

Minerals: Essential Ingredients for Good Health

by Silvio Mattacchione BA MA

Silvio@silvio-co.com

Dr. Charles Northern was America's first pioneer into the role of minerals in nutrition. An Alabama physician who specialized in stomach diseases and nutritional disorders, his discoveries and achievements are of enormous importance to mankind! Some of his findings and principles are reprinted in Senate Document No. 264 entitled *Modern Miracle Men Relating to Proper Food Mineral Balance*.

Some of the highlights of Document No. 264 that are of critical importance are quoted directly word for word:

"Certainly our physical well being is more directly dependent upon the minerals we take in to our system than upon calories or vitamins or upon the precise proportion of starch, protein or carbohydrates we consume. "

"Any upset of the balance, any considerable lack of one or another element, however microscopic the body requirement may be and we sicken, suffer, shorten our lives."

"In the absence of minerals, vitamins have no function to perform. Lacking vitamins, the system can make use of minerals, but lacking minerals, vitamins are useless."

"The alarming fact is that foods -fruits, vegetables and grains - now being raised on millions of acres of land that no longer contains enough of certain needed minerals, are starving us-no matter how much of them we eat!"

"That minerals are vital to human metabolism and health and that no plant or animal can appropriate to itself any mineral that is not present in the soil upon which it feeds"

"An organism supplied with a diet adequate to preferably in excess of all mineral requirements may so utilize these elements as to produce immunity from infection quite beyond anything we are able to produce artificially. You can't make up the deficiency by using patent medicine."

". Colloidal, i.e., they are in a state of such extremely fine suspension that they can be assimilated by the human system."

"Sick soils mean sick plants, sick animals and people. Physical, mental and moral fitness depends largely upon an ample supply and, proper proportion of the minerals in our foods. Nerve function, nerve stability, nerve cell building likewise depend thereon."

"Soils seriously deficient in minerals cannot produce plant life competent to maintain our needs, and with the continuous cropping and shipping away of those concentrates, the condition becomes worse."

Dr. Northern's work is of such importance as to rank with that of Burbank, the plant wizard, and with that of our most famous physiologists and nutritional experts!

What does all of this mean for both man and his birds? In simple terms, it means that biochemical researchers have determined that a mineral of some kind is involved in nearly every reaction that takes place within the billions of cells within the bodies of all animals-

this includes all enzyme reactions, DNA reactions within the chromosomes' genes, most hormone reactions, and in the brain's thought processes, just to mention a few. What I am saying is if the mineral element isn't present at the cell level, there will be no enzyme reaction. The body must maintain an adequate mineral supply to maintain a balance between internal and external pressures of the body cells called *osmotic equilibrium*. If this state is not maintained, normal cell function cannot continue. Further, all nutrients-such as vitamins, proteins, enzymes, amino acids, carbohydrates, fats, sugars, and oils-require a large variety of minerals for activity. Remember, vitamins cannot function unless minerals are present, and trace chelated minerals are more important in nutrition than vitamins.

Minerals make enzyme functions possible. Chelated minerals combine with enzymes into an alkaline detoxifying agent that neutralizes the acid metabolic byproducts of the cells and other toxic conditions within the body to prepare them for elimination. A deficiency of just one mineral may disrupt the entire chain of life, rendering other nutrients either useless or inefficient. It is therefore totally understandable why the body needs the broadest range of chelated minerals in balance to regain and maintain good health.

Well we have come full circle. Health, indeed *super health*, is the key to producing *super birds* (both breeders and performance) and totally natural colloidal chelated trace minerals are the key to providing all your birds with the broadest and most extensive group of organic minerals available anywhere. The colloidal nature of the silicate minerals holds the elements together for use in the body.

Remember that colloidal chelated trace minerals are more important than other minerals because they are better absorbed than inorganic nonchelated minerals. Colloidal chelated minerals neutralizes the ionic charge of the element, allowing easy passage through the intestinal wall into the bloodstream without giving up its vitality.