

# Early Warning Signs of Mineral Deficiencies

**If you have any of the following symptoms DO NOT take them lightly. These are all early warning signals of more serious things taking place in your body. By correcting these NOW you can greatly reduce your risk of cancer, stroke, and heart disease; plus add many healthy years to your life.**

1. **White, Gray, or Silver Hair:** (Copper Deficiency)(Take the *Healthy Start Pak* plus extra of the *Ultimate Selenium*.)
2. **Age Spots, Liver Spots:** (Free Radical Damage) (If you have a few on the outside you probably have millions on the inside. (Take the *Healthy Start Pak* plus extra of the *Ultimate Selenium*.)
3. **Cracked Cuticles, Hang-nails, Cracks on sides of fingers and thumbs:** (Omega 3 Essential Fatty Acid Deficiency)(Take the *Healthy Brain and Heart Pak*.)
4. **Noisy Joints, Muscle Twitches, Muscle Spasms, Ringing in the ears, Loose teeth, and Receding gums:** (Calcium Deficiency)(Take the *Healthy Bone and Joint Pak* plus at least 16 *Gluco Gel* per day.)
5. **Pica: (Food cravings, binge eating behavior):** All food cravings are related to a variety of mineral deficiencies. Your body is trying to tell you that it needs something it is not getting. (Take the *Healthy Start Pak* plus extra *Plant Derived Minerals*.)

## Foods That Are Harmful To Your Health

In addition to taking in All 90 Essential Nutrients you need to eliminate the following foods from your diet. These all hinder absorption of nutrients and are major causes of these early warning signs above.

- **Fried foods**
- **Gluten** (wheat, barley, rye, oats....even gluten free oats)
- **Deli Meat with Nitrates and Nitrates** (use Nitrate free brands)
- **Margarine** (use butter)
- **All Oils** (even olive oil)
- **GMO Foods** (common in corn and soy) (look for non GMO)
- **Well Done Meats** (cook medium or medium rare)
- **Carbonated Drinks** (with meals or supplements)
- **Skins of Baked Potatoes**

## Exercise Without Supplementation Is Suicide!

According to *U.S. Senate Document #264*, 99% of all Americans are deficient in the essential minerals. Exercise and physical labor cause you to sweat out the already insufficient mineral supply, which actually puts you at a much greater health risk. Never exercise without taking in all 90 Essential Nutrients.