YOUR WELLNESS PITSTOP

Minerals:
Vitamins and minerals work together synergistically
We cannot receive or process vitamins without minerals
Vitamins are organic because they contain carbon
Minerals are inorganic bc they do not
VITAMINS or MINERALS should never be seen as a replacement for REAL food

Minerals like enzymes speed up metabolic functions
Dead foods do not contain enzymes…
Aid chemical reactions in the body

Sodium & Potassium = proper fluid balance

Calcium = better teeth, bones
    Is absorbed in the small intestines and dudadeum (first part of the sm. intestines)
    BUT you need magnesium to absorb (Vitamin D too)
BUT Manganese (a mineral) helps absorb calcium and it gets into our bones & also helps the body use amino acids and carbohydrates

MACRO/ Major Minerals like calcium, magnesium, phosphorus, potassium, sodium, and sulfur are all critical to the body and we need regularly

MICRO/Trace: chromium, copper, iodine, fluorine, iron, manganese, molybdenum, selenium, zinc

- constipation, bloating, or abdominal pain
- decreased immune system
- diarrhea
- irregular heartbeat
- loss of appetite
- muscle cramping
- nausea and vomiting

- numbness or tingling in the extremities
- poor concentration
- slow social or mental development in children
- weakness or tiredness

Major Minerals

<u>Calcium</u> (the most important mineral)

- Builds and maintains strong bones and teeth
- Assists in the regulation and rhythm of the heart
- Regulates the passage of nutrients into and out of the cells
- Promotes normal blood clotting
- Maintains nerve and muscle function
- Lowers blood pressure
- Promotes normal kidney function
- Lowers cholesterol levels in the blood
- Reduces the probability of contracting colon cancer
- Alleviates the effects of insomnia

<u>Chloride</u>

- Acts as an electrolyte (regulates the electrical communication between cells)
- Controls the pH balance in blood by limiting the presence of acid
- The main component of hydrochloric acid assists the stomach in the digestion of food
- It also aids in the removal of waste from the bloodstream via the liver
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<u>Magnesium</u>

- Helps to lower and regulate blood pressure
- Assists in the regulation of the beating of the heart
- regulates the neuromuscular activity of the heart
- Required for calcium and vitamin C metabolism
- Converts blood sugar into energy
- Controls the pH balance of your blood by limiting the presence of acid
- Has been shown to alleviate the effects of stress, tension, and headaches

<u>Phosphorus</u>

- Aids in the formation of healthy bones and teeth
- Aids in the production of collagen (prevents the effects of wrinkles)
- Aids in the production of energy
- Exists in every cell membrane and is required for normal functionality

- Keeps blood from clumping while traveling throughout the body to lower the risk of contracting heart disease
- Aids in the production of bile and the prevention of fatty acid build up in the liver

Potassium

- Acts as an electrolyte (regulates the electrical communication between cells)
- Works in conjunction with sodium to regulate waste
- Regulates and normalizes heart rhythm
- Assists your body in maintaining a proper balance of water
- Promotes clear thinking by sending oxygen to the brain
- Has been shown to lower and regulate blood pressure
- Maintains correct alkalinity levels in bodily fluids
- Stimulates kidneys to eliminate poisonous waste material
- Has also been shown to alleviate muscle cramps and prevent them from occurring
- Improves and promotes healthy skin

Sodium

- Acts as an electrolyte (regulates the electrical communication between cells)
- Assists the body in preventing blood clots
- Maintains proper body water distribution
- Assists in maintaining proper acidity/alkaline levels
- Aids in the transmission of nerve impulses
- Although excess levels can raise blood pressure, reasonable levels actually lower blood pressure levels
- Assists in the breakdown of carbohydrates, proteins, and fats

Sulfur

- Contributes to the strength of hair, nails (finger and toe) and skin
- Assists in several enzyme reactions and the synthesis of protein
- Aids in the formation and production of collagen (prevents the effects of wrinkles)
- Assists the red blood cells in their ability to carry oxygen throughout your body
- Has been shown to be a very effective agent in the removal of toxins from the body

Trace Minerals

Chromium

- Works in conjunction with insulin to metabolize sugar and stabilize blood sugar levels
- Reduces cholesterol and triglyceride levels to reduce the probability of heart attacks and strokes
- Assists in the transportation of amino acids
- Controls appetite
- Assists in the control of fat levels within the body
- Reduces the probability of contracting cancer, heart conditions, and diabetes
- Aids in the production and retention of muscle tissue

Copper

- Assists in the absorption, metabolism, and storage of iron
- One of the primary agents in the process your body uses to produce hemoglobin
- Assists at the cellular level to produce energy
- Protects cells against free radical damage
- Aids in the formation of red blood cells
- Aids in the maintenance of your bone structure
- Strengthens connective tissue
- Aids in the production of collagen (prevents the effects of wrinkles)

Fluoride

- Promotes mineralization of developing tooth enamel and reduces the probability of tooth decay
- Aids in the maintenance of the bone structure
- One of the primary agents in the restoration of lost or depleted minerals
- Has been shown to be a helpful component in the prevention of osteoporosis

Iodine

- Combines with other minerals to produce triiodothyronine and thyroxine (Needed by your entire body)
- Aids in the process used by the body to provide energy and to combat fatigue
- Can reduce the risk of mental retardation in infants of expecting mothers.
- Works with the thyroid hormone to support metabolism

Iron

- Combines with protein and copper to produce hemoglobin
- Improves blood quality and increases resistance to disease and stress
- The most important mineral in the ability for your blood to transport oxygen
- Assists in the production of myoglobin which supplies oxygen to muscle cells to allow the muscle to contract

- Assists in the maintenance of a strong immune system
- Promotes stable body temperature regulation
- Reduces effects and combats fatigue
- A very important agent in the increase of metabolism
- Promotes good skin tone

Manganese

- Acts as an electrolyte (regulates the electrical communication between cells)
- Acts as an antioxidant to combat free radicals
- Assists in the blood breakdown of amino acids
- Aids in the production of energy
- Assists in the repair of damaged tissue
- Acts as a catalyst for several enzymes related to proper digestion
- Acts as a catalyst in breaking down fats and cholesterol
- Aids in maintaining sex hormone production
- Assists in providing nourishment for the nerves and brain
- Assists in the proper growth and development of your skeletal structure
- Aids in the metabolism of vitamin b1 and vitamin E

Molybdenum

- Assists the body in breaking up sulfite toxins
- Important cofactor for several of the enzymes involved in the synthesis of protein
- Breaks down carbohydrates, copper, nitrogen, and fats
- Plays an important role in the regulation and lowering of blood sugar levels
- Assists in the enzyme process that allows the body to use iron
- Assists in the metabolism of carbohydrates and fats
- Has applications in the reduction and prevention of tooth decay and cavities
- Assists in the prevention of anemia
- Aids in enhancing mental well-being

Selenium

- Acts as an electrolyte (regulates the electrical communication between cells)
- Acts as an antioxidant to combat free radicals
- Protects cell membranes and reduces the generation of free radicals
- Decreases the risk of contracting several types of cancer and heart disease
- Assists in the preservation of tissue elasticity
- Slows down the aging process and the hardening of tissue caused by oxidation
- Vital to the proper function of your pancreas and thyroid gland
- Assists in the prevention of dandruff

Zinc

- Plays an important role in the health and stability of the immune system
- Acts as an antioxidant to combat free radicals
- Assists in the synthesis of protein
- Aids in the healing of wounds
- Maintains your ability to experience smell and taste sensations
- Aids in the development of the reproductive organs
- Assists in regulating proper prostate functionality and male hormone activity
- Regulates and maintains the proper stages of your body's growth, particularly the reproductive system
- Assists in stabilizing the blood and maintaining the proper alkaline balance
- Assists in the metabolism and digestion of phosphorus

Supplementing Your Dietary Intake with Minerals

As previously stated, minerals not only play an important role in one's health, but also allow the body to perform countless bodily functions, ward off disease, and operate at an optimum level as well.

There are 7 key components related to overall good health, fitness, and mental well-being and proper nutrition and supplementation are one of them. Each of the 7 key primary components is listed below and is required in order to live a life that has a reduced probability of contracting a chronic disease and that is filled with good health, fitness, mental stability.

1. Cardiovascular/Aerobic Conditioning
2. Strength Training and Muscular Development
3. Stretching - Muscle, Ligament, and Tendons
4. Core Stability
5. Nutrition and Supplementation
6. Mental Rest and Relaxation
7. Sleep