

Colloidal Minerals - Nutrients from the earth which sustain health and life. by Martin Murray.

From the dawn of time, all living organisms, plants, animals and humans have maintained and sustained their existence through the consumption of nutrients provided directly by the earth itself. These are known as minerals, mineral salts, trace elements or rare earths and they are all provided for our benefit by Mother Earth. In recent decades, science has taken upon itself the role of monitoring these gifts of nature. However, in ancient times they were widely used for a variety of healing purposes. Dr Marie-France Muller, an expert on mineral therapy, reports that records exist in the pharmacopoeias of the ancients - Egypt, India, and China - on the use of metals for healing.¹ This included alum for treating the lung and large intestine meridian, orpiment (arsenic sulphide) for liver meridian and red clay for dysentery and diarrhoea. In our time, the use of mineral substances for health and healing is referred to as **Oligotherapy**. This comes from the Greek, meaning *tiny*, the nutrient particles are tiny in their presentation.



More Recent History.

Nearer to our time, Swiss-born alchemist and physician Paracelsus (1493-1591) developed the concept of Spagyrics, a method for processing starting materials for medicines. Spagyrics comes from the Greek, *span*, to draw apart and *ageirein*, to bring together. Paracelsus would certainly be the father of metallothrapy, but he can also be described as a key innovator of modern-day allopathic medicines. He gave a clear indication that he favoured natural therapies such as homoeopathy and herbal medicines; integrated modalities still favoured today. He also believed that the planets and metals shared a kindred spirit and within this holistic approach, the elemental bonds shared with certain organs.

Gold	Sun	Heart, spleen
Silver	Moon	Oesophagus, uterus, ovaries, lymphatic system.
Iron	Mars	Blood, haemoglobin, genital organs, left brain, muscles, rectum.
Copper	Venus	Throat, kidney, thymus, venous circulation

In practical terms, if a medicine was to be produced for, say cardiovascular health, it would have gold as a key element because of the correspondence, or to use today's language, the resonance relationship between the heart and the sun. To use the words of Paracelsus, "we must know how to prepare the volatiles so that the volatile will be capable of assimilation".

So, we can now see that 500 hundred years ago, the concept of absorption and assimilation was foreseen by the experts. Scholars and scientists continued to discover the importance of earthly substances in the lives of plants, animals and humans. Joseph Leobeg (1803-1873) was a scientist credited with the discovery of the importance of nutrients in agriculture, the

importance of alkalising elements, alkaline soils and phosphates for plant growth. He wrote, *“these minerals are indispensable to the organism’s ability to assimilate the nutritive substances provided by the atmosphere.”*

Jacob Moleschott (1822-1893) was a scientist and philosopher with definitive opinions on the inter-connection of man and the environment. He wrote, *“the construction and vital capacity of organs are conditioned by the presence in necessary quantities of the inorganic substances that are indispensable for their formation.”*²

W H Schüssler (1821-1898) of Oldenburg in Germany was a medical doctor, homeopath and scientist who also studied biochemistry. Through his study of homeopathy, he was aware that the founder of that speciality, Samuel Hahnemann (1755-1843), had indicated the importance of inorganic earth substances. Hahnemann had conducted homeopathic provings on lime, salt, potash and silica early on in his homeopathic career. Schüssler started prescribing mineral salts to his patients and noted positive outcomes in their responses. From this research, he developed a new branch of medicine which he called *Biochemical Therapy*. Schüssler wrote in his first essay, *“tissues become sick because the cells of which they are made no longer contain in essential proportions the mineral substances which are a factor in their constitution.”* Schüssler Therapy, also known as Tissue Salt Therapy, is based on the twelve (12) mineral salts which the founder described as essential.³ He stated that the essential dosage level should be very small, ideally a number with 6 zeros following. The preparation process fell into the homeopathic realm and it continues to this day to be an integral element of homeopathic practice. Whilst Schüssler himself expressed the view that his tissue salt remedies were not associated with homeopathic healing, they became part of that branch of therapy. However, he must be credited with the attention he brought to physiological chemistry and the anatomical and pathological facts he brought to bear on medical practice through his therapeutic understandings.

Modern Health Science.

Modern-day or 21st century science and technology now facilitate identification and selection of essential nutrients for health, and corrective medicines for restoration of homeostasis. Resonance testing can identify and pinpoint deficiencies and/or toxins or other invaders which cause acidosis and/or harm an organ or multiple organs. This can lead to a breakdown in health. Resonance, such as manual muscle testing, kinesiology, or computer-based imaging, can identify organs and the cells from which they are constituted, which are at risk. The same process can facilitate the development of targeted nutrition, which when used therapeutically can prevent degeneration of organ, tissue or cellular health.

‘The thymus gland, essential for the development of T-lymphocytes, is most active in childhood, later atrophying, although it does retain some activity throughout life’⁴

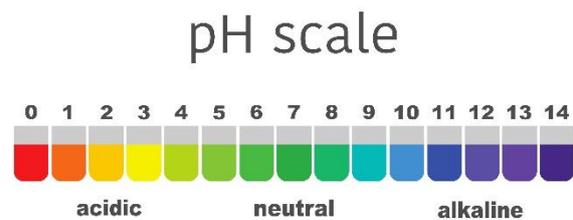
Pip Waller

Take, for example, a compromised thymus gland which is considered the back-bone for healthy immunity. Kinesiology is an excellent tool to identify early impaired vitality. Long before clinical symptoms are realised, a kinesiologist can evaluate the harmony of the thymus gland. If it is over, or indeed under-stimulated or lacking vital nutrition, this tool will pre-empt the weakening gland. White blood cells help fight off illness. When

depicting the causal factors of disease, the body's journey returns to its roots. The thymus gland shares a close relationship with the heart. This common factor connects to the vitality and balance of the heart chakra, thus presenting an in-road into the body's emotional state. This again can be supported through kinesiology. The marriage of physical and emotional well-being can also depict reasons for the breakdown of health. The thymus gland, which is at its best in an alkaline environment, is an excellent marker for underlying ill-at-ease throughout the body.

In fact, targeted nutrition, to help maintain optimum health, is a source of defence when evaluating the body for any excess acidity.

Robert Barefoot, another biochemist, has conducted intensive medical research showing the relationship between an acidic body pH with common degenerative diseases such as heart disease, Alzheimer's and cancer. Some of the basic minerals he recommends for a healthy pH are magnesium, calcium and potassium.⁵



What are Colloidal Solutions.

Colloidal solutions are common to all living environments; human, animal and plant life where water is present and which holds in solution a range of essential particles. These can be minerals, trace elements, vitamins or amino acids. Examples in everyday life which you will be familiar with are whipped cream, mayonnaise or vinaigrette. Milk is a natural colloid as it consists of solids, fat, proteins and minerals all suspended in a liquid; water. Jelly and gels are also examples of colloids. In the body, blood is a colloidal solution as it contains fat, sodium, potash, lime and iron all encased in and transported by water. The contents of a painter's pan would be a colloidal solution where the paints, be it a single colour or a mix, are held stable by the water solution. The important theme is that the mix remains stable continuously. All living matter is made up of colloids; plants, animals and humans. The plant is a mixture of fibre and water. The plant gathers its own water from the soil, collecting enough, just enough to remain hydrated. The human body is composed of 72% water – its principal solution - with a series of sub-solutions all of which combine in harmonious rhythm to sustain life. The mineral substances, derived from nature provides fuel (energy) for organs and cells. It is a balanced cycle. A colloidal solution can therefore be described as a stable environment consisting of water with suspended particles spread evenly throughout. The sole difference between a true solution and a colloidal solution is the number of suspended particles in each.

Absorption and Assimilation.

With **non-organic minerals**, be they oxides, phosphates, sulphates of magnesium, zinc, calcium and all other essential mineral compounds, the problem with these forms of presentation is reduced absorption and assimilation. In the opinion of experts, minerals presented in this way offer low level absorption in the human body. Nutrients reaching the cells may be as low as 8-12% with the remainder being excreted via the digestive tract and lost in the stool. That is therapeutic loss and financial cost. However, it does not mean whole

mineral compounds should not be consumed when identified as necessary. The concern is solely reduced uptake by the body.

Many minerals are now presented as **chelated minerals**. The word chelated comes from the Greek, *chela*, which means crab, as in crab that has many claws. In practice, this means they are bound or enfolded by an amino acid which delays processing by the digestive system and therefore absorption can increase some three or fourfold to 30-45% of the total intake. This is of course significant improvement.

*'With colloidal mineral supplements, the body's absorption rate is up to **10 times higher** than non-organic minerals'*

*Marie-France Muller, 2005
M.D., N.D., Ph D.*

As **colloidal minerals**, where the active nutrient is evenly dispersed in tiny molecules, the absorption level can be up to 2.5 times higher than chelated minerals and up to 10 times that of non-organic minerals.^{1, (pg.50)} This increased level of absorption offers a considerable nutritional impact for organs and cells in need of nourishment, or worse still in deficiency and moving towards a diseased state.

References

1. Marie-France Muller MD., ND., PhD. *Colloidal Minerals and Trace Elements*. Healing Arts Press. ISBN 159477023-9
2. Prof. Jacob Moleschott. *The Circulation of Life*. Paris Editions Bailliere. 1866.
3. William Boericke M.D and W. A. Dewey. M.D. *The 12 Tissue Remedies of Schussler*. B Jain Publishers. ISBN 81-7021-035-6
4. Pip Waller. *Holistic Anatomy*. North Atlantic Books. 2010. ISBN 978 1 55643 865 3
5. Robert R. Barefoot, Carl J. Reich MD. *The Calcium Factor: The Scientific Secret of Health and Youth*. Bokar Consultants; Loose Title Page edition (1 Feb. 2002). ISBN-10: 0963370324

About the Author

Martin Murray is Chairman of the Board of New Vistas Healthcare. He has been involved in Natural Health Therapies for 30 years and prior to that had 10 years' experience in conventional health care supplies. He can be contacted at Martin@newvistashealthcare.com