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Open 6 days a week | Evening appointments available



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HEALTHCARE



HIBERNIAN
AVIVA
HEALTH



Get Well, Stay Well International Conference

City West, Dublin. 2016

Mineral Deficiencies

By Helen Coe

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- ☐ **Why our food is deficient of minerals**
- ☐ **How Minerals work together**
- ☐ **Why we need the full spectrum of minerals**
- ☐ **Be your own detective – physical bodily signs**
- ☐ **Function of Calcium – Magnesium – Potassium**

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- ☐ **How everyday living puts a demand on these 3 major minerals**
- ☐ **Plant Derived Minerals v Metallic / Rock based Minerals**
- ☐ **What is the best plant derived mineral for you?**
- ☐ **Where does it come from?**
- ☐ **Where you can get it**

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DON'T WAIT UNTIL IT'S TOO LATE!

- ☐ Minerals are CRITICAL for your health
- ☐ Critical is a word we associate with Illness
- ☐ Starts with twitch, little spasm, restless legs, insomnia
- ☐ Subclinical Disease – below the surface – undetected for years
- ☐ Can quickly escalate into.....

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- ☐ **Diabetes – Fibromyalgia – Cancers – Heart / Kidney Disease**
- ☐ **Osteoporosis – IBS – Inflammation – Hormone disruptors – Depression**
- ☐ **All associated with low mineral levels**
- ☐ **Sad – don't realize we are mineral deficient**
- ☐ **Worst of all – MOST OF THE TIME IT'S TOO LATE!**

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- ☐ This presentation offers you HOPE
- ☐ Helen Coe Healthcare - 'Providing Another Way'
- ☐ Given the correct conditions the body CAN and WILL repair itself

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Did you know?.....

- ☐ **Body does not make a single mineral**
- ☐ **Body needs minerals on a daily basis for optimum health**
- ☐ **We have to depend on food for our mineral supply**
- ☐ **Vitamins are basically useless in the absence of minerals**

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- ☐ Minerals are the spark plugs of life
- ☐ Immune systems are defenceless without minerals
- ☐ Magnesium is responsible for 300 biochemical reactions in the body – for example...
 - ✓ Maintains glucose levels
 - ✓ Balances blood pressure
 - ✓ Essential for proper nerve and muscle function

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- ☐ Calcium is the most abundant mineral in the body
- ☐ World Health Org. – 80% of us are deficient in IRON

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Plant Derived Minerals

The plants root system finds the metallic minerals and digests them modifying them into a food state - this IS food!



Minerals in the soil

=



The truth is....

- There are few minerals left in our soil
- Man has interfered with nature

Simply
Naturals
Making Good Health Simple

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- Pesticides, synthetic fertilizers, commercial farming, acid rain, irrigation, pollution etc. has depleted the mineral store

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We don't
grow
plants.
We grow
soil; and
soil grows plants.



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Activities of organisms affect soil.

- There is a whole world alive below your feet!



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- ☐ Synthetic fertilizers kill a high % of micro organisms in the soil
- ☐ Renders the soil devoid of nutrients
- ☐ Increases nitrates levels in soil
- ☐ Food from this soil when consumed converts to toxic nitrates in the intestines



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MINERAL DEPLETION

CONFIRMED

Depletion analysis
confirmed by...



unicef

World Health
Organisation

UNICEF



UK Ministry of
Agriculture

Royal Society of
Chemistry

Mineral Depletion in Soil is a Global Problem

- North America -85% loss
- South America -76% loss
- Asia -76% loss
- Africa -74% loss
- Europe -72% loss
- Australia -55% loss

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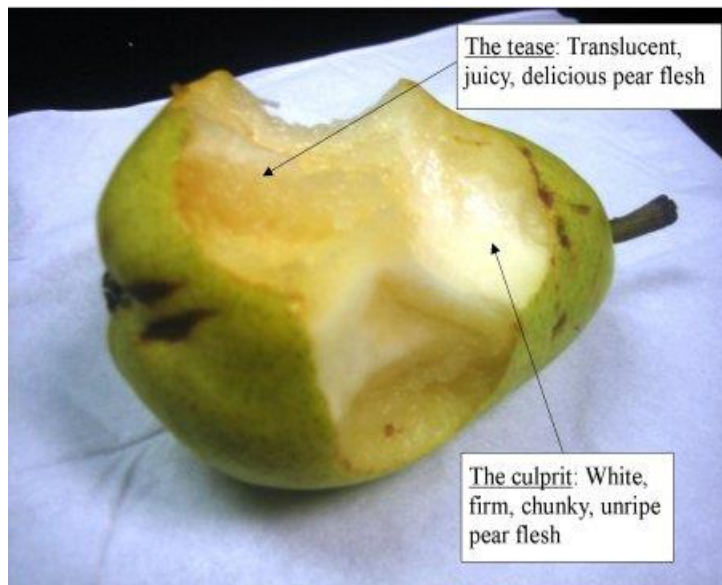


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Another example of man interfering with nature.....

- **Un-ripened fruit and vegetables deficient in minerals**



Ripe avacado



Unripe avacado

Why MINERALS?



Dr. Linus Pauling

2 time Nobel Prize Laureate

"You can trace every sickness,
every disease and every ailment
to a mineral deficiency."

"Our bodies need at least
60 minerals each day in
order to maintain a disease
and ailment free state."

Dr Gary Price-Todd

MD and Best Selling Author

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Stop for a moment and ask yourself the question?

Have I had my 60 minerals today, yesterday, last week, last month or last year?

No – Don't Know – Not Sure – Organic – Yes

Even Organic soil can be depleted – no pesticides etc.

NOT IN SOIL – NOT IN FOOD – NOT IN YOU

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Before



After

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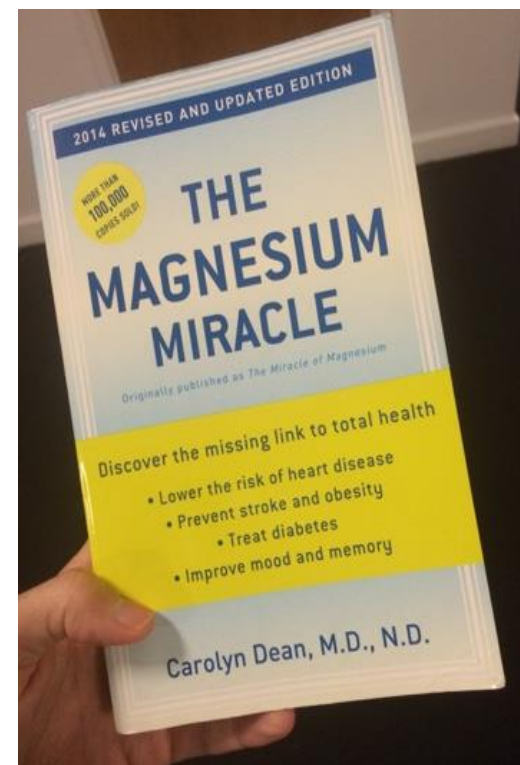


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Dr. Carolyn Dean M.D., author of 'The Magnesium Miracle' says:

“I’m convinced that to get enough magnesium today you need to take Supplements”



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...box of mineral in press?....

Metallic Minerals

These are just crushed rocks
and clay that are modified to
fool the body into thinking it is
food - it is NOT food!



=



Metallic Minerals from the
health food store

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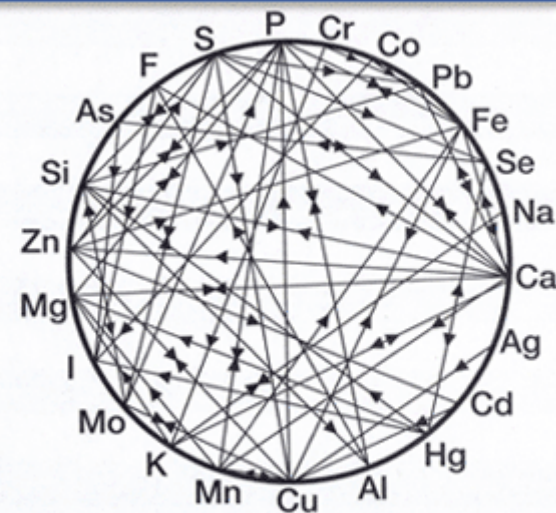


MINERALS WORK TOGETHER:

- Calcium controlled by levels of sodium in cell
- Potassium inside cell / sodium outside the cell

Mineral Interactions

P - Phosphorus
Cr - Chromium
Co - Cobalt
Pb - Lead
Fe - Iron
Se - Selenium
Na - Sodium
Ca - Calcium
Ag - Silver
Cd - Cadmium
Hg - Mercury
Al - Aluminum
Cu - Copper
Mn - Manganese
K - Potassium
Mo - Molybdenum
I - Iodine
Mg - Magnesium
Zn - Zinc
Si - Silica
As - Arsenic
F - Fluorine
S - Sulfur



Direction of arrows denotes interference.

Arrows aimed at each other denote mineral synergy.

Arrows aimed away from each other denote mutual mineral interference or antagonism.

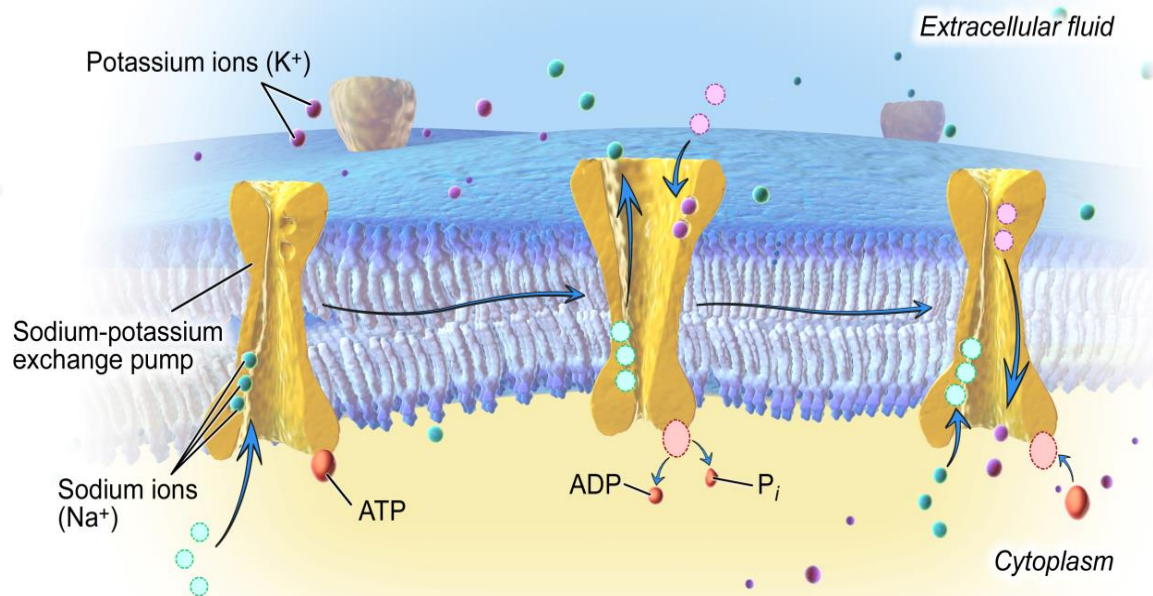
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The Sodium-Potassium Exchange Pump

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- ☐ Need Magnesium to pump potassium and sodium
- ☐ If cell is deficient in one single mineral, cell will suffer the loss of several minerals
- ☐ Physical health is dependent on cellular health
- ☐ Begins and ends with cell (37.2 trillion)
- ☐ Minerals responsible for every action in every cell
- ☐ Illness – Ageing – Diseases – Problems with cell

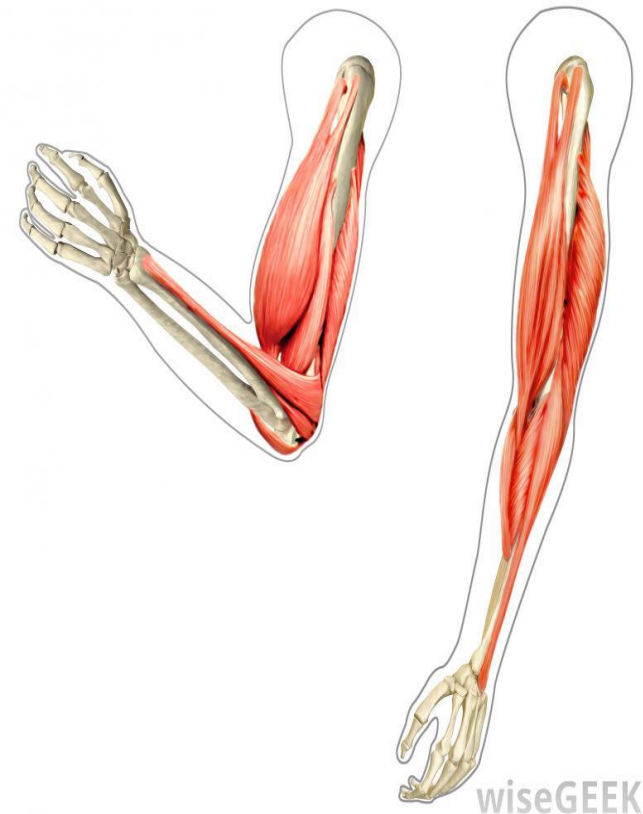
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- Calcium is needed to contract muscle
- Magnesium needed to relax it

Might explain why sports guys exerting themselves suffer sudden death (footballer's silent killer) 80% show no prior symptoms before death

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How to identify mineral deficiencies & what puts demand on them

Calcium

- Grinding teeth
- Clenching jaw while stressed
- Problems with the jaw joint
- Nerve pain
- Biting nails



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- Ridges on the nails
- Inability to relax
- Anxiety / depression (serotonin)
- Hormone balance / thyroid
- Insomnia



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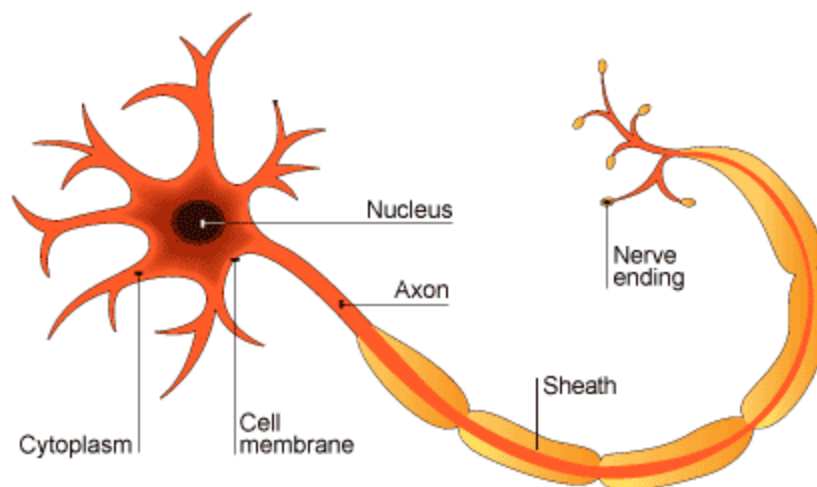
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- ❑ All happening because the 95 to 100 billion nerves cells are stripped of calcium



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Demands on Calcium

- Stress
- Sugar (acid)
- Poor diet
- Processed foods
- Animal Protein
- Acid foods / drinks (coke 2.5 acid)
- Alkaline Minerals act as acid buffers
- Blood pH 7.35
- Extract alkaline minerals calcium from teeth, nails and bones



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7 MOST ALKALINE FOODS



Dave Sommers

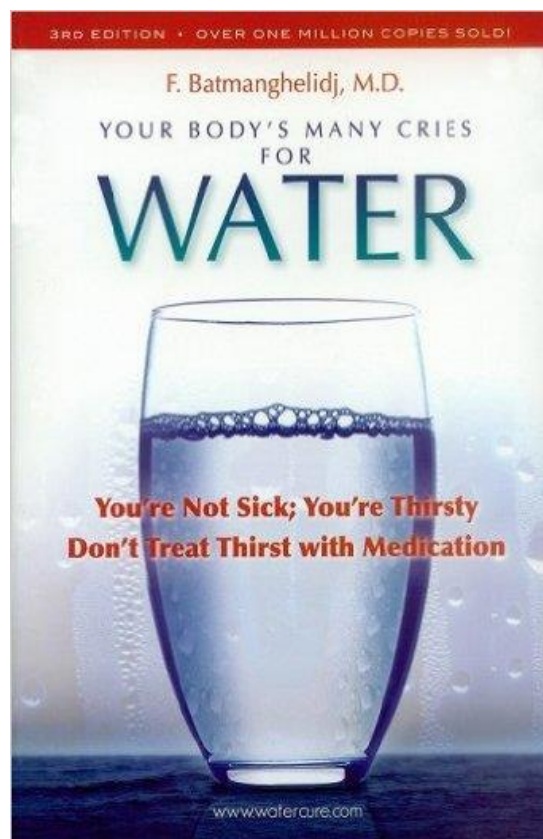
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- 9.5 alkaline water

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Magnesium

- Eye twitching
- Heart beat irregularities
- Leg Cramp
- Muscle Cramp
- Sudden death syndrome
- Inflammation
- Seizures



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Demands on Magnesium

- **Antibiotics / Cancer / Diabetic drugs**
- **Indigestion (Antacids - 10 billion annually worldwide)**
- **Constipation (Laxatives -725 million)**
- **Caffeine**
- **Magnesium levels controlled by kidneys**
- **Massive loss through kidneys**
- **Coffee / Tea – acidic and they harden kidneys - ineffective**

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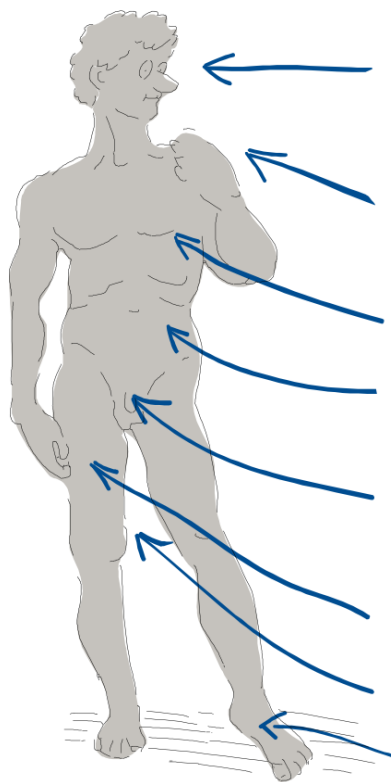
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Symptoms of magnesium deficiency



Headache, dizziness, confusion,
poor concentration, nervousness,
jumpiness, migraine

Posterior headache, cramps in the
muscles of the face, neck, shoulders
and entire vertebral column

Cardiac arrhythmias

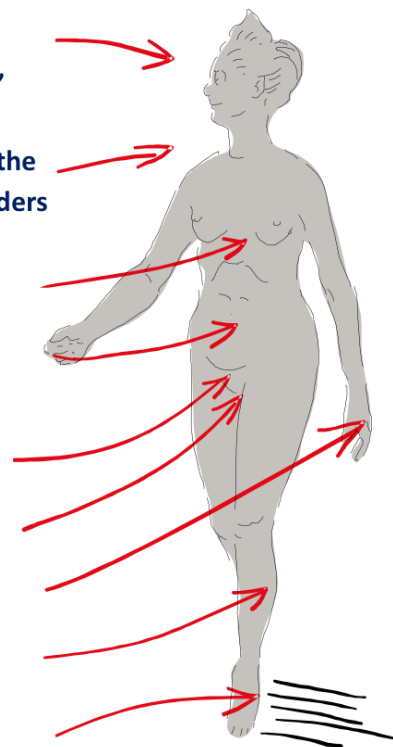
Gastrointestinal cramps, nausea,
vomiting, diarrhoea

Urinary tract cramps,
uterine cramps

Paraesthesia (tingling) of the
hands, numbness

Tigh and calf cramps

Cramps in the soles of the feet
and toes, paraesthesia (tingling)



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Potassium

- Leg cramps
- Fluid retention
- Balances water in cells, nerves and muscles
- Imbalance of sodium/potassium



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Demands on Potassium

- Not enough water: fluid retention
- Constipation
- Clogged lymphatic system
- Loss of water
- Laxatives
- IBS, Bulimia, Vomiting, Kidney disease
- Diuretics – medication – tea – coffee – sparkling water
- Poor Diet – very low calorie diet
- Too much of BAD salt (sodium chloride – NaCl) table salt
- Good salt (Na) fruit/veg./sizzling plant minerals
- Lack of movement
- Gravitational Movement of the Rebounder





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Sizzling Minerals

Our bodies will absorb 100% of our Plant Derived 'hydrophilic' minerals compared to 10-20% of the commonly purchased metallic or 'chelated' minerals most health shops supply.



You would have to buy multiple (metallic) mineral products in a health store at 3-4 times the cost of **Sizzling Minerals**.

Simply
Naturals
Making Good Health Simple

Why Does Everyone Including YOU Need Sizzling Minerals?



100%
NATURAL



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Helen Coe Healthcare: www.health-care-ireland.com



HELEN COE HEALTHCARE

- | | |
|-------------------------------|--------------------------|
| ✓ 100% plant based minerals | v rock based |
| ✓ 75 minerals in each serving | v 75 pots of minerals |
| ✓ Pin head size | v Football |
| ✓ 100% absorbed | v 10% - 20% |
| ✓ Hydrophilic water soluble | v Hydrophobic rock |
| ✓ Body recognizes it as food | v Not recognized as food |
| ✓ Natural | v Laboratory |
| ✓ 600 milligrams pure min. | v Additives and fillers |
| ✓ Work | v Ineffective |
| ✓ Confidence | v Doubt |
| ✓ Child friendly 3 flavours | v Too big |
| ✓ Effervescent dissolves | v Tablet |
| ✓ Monthly supply | v Forget to buy |

GREAT VALUE FOR YOUR MONEY

GREAT FOR YOUR HEALTH



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Where do plant derived minerals come from?

- Pre-historic vegetation 100% natural
- Special mines – 70 million years old
- Protected from soil erosion
- Perfect fuel for our cells to work together
- Nature's Gift for optimum health



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- Now you can consume same vegetation
- Bursting with health giving nutrients

"Do You Have any Health Concerns OR Want to be Super Fit & Full of Energy?"

*75 Million Year Old Health Secret
Finally Reaches Consumers...*

- ✓ Look Younger - Feel Better
- ✓ Improve Skin, Hair and Nails
- ⚡ Doctors are Shocked!
- ⚡ Fitness Fanatics Amazed!
- ⚡ Patients are Jumping for Joy...

Experts call it "The Spark Plug of Life"
Customers call it "A Miracle Product"

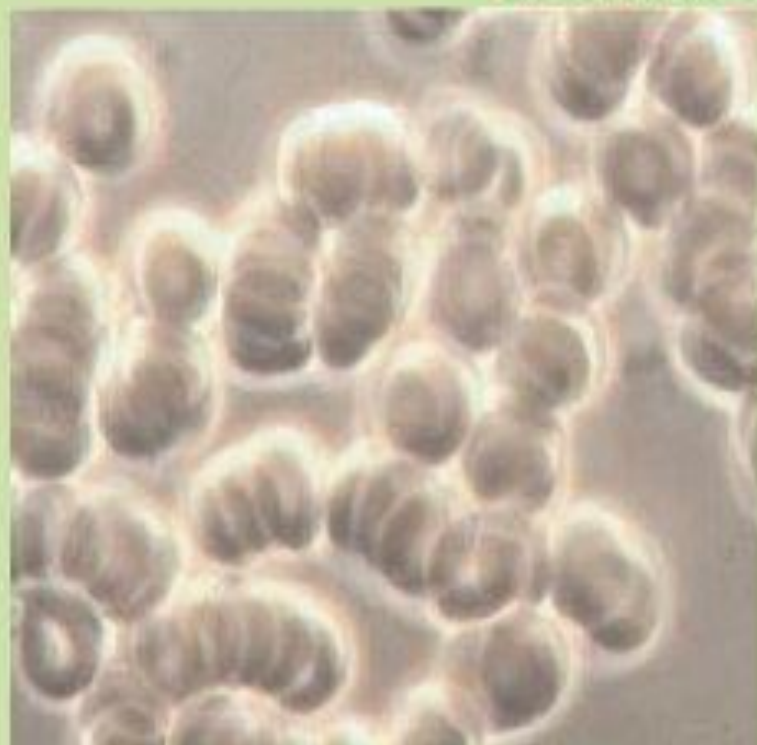


**Take the
90 Day
Challenge**

Live Blood Microscopy

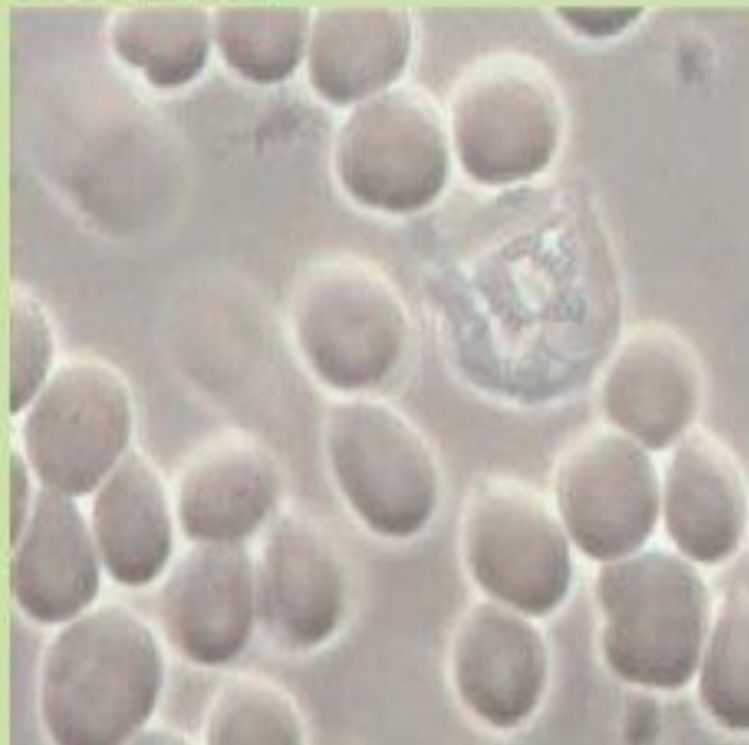
Actual Test Results

Before Minerals



Cells are clump, sticky
with poor blood flow

5 weeks later



Less clumpy and cells are
now moving freely

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Summary

- ☐ Why your body is Mineral Deficient
- ☐ Soil is mineral deficient
- ☐ Not in soil – not in food – not in you
- ☐ Un-ripened fruit and cooking lose minerals
- ☐ Lose minerals at cellular level if don't have at least 60 minerals

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- ☐ Mineral imbalance sets off a whole chain reaction leading to many sicknesses
- ☐ Stress makes you acid – lose minerals
- ☐ Acidic foods and drinks – draws minerals from bones, teeth etc.
- ☐ Medications leave you deficient
- ☐ Certain illnesses put demand on your minerals
- ☐ Medications will cause mineral deficiency

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- ☐ Commercial rock mineral – only absorb 20% max
- ☐ Body is clogged with toxins – less likely to absorb anything
- ☐ Comparison sheet between regular rock minerals and plant minerals – NO COMPARISON.....
- ☐ Sizzling Minerals are formulated from vegetation that's 70 million years old
- ☐ Not available in shops because you can't patent nature
- ☐ Not in jar of supplements sitting at home

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- ☐ You have discovered that your health would benefit enormously from taking plant based minerals.
- ☐ You may be thinking: 'I wish I knew this information before today'
- ☐ The best decision you can make today is 'I won't live another day without my plant based minerals'

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THERE IS HOPE! Helen Coe Healthcare....Providing another way

- ☐ **It's CRITICAL – Don't wait until it's too late**
- ☐ **Order today at Helen Coe Healthcare stand**
- ☐ **Free tasting today**
- ☐ **Free sign up – we do it for you**



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**EVERYBODY NEEDS IT
– WE'VE GOT IT!**



**NOT
SOLD IN
SHOPS**