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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Discover Which Minerals You Need to Neutralize Your body's Acids**

**By Rudy Silva**

Every part of you is made from minerals – your bones, cell structure, lymph liquid, arteries, organs, tissue, muscle, hair, and so on. You cannot live without minerals. Your body does not produce minerals.

Where do you get your minerals? You get them from vegetables and fruits and good supplements. Since only 10% of the people eat enough fruits and vegetable, the rest of you are deficient in minerals. If we eat enough vegetables and fruits, why do we have to take a mineral supplement?

Long time ago when the soil was rich in minerals, vegetable and fruits were jammed pack with minerals. Fruits and vegetables were not picked early, frozen, waxed, radiated, or stored in argon gas. Those who ate these vegetables and fruits obtained an adequate supply of minerals and seldom has a deficiency.

Today the opposite is true. You and I cannot get enough minerals from eating fruits and vegetables. Now we eat more cooked vegetables, more vegetables in packages, fruits and vegetables that are waxed, and vegetables from other countries not processed properly. Today, we need to supplement our eating habits with a live mineral liquid to make up for the lack of minerals in the good food and junk food we eat.

Here is a partial list of illnesses and their related mineral deficiencies and below each mineral is the food that is highest in that mineral.

· Calcium – receding gums, PMS, panic attacks, muscle cramps, lungs weak, low back pain, kidney stones, insomnia, bone weakness, bone spurs, calcium deposits. o Foods – cheeses, cottage cheeses, dulce, greens, kelp, goat milk, sesame seeds, unrefined cereal grains, seeds and almonds.

· Sodium – restless nerves, poor eyesight, mental confusion, lack of saliva, frontal headache, white coated tongue, cracking joints, fatigue, offensive breath, stiff tendons, stiff joints o Foods – goat milk, goat whey, black mission figs, apples, apricots, kale, kelp, prunes, raisins, strawberries, sunflower seeds, black olives, celery, dulce, asparagus, greens,

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- Potassium – fearfulness, mental illness, low energy, pains and aches, body acidity, tendency toward violence, suspiciousness, loss of ambition, nervousness, negativity o Foods – black olives, dulse, potato peeling broth, bitter greens, kelp, Irish moss, various seeds and nuts, apple cider vinegar, soy milk, spinach, goat milk, grapes, apples, bananas, cheese, cucumbers, fish, dale, lettuce
- Magnesium – A.D.D., anorexia, arterial calcification, low calcium absorption, convulsions, depression, gastrointestinal disturbances, growth failure, menstrual migraines, osteoporosis, tremors, hot temper, fainting o Foods – seeds and nuts, yellow cornmeal, rice polishings, wheat germ, avocados, coconuts, spinach, goat milk, grapes, honey, whole wheat Phosphorus – constant weakness, neuralgia, numbness, lack of confidence, slow oxygenation, sensitive to noise or criticism, fatigue o Foods – meat, egg yolk, dairy products, fish, almonds, rice bran, pumpkin seeds, soybeans, lentils, sunflower seeds, almonds, various types of beans, carrots, pecans, lentils, cabbage
- Manganese – A.D. D., asthma, carpal tunnel syndrome, convulsions, loss of libido, miscarriage, retarded growth rate, still birth, TMJ, nightmares o Foods – black walnuts, and other nuts and seeds, pineapple, parsley, leaf lettuce, celery, blueberries, black eyed peas, apricots
- Copper – A.D.D., anemia, arthritis, behavior–violent, cerebral palsy, high cholesterol, eyelids sagging, gray or white hair, hernia, liver cirrhosis, learning disabilities, low blood sugar, slow healer, high risk of strokes, varicose veins o Foods – liver, sea foods, almonds, greens, leafy vegetables, whole grain cereals,
- Selenium – age spots, aging skin, Alzheimer's, cancer, cystic fibrosis, fatigue, heart palpitations , HIV, hypothyroidism, liver damage, muscular weakness, scoliosis o Foods – wheat germ, bran, whole grains, onions, broccoli, eggs, seafood's, milk products, meat, asparagus, tomatoes, mushrooms, nuts
- Iodine – goiter, menstrual difficulties, thinking confused, heart and lung problems o Foods – kelp, fish, dulse, sea plants, watermelon, okra, mustard greens, green peppers, eggplant, brussels sprouts, carrots chives, artichokes, agar
- Iron – fatigue, low auto–immunity, anemia, depression, low blood pressure, slow speech, poor memory, susceptibly to colds o Foods – greens, unsulphured dried fruits, dulse, kelp, Irish moss, black cherries, black berries, liquid chlorophyll, strawberries, celery, spinach, rice polishings sunflower seeds, blackstrap molasses, eggs, goat milk, pinto beans
- Zinc – A.D.D., hair loss, congenital birth defects, body odor, brain defects, diarrhea, slow healer, heart defects, hernia, impotence, lung defects, prostate enlargement, loss of sense of smell, short stature, webbed toes o Foods – goat milk, brewer's yeast, pumpkin seeds, wheat germ, wheat bran, high protein foods, cow's milk
- Chromium – A.D.D., unexpected weight loss, low sperm count, pre diabetes, manic depression, learning disabilities, impaired growth, hyperactivity, coronary blood vessel disease, cataracts, low blood sugar o Foods – brewer's yeast, whole grain cereals, clams, meat, cloves and spices, corn oil.

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There are more minerals than the ones listed above. This is just a start, so that you can see why minerals are so important. A consistent lack of a specific mineral can lead to a serious illness.

Rudy Silva is a natural nutritionist. He writes a newsletter called "Natural Remedies That work." You can subscribe to his newsletter and read some of the back issues, which give you information of how to have better health. Read his latest newsletter at:

<http://www.natural-remedies-thatwork.com/archive.html>

### **Acne Program – Step 8 Vegetables to Eat and Drink**

**By Rudy Silva**

Eating and drinking vegetables is necessary for good health and for keeping your skin free from acne. Most people don't eat enough vegetables and seldom drink their juices. Here is a list of vegetables and their juices that you need to eat and drink daily to help eliminate your acne.

Vegetable juices

Vegetable juices are absorbed quickly into your bloodstream. As a result, your cells are quickly provided with nutrients that feed them and that wash away waste. Vegetable juices give you the opportunity to get quick relief from various body conditions such as acne, skin disorders, and constipation.

Eating and drinking vegetables provide you with minerals and nutrients that build your blood, tissue, bones, and cells. It is minerals that build every part of your body. It is minerals that keep your body's pH at the required level. It is minerals that keep your body alkaline by neutralizing body acids. Concentrate on putting minerals into your body by eating and drinking plenty of fruits and vegetables.

Carrot apple juice

Drink carrot juice every day. I like drinking carrot juice mixed with apple juice. My stomach can handle this combination better.

Carrot juice contains many vitamins and minerals. It is high in beta-carotene. Carrot juice will enhance your skin's health and help you eliminate acne.

Carrot, spinach, and apple juice

A combination of carrot, spinach and apple juice is a powerful drink for cleaning the colon, relieving constipation and improving your skin conditions.

To make this drink, juice 3–4 carrots and a bunch of spinach. Then add juiced apples to make this drink more drinkable.

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### Vegetables

The word phytochemicals is used frequent here. Phytochemicals are all of the chemicals that exist in vegetables and fruits. There are so many phytochemicals that scientists have yet to investigate and learn about all of them.

Here are the vegetables that you should be eating the most of, so you can support the cleansing of your face and eliminating acne.

\* Carrots – contain a rich source of vitamin A–like carotenoids. These phytochemicals have been shown to enhance the health of skin and repair it when it is damaged. \* Cabbage – helps to detoxify the body of harmful chemicals from the air and food additives. \* Celery – helps to reduce nervous

tension. It contains many minerals that help to neutralize body acid waste and is high in fiber \* Cucumber – helps to reduce acne problems because it is high in silicon and sulfur. It is also a diuretic which helps flow more water through the kidney to clean out your blood \* Broccoli – is rich in beta carotene, a precursor to vitamin A, which is good for the skin \* Garlic – is a natural antibiotic and will help relieve skin bacterial infections \* Green pepper – The nutrients in green peppers are good for liver health and constipation. Its minerals are good for neutralizing acid waste. \* Radishes – help to digest your food. Good digestion is necessary to avoid constipation and to keep the liver and pancreas strong \* Sprouts – provide plenty of vitamins and minerals, which help to reduce body acids \* Watercress – helps to prevent vitamin and mineral deficiencies at the skin surface. It provides Vitamin A, B1, B2, C, iron, manganese, copper, and calcium.

Look this list of vegetable over, make a list of them, and head for your favorite store, or farmers market. Concentrate in eating and drinking these natural products and you will see results in your health and a decrease in your skin disorders.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He writes a newsletter call "natural-remedies-thatwork.com." More acne hints and information on his acne e–book can be found at:

<http://www.acne-remedies.for--you.info>

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