



*“The doctors of the future will give no medicine, but rather will interest their patients in the care of the human frame through lifestyle and diet, and in the cause and prevention of disease.” - Thomas Edison*

## Colloidal Minerals

### Food Supply Suffering Severe Nutritional Deficit

Food is the source from which we draw a major portion of our life force. Our life force will, in part, only be as strong as the foods we choose to eat for fuel. Food strength is reliant upon the quality of the soil and environment in which it was grown or raised. Due to the introduction of chemical agriculture after World War 2, soils have become progressively more demineralized. They have become devoid of the microbial life and carbon needed to produce a high content of mineral sugars also known as high Brix foods.

What is referred to as a Brix reading can be done when the juice of a fruit or vegetable placed on a Refractometer. The Brix reading reveals the amount of mineral sugars in the plant juices. This amount is in direct correlation to the amount of protein, vitamins, minerals, antioxidants, and phytonutrients present in a plant. The human body feeds off these mineral sugar complexes. The mineral sugar complexes activate the DNA to make proteins within our cells. Thus, mineral rich foods make the liver and body more efficient at using and making protein.

The predominant mineral complexed into the plant tissues as a mineral sugar is calcium. 80% of the mineral needs of a plant, animal or humans is calcium. This means that when foods are low in calcium sugars and other mineral sugars the body is less efficient at making protein. **Hence a calcium and mineral deficient diet causes the body to need up to 40% more protein to compensate.**

Since foods are universally deficient in calcium, macro and trace minerals, it is essential to supplement with calcium, magnesium and [colloidal minerals](#).

The Brix Refractometer scale ranges from 1 to 33; the higher the Brix reading, the more nourishing the food.

<b>Fruits</b> are graded on the following scale: Values vary depending upon the type of fruit: Poor = 4 to 12	<b>Vegetables</b> are graded on the following scale: Values vary depending on type of
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Fair = 6 to 12 Good = 8 to 22 Excellent = 10 to 22	vegetable: Poor = 2 to 6 Average = 4 to 10 Good = 6 to 18 Excellent = 8 to 24
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**Grasses:**

Alfalfa: Poor = 4, Average = 8, Good = 16, Excellent = 22  
 Grains: Poor = 6, Average = 10, Good = 14, Excellent = 18  
 Sorghum: Poor = 6, Average = 10, Good = 22, Excellent = 30

**Leafy Greens are Supposed to be Healthy, Right?**

Most supermarket green leaf produce reads around 1 or 2 on the Brix scale. Organic green leaf produce scores only 1 to 4. *Keep in mind, 4 to 6 is considered poor.* Most fruits are picked unripe and are low in sugar and nutrients compared to what nature originally intended. Even fresh fruit juice reads only in the 4 to 12 range of this scale. The dismal condition of our produce can only be remedied when soil and water conditions are improved; only then will readings climb to the higher ranges.

***"Let food be your medicine and let medicine be your food." - Hippocrates***

Fruit produced with clean, mineral-rich soil and good water is rich in mineral sugars, proteins, fatty acids, and the full complement of whatever biochemicals that plant is genetically designed to produce; it can be stored at room temperature for months without molding; it simply dehydrates. Food grown with high Brix (sugar) readings is relatively free from pest attack and high enough in nutritional value to be considered both food and medicine.

**In today's world, relying on food alone to create optimum health is inadequate!** Modern farming techniques and poor soil standards render a food supply that lacks adequate nutrition to even stay nourished, much less help the body to heal. In a four-year study that sampled over 400 plants, from farms across Midwestern America, it was found that mineral levels, in the plants, have dropped from between 8% to 68%.

**Looks Can Be Deceiving**

You would think that a carrot is a carrot, and that one carrot is equal to another. Unfortunately, one carrot may look like another and yet be lacking in the particular mineral which our system requires, and which carrots are supposed to contain. Laboratory tests prove that the fruits, vegetables, grains, seeds, and even the milk and meats of today are not what they were even a few generations ago. No one can eat enough fruits and vegetables to supply the stomach with the mineral salts required for perfect health, simply because our stomachs are not large enough to eat the amounts needed!

**Organic Produce Fails to Fill Nutrient Gap**

Humans require 91 nutrients every day in optimum amounts to thrive; these include sixty-four minerals, 16 plus vitamins, 10 essential amino acids and 2 essential fatty acids. Today, the only way to receive these nutrients in sufficient amounts is through supplementation. What about

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organically grown food? Organic produce is better than conventional produce from the standpoint of avoiding pesticides and its slightly higher mineral content derived from the manure or compost with which it was fertilized. Unfortunately, these soil amendments are coming from the same depleted soils that they are being fed back into. If the soil lacks sufficient nutrients and minerals, then the plants produced from these soils are likewise deficient, as is the manure or compost.

### **Faulty Thinking Embedded in U.S.’s Farming Methods**

In Germany, a scientist discovered that plants required only three basic elements to grow: nitrogen, phosphorus, and potassium. These elements make them grow, but are the resulting plants healthy? No! A healthy plant possesses an energy field that makes it unattractive to insects. Unhealthy plants emit certain frequencies that attract insects. These insects are designed to detect and remove weak plants from nature. This protects the plant kingdom from allowing weak plants to produce seed and offspring. Unhealthy plants require pesticides for protection; otherwise, insects devour them before we can eat them.

Our own government sounded an official warning in 1936, regarding the pitiable state of our farms’ soils. U.S. Senate Document #264, published by the 2nd session of the 74th Congress stated, “*Most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until the depleted soils from which our foods come are brought into proper mineral balance.*” The alarming fact is that all foods: fruits, vegetables and grains have been raised on millions of acres of land that no longer contains essential minerals. Nutritionally, we are starving - no matter how much of them we eat!

The above quote was before supplement science was introduced to the US marketplace. We don’t have to wait for food to be raised correctly to get the vitamins, minerals, and other nutrients in optimal amounts. We can take supplements!

The findings of the Earth Summit Report are staggering; they show in percentages the decline of mineral values over the last hundred years. This report gives numerical weight to what was reported in U.S. Senate Document #264, 72 years earlier. This report shows North America (United States, Canada, and Mexico) is far more affected than all other continents.

<i>Continent</i>	<i>% Depleted Over 100 Years</i>
Africa	74%
Asia	76%
Australia	55%
Europe	72%
<b>North America</b>	<b>85%</b>
South America	76%

Fig. 1 – Mineral Depletion Percentages of Soil as of June 1992

### **The Missing Link**

Leading authorities report 99% of Americans are mineral deficient and that this marked deficiency results in disease. Any upset of the balance, any considerable lack of just one essential mineral or

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nutrient, however miniscule the body requirement might be, can contribute to sickness and shorten our lives. Lacking vitamins, the body can make some use of minerals, but lacking minerals, vitamins become useless.<sup>6</sup> Yes, everything from perfectly healthy newborns to emotionally and physically balanced adults can find its roots in the mineral content of our soils and nutrient levels in our diets.

## **Baking Soda for Healthy pH Levels and More...**

Baking Soda has been used for many decades to alleviate heart burn, but it has several other beneficial effects on the body. One it alkalizes the body. Two it supplies the stomach with sodium and bicarbonate needed by the stomach to produce optimal stomach acid levels. Three is supports the pancreas's own bicarbonate fluid production, thus sparing the job on the pancreas and by deduction increasing the lifespan of that organ. Four, it supplies bicarbonate needed by the kidneys, thus sparing the job the kidneys must perform, thus allowing the kidneys to recovery a more optimal function. I recommend taking ¼ to ½ tsp. in water upon arising and again 40 minutes before dinner.

## **Mineral Interdependence Upon Calcium**

As stated earlier a plants mineral needs are 80% calcium and 20% macro and trace minerals. So too for the human body, the body requires minerals in the same rations as plants.

Therefore, to successfully supply the body with Calcium and trace minerals requires supplementation with [Atomic Calcium](#), and [Colloidal Minerals](#). Now the type of calcium, magnesium and [colloidal minerals](#) is what is vitally important. The most bioavailable form of calcium is ionic calcium (Ca<sup>2+</sup>). There is only one product on the market currently (2024) that supplies real ionic calcium, in a stable dry powder at an economical price. That product is called [Atomic Calcium](#). When 1 scoop is added to 4-16 oz of distilled water and allowed to react for 3 minutes, it supplies 23.5 mg of pure ionic calcium. Unlike virtually all other calcium's that require digestion through the intestines, Ionic Calcium (Ca<sup>2+</sup>) is absorbed right through the stomach wall. Ionic Calcium is the form of calcium the body requires for most of its calcium related biochemistry. When you consume any food or supplement form of calcium, these are either protein bound or become protein bound through the digestive process and then the body has to expend energy to convert this into ionic calcium. Which it does efficiently up to the age of 35. After age 35, like so many functions of the body, this efficiency declines more the older you get.

When you reach the age of 50 or 60, this deficiency for ionic calcium has become so pronounced that many disease processes are underway, including bone loss. As this deficiency progresses the body signals that Parathyroid gland to produce more parathyroid hormone, which dissolves bone calcium. Bone calcium and phosphorus are freed up and made available to the body in an attempt to meet the body's needs for ionic calcium. Because this process is inefficient, the calcium begins to build up in the arteries, joints, and soft tissues, turning the body progressively into stone.

Ionic Calcium acts like a hormone in that it signals so many biochemical pathways that it is at the foundation of human health. Therefore, when we grow deficient in it, we lose bone mass,

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mesenchymal stem cell production declines, cell division slows down, energy production goes down, along with many other processes. It is now known that consuming pure ionic calcium combats over 150 different diseases.

## **Personal Results Taking Atomic Calcium**

Despite years of calcium supplementation, from Lime Water to Calcium Magnesium Glycinate, Calcium and Magnesium Orotate and Coral Calcium, I was losing tooth material and developing stenosis in the foramen of my spine. Stenosis is a condition where the holes through which spinal nerves come out of the vertebrae become filled with calcium. This narrows the hole and starts rubbing on the nerve causing a dull painful feeling of the nerve supply becoming dead in my neck and shoulder muscles. Additionally, I had developed 9 pockets on the chewing surface of my teeth. Each tooth also was a filled tooth. I thought I was going to have to have expensive dental work done.

Then over one year ago I started taking Atomic Calcium and within 4 months the pockets, grew back by 80%. After 7 months on Atomic Calcium an area in between two back teeth where the enamel had worn away, making the teeth cause me pain from flossing or water picking, healed up completely. I now have no more sensitivity to water picking or flossing. Also, my teeth have gotten tighter. The calcium build-up in the foramen in my spine is also gone, as I have not had any issue with my neck or shoulder muscles feeling like the nerve supply is being shut off.

So, while, all these previous forms of calcium have been advertised as each having their own benefits, I now know that it all depends upon your biological age. If your biological age is 60 or greater, then all forms of inorganic or protein bound calcium will not adequately address your ionic calcium needs. This leads to your parathyroid detecting that a deficiency of ionic calcium (Ca<sup>2+</sup>) and turning on its production of Parathyroid hormone, which dissolves bone, in an attempt to compensate for this deficiency. This method is ineffective and results in deposition of calcium in the soft tissues and joints. Creating joint pain and immobility as well as hardening of the arteries, brain and other organs and tissues of the body. Experienced Chiropractors can to a degree determine the age of your body depending upon how opaque white your brain and soft tissues show up on x-rays.

## **Multiple Ways To Support Decalcification Of Pathogenically Deposited Calcium**

Once this calcium builds up occurs, what can you do that reverse it. One proven method is to supplement your diet with either [MK-4](#) or [MK-7](#) forms of vitamin K2. By taking supplemental K2, you will be activating the creation of Matrix GLA protein. This protein causes pathogenically deposited calcium to be removed from the body, as well as active the creation of new dense bones. Since vitamin D and K2 work together, you can get your vitamin D and K2 needs met by taking [MegaQuinD3](#), which supplies 5000 IU of D3 and 200 mcg of K2 as MK-7.

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The other method of decalcifying the body that should be used in conjunction with taking vitamin K2 is to restore ionic calcium levels in your blood to a state of homeostasis. How do you do this? By taking supplemental ionic calcium. All evidence suggests that taking [Atomic Calcium](#) will do this.

## Potency of Atomic Calcium

Atomic Calcium is composed of 66.7 mg of CaO, 28mg Magnesium Glycinate, 150 mg of Ester C, 88 mg of Glycine and 333.3 mg of Leucine. It is this high heat processed Calcium Oxide (CaO) that when put into ideally distilled water, for 1 minute will create an approximate 9.5 pH water and 23.5 mg of ionic calcium. This is the medicinal portion of the formula. Pure ionic calcium is very powerful and needs to be taken in very small amounts only. This is why most of the formula is made of the other ingredients.

## Many Minerals Are Dependent Upon Calcium To Work

It is important to know that 9 other minerals are directly dependent upon calcium for utilization. Without those 9 minerals working correctly then many other minerals won't work optimally either. Therefore, for your health to *thrive* you need to supplement with both an ionic form of calcium as well as with a full spectrum trace mineral supplement that are derived from decomposed plant material. This ideal trace mineral supplement is called [Colloidal Minerals](#), and is made by the Now Brand company. It is the most economical Colloidal Mineral supplement I have found; they are water extracted rather than acid extracted, making them far more palatable; and their source material is excellent because the effects from taking this supplement can be felt the first day you take it. The feeling I get is better mood, less cravings for sweets and satiation with less food intake.

Here is a chart showing the interdependency of all nutritive macrominerals to calcium.

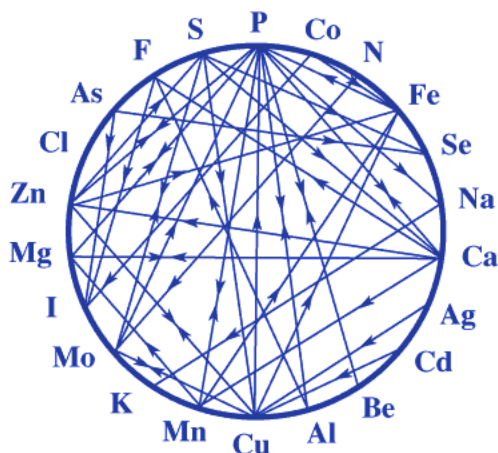


Fig. 1. Schematic illustrating how excesses of various elements can cause depression of other minerals.

Taking Calcium ([Atomic Calcium](#)), Magnesium ([Magnesium Orotate](#)) and Potassium ([MEM Potassium](#)) will address three of your primary macromineral needs, which are the minerals

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required in large amount for your body to function properly. As already stated trace minerals are required by the body and can be dependent upon the presence of ionic calcium to work. Therefore, by combining Ionic Calcium supplementation with a water extracted [colloidal mineral](#) supplement, will give you AMAZING RESULTS!

The colloidal mineral supplement I am referring to, has a long history of usage. The first discovery of naturally occurring colloidal minerals were found in Utah. Mineral water coming out of the humic shale deposit in Utah was used by native Americans to heal themselves. A native American introduced TJ Clark to this water in the early 1920's. TJ Clark's health issue healed up drinking this mineral water. TJ Clark and his decedents created the first colloidal trace mineral supplement for human consumption in the united States. However, the TJ Clark mineral tea is very acidic, to the point that it can cause nausea even after being diluted. I have found that the Now brand of [Colloidal Minerals](#) also relies upon a humic shale deposit in Utah, but they have done something different that has softened the taste a lot, making it very easy to drink these concentrated liquid minerals in a palatable manner.

#### Now Colloidal Mineral Assay

ANALYTE	UNITS	QUANTITY	ANALYTE	UNITS	QUANTITY	ANALYTE	UNITS	QUANTITY
Aluminum	mg/L	230	Hafnium	mg/L	0.0015	Rhodium	mg/L	0.00045
Antimony	mg/L	0.185	Holmium	mg/L	0.0054	Rubidium	mg/L	0.0435
Arsenic	mg/L	0.004	Indium	mg/L	0.0005	Ruthenium	mg/L	0.0015
Barium	mg/L	0.105	Iodine	mg/L	<0.005	Samarium	mg/L	0.0425
Beryllium	mg/L	0.07	Iridium	mg/L	<0.005	Scandium	mg/L	0.045
Bismuth	mg/L	0.0025	Iron	mg/L	318	Selenium	mg/L	0.0075
Boron	mg/L	1.525	Lanthanum	mg/L	0.195	Silicon	mg/L	95
Bromine	mg/L	0.055	Lead	mg/L	< 0.005	Silver	mg/L	0.001
Cadmium	mg/L	0.03	Lithium	mg/L	5.45	Sodium	mg/L	81.5
Calcium	mg/L	140	Lutetium	mg/L	0.0104	Strontium	mg/L	1.05
Carbon	mg/L	60	Magnesium	mg/L	370	Sulfur	mg/L	12075
Cerium	mg/L	0.54	Manganese	mg/L	14	Tantalum	mg/L	0.003
Cesium	mg/L	0.003	Mercury	mg/L	0.00041	Tellurium	mg/L	0.015
Chloride	mg/L	140	Molybdenum	mg/L	0.001	Terbium	mg/L	0.0175
Chromium	mg/L	0.105	Neodymium	mg/L	0.375	Thallium	mg/L	0.425
Cobalt	mg/L	1.075	Nickel	mg/L	1.345	Thorium	mg/L	0.0025
Copper	mg/L	0.1	Niobium	mg/L	<0.01	Thulium	mg/L	0.007
Dysprosium	mg/L	0.045	Nitrogen	mg/L	575	Tin	mg/L	0.0155
Erbium	mg/L	0.04	Osmium	mg/L	0.0045	Titanium	mg/L	0.085
Europium	mg/L	0.002	Palladium	mg/L	0.001	Tungsten	mg/L	<0.003
Fluoride	mg/L	0.06	Phosphorus	mg/L	0.005	Vanadium	mg/L	0.0495
Gadolinium	mg/L	0.074	Platinum	mg/L	<0.001	Ytterbium	mg/L	0.055
Gallium	mg/L	0.006	Potassium	mg/L	8.45	Zinc	mg/L	396
Germanium	mg/L	0.32	Praseodymium	mg/L	0.0325	Zirconium	mg/L	0.104
Gold	mg/L	< 0.001	Rhenium	mg/L	0.002			

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**Suggested dosage is 1 tbsp. diluted into 12-16 oz of distilled water with 1 scoop of Atomic Calcium, always taken on an empty stomach, upon arising and 30 minutes before dinner.**

**[Colloidal Minerals: https://synergisticnutrition.com/colloidal-minerals-32-fl-oz.html](https://synergisticnutrition.com/colloidal-minerals-32-fl-oz.html)**

**[Atomic Calcium: https://synergisticnutrition.com/atomic-calcium-80-grams.html](https://synergisticnutrition.com/atomic-calcium-80-grams.html)**

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