

THE TOXIC MINERAL BELIEF, AND WHY DO WE NEED ALUMINUM IN OUR DIET?

The toxic mineral belief

We all know about toxic metals (toxic metallic minerals) and most people have been led to believe the so called toxic minerals are bad regardless of their source. This is not necessarily true. Let's take aluminum as an example. Aluminum, as found in the earth is a metallic mineral. It has bothersome to learn that so many of our supposed leaders, intellectuals, doctors and nutritionists know so little about this element. It has been criticized beyond belief. Granted, metallic aluminum, like that which can be dissolved or leached from aluminum pans or utensils may be extremely harmful and I truly believe it is. But, what about aluminum from food? You're probably asking yourself, "Did he say foods contain aluminum"? Don't be surprised because the answer is YES!

Foods also contain other supposedly toxic minerals. Questions have been raised about the presence of aluminum, cadmium, lead and mercury and other possibly toxic minerals in plant derived liquid minerals products, and other ionic mineral products.

Experimental trials:

However, experimental trials with measurements of toxic mineral levels over time are a more accurate way of answering these questions than theories, however reasonable they may seem. Such trials were conducted by Dr. Gary Price Todd, MD. He showed that levels of Aluminum, Cadmium, and Lead, had Dramatically DECREASED in the test subjects hair analysis tests.

Dr. Todd points out that successful clearing of potentially toxic metallic minerals (as well as other potentially toxic substances) from our bodies, first requires "mobilization" of these minerals from the "storage" sites such as bones, teeth, etc. If this "mobilization" is successful, the potentially toxic minerals are then cleared from the body and measured levels decline over time. This occurred with every individual that used the ionic negatively charged minerals, in Dr. Todd's study.

Aluminum:

I want to be more specific about aluminum. All aluminum that comes from food is pre-assimilated by the plant, and it is naturally tied to hydrogen in

the form of sulfate. Black Mica derived minerals (Auro Gold) are naturally rich in sulfate. Naturally occurring aluminum sulfate minerals are called alums, which are used in styptics and antiseptics. We all know aluminum hydroxide is used extensively as food additives throughout the world. Therefore, if aluminum is harmful, why have you lived so long, and why is it used in food processing or as ingredients in deodorizers, antacids, and face makeup and nearly without exception in many municipal water systems throughout the world? **Alum sulfate increases stomach acidity and improves digestion and the absorption of nutrients, stimulates gastric and pancreatic secretion and has a mild diuretic effect. Incidentally, the World Health Organization estimates that the average adult dietary aluminum intake ranges between 10 and 15 milligrams (mg) daily.** See if you agree after reading the next several paragraphs.

Aluminum is one of the most abundant minerals on earth, second only to silica. It is in virtually everything we touch, most of the air we breathe, most water we drink and in most food we eat.

We were able to obtain copies of the results of lab tests for aluminum in certain plant foods. The results came from the A & L Laboratory Agronomy Handbook used by many agronomists worldwide. The page headings state "Plant Analysis Guide Nutrient Sufficiency Ranges". I understand the tests are made on plant petals, vines or even the fruit or nut, depending on the type of plant bearing the food. The amounts are listed in parts per billion (PPB). Just so you know, PPB and MCG/L (micrograms per liter) are considered one and the same. The test results have a low amount and a high amount that were obtained from different tests on the same food or plant species. I am listing the averages below, and how they compare to the number of cups of water properly diluted with Auro Gold, that a person needs to consume to meet the amount of Aluminum in that specific fruit/vegetable/food. (For example: You will need to drink 41.2 cups of water with properly diluted Auro Gold in it, to intake as much Aluminum as is in 6oz of bananas!!!!)

Nearly all plants contain aluminum, and if your mineral supplement contains little or no aluminum, it is not in a form that can be absorbed easily by humans, nor plants (living matter) can assimilate it. If it is not available for plants (and humans), it is also not negatively charged. Therefore, it probably is not very well assimilated or absorbed. According to food chemistry, black mica minerals are 100% absorbable. If this were true, comparing any metallic mineral to Auro minerals would be like comparing sawdust to oatmeal.

In addition to being water-soluble, Auro minerals, are naturally acidic. This alone makes important elements like calcium and iron more easily

absorbable. An Auro mineral is as much as several thousand, and with some, at least a hundred thousand, and others as much as a million times smaller than the smallest metallic mineral.

The Auro mineral can be measured in nanometers and the smallest in picometers. On average, they are less than 0.00001 micron in size that could conceivably be 1/10,000th the size of a red blood cell. Their small size gives them an enormous surface area.

All plants, fruits and vegetables contain converted or assimilated metallic minerals, which become negatively charged through the plant's synthesizing process. (Auto Gold minerals have gone through the same extraction process (as performed by our earth's natural flora) from Black Mica Volcanic Rocks, to be readily available for plants and humans, this natural bacterial process has been greatly disrupted due to the industrial revolution). In order for minerals to be quickly and properly absorbed through the intestinal membrane, they must be negatively charged. When you eat plants or a plant's fruit, you are eating plant derived minerals in an already combined and electrochemically neutralized form. These negatively charged, water-soluble minerals from plants are non-toxic in reasonable dosage. For example, iodine in plant derived form is one of the elements for good health. And this is really interesting; if you drank even 2 grains of free iodine, it would kill you. But in its plant derived form, iodine is not only harmless, it is beneficial. The same is true for plant derived, or black mica derived arsenic, lead, aluminum and other minerals considered toxic in their metallic form. A full spectrum of ionic sulphate minerals will greatly enhance your chances of good health.

Auro's Ionic Minerals:

Ionized minerals are bio electrically charged minerals that are dissolved in water. They carry an extra electron.

Auro's Ionic Minerals are DISSOLVED, not suspended, in an ionized or ?living? state. Therefore they are more easily absorbed into our blood stream and body cells. Ionized minerals go into our body surrounded by nutrients. Ionized minerals DO NOT build up to toxic levels in our tissues and joints as do minerals in colloidal or dead form.

In layman terms ionization means absorbed, but also electrically charged. Our body works on bio -electricity, every organ has its own unique bio electric wave length. Auro Ionic Mineral solution delivers MINERALS IN AN IONIZED STATE. Rather than tap water being broken down in the stomach in preparation for absorption Auro Water is absorbed nearly instantly and reaches the bloodstream and cells fast. The Auro Gold System is designed to deliver OXYGEN, WATER,

AND LIVING MINERALS to our body!

Texts from:

1. Fundamental Source of Life/Helmer Heinrich