. It is important to recognise that some metallic molecules dissolve more readily than others. The ability to dissolve is vital for function. The cells of the body are designed to receive those ions by exposing specific receptors for each one, and there are thousands of different receptors on the membrane of every cell. Both the metal ions ( $Mg$ ) and their previous ionic partner ( $Cl$ ,  $CO_3$ , etc.) are catalysts or coenzymes that link up with their receptors to perform the functions of life's chemistry. They are the very beginning of life itself. Research does not exist that supports minerals in a colloidal form.



# BODYBIO

## LIQUID MINERAL TASTE TEST

Patient's Name \_\_\_\_\_

Doctor's Name \_\_\_\_\_

Test Date \_\_\_\_\_

RATING	BOTTLE	MINERAL
	1	Potassium
	2	Zinc
	3	Magnesium
	4	Copper
	5	Chromium
	6	Manganese
	7	Molybdenum
	8	Selenium

④ is the goal. Your body is telling you that you are getting adequate amounts of this mineral.



RATING
1) Sweet
2) Pleasant
3) No Taste
4) Hmm...Taste Something
5) So...So
6) Don't Like
7) Pretty Bad