

Organic Vs Inorganic Minerals

Minerals are needed for every bodily function. The body needs and uses over 70 different minerals.

There are two kinds of minerals. One is organic and the other inorganic. The body does not treat both as the same.

An example of this is arsenic. Arsenic in the chemical, metal or inorganic state can be a lethal poison, however, it is also found in celery and asparagus.

Another example of this is Iron. The prescription iron is more than likely ferric (iron) acid. They make ferric acid by taking a piece of iron and pouring acid over it. When it rusts they scrape it off and put it into a pill and call it an iron supplement.

This inorganic iron will cause the stool to darken, can be poisonous and usually the more you take the more constipated you become.

Organic iron, however, in raisins and prunes does not usually darken the stool. In fact, the more you take usually the looser the bowel movement.

Lets examine these types of minerals separately.

Inorganic minerals never lived and are elements that cannot bring life into our cells. They have a covalent bond, which the body cannot break down. They are metals and the body treats them more as toxins than as nutrients.

Organic minerals once were or are now living and can bring life to and be utilized by cells. They have an ionic bond, which the body can break down into usable material for tissue repair and function. It is made of a plant (which draws the inorganic mineral from the soil by way of the roots and converts them into organic minerals), or living organism and the body uses it as food.

There is also the spin of the electron (organic mineral's electrons spin clockwise as do the cells of the human body, whilst inorganic mineral's electrons spin counterclockwise.)

The vibratory rate of organic minerals is comparable to tissue and cells. Inorganic minerals are not.

For example, my mother had an extreme amount of calcium deposits in her joints. Her hands were morbidly deformed. She could no longer write or even open her microwave. We gave her high levels of organic calcium, which displaced the inorganic. Her hands have improved significantly and she is able to do most normal activities.

Most if not all prescription and OTC (over the counter) minerals (including some so called natural) are inorganic. When choosing your mineral make sure it is of a plant source.

I am here to help people if they buy herbs from me or not, however, to help ensure that I will be able to continue to offer consultations and provide information on a website, please patronize our secure online store.

If you have any questions please feel free to contact [me](#).

To help ensure the best results possible, high quality foods, water and supplements are vital.