

Cat Chatter

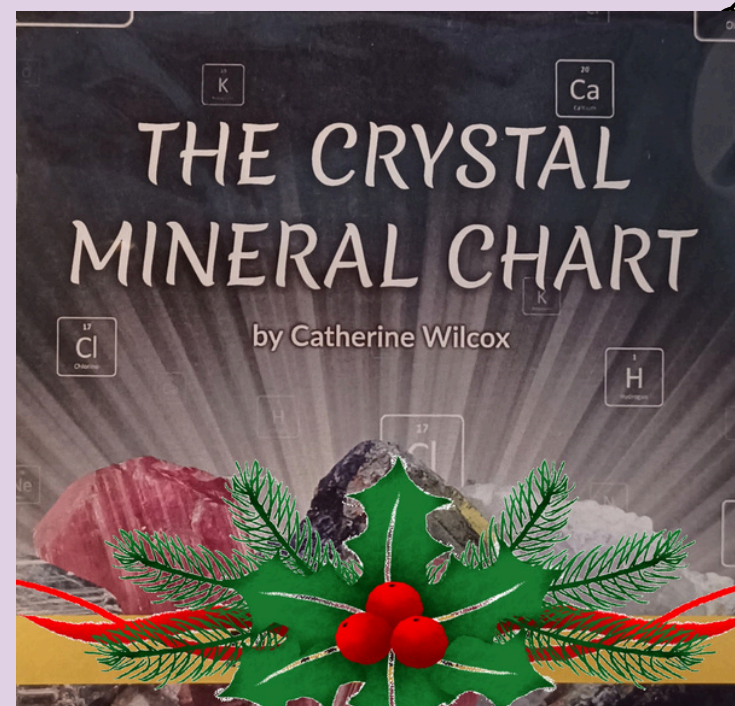
By Catherine Wilcox

Daily Requirement

Did you know that calcium tells the body's muscles to move this way or that? That iron, the element that takes oxygen from the lungs and delivers it throughout the body can be neutralized by aluminum? Or that manganese supports sex hormone production? Well, why would you? That's a chemist's job. The body requires twenty-two different elements be balanced in the body for optimal health. The key word here: balanced.

Every person's body is just a little different. There is no one "vitamin" or supplement that works for every person the same way. For example, my hair analysis test revealed that the calcium content in my body was way above normal standards. This information explains why any time I ingested high content calcium foods (broccoli, bananas) I had diarrhea within hours. How can one discover their own elemental makeup?

The Crystal Mineral Chart that I developed while researching and writing The New Stone Age, Crystal Data for the 21st Century can be used to discover any mineral excesses or overages in the body. Crystals are constructed full of elements and minerals. Using the universally accepted diagnostic practice of muscle testing [Ginger: put muscle test link here] and some very basic crystals found at the local crystal apothecary shop can often help one discover the strengths and weaknesses of one's bodily elemental makeup. Any of the above educational crystal products make great holiday gifts for the holistic healing minds of friends and family.



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