

Health Solutions Technology

Devoted to your health and wellbeing... naturally

Q. What exactly is Sea Minerals?

Sea Minerals is a dense liquid solution of sodium reduced and highly concentrated ocean water.

This remarkable mineral soup has every mineral and trace element required to not only sustain life but to promote it as well. The immense wealth of minerals in our oceans is all the more remarkable because the composition and concentration of minerals in our blood is almost exactly the same as our oceans. This is why our oceans are teeming with life. This is why you are alive! This is also the reason that Sea Minerals are the only truly balanced life enhancing mineral supplement.

Q. I always thought minerals came from the earth and plants. Colloidal Sea Minerals is solely ocean minerals. Why?

Many people believe that the rain forest is the lungs of the planet. The truth is the ocean provides 70% of the oxygen. The rain forest and all the rest of the vegetation on the earth provide the other 30%. Every mineral found in your body is found in seawater. The minerals in seawater are colloidal in nature. So is human blood. Before you are born you are carried in a saline solution almost identical to seawater. Seawater and blood carry the same salt content percentage. It's no wonder that the digestive system readily recognises colloidal minerals from ocean water in liquid colloidal suspensions and absorbs them at nearly 100%.

Q. What does Colloidal mean and why is it so important?

A colloid is the smallest size a substance can be and still be classified as a substance. Colloidal minerals are of a particle size small enough to be absorbed by the body. The nature of human blood is colloidal. Supplements in Colloidal form are recognised by the human body and quickly absorbed.

Q. What is the difference between colloidal minerals and tablet form minerals?

The type of minerals used in most tablets is metallic mineral. These minerals come from grinding up rocks and soil. The minerals can be difficult to digest and absorb. Many nutritional experts believe the body can only absorb 5% to 10% of these minerals. That means up to 90% of these minerals passes through the digestive tract with no benefit. It's easy to see why minerals in this form are expensive in the extreme. 90% of the minerals and 90% of your money just pass through.

Q. Why are minerals of such importance?

Minerals create healthy environment in which the body, using vitamins, proteins, carbohydrates and fats, can grow, function and heal itself. If you lack any mineral, a deficiency is the result, which can lead to degenerative diseases of many kinds, as well as a breakdown of cell regeneration and growth process, which leads to the loss of the cells themselves. This can lead to nervous disorders, muscle damage, brain damage or illness. A deficiency of minerals has been traced to low energy, cancer, unnecessary aging, obesity, loss of memory, immune system dysfunction, fragile teeth and bones and a host of others too numerous to mention.

Q. How do I know if I need minerals?

As part of cellular metabolism, acids are naturally produced in the body. On a high acid diet (meat, dairy, wheat, eggs, refined and chemicalised preserved food) we can become mineral deficient even if we are taking a vitamin supplements. This is because our minerals are being used to neutralize the excess acids in the blood instead of carrying out their normal functions. We are mainly concerned with deficiencies in calcium, potassium, magnesium and sodium as these are the major acid buffers of the body.

Why should I take Sea Minerals?

Sea Minerals are good for everybody. Electrolytes or minerals carry out many functions - they regulate the fluid in our system, and are crucial in nerve and muscle action. They are also required for strong healthy teeth and bones. The fluid in our blood, brain and every organ also requires a fine balance of minerals and trace elements in order to carry out their intended functions.

Q. I eat healthy; don't I get enough minerals from my food?

Unfortunately the food we eat today is no longer an effective source of essential minerals. In order for a food source to be rich in essential macro and trace elements, it must be grown in soil which is rich in these elements. Minerals, unlike other micro nutrients like vitamins, are not sourced from the food we eat. It is sourced from the soil that the food is grown in.

Note: The information contained within this Information Sheet is not to be considered as medical advice, diagnosis or prescriptive in any manner whatsoever. Always seek the advice of your informed practicing medical professional.

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The advent of modern agricultural chemicals and technology has severely degraded the soil on which we rely so much. The overuse of land, along with the use of chemical fertilizers such as "Super Phosphates" has left vast tracts of land sterile. In order for soil to be healthy and to be able to pass on essential nutrients it must be a "subterranean biological maze of life," bacteria, worms and other organisms, and of course "minerals."

Until the issue of modern farming techniques is addressed and reversed, the only way you can be assured that you are getting all the minerals your body requires to maintain health, is by taking a high quality natural trace mineral product like "Colloidal Sea Minerals Concentrate."

Q. Can I give Sea Minerals to my Children?

Yes. You can safely give Colloidal Sea Minerals to children. In fact, if you want your child to excel in school, in play and in life generally, you will want to give them Colloidal Sea Minerals. To maximize a person's future possibilities, they must have superior problem-solving capabilities; they must have unimpeded brain activity to achieve academic potential and most importantly, they must have an uncompromised immune system.

To facilitate children meeting their full developmental potential, the fluids that maintain their organs must have adequate levels of minerals both macro (major) and trace (minor).

Children may find the taste of Colloidal Sea Minerals unpleasant, however by following our recommendation to combine the Colloidal Sea Minerals with fruit juice; this should make it palatable for small children. You can also give them small quantities spread throughout the day.

Q. Isn't Sea Minerals high in Sodium?

Colloidal Sea Minerals is sodium reduced. This reduction process is carried out naturally, utilizing the natural forces of solar evaporation and precipitation. The salty or bitter taste of sea minerals is attributed to the rich levels of magnesium, potassium and other minerals.

The daily dosage of Sodium in Sea Minerals is but a fraction of the sodium required to maintain life. The majority of sodium in our diets comes from the use of table salt in food preparation and preservation.

Q. How do I take Colloidal Sea Minerals?

ADULTS: 10-15 drops diluted in strong fruit juice or water (may be slowly increased up to 1 teaspoon).

CHILDREN: 5 drops diluted in strong fruit juice.

Healing Properties: Take just before going to sleep.

For Energy: Take anytime.

Charles Northern, MD, a government consultant and one of the earliest nutritional physicians explained the reason many years ago. He said "It is not commonly realised that the vitamins control the body's appropriation of minerals... in the absence of minerals vitamins have no function. Lacking vitamins, the system can make use of minerals, but lacking minerals the vitamins are useless" (US Senate document #264)

Colloidal Sea Mineral Concentrate can be purchased from our online store at www.healthsolutionstechnology.com.au and is available in 200ml bottles (with our without Stevia)