

Your Minerals and Vitamins Food Guide

-- BY REX PHILLIPS-IMALE --

The suggestions here are provided strictly for information purposes and are not meant to replace advice from your doctor or natural health practitioner. Consult your doctor or health practitioner before applying the suggestions discussed here. Do not stop or change any prescription medications without guidance and advice of your physician.

PLEASE NOTE!!!

This guide assumes you're getting enough Macro Nutrients: Carbohydrates, Proteins and Good Fats from your diet. It is usually easier for you to get sufficient amounts of Macro Nutrients. However it is difficult to obtain adequate amounts of Micro Nutrients: Minerals, Trace Minerals and Vitamins, which this guide will be concentrating on.

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It's sad...

It is sad how we all rummage through information and health products to find the one supplement or miracle product that will make all our discomforts disappear; that will ensure we lead healthier lives brimming with youth and vitality like the models and actors in our magazines or on our TV screens. Of course their faces are packed full of makeup not to mention the Photoshop editing to make their skin flawless giving them the youthful and vibrant look. But heck...

We don't want to think about the Photoshop editing, camera lighting and makeup fact. We would rather believe in the lie that these models and actors actually look like that in real life. The fact of the matter is most of these guys and girls in front of our cameras don't look like that in reality. I'm talking about the god like glow of their skin.

Only very few of them actually look like they are brimming with life and vitality in real life. I work in luxury so I get to see a lot of these celebrities and models every week. For those of you who came for information about vitamins and minerals, you are clearly lost; because you've misread the title, take another look at the title...

Naaa, just teasing you. I have to go through this because it is relative. Bear with me.

In spite of all I have said above, I do come across some commoners like you and me that look out of this world amazing. I mean with an unearthly glow that makes you think wow! Some of them don't even have makeup on.

Ok people, listen up...

I could already hear some of you thinking: 'Well, these commoners clearly have good genes unlike you and this is why they look so good'. Bulllocks! I beg your pardon. I just had to let that out. It won't happen again. But, I am so sick and tired of people feeding themselves that lie.

Yes, some people do have good genetics. However, the other reason these ordinary guys and girls look this good is because they pamper their bodies like you won't believe. That's right! Pampering yourself is not eating that gorgeous cherry chocolate cake. Pampering yourself is not dining out at that fancy restaurant with killer food and deserts.

I am talking about...

1. Making sure your body gets surplus nutrients. If you've just had a 'miracle' multivitamin supplement bolt through your mind just now, then, I wish I could reach out of this screen and **SLAP** some sense into you. Gosh, I really should stop taking those cold showers. I am usually not this itchy.

2. Regular massage also helps as it is therapeutic.
3. Let's not forget the advantage of proper exercise.
4. Ok... now you can think of good quality supplements. (Supplementation should NEVER come first – as the name implies, it is there to supplement your nutrient intake from clean foods.

Those of you suffering from dis-eases like constipation, fatigue, irritable bowel syndrome, Candida or yeast infection, bloating, etc, you will continue to suffer from these discomforts until you finally understand the big deal I am making about getting ample amounts of nutrients in you.

Allow me to make you a believer. Check this out...

You are a builder, commissioned to build a standard solid house. Tell me, would you arrive at the site with no cement? Will you arrive at the site with bad quality materials? If you did, what will happen? That's right! The house you build will be less than standard. It will have shaky foundation. It will give the owners lots of problems in the short and long term.

This is what most of you do with your bodies. Just like building a house and maintaining a car, your body needs good quality materials in order to function. You really need to start thinking of your body as a sophisticated and durable machine. Yes, **durable not indestructible**; with the way some of you treat your bodies, you seem to entertain the idea that your bodies are indestructible.

Since you are not pampering your body with good quality materials that possess the required nutrients, enzymes and useful bacteria, what do you think is going to happen?

That's right! You pave the way for all sorts of problems and discomforts.

On the subject of materials, did you know that...

Calcium as well as acting with phosphorous to build and maintain bones and teeth, it can also be beneficial for you with illnesses such as Epilepsy, Diarrhoea, Dizziness, Nervousness, **Cancer of the large Intestine, Common Cold**, Mental Illness, Arthritis and **Headaches**. All it takes is for you to add some greens to your diet and... tar tar tar taaaaar, this nutrient will give you these benefits.

Did you know that Magnesium activates enzymes in your body (enzymes help process food), aids in the absorption of other minerals such as calcium and phosphorus. Look at that, so these nutrients work together in your body. Anyway, Magnesium helps with Diabetes, High Cholesterol level, Fracture, Nervousness, Neuromuscular Disorders (brain issues), Mental Illness, Muscle Weakness, Backache and Colitis. You add some Bananas, Brown Rice and Cashew nuts to your diet and... tar tar tar taaaaar. I love the sound of this tune. Wait. Let me get my orchestra sticks so we can do this right...

Allow me to introduce you to the **HOLY GRAIL** of good health. My friends, this is what makes the difference between being sick everyday and hardly ever being sick to the point where my colleagues at work sort of hate me. I make them look bad with all the time they call in sick. This is the difference between taking five to six days to recover from an illness and taking two days to recover. The benefits are endless. Back to the plot...

The Hobbies of Hobbies to excellent health is proper consumption of minerals and vitamins. Steady guys and girls, don't fall asleep, I am about to get into some intellectual stuff. Don't worry, I won't bore you for too long but I need your full attention for a second:

The materials your body needs to function properly must possess sufficient amounts of nutrients. Nutrients are composed of **Macro** Nutrients and **Micro** Nutrients, which means big and small nutrients. **Macro** nutrients are proteins, carbohydrates, fibre and fats. **Micro** Nutrients are Minerals and Vitamins i.e. calcium, magnesium, zinc, iron, vitamin c and vitamin b6. Phew!

Glad that is over, I was afraid of losing lots of you there. I am not accusing you of being unintelligent; I am just saying that I understand how boring the information above can be. It was difficult for me to assimilate info like this when I first got interested in my health, because we are not accustomed or encouraged to learn stuff like this.

Most of you get good amounts of the big nutrients in your diets (with exception to fibre and good fats), it is the small nutrients, basically, the minerals and vitamins that most of you get ridiculously very low amounts of that I wonder how some of you are still alive, you should be dead.

They may be small nutrients as the body needs smaller amounts of them in comparison to the larger nutrients, but I kid you not, they are equally as **vital**. In fact, I am dedicating most of this guide to helping you to understand and incorporate them into your diet.

There are 28 Minerals and 13 Vitamins and each perform different functions in your body. At the same time they support each other and work together. This is why it is very important that you ensure you are getting as many minerals and vitamins as possible from what you consume.

Unfortunately, in civilized areas, you simply cannot get sufficient amounts from the foods you eat – even if you eat very healthy. Consequently, you will also need good quality supplements to support your efforts.

I promise you, by the time you've finished with this guide, you will actually understand the significant part of the mumble jumble data you see on your multivitamin package.

It is also significant that you appreciate the beautiful relationship between nutrients, enzymes and probiotics; let me pick up the orchestra sticks again:

Dan Daaan, Dan Daaan, Dan Dan Dan Dan...

Good quality food goes into your mouth, where it is broken down by saliva and your thorough chewing (yea right! If only most people chewed their food properly). When you swallow, the food matter passes through your esophagus into your stomach. The food is broken down some more with the intense acid juices in your stomach. The food matter then moves into your small intestine... **SHOW TIME!** Enzymes in your small intestine break down the food matter and nutrients and water are absorbed. Thankfully, you provided your body with foods containing magnesium the day before, because your body needs magnesium to activate the enzymes in the first place. You also fed on

some fresh organic produce i.e. apples and grapes, which will provide your body with some more enzymes always a good thing. If the fruit is truly fresh and has not gone through harsh treatment, it may also provide your body with probiotic bacteria in the last stages of the digestion process. The food matter is then passed through to your large intestine. This is where most of the bacteria in your body live.

Some of these little guys may look scary under a microscope, but they are part of your immune system and a significant part of your digestive system. Believe me, if they are not there doing their thing, you will be in serious trouble. More water is absorbed from the food matter. You better make sure you also consumed the little guys favourite meal... prebiotics (foods, your small intestine has difficulty digesting: apples, carrots, cabbage etc.).

The normal flora (bacteria population) in your gut needs prebiotics to survive and reproduce in order to maintain balance in your gut. If you have not read the probiotic bacteria page on my website (www.yourprobioticsguide.com), I suggest you read it at some point. It will highlight the importance of balance in your gut and the HELL you will go through if you don't have balance in your large intestine.

A lot of these pre-biotic foods are fibre so they help the food matter move through your intestine. If you lack fibre (large nutrient) and magnesium (small nutrient) the food matter will have difficulty moving through your intestines. Music to my ears. Anyway...

Once, water has being absorbed from the food matter and your bacteria have had their meal, the remaining food matter passes through your large intestine and is excreted as waste.

So as you can see, you really cannot afford to deprive yourself of nutrients, enzymes and probiotic bacteria; and you primarily need to get these from the food you eat. You only use supplements as support. I will keep singing this until, you feel like reaching out into the screen and strangling me, because it is **important!**

Oh, before I forget. Brace yourself another heavy info coming up...

If you love getting yeast infections and you don't mind to suffer from Candida at some point in your life, then you don't need to read this. One of the key things you must do to avoid or treat yeast infection is to make sure you do not eat too many **simple** carbohydrates, for example:

- Sugar (white sugar found in most homes)
- Cake
- White flour baked products (white bread for example)
- White pastas
- Pop
- Milk
- Sweetened Yogurt
- Honey (Surely a mistake. No it has simple carbohydrates. So too much of it is not beneficial)
- Molasses (Just like honey, it is good for you in small amounts.)

- Candy
- Fruit Juice
- Some Fruits i.e. Water melon (good for you in moderation)

Some of you are thinking... So what's left to eat?

The majority of the carbohydrates you eat should be foods with **complex** carbohydrates:

- Brown Rice
- Oats
- Yam
- Potatoes
- Wholegrain bread

Basically, eat whole foods instead of processed foods. **What's the big deal with simple carbohydrates anyway...**

The yeast in your gut and vagina (if you are a lady) get very excited when you feed them lots of simple carbohydrates. So excited that they begin to breed like there is no tomorrow. If you keep this up they will dominate your intestine and hello yeast infection (candida issues). You need the probiotic bacteria or normal flora in your gut to always keep them in check.

However, by feeding on too many simple carbohydrates you are feeding the yeasts or fungi and starving the normal flora and probiotic bacteria in your intestine.

If you eat natural wholesome foods (most have complex carbohydrates), you starve the yeasts. Combine this with the right probiotic bacteria strain and you will starve and reduce their numbers back to normal. Take a look at my probiotic candida page if you haven't already read it:

<http://www.your-probiotics-guide.com/probiotics-candida.html>

OK...

Earlier I gave you a taste of the colossal importance of micro nutrients, just by looking at two minerals, **Calcium** and **Magnesium**.

Now people, when you take a look at what I am about to show you, you will see perhaps for the first time, why no matter how many supplements and prescriptions you took, sometimes you just could not get rid of your illness and discomfort. For those of you who wonder why some people have that god like glow, this will conclude your wonderings.

On page 10, there is a table showcasing about 21 highly nutritious foods, as you select your preferred foods it is to your benefit to look at the health benefits section of the table. This will bring everything together for you. Especially, if you take just five minutes of your time to quickly skim through the health benefits of the 21 foods.

Once you've done that, return here so we can get the ball rolling for you. Get yourself a sheet of paper and a pen:

1. Use the table of useful foods on page 9 to identify all the healthy foods you eat per week at the moment. Write down the useful foods including their mineral and vitamin content...
Note! Before you go to page 9 read the five steps here first.
2. If you don't see a particular food on the list (bear in mind we're just looking at healthy foods at the moment), assuming the food you're looking for is healthy, do a Google search to identify the food's mineral and vitamin content. The food table on page 10 is for the most part to show you just how helpful each mineral and vitamin is to your body.
3. Most of the time you will find that after comparing the nutrients you get from your foods to your **body's nutrient requirement on page 17**, you will be able to identify the minerals and vitamins you are not supplying your body with.
4. What you want to do is to select your preferred healthy foods that are rich or possess the nutrients your diet is **lacking** in at the moment. The table on page 9 can help you with this. If you don't find your preference in the food table, you can always go on to Google and search for foods rich in the nutrients your diet is deficient in.
5. Once, your body is getting at least a wide variety of Micro Nutrients (minerals and vitamins) from your diet – only then can you experience **excellent results** with probiotic supplements and a good multivitamin supplement.

The foods on page 9 are in alphabetical order and flows on to the subsequent pages. Fruits are coloured in blue. Also the PH value states if the food is acidic, alkaline or neutral.

BON APERTITE! ENJOY!...

Food	Minerals	Vitamins	PH	Health Benefits
Alfalfa	<u>Zinc</u> , Calcium, Magnesium Phosphorus Iron, Potassium, Copper, Manganese, Selenium	Vitamin K, Vitamin A (Beta Carotene), Vitamin B, Vitamin C, Niacin, Thiamin	7	Protects you from common cold. Aids healing. Boost sense of smell and taste. Helps your reproductive and immune systems. Helps maintain healthy skin.
Apple	Chromium, <u>Potassium</u> , Sodium, Calcium, Phosphorus Iron,	Vitamin C, Vitamin A,	3 - 4	Reduce risk of high blood pressure and stroke. Help sooth feeling of anxiety.
Banana	Calcium, <u>Potassium</u> ,	Vitamin C, Vitamin B6 Carotene - Vitamin A,	4 - 5	This is also considered a probiotic food or prebiotic for useful bacteria - strengthens the immune system. Reduce the risk of stomach ulcer.
Barley	Calcium, <u>Phosphorus</u> Magnesium, <u>Potassium</u> , Iron, Zinc, Copper, Manganese	Vitamin A, Vitamin K, Vitamin C, Thiamin, Riboflavin, Niacin, Vitamin B6, Vitamin B12,	---	Very important for bone and teeth health. Help maintain health of kidneys. Help regulate the use of energy and fluids.
Black-eye beans	<u>Potassium</u> , Magnesium Copper, Phosphorous Manganese,	Folate - B Vitamin,		Rich in Fibre, helps reduce cholesterol.

More Useful Foods on the next page...

Food	Minerals	Vitamins	PH	Health Benefits
Broccoli	Manganese Potassium, Phosphorus Magnesium Iron, Calcium, Zinc	Vitamin C, Vitamin A, Vitamin K, Folate, Vitamin B6 Vitamin B2 Vitamin B5 Vitamin B3 Vitamin E	---	Prevents toxic oxygen forms. Activates enzymes which helps the body use vitamin C and various B vitamins among other things.
Brown rice	Calcium, Phosphorus Potassium	Vitamin B1 Vitamin B2 Niacin	--	Helps to detoxify the body. Good for digestion Can ease migraine headaches Increases circulation and reduces high blood pressure and cholesterol
Brown Sugar	Phosphorus Calcium, Zinc, Iron Potassium Magnesium Copper	Niacin, Vitamin B6 Thiamin Riboflavin Vitamin C Pantothenic - Acid,	--	Important blood antioxidant. Works with phosphorus to build and maintain bones and teeth.
Carrots	Calcium Potassium Iron Sodium Zinc Selenium	Vitamin A Vitamin C	3.5	Helps your eyes adjust to light changes and also helps keep your eyes, skin and mucous membranes moist. It also has antioxidant properties that neutralize free radicals in the body that cause tissue and cellular damage.

More Useful Foods on the next page...

Food	Minerals	Vitamins	PH	Health Benefits
Cashew nuts	Magnesium Iron Calcium Phosphorus Potassium Sodium Zinc Copper Manganese Selenium	Vitamin A Vitamin C Vitamin E Vitamin K Thamin Riboflavin Niacin Vitamin B6 Folate Pantothenic - acid	--	Increases bone mass. Reduce the risk of cell death and potentially help reduce the risk of cancer.
Chickpeas	Magnesium Calcium Phosphorus Potassium Sodium Zinc Iron	Thiamine Riboflavin Niacin, Vitamin B5 Vitamin B6 Folate Vitamin K	--	Is significant for cell division and growth. Essential for us to produce healthy red blood cells and prevent anemia
Chilli fresh	Iron Phosphorus Zinc	Vitamin A Vitamin C	--	Helps with the healing of wounds. A vital part of many enzyme reactions. Particularly important for healthy skin and immune system.
Collard greens	Calcium	Vitamin A Folate Vitamin K Vitamin C	--	Helps main and build strong bone tissue – reducing the risk of atherosclerosis. Its benefits are enhanced with Vitamin D and Magnesium.
Curry powder	Iron Magnesium Manganese Potassium	Vitamin E Vitamin K Vitamin B6	--	Manganese is part of an antioxidant enzyme, which collects and removes damaging particles in your body that may contribute to aging.

More Useful Foods on the next page...

Food	Minerals	Vitamins	PH	Health Benefits
<p>Dates</p> <p>(Is not high in Vitamin B6 in comparison to other foods)</p>	<p>Calcium Magnesium Potassium</p>	<p>Folate Vitamin B5 <u>Vitamin B6</u> Choline</p>	--	<p>There are different forms of Vitamin B6. The P5P (activated B6) help reduce the risk of heart disease, stroke, depression, mood swings, muscle weakness, fatigue, hair loss and poor appetite. Especially, when sufficient amounts of magnesium is present in the body.</p>
<p>Figs</p>	<p>Calcium Iron Magnesium Phosphorus Zinc <u>Potassium</u> Copper Manganese Sodium</p>	<p>Vitamin E Vitamin C Vitamin K Riboflavin Niacin Vitamin B6 Folate Vitamin B5</p>	--	<p>An electrolyte, meaning it helps regulate your body's fluid level. Including blood pressure and heart function. And it helps keep your blood pressure in check.</p>
<p>Garlic</p> <p>(Rich in Vitamin B6. Look at the dates Health Benefits section to view the positive benefits)</p>	<p>Calcium Iron Magnesium <u>Phosphorus</u> Potassium Sodium</p>	<p>Vitamin C Vitamin K Thiamin Riboflavin Biacin Vitamin B6 Vitamin B5</p>	--	<p>85% of phosphorus is found in your bones. It is part of many significant functions in your body and works with Vitamin D and Calcium for optimal performance.</p>
<p>Kale</p>	<p>Calcium Magnesium Phosphorus Potassium Sodium Copper Manganese Selenium</p>	<p><u>Vitamin A</u> Vitamin C Vitamin E Vitamin B6 Niacin Riboflavin Thiamin</p>	--	<p>Helps strengthen your immune system from infection.</p>

More Useful Foods on the next page...

Food	Minerals	Vitamins	PH	Health Benefits
<p>Kelp</p> <p>(Not rich in Folate in comparison to the food below)</p>	Magnesium	Vitamin K <u>Folate</u>	--	Folate is helpful to pregnant women. It helps to keep the fetus healthy. It also may prevent cancer of the cervix.
<p>Kidney beans</p> <p>(Very rich in Folate)</p>	Calcium Manganese Iron Magnesium Phosphorus Potassium Sodium Zinc Copper Selenium	Vitamin C <u>Folate</u> Vitamin E Vitamin K Thiamin Riboflavin Niacin Vitamin B6 Vitamin B5	--	Even a slight deficiency of folate may make the cells of your cervix more susceptible to viral attack – which may lead to cancer in some women.
<p>Mushrooms</p>	Iron <u>Selenium</u> Magnesium Phosphorus Potassium Sodium Zinc <u>Copper</u> Manganese	Vitamin D Vitamin C Thiamin Riboflavin <u>Niacin</u> Vitamin B6 Folate <u>Vitamin B5</u> (Pathogenic Acid)	--	Selenium may be one of your most potent ally against cancer. Studies have shown that a tiny amount of selenium in your diet can reduce the risk of inflammatory diseases, neurological diseases, cardiovascular diseases, aging and infection.
<p>Molasses</p> <p>*Quite frankly, the most concentrated or richest source of mineral content I have ever seen*</p> <p>You need to be careful not to over dose on minerals and vitamins the day you're eating a substantial amount of this food.</p>	<u>Calcium</u> <u>Iron</u> *<u>Magnesium</u> <u>Phosphorus</u> *<u>Potassium</u> Sodium Zinc <u>Copper</u> <u>Manganese</u> <u>Selenium</u>	*<u>Vitamin B6</u> Vitamin B5 (Pathogenic Acid)	--	Magnesium significant for strengthening the muscles in your body. Without sufficient amounts of Magnesium calcium cannot be effectively absorbed by the body. Magnesium helps maintain healthy blood pressure levels

More Useful Foods on the next page...

Food	Minerals	Vitamins	PH	Health Benefits
Oats	Calcium <u>Iron</u> Magnesium Phosphorus Selenium Zinc <u>Manganese</u> Copper Sodium Potassium	Vitamin A <u>Thiamin</u> Riboflavin Niacin Folate Vitamin B6 Vitamin B5	--	Thiamin promotes good blood circulation and makes available a greater supply of oxygen to your blood cells. Also aids digestion of carbohydrates.
Orange juice (raw)	Calcium Iron Magnesium Phosphorus Potassium Copper	Vitamin A <u>Vitamin C</u> Thiamin Riboflavin Vitamin B6 Folate Niacin Vitamin B5	--	Vitaminfoundation.org research showed that Vitamin C is needed for the synthesis of collagen, a significant structural component of blood vessels, tendons ligaments and bone.
Onion	Iron Magnesium Calcium Potassium <u>Sodium</u> Phosphorus Zinc Manganese Copper	Vitamin C Vitamin B6 Folate Thiamin	--	Sodium is important for your fluid functions in your vessels and tissue. Helps the distribution of water in the body.
Parsley	Potassium Iron Magnesium Calcium Manganese Zinc Copper Phosphorus	<u>Vitamin C</u> *Vitamin K Folate Thiamin Riboflavin Niacin Vitamin B6	--	Vitamin K aids healing, blood clotting, absorption of calcium. Can help prevent osteoporosis or the loss of bone density.

More Useful Foods on the next page...

Food	Minerals	Vitamins	PH	Health Benefits
Peas	Phosphorus <u>Manganese</u> Potassium Calcium Iron Magnesium Zinc Copper Selenium	<u>Vitamin K</u> Thiamin <u>Vitamin C</u> Folate Vitamin A Riboflavin Vitamin B6 Niacin	--	Manganese is involved in bone formation, thyroid function, calcium absorption , blood sugar regulation and carbohydrate metabolism.
Peppers (Red hot chilli)	Iron Magnesium Potassium Copper Manganese	Vitamin K Vitamin B6 <u>*Vitamin C</u> Vitamin A Folate	--	Vitamin C helps with wound healing and sufficient amounts can prevent cardiovascular disease or heart disease.
Plantain	<u>Potassium</u> Magnesium Iron Phosphorus Copper Selenium	Vitamin C Vitamin A Folate Vitamin B6 Thiamin Riboflavin Niacin Pantothenic-Acid	--	Potassium may help prevent the development of kidney stones. It helps keep calcium from forming stones.
Pineapple	Iron <u>Manganese</u> Magnesium Potassium Copper	Vitamin B6 <u>*Vitamin C</u> Riboflavin Niacin Folate Vitamin B5 (pantothenic Acid)	--	Manganese help remove free radicals or damaging particles from the body.
Potato	Magnesium Phosphorus Potassium Sodium Manganese	<u>Vitamin C</u> Thiamin Vitamin B6 Niacin Vitamin B5	--	White blood cell use a large amount of vitamin C to perform well and defend your body from harmful bacteria invasion.

More Useful Foods on the next page...

Food	Minerals	Vitamins	PH	Health Benefits
Brown Rice	<u>Manganese</u> Magnesium Selenium Phosphorus Copper Iron	Thiamin Niacin Vitamin B6	--	Niacin helps your body reduce cholesterol. It's also important for carbohydrate absorption.
Spinach	Selenium <u>Manganese</u> <u>Magnesium</u> Phosphorus Zinc Copper	Riboflavin Thiamin Vitamin B6 Niacin Vitamin A Folate	--	One of magnesium's many jobs is to help keep your muscles relaxed.
Spirulina	<u>*Copper</u> <u>*Iron</u> <u>*Manganese</u> Phosphorus Potassium Sodium Zinc Calcium Selenium	<u>*Riboflavin</u> <u>*Thiamin</u> Vitamin B5 Vitamin E Vitamin K Vitamin C Folate Vitamin A	--	Studies have shown that copper aids prevention of inflamed arthritis and copper also kills pathogens or harmful microorganisms in your body.
Turnip (Extremely rich in Vitamin K) Take care not to eat too much in one day – so you don't over dose on the high mineral content.	Iron Calcium Manganese Copper Sodium Phosphorus Potassium Magnesium	<u>*Vitamin K</u> Vitamin B6 <u>*Vitamin A</u> Vitamin C Folate Riboflavin Vitamin B5 Vitamin E Thiamin Niacin	--	Vitamin K may help reduce the risk of nose bleeds, gastrointestinal bleeding, and blood in the urine, gum bleeding, fractures, and liver cancer.
Yam	<u>Potassium</u> Manganese Phosphorus Copper Sodium Magnesium Iron	Vitamin C Vitamin A Vitamin B6 Thiamin Folate Vitamin K	--	Potassium helps to keep you heart, brain, muscle tissues and kidney in good form or condition. It significantly ensures proper growth of muscle tissue.

Your body needs to be replenished sufficiently with the Minerals and Vitamins below in order to operate at its best

By ensuring that your body is well nourished, by pampering yourself with regular massage from a professional massage therapist and by including proper exercise into your lifestyle – you can prevent your body from developing dis-eases, discomforts and promote vibrant health and wellbeing.

<i>Minerals</i>	<i>Vitamins</i>
<i>Calcium</i>	<i>Vitamin A</i>
<i>Magnesium</i>	<i>Vitamin D</i>
<i>Phosphorus</i>	<i>Vitamin E</i>
<i>Potassium</i>	<i>Vitamin K</i>
<i>Boron</i>	<i>Vitamin B6</i>
<i>Cesium</i>	<i>Vitamin B12</i>
<i>Chloride</i>	<i>Vitamin C</i>
<i>Chromium</i>	<i>Biotin</i>
<i>Cobalt</i>	<i>Folic acid</i>
<i>Copper</i>	<i>Niacin</i>
<i>Fluorine</i>	<i>Pantothenic acid</i>
<i>Gaillium</i>	<i>Riboflavin</i>
<i>Iodine</i>	<i>Thiamin</i>
<i>Iron</i>	
<i>Lanthanum</i>	
<i>Lithium</i>	
<i>Manganese</i>	
<i>Molybdenum</i>	
<i>Nickel</i>	
<i>Selenium</i>	
<i>Silica</i>	
<i>Silicon</i>	
<i>Sodium</i>	
<i>Strontium</i>	
<i>Sulfur</i>	
<i>Tin</i>	
<i>Vanadium</i>	
<i>Zinc</i>	

Answers to the big three important probiotics questions...

1. How do you use probiotics and prebiotics to experience excellent results?
2. How do you prevent or solve the issue of probiotics deficiency?
3. How does combining the different types of probiotics help significantly increase the benefits?

Good news people! All three questions can be answered with one suggestion:

Before, you even think of using probiotics to maintain good health or to solve your discomfort issues, you will need to take the most important first step...

If you cleanse your inside regularly you will know what I mean. You will need to remove the crap from your processing centre first. I mean you need to cleanse your digestive system, your small and large intestine.

If you have never cleansed yourself before, then you have no idea how much crap has built up over the years in your digestive tract. **Never forget...**

This is where all the food you consume for fuel is processed. Operations in your digestive system will most definitely be less than efficient if it is cluttered; and as a result you will experience discomforts, which could lead to very unpleasant issues. You can forget about achieving a god like glow if you do not pay attention to this factor.

In order for the vital parts of your digestive tract (enzymes and probiotics or good bacteria) to do their job well, they need to be able to breathe free of **clutter**.

Get yourself a good oxygen based cleanser. I personally use oxy-powder from the global healing center. There are other ways of cleansing your intestines, including a colon hydro therapist shoving a tube like object into your butt whole and pumping an enormous amount of water into your colon (large intestine), subsequently washing the crap from your colon by sucking out the water from your colon along with all the crap stuck in your large intestine. Everything comes out!

EVERYTHING!

Remember, the horrific eating spree you had a year ago. You always felt like you had not completely emptied all the crap from your tummy. Remember the folk you swallowed by accident. When food matter becomes trapped in your gut, it does not disappear; it remains there putrefying, causing mischief and dis-eases.

Laxatives?...

Not a good idea. The negative side effects of laxatives do not make this approach worth the trouble: severe dehydration, laxatives make your intestines unnaturally lazy to the point where if you do not

take laxatives you will not be able to remove your faeces (known as chronic constipation) and some people suffer from allergic reactions such as skin irritations and difficulty breathing.

So... Oxy-powder...

An oxygen based cleanser from the global healing center. Do I work for this global healing center?

No!

Are they sponsoring me?

No! Not at this time.

Am I being nice to them because I am a nice person?

No!

I am recommending this particular oxygen based cleanser because it gets the job done. I have tried two out of the three methods mentioned earlier and I live with people that have in the past used one of the methods (they used laxatives) until I advised against it. Out of the three methods, I found that all I have to do with oxy-powder is take the oxy-powder pills along with the right fruits and whola!... Cleansing begins.

I am recommending them because, I know that there are many businesses in the health sector that just want to enjoy your money and give you nothing in return (less than satisfying results).

The global healing center was founded by Dr Edward Group. I have never met him, but the respect I have for this guy's work cannot be expressed in words. He is a true contributor to the development of life on this miserable planet. Anyway... Dr Edward Group passionately expresses his advice for cleansing yourself regularly in his book: Complete Colon Cleanse. I also suggest you make this a part of your library.

I will explain to you how I use oxy-powder to cleanse my intestines - however you will find more information in Dr Edward Group's book.

It is simple. You go on a three day fruit cleanse, for better results continue for six days in total...

Eat fruits throughout the day for three to six days. It is important that you eat only one type of fruit per meal. If you can, eat only organic fruits, if you don't have access to organic fruits, then buy what is available to you. You can eat as much fruits as you want until you are full. It is also important that you drink plenty of fluids. 2.5 to 3 litres of water if you are a woman and 3.5 to 4 litres of water if you are a guy.

In the morning choose one of the following for breakfast:

- Water melon

- Grapes (red, green or white – preferably white)
- Pineapple
- Orange

Take 3 capsules of a good probiotic supplement with 250ml of organic orange juice. Squeeze a third of the juice from a lemon into the orange juice.

In the mid morning snack on one of the following... one of the following, please:

- Blackberries
- Raspberries
- Strawberries
- Blueberries
- Apples (prebiotic food)
- Bananas (prebiotic food)

At lunch time choose one of the following:

- Apples
- Bananas
- Papaya

In the mid afternoon snack on one of the following:

- Pineapple
- Orange
- Grapefruit

For Dinner choose one of the following:

- Advocados
- Cherry Tomatoes (eaten raw)

Before you go to bed, take 6 capsules of oxy-powder with a glass of 250ml organic orange juice. Squeeze a third of the juice of a lemon into the orange juice. If you do not experience regular bowel movement 3 to 5 times the next day, increase the dosage by two capsules until you experience 3 to 5 bowl movements the following day.

Constipation Remedy

Let us look at foods that make it considerably easier for food matter or waste to move along your gut and out of your body. Consequently, combined with good supplementation ensures that you have regular bowel movements. The Magnesium and Fibre foods below will certainly help you accomplish this. The foods with the highest amount of Magnesium and Fibre are at the top of both lists below and on the following page:

Magnesium Foods

(RDA: 400mg from food, 600mg from supplement)

1. Pumpkin and squash seed kernels
2. Spinach
3. Black beans
4. Brown rice
5. Quinoa
6. Halibut
7. White beans
8. Tuna
9. Pollock
10. Beet greens
11. Navy beans
12. Bulgur
13. Banana
14. Dried figs

Fiber Foods

(RDA: 20g-25g)

1. Jacket potato
2. Avocado
3. Apricots
4. Peanuts
5. Orange
6. Broccoli
7. Green beans
8. Red lentils
9. Cabbage
10. Carrots
11. Cauliflower
12. Apple

13. Peach
14. Banana
15. Strawberries

You will also need to take advantage of the following supplements to enjoy the best results:

Magnesium and Fibre daily dosage

Everyone's body is different. So, you would need to determine the dosage that works for your body. You do this by taking 200mg of Magnesium Citrate with 50mg of Vitamin B6 (p5p 50 activated b6) after your evening meal for the first two days. Each magnesium citrate tablet contains 200mg. If you're not regular, then up the dose to 400mg per day. Adding the extra 200mg earlier on in the day.

What do you do if you still don't experience effortless bowel movements?

After one or two days add an extra 200mg. Do not exceed 600mg per day. Of course you divide the doses throughout the day. As you gradually work your way up to 600mg, you may find you get better results if you take 400mg of Magnesium Citrate after your evening meal.

The next page looks at where you can obtain effective Magnesium Citrate and Activated Vitamin B6 supplements from.

Where to buy effective Magnesium Citrate and Activated Vitamin B6?

There are many different types of Magnesium and Vitamin B6 supplements, however, Magnesium Citrate and P5P 50 (Activated B6) are easier for the body to absorb - which will promote better results. It is difficult to get Magnesium Citrate and Activated B6 capsules in the UK. So... you can just buy the magnesium citrate tablets from your nearest health store.

The magnesium tablet you buy must have 200 grams of magnesium citrate per tablet. Solgar offer good quality magnesium citrate tablets. But when you're buying the activated B6 p5p 50, make sure you buy **capsules**, you should be able to obtain this from some of the health stores in the UK. The activated B6 capsules should have a concentration of 50 grams per capsule.

Good Overseas Store:

Organic Pharmacy - Based in Asheville N Carolina USA

<http://organicpharmacy.org/>

Neutralizing the negative effect of Antibiotics with a course of Probiotics

First of all, please understand that not everybody suffers from infection, nausea, fatigue etc., when they are on antibiotics. However, that's not to say that the antibiotic does not weaken their immune system.

When you administer antibiotics into your body, it is like an internal weapon of mass destruction. It does not have any discretion. It will kill every microorganism it comes in contact with including the good, helpful and essential bacteria.

Many people have reported feeling weak, or find themselves with yeast infection, nausea etc. But, there is a way to remedy this. A lot of people have found that when they take a substantial dose of a probiotic supplement a day or two before administering antibiotics they don't suffer from yeast infection.

In addition, after the antibiotics course, take a substantial dose of probiotics for a week. This helps repopulate your gut with good, helpful vital bacteria - in turn strengthening your immune system.

Important! Please don't fool yourself into thinking that eating a yogurt containing probiotics or drinking milk with probiotics will be of help...

The good bacteria content in yogurts are ridiculously low and of no use in this situation. You need a good probiotic supplement with 2 to 10 billion cells per capsule to pull off the job of successfully assisting with the increase of the good bacteria population in your gut. This will ensure that you are less vulnerable to other illnesses after an antibiotics course.