



The Billion Dollar *Hoax*

**What THEY Don't Want You To
Know About Pills, Tablets,
And Colloidal Minerals**

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What Really Causes Disease?

Everywhere you turn you hear or see the evidence of disease in our society. Heart disease, autoimmune disease, bone disease, gum disease. What is with this word “disease”? It’s actually become a common phrase, a normal word in our everyday vocabulary. As common as it is, there seems to be a lack of understanding on what disease really means, what actually causes it.

Is it stress? Is our environment making us sick? If someone could just develop the right immunizations, would we be disease free? Can we blame disease on lack of sleep, a virus, or something we’ve inherited?

The information in this book is intended to explain some simple concepts that seem to be overlooked, forgotten, or intentionally neglected in today’s world of health awareness. This information may shock, or even anger you. But it is a message that must be heard.

What I am now about to share with you, will forever change your understanding of what causes disease.

So let’s begin, but first, the following information is not intended to treat, diagnose, or cure any disease. In addition, its foundation is not based upon clever advertising phrases or incomplete truths, but rather is based upon fact, award winning scientific principles, and years of scientific research.

What if someone were to tell you that the vitamin and mineral supplements that you’ve so faithfully purchased and depended on for over the last 10 years to support the health of your body, have not been helping you, and in fact, may actually be harming you?

Would you feel, disappointed, betrayed, and even outraged?

I wouldn’t blame you. The truth is many of the vitamin and mineral supplements sitting in your cupboards or gym bag most likely ARE NOT doing to your body what you indeed believe them to be doing. In reality, you may have been neglecting your body’s very needs for decades, even though persuasive advertising may have convinced you otherwise.

Dr. Linus Pauling, one of the most decorated and applauded scientists of this century, and two-time winner of The Nobel Prize, repeatedly stated in his works,

“Every ailment, every sickness, and every disease can be traced...to a MINERAL DEFICIENCY”.

- Dr. Linus Pauling, 2X Nobel Prize Winner

America: The Country of Abundance

America has long been known as the nation of abundance. We are fortunate to live in a country where food is readily available and plentiful and of course, able to provide the essential nutrition to keep our bodies healthy. Now, if this were not the case, we would've certainly heard about it, right?

If I were to read you the following quote, when would you say it was written?

"The alarming fact is that foods, fruits, vegetables, and grains now being raised on millions of acres of land in this country no longer contain enough certain-needed minerals-and are starving us, no matter how much of them we eat."

Would you say 1992? 1983? 1976? The answer is shockingly, 1936! And who would you say compiled this information? Would you say local FFA members, a county extension agent, or environmental activists? Actually, these findings were presented to Congress in a study called *US Senate Document 264*, at the 74th congress. In other words, we've been consuming foods unable to meet the nutritional needs of our bodies for over 6 decades!

Do Fertilizers Help?

Don't fertilizers add to the nutritive value of our food? Actually, fertilizers make matters worse. At the end of WWII, there was a surplus of bomb making materials including nitrogen, potassium, and phosphorous. Since it was known these components were the main ingredients needed for growing large and plentiful crops, this surplus of chemicals made its way into the agricultural fertilizing realm for the first time.

And this continues today, unfortunately fertilizers being applied in record-high quantities are not fortified with the other micronutrients needed by the soil. Yields may look great on the outside, but are nutrient poor on the inside.

Even recently, the results of the 1992 Earth Summit confirm this startling information:

Its statistics revealed that **the farmland in North America were 85% nutrient deplete.** And to make matters worse, the farmlands, specifically in America, showed the worst mineral depletion in all categories.

The net effect is a nation where people are fed, but not nourished. The net effect is you must eat 70 bowls of spinach today to get the same nutrient content of one bowl in 1968. The net effect is America is the most over-eaten nation in the world, leading all countries in rates of obesity, yet is nutritionally starved. The net effect is America leads the world in osteoporosis, new autoimmune disease, heart disease, and many forms of

cancer. In fact, money spent in America on health care exceeds that of the National Defense.

Why is it that Americans eat and eat, yet continue to make midnight trips to the refrigerator? Simply put, we are starved for nutrition. And our bodies, and quality of life, suffer because of it. The old cliché: “It only takes 3 square meals a day” is just that, an old cliché.

Does The Government Know?

US Senate Document 264, written and published in 1936, also stated in it:

“99% of the American people are deficient in minerals and a marked deficiency in any one of the more important minerals actually results in...disease.”

Even recently, the highly respected *Journal of the American Medical Association*, or *JAMA*, in its June 2002 issue, published research from two Harvard Medical doctors, Dr. Robert H. Fletcher MD and Kathleen M. Fairfield, MD PhD of the Harvard Medical School and Harvard School of Public Health, who cite in their research,

“Most people do not get an optimal amount of nutrients by diet alone... and suboptimal intakes of nutrients are associated with increased risks of chronic diseases including cardiovascular disease, cancer, and osteoporosis.”

These highly regarded individuals and their respected research findings definitively confirm that all diseases find their roots in nutritive-poor, and specifically, mineral-poor, nutrition. And this lack of minerals in the body manifests itself in disease.

- Lack of iron can contribute toward blood deficiencies.
- Lack of calcium contributes to bone disease.
- Lack of magnesium contributes to heart abnormalities.
- Lack of copper contributes to anemia.

In short, minerals are critically essential to maintain and promote health.

The Human Body Cannot Make Minerals

Yet even with the knowledge of this information, the most alarming fact not readily known, shared, or understood by the majority of people, is the human body CANNOT make minerals. This fact can't be emphasized enough. The human body cannot make minerals!

We are completely dependent upon external sources for our mineral nutrition. From the day we are born, our mineral stores begin to deplete. And if we're not replenishing them with what we put into our bodies, in the correct form and design, a form that is water-soluble, ionic, and the proper particle size, significant health challenges result. Ironically, the average American suffers from over 14 different mineral deficiencies, and doesn't even know it.

The Billion Dollar Hoax

Now, the nutrition industry has known for years that the body could not make minerals on its own, and it came to realize that nature was not being given the chance to produce mineral-rich foods. This, combined with knowledge of America's bad eating habits, set the stage for our next topic.....*The Billion Dollar Hoax*.

Over the last several decades, the nutrition industry has developed a real fast ball. They knew nutrient deficient foods were coming to us from our crop land. They realized processing was robbing us of any trace minerals that could be found and finally, they knew we were cooking any remaining nutrients right out of our food.

Now, go ahead and add aging baby boomers, and you've set the stage for the creation of a multi-billion dollar industry - Mineral Supplements.

Unfortunately, the majority of these supplements are not doing to your body what you believe, or hoped, and in fact, can result in toxic accumulation while having devastating effects on your health.

To understand the ineffectiveness of the majority of current mineral supplements and to learn what our bodies are really looking for in terms of supplementation, all we need to do is look to nature. For years it has provided us with a perfect blue print for the form and design of our nutrition. When this blue print is not followed, supplements have very little or no impact upon improving health, and even worse, can actually contribute to harmful toxicity conditions.

The presence of nutrients in plants has been known for centuries. As simple as it sounds, minerals are rocks. The natural process is for minerals and other nutrients to be absorbed from the soil by plants. Humans, then, consume the plants – after the plant has changed the metallic compound into a design that is usable by the body. In this way, through the miracle of Mother Nature, we receive our mineral nutrition.

Three Basic Requirements for Proper Absorption

Now there are three basic requirements for mineral particles to be effectively absorbed and used by the cells of our bodies.

1. Correct Particle Size
2. A Water-Soluble Form

3. An Ionic Charge

The first requirement to address is particle size. In simple terms, minerals are rocks. Each tablet you take, or colloidal mineral you drink, has minerals that are crushed-up into a certain sized particle. The size of the particles in your supplements may actually be prohibiting you from receiving positive benefit. And if they're not in the correct particle size, they may actually be contributing to a whole host of conditions or diseases you're not even aware of. So what impact does the size of these mineral particles have on their usefulness to the body? How well can these mineral particles be absorbed? If they are absorbed, where, and what effect, are they having on your body?

Let me ask you a question, if I gave you a watermelon and asked you to squeeze it through a hole the size of a BB pellet, what would you say? Impossible, right! Well, when it comes to minerals, **all minerals used by the body are angstrom-sized or smaller.** That's worth repeating, all minerals used by the body are angstrom-sized or smaller.

It seems to reason then, that larger-sized particles, micron sized particles for example, are not properly used by the body. For the sake of comparison, it would take 10,000 angstrom on a horizontal plane to cover the distance of just one micron. For those of you who are wondering, if you split a human hair, the tip would be about one micron in size. Remember, mineral particles usable by the body are angstrom-sized.

We've evaluated mineral supplements on the market including metallic minerals, which are things like oyster shell, dolomite, calcium carbonate, limestone, and sea-bed minerals, which often come in tablet form. We evaluated chelated minerals, which often come in tablet form but have an amino-protein or enzyme chain wrapped around them... and we even evaluated minerals labeled as colloidal, and found they all have mineral particle sizes of a micron size or larger. They were not soluble, not ionic, and not effectively used by the body. Therefore, they would be thousands of times too large to be absorbed by the cells of the body!

Can The Body Absorb Micron Size Minerals?

Your body can absorb mineral particles a micron in size or larger into the blood stream, but it won't allow them into the cells. Once in the blood stream, these mineral particles, too large to enter into the cells float around until deposited into the soft tissues of the body, many times encouraging toxic conditions which can result in debilitating health challenges.

Everybody knows too much of a good thing is a bad thing. At the same time, too much of a good thing, in the wrong form, can be even worse.

One of the key contributors to toxicity in the body is incorrect particle size. Too much of any mineral is unhealthy. A lack of it is just as unhealthy. In the wrong form and size, toxicity is inevitable.

Incorrect Particle Size = Health Conditions

The unnecessary accumulation of minerals in your body due to incorrect particle size increases the likelihood of devastating health conditions:

- Calcium in the wrong form can result in bone spurs, calcification of joints, kidney stones and combined with cholesterol, it hardens the arteries - one of the leading causes of heart disease.
- Iron particles that are a micron size or larger, also build up in your body-causing a disease called hematomachrosis, where individuals often need to be bled every couple of weeks to remove the iron particles accumulating in their bloodstream through a procedure called a phlebotomy.

If the particles cannot get into the cells, they stay in the bloodstream. Iron toxicity is very dangerous, especially for men, where it directly contributes to cardiovascular disease! Ironically many foods fortified with iron contain iron particles in the incorrect size and design. Just finely crush a cereal fortified with iron, run a magnet over it, and you'll see for yourself the iron particles and remember minerals are ROCKS. They are indigestible by the body. They do not break down.

Supplements must be presented to the body in a form that is water-soluble, ionized, and in the correct particle size for maximum effectiveness. These requirements are also necessary for excretion from the body as well.

What about Colloidal Minerals?

Right now, sitting in stores across America, are colloidal multi-mineral drinks that are toxifying people's bodies.

- Chromium, a common ingredient in these drinks, in its colloidal form causes hearing loss and liver failure.
- Selenium in its colloidal form can be fatal.
- Copper in its colloidal form causes mental disorders and violent rages, vascular collapse, and induces coma.

Taking colloidal products is like drinking dirt! Just because a supplement is in liquid form, doesn't mean its mineral particles are in solution!

What's worse? Mineral particle sizes in mineral tablets and pills are generally even larger than the particle sizes in colloidal products! Right now, millions of Americans are taking tablets, pills, chelated, and colloidal products that are having devastating effects on their bodies, while absolutely throwing their hard-earned dollars away!

Folks, watermelons will never fit through a hole that is BB pellet sized. It just doesn't work! Remember, one of the required characteristics in order for your body to maximize the potential of mineral supplements is correct particle size.

Chickens Have Gizzards, Not You!

Now let's address Solubility.

If you think about visiting the physician in an emergency situation, the drugs and medicines used are started immediately, or intravenously. When injecting medicine into the blood, it is delivered in an aqueous or water-soluble form. This is done because it meets the body's requirement for proper delivery to all organs, tissues, and cells. As stated from the textbook *Pharmaceutical Dosage*:

"Drugs or nutrients administered in solution are absorbed much more rapidly than those administered in solid form, since the process of (digestion) is not required."

In applying this to nutritional supplements, the same logical thought process can be used. As further stated in *Pharmaceutical Dosage*:

"...water-soluble solutions are in a form most conducive for absorption into the bloodstream..."

When applying this specifically to mineral supplements it is especially important, since minerals are found naturally as metallic compounds, or simply put, ROCKS. Rocks by nature are not soluble. Put one into a glass of water, or acid, and it will still be there, undissolved, 100 years later. Minerals, or rocks, are INSOLUBLE.

We know that the human body cannot use rocks even if they're in small pieces. That's why when a child swallows a penny, even though it's made of a mineral—copper—it comes out shiny. We were not designed to ingest, digest, or utilize rocks, no matter how small they may be crushed up.

But please don't take my word for it. Graphic evidence of this is seen in wastewater treatment plants and outdoor portable toilets across America. Thousands of pounds of undigested pills and tablets, many with name brands still readable, regularly pose a challenge for facility operators. And if you know someone who has a colostomy sack, ask them what's one of the most irritating aspects of their condition, and they'll most likely tell you it's cleaning the undigested tablets and pills out their bag.

One of the most amazing aspects of plants is their ability to take metallic compounds, or minerals, and transform them into a design that is water-soluble, and thus, usable by the human body.

Unfortunately, tablets, pills, chelated, and colloidal mineral supplements skip this step and do not contain minerals that are water-soluble, the net effect is shocking!

As stated in the *Physicians Desk Reference, of PDR*- found in every doctor's office and medical school in the country:

"Supplements in tablet or pill form are only 10% absorbed by the body."

That means if you've been spending \$100.00 per month on nutritional mineral supplements, a minimum of \$90.00 is literally going straight down the drain. Many people notice that when they take nutritional supplements, their urine becomes discolored and cloudy. This "cloud" in the urine is the unusable mineral particles being excreted. If you want to literally see this for yourself, swallow a traditional tablet or pill, wait a couple of hours, and then retain some of your urine in a clear cup and place in the refrigerator. Wait an hour and then look at the solution. You will be able to see sediment at the bottom of the cup. There's your \$90.00

And what about the \$10.00 that did get into your bloodstream? Just because it got in, doesn't mean it's usable. Let's take a traditional 1000mg calcium tablet, where 100mg MAY get absorbed into the bloodstream. The number one ingredient in 70% of calcium supplements on the market is something called calcium carbonate.

What is Calcium Carbonate?

Calcium carbonate is a natural metallic compound. It is found naturally in our soils, as rock, but before ever making it into our bodies, it was intended to go through the "plant process" which breaks the bonds of that compound to free-up the calcium.

When the plant process is skipped, and calcium carbonate is used as the straight source of calcium, we are in trouble. There is no plant on earth that delivers calcium as calcium carbonate to our bodies. Likewise, there is no plant that delivers chromium as chromium picolinate, magnesium as magnesium stearate, or zinc as zinc picolinate.

Would you eat blackboard chalk on a daily basis? Sounds crazy, doesn't it? Well, calcium carbonate is nothing more than blackboard chalk! It's the scum around your faucets and the ring around your bathtub. Calcium carbonate is the same as that 15 lb bag of limestone they sell at the local feed store for \$5! It was never intended to be used as nutrition for our bodies!

When ingested and absorbed into the bloodstream, this "chalk" floats around, gumming us up, until it is deposited in the soft tissues, again, making us susceptible to:

- bone spurs
- calcification of joints
- kidney stones

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