



# Colloidal Minerals and Trace Elements: How to Restore the Body's Natural Vitality

*Marie-France Muller M.D. N.D. Ph.D.*

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How to effectively use colloidal mineral and trace element supplements to compensate for the deficiencies in our diet that cause ill health

- Includes a complete list of all trace elements and their ideal combinations for addressing health imbalances
- Examines why our food is no longer nutritious enough to supply the body's mineral and trace element needs and how to address this problem

Much of the ill health and lack of vitality people complain of today can be traced to a deficiency of minerals and trace elements in our diets. The food we eat is no longer keeping us healthy. Modern farming methods have depleted the natural mineral reserves of the soil, and as a result the foods we eat are increasingly deficient in the nutrients needed for proper functioning of the body.

Minerals are essential catalysts that allow vitamins, enzymes, and other nutrients to perform their necessary roles in the body and promote proper mental function. Simply taking standard mineral supplements will not correct any imbalances we may experience because our bodies are designed to best absorb and use minerals that are in a colloidal form: the soluble suspended state in which plants absorb minerals from the soil. Colloidal mineral supplements, however, can increase vitality and strengthen the immune system because 98 percent of the supplement is incorporated into the body as opposed to the 3-5 percent absorption of standard mineral supplements. *Colloidal Minerals and Trace Elements* details 55 trace elements and their beneficial effects and explains the ideal combinations of colloid supplements to use based on your health concerns.

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