



The Body ReNEWS

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We will be closed on Thursday, July 4th and Friday, July 5th. Please plan accordingly.

Minerals—The Currency of Life

Minerals and mineral supplements are in fact a way of life. Since before recorded history, humans have craved and consumed minerals including the major minerals, trace minerals, and rare earths in the form of clays, salts, animal tissue or colloidal mineral rich plants.

The basic functions of life cannot be performed without minerals, however, the medical professionals would have us believe that all we need to be healthy is their guidance, the four food groups, pharmaceuticals, radiation, surgery and organ transplants.

Simply put, minerals are the currency of life. The medical profession ignores this basic truth to the point of being absurd. A prime example

of this is salt. Doctors would have you believe that you need little or no salt, but the multi-billion dollar a year snack industry understands your need and cravings for salt and other minerals. Even a good livestock farmer puts a salt block out for his cattle.

There are 75 metals listed in the periodic table, all of which have been detected in human blood and other body fluids. At least 60 of these metals (minerals) have physiological value for humans. On an organic level, not a single function in the human body can take place without at least one mineral or metal cofactor.

Since it has been established that minerals are necessary for basic human physiology, why then are we not able

to simply eat enough good foods to give our bodies an adequate supply? There are a couple of reasons why it is necessary to supplement with minerals in our modern world.

One reason is that Americans do not incorporate enough real food in their diets. If the majority of American households ate real food, the fast food industries would be asking for a government bailout. Instead they continue to grow and succeed. By real food, I'm referring to the foods that are found on the perimeter of most groceries—fresh produce, meats, and dairy, or foods found at farmers' markets. A diet that is high in processed foods depletes many of the minerals in the body.

A second reason that mineral supplementation is necessary is

(continued on page 2)

Natural Sunscreen

1/2 cup coconut oil

2 Tbsp mango or shea butter

Combine the two ingredients in a clean glass jar. Place in a pan filled halfway with boiling hot water and let melt. Do not do this over direct heat. Store in a glass jar. Apply before going out into the sun and as needed.

Avoid being outdoors when the sun is strongest, between 11 a.m. and 4 p.m. Dress appropriately. Clothing offers an SPF of 5 to 9. Wear hats and eye protection whenever you are exposed.



Annual Open House

Wednesday, July 3rd

Come join us for our annual Open House on Wednesday, July 3rd from 10:00 to 4:00.

Stop by and have some refreshments, and enter for our door prize drawings.



Our massage therapists will be giving free chair massages.

Coupon

This coupon is good for 15% off all supplements during the Open House, **OR** 20% if payment is made with cash or check. If you cannot make our Open House, you may enjoy 10% off one use during the month of July.

The Open House discount will only be applied during the hours of 10-4 on July 3, 2013

One coupon per household. Coupon may not be applied to massages, testing, or gift certificates. No preorders will be accepted. Discount excludes earthing kits, dog food, coconut oil and coconut oil books, orthotics or massage tools, xylosweet and salt.

Minerals—The Currency of Life (cont. from pg 1)

because the fresh produce that is available does not contain the same level of mineral content that it did fifty or sixty years ago. Unfortunately, our earth is anemic. Our earth's crust was given a finite amount of raw materials and without regular remineralization (which is economically impossible), it cannot sustain the mineral-rich dirt of our forefathers.

Minerals are not equally distributed in soils. The soils where our food crops are grown do not contain a uniform amount of minerals. If they contain any at all, they occur in veins like the chocolate swirls in chocolate ripple ice cream. In a nutshell, spinach grown on the same farm may have varying amounts of minerals.

We have had official warnings since 1936! U.S. Senate Document #264, published by the 2nd session of the 74th Congress (1936) stated:

"Do you know that most of us today are suffering from 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 foods—fruits and 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!"

"Laboratory tests prove that the fruits, the vegetables, the grains, the eggs, and even the milk and the meats of today are not what they were a few generations ago (which doubtless explains why our forefathers thrived on a selection of foods that would starve us). No man of today can eat enough fruits and vegetables to supply his stomach with the mineral salts he requires for perfect health, because his stomach isn't big enough to hold them. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless."

Obesity problems and the Americans go hand-in-hand.

"Nibble, nibble, nibble all the way home." "Pica" is a seeking or craving with a licking or chewing behavior as a result of mineral deficiencies. Neither vitamin, protein or calorie deficiencies cause this "pica" behavior, nor will supplementing with vitamins or eating sugar, carbohydrates, fat or protein quench it.

The snack food and fast food industries are aware of this relationship between pica, cravings, and salt hunger and they use it to their advantage by liberally salting or sweetening their products. The consumption of sugar and salt temporarily satisfies your body's craving for minerals.

It is a sad fact that Science Diet dog food has 40 minerals in it, Purina rat food contains 28 minerals and not one human infant formula has more than 12 minerals, which proves that a dog's life may not be so bad.

"It has been clearly demonstrated in the laboratory animal, pet animal and agriculture that 98% of birth de-

fects are not "genetic" in nature, but in fact are nutritional deficiencies of the egg, embryo and fetus and can be prevented by preconception nutrition." Using this knowledge instead of denying it, the animal industry has all but eliminated tragic and expensive birth defects. A few pennies a day per animal worth of essential vitamins and minerals has virtually eliminated hydrocephalus, Down's Syndrome, heart defects, muscular dystrophy, cystic fibrosis, to name a few.

There are literally dozens of human "genetic" diseases that can be prevented and in the early stages reversed or "cured" with minerals. Two such diseases are muscular dystrophy and cystic fibrosis.

During the month of June, **Trace Minerals—B12, Multi-Mins, and PDCM will be 10% off the regular price.** The regular price of these products is: Trace Minerals-B12 (\$15.50 for 90 tablets), Multi-Mins (\$14.50 for 120 tablets) and PDCM (\$23 for 8 oz and \$65 for 32 oz).

Summertime & Travel Survival Kit

Out in Sun (before going out and after coming back in) –

Cataplex F perles (6 for adults, 3 for kids)

Calcium Lactate (6 for adults, 3 for kids)

Sunburn –

Silver Spray (spray on burn) (then wear a shirt)

- also good for insect bites/stings

Nausea/Food Poisoning –

Cataplex A-C (20/day)

Dining Out –

AF Betafood (up to 10/meal)

Zypan (up to 3/meal)

