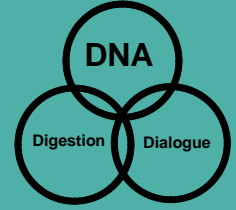




Holistic Health Center & Naturopath Scott Cousland



Are you covering the Basics ?

Unrefined Sea Salt: Essential for Achieving Water Balance (Keeping the cells of your body Happily Hydrated!) and Protein Digestion (Chloride for the production of Hydrochloric Acid).

*** **Contains essentially ZERO Iodine !** ***

Iodine: Essential for the creation of Thyroid Hormones, **Fighting Bacterial Infections**, Fat Metabolism, a Strong Immune System, a Strong Heart, Detoxing the body of Toxic Minerals like Fluoride and Bromide and **Destroying Cancer**.

Magnesium: Essential for *Balanced Adrenal Glands*, Relaxing Muscles and Blood Vessels, Keeping Calcium from falling out of solution and forming bone spurs (Osteo-Arthritis), Kidney Stones and Gallstones. Essential to hold Water in the Colon (needed along with fiber for **easy to pass Bowel Movements**.)

Beneficial Bacteria: These single celled life forms **are the foundation of all higher forms of Life**. They make up more than **90 percent of the DNA** within your body. Yes, the DNA from your Parents is less than 10 percent of **the Intelligence that Creates and Maintains your Body**. You inherit Mitochondria from your Mother. You also will be colonized by the bacteria from passage through the birth canal, and then again from the bacteria in Breast Milk. But many are not breast feed, and for those that are, your mom may not have very many good bacterial strains in her breast milk (Mother's can only pass on what they have!) Mitochondria are an Ancient Bacteria that takes fuel and creates ATP (the Energy Molecule) - Mitochondria increase in health, size and number with milligram levels of Iodine present in the body. (The rest of the good guys love it too !)

Essential Fats (Omega 3,6,7 & 9): Healthy Cell Membranes are made from these Oils. (Hormone Receptors "live" here), Your Brain is made mostly of a particular Omega 3 oil called DHA. **Without these oils** your cells can not function properly and **inflammation will be the basic state of your body**.

Iodinated fats help to destroy cancer cells - this **ONLY** happens when daily Iodine intake exceeds 15 mg)

*** **It is not only your car engine that needs oil !** ***

Selenium: Needed for the conversion of T4 to T3 (Thyroid hormones with 4 and 3 Iodine atoms, the most Abundant and most Active) within the Liver. Detoxing the body of toxic minerals like Cadmium. **Helps the body fight Viral Infections**.

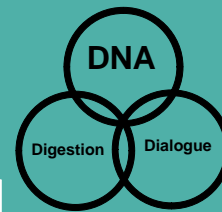
Potassium: Iodine's partner at the plus and minus one electrical valence. Not recommended for Fast Metabolizers unless indicated by Trace Mineral labwork, but **ESSENTIAL** for nearly all Slow Metabolizers (which make up between 80-90 percent of the population).

Vitamin D3: Is an Essential Immune System **hormone created by UV Light, enzyme activity and Cholesterol**. In northern Latitudes (like my home state of Massachusetts) you would have a hard time getting enough Sun in the Winter even if you worked outside **in the nude all day**. Even in the Summer many people do not create enough Vitamin D because of **high SPF suncreens** (and a lot of these **contain chemicals that you really don't want on your skin**).

*For more information or to Schedule a Consultation with Scott,
call us at (508) 533-4622 or visit www.MineralHarmony.com*



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How much do I take?

Unrefined Sea Salt: At least 1/4 teaspoon daily. The more protein you eat the more salt is needed to produce the Hydrochloric Acid that breaks down protein in your stomach. Essential for proper cell hydration !

Water Formulas: *Remember these are goals.* Gradually work up to the ideal.

Daily Water Goal: Body Weight divided by two. example $200/2 = 100$ oz

Morning Water Flush Goal: $DWG/3^*$ example $100/3 = 33$ oz

*hours of sleep divided by 24 example 8 hours /24 hour day is one third, 1/3.

Every time you pass urine - drink a glass of water! Minimize drinking during meals - 2 glasses 1 hour after meals
Add an Electrolyte Concentrate (40,000 Volts by Trace Mineral Research) and/or Lemon juice to ALL WATER.

Use 1 Teaspoon of electrolyte per QUART. Which is about 10 drops per 8 oz glass. **Ignore the label !**

Iodine: The farther from good health you are, the smaller the starting dosage (70 mcg daily is the lowest dose). Fast Metabolizers also need to start slower due to their overactive Adrenal Glands. I recommend most people start at 600 mcg daily. Increase by 1 drop weekly until taking 10 drops. Then you are ready for the next level. Once at 6 mg daily I recommend starting 1/2 tablet of Iodoral and increasing by 1/2 tab weekly until taking 50 mg daily. People with Cancer continue to increase until taking 100 mg. Once the Cancer is undetectable the Iodine is reduced to 50 mg (maintenance level). **Unless you have Cancer, take your time with this!** It was a full year before I could take 2 tablets of Iodoral without getting pimples from Iodine pushing out toxic levels of Bromine.

Selenium: The more you sit in rush hour traffic, smoke cigarettes or have some other exposure to toxic minerals the greater the need for this Master Mineral. Dosages in general:

Non-Smokers: 200 mcg, Smokers: 400 mcg, Diagnosed with Cancer 600 mcg

Magnesium: The best absorbed form of Magnesium is bound to the amino acid Glycinate. I recommend starting at 1 tablet (100 mg) morning and night (Even for people with well formed, softer stools) and then adjust the dosage up or down as needed. Those who tend towards constipation should continue to increase a tablet every week, alternating day and night, until a loose stool develops. Then reduce 1 tab. **If your stools are already loose - Don't take any!**

Essential Fats: High quality Fish Oils are more nutritious, but are also more expensive than Flax or a Flax based blend. I personally use Udo's Oil DHA Blend. Start with capsules - 1 cap twice daily first week, 2 caps x 2 in the second week and 3 caps x 2 third week. To enjoy the maximum benefits of Omega Oils you can use this formula: 1 tablespoon per 50 pounds body weight. Gradually work from teaspoons up to tablespoon(s). **Those with Liver and Gallbladder problems will need to take this more slowly!**

Beneficial Bacteria: People starting off for the first time should take 40-50 Billion Colony Forming Units (CFU) daily along with 1,200-2,400 mg of Colostrum (divided equally morning and night) for at least 60 days. And then continue at 1 capsule daily (dropping the Colostrum). We carry the best probiotics from around the World. There are four products that I want everyone to take (FloraMax, Ultimate Pro SBO, FloraBalance & Dr. Ohhira's). The more variety you put in your body - the smarter your body gets ! Literally !

Vitamin D3: In the summer you can create enough as long as you (1) get out in the sun ! (2) Don't use high SPF sunscreens. Adults living in the North should take between 2,000 - 10,000 IU daily (based on weight and immune system strength. At 200 lbs I take 4,000 IU in Sep, Oct & Nov. 8,000 IU Dec, Jan & Feb. 4,000 IU Mar, Apr & May

Multivitamins rarely have any significant amount of these Core Nutrients, so they complement each other well. I personally spend my money on Superfoods like Mark Sheldon's Swheatgrass and Freelif's GoChi before spending money on a Multivitamin. *I also HIGHLY recommend that you find out exactly where your mineral levels are using Trace Mineral Analysis labwork, which I believe to be the single most useful labwork you will ever have done.*

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