



Why Your Food Is **Not** As Good For You As It Used To Be

**If You're SICK... Of Being Tired All The Time
This May Be The Most Important Letter You'll Ever Read**

From the Desk of Angela Goldsmith 10.15 am...

Dear Friend,

You don't realise it yet but in the next 5 minutes you'll discover how you can have unbounded energy and vitality, a strong immune system and beat stress by doing one simple thing every day...

But first, does this sound like you?

You wake up already tired, and wish you could stay snuggled up under the warm duvet. Reluctantly you drag yourself out of bed and stumble downstairs for your first hit of caffeine for the day.

It perks you up sufficiently for you to start your day. After a few hours you feel your energy start to drop so it's more coffee or a sugary snack to keep you going. After the initial rush you feel even more tired and exhausted...

The fatigue seems to be right behind your eye balls and now matter how many cups of coffee or sugary snacks you take, its always there. You find that you have to use sheer will power just to get through the day. Every little task is such an effort and leaves you feeling exhausted.

All you want to do is go to bed and sleep for a thousand years.

If this sounds like you...then there's a simple explanation as to why you might be feeling so tired all the time...this is exactly how I used to feel, too!

Absolute Fact: In 1950's Dr Linus Pauling, the only person to win the Nobel Peace prize twice, and someone who lived into his 90's, shocked the medical world when he said ...**"You can trace every disease, every sickness and every ailment to a mineral deficiency"**

I had stumbled on the reason for my tiredness and... maybe yours.

I had never previously understood the importance of minerals. As you read every word of this letter you'll discover just why you need minerals. I thought that by eating a healthy

diet, I got all my nutritional needs from the foods that I ate, maybe you did too?. Anything that was missing would be taken care of by my all-in-one vitamin and mineral supplement that I got for £5.99 off the supermarket shelf.

How wrong I was...

The Earth Summit held in Rio back in 1992 warned that the world's soil had been depleted of its mineral content by as much as 72% in Europe and 85 % in America. Which means that most of us are **eating foods devoid of the proper nutrients**. They also stated that taking health supplements was a MUST and not a fad.

Early 2006 the English national papers published the results of a study that shows just how serious the problem is... The headline was...

"Why Your Food Is Just Not As Good For You As It Was"
~Daily Mail February 2006

The study proved that food was better for us in the 1940's, and stated that the nutritional value, (mainly the mineral content) of many foods has plummeted over the last 60 years. It highlighted the fact that most of our foods are not giving us the vital nutrients that we need for good health and vitality.

The Food Commission, who conducted the study, found that in the last 60 years, Milk has lost **21%** of its magnesium, content, **2%** of its Calcium content and **62%** of its iron content. The same goes for meat, which has lost a massive **50%** of its iron content. This means... **You would need to eat twice as much meat as 60 years ago in order to get the same nutritional benefits.**

Remember back to your childhood when you were told an apple a day keeps the doctor away? Nowadays you might need to eat 2 or 3 to get the same amount of vitamins and minerals.

Clearly, just like your car needs petrol to keep it going, your body needs fuel...in the form of good quality nutritious food. Have you noticed how your car runs when you're low on fuel? It's a little more jerky isn't it?...takes its time to accelerate and get up those hills? Right?

It's the same for your body too. If you don't have enough vitamins, minerals and other important nutrients in your food then your body will start to run slower, lack energy and vitality and... eventually start to break down, which means illness and disease.

STOP and think, is your body functioning at its optimum level? Do you jump out of bed every morning like an enthusiastic 2 year old, ready to start the day? Or like most people, do you wish the day was over before it started?

Apparently you need over 50 different minerals for your body to function properly.

Whereas a plant only needs 7.

Scientists are linking this nutritional deprivation to all kinds of diseases and ailments such as the widespread increase of Cancer, Heart Disease, Diabetes, Arthritis and other degenerative diseases. Mineral deficiencies often start with a lack of energy, ME like symptoms, recurring infections and low immunity. The link to children's health has also been startling. Behavioural disorders, lack of concentration, dyslexia and poor performance have all been related to not having enough minerals in your body.

So let me ask you... Do you suffer from any of these symptoms?

- **Lack of energy & vitality**
- **Low immunity & recurring infections**
- **Poor sleeping patterns**
- **Aches & pains**
- **Susceptibility to colds flu & infections**
- **Brittle nails, dull skin and hair**
- **Premature ageing**
- **Weight gain**
- **Food cravings**
- **Food addictions**
- **Tiredness & irritability**
- **Depression & moodiness**
- **Poor wound healing**
- **Disruptive behavior (children & adults)**
- **Poor concentration & brain function**
- **Susceptibility to stress**
- **Mental strain**
- **And many others...**

If you suffer from one or more of these conditions it's highly likely that you're suffering from mineral deficiencies...**the thing is which minerals?**

Minerals play such an important role in your health

For example iron's primary function is to carry oxygen around your body. Magnesium is used in building bones, releasing energy and regulating your body temperature. Calcium is important in making your bones and teeth strong and is also essential for your nerves and muscles to function properly. Graying hair has been linked to a lack of copper. If you don't get the right minerals in your diet then your cells can't communicate properly and this could lead to the breaking down of the body and the early development of illness and disease.

Minerals are so important because they're the basic building blocks of life, every cell in your body needs minerals to function properly.

Your body can't make minerals so it has to have a regular intake of them. In fact every time you sweat or go to the toilet, your body is excreting minerals. That's why it's important to keep replacing them. Normally they come from your food, however as the scientists are now saying most of the foods we eat today are seriously depleted in minerals.

In other words here in the West, we're well fed but nutritionally starved.

So where have all the minerals gone?

You probably already know that the minerals in your food actually come from the soil that the plants were grown in. As the plant grows flowers and produces its "fruit", minerals are sucked out of the soil through the plant's roots and transferred into the "fruit". Once the fruit (or vegetable) is ripe, it's harvested and eaten, ideally as soon as possible. You can see that the soil ought to be replenished with minerals before the next crop is sown...right? Wrong! Modern farming methods only put back 3 essential minerals into the soil through the fertilizer : NPK- Nitrogen Potassium and Phosphate. If you do the maths you can see for yourself that something is missing, in fact there are a lot of minerals missing!

The minerals have been slowly leached from the soil since the 1950's.

Prior to the 1950's and especially during the war years, we relied on traditional methods of farming that constantly remineralised the soils.

These methods included Crop rotation or planting a different crop in a field every year. So you might grow potatoes one year, carrots the next. This is important because certain vegetables take out certain minerals from the field. Another method was having fallow fields or giving the field a "rest" every other year. These highly effective traditional methods have enabled even the tiniest of islands to sustain increasing populations for thousands of years.

However in the 1950's this all came to end.

This period also gave birth to the chemical industry which spawned the use of fertilisers, pesticides and insecticides. For decades these have been used on the soil in the pursuit of bigger and better looking crops. We forgot our traditional ways and we didn't complain as food became cheaper and collectively we had more to spend on clothes, music and later electrical goods. The demand for cheaper and cheaper food grew, supermarkets became king, and we ended up with the situation we have now. Good looking empty food with a low nutritional content and no taste, rampant obesity, illness and disease.

Fields are given over to grow one type of crop...intensively.

So now our farmers grow one vegetable in the same field, year after year after year. They put on plenty of artificial fertilisers such as NPK, but the soil is dead. I remember reading a report in the newspaper about a farmer talking about the state of the soil. He said that forty years ago during the sowing season, the soil would be in thick clods and there would be floods of birds ready to feast on the earthworms newly exposed by the plough.

In those days you could smell the goodness in the soil. Nowadays the soil crumbles in your hands and there are no birds- the worms and bugs have long been killed off by the herbicides and pesticides. And there's no smell. It's a barren soil that doesn't nourish our food. You can taste the difference too and it makes me sad.

Last year the blood of a healthy-looking girl was analysed and the researchers found traces of banned chemical fertilizers in her cells, such as DDT. These chemicals have been banned in the UK, however, now we're eating foods from other countries in which they may not be banned. The next time you eat an apple from the supermarket, just think about what you're really eating. Is it really an apple or is it a chemical cocktail?

So what's the effect of eating these "Empty" foods?

Well firstly, we eat more in bulk to make up for what we're not getting in quality. This could account for the chronic levels of obesity in this country. People are not eating more because they're hungry; it's just that their body is looking for more nutrients so they eat more to make up for what's not in their diet. Or consume unsuitable foods. Have you ever eaten a meal and then 30 mins afterwards found yourself looking in the fridge for a snack...?

This is a classic example of mineral deficiencies.

We all know that pregnant women sometimes do strange things like eat dirt or coal to satisfy their mineral deficiencies. It's a recognised condition called "Pica" However you don't need to be pregnant to suffer from Pica, or female for that matter. You can be addicted to

junk food, coffee, and sugary or sweet foods as well.

In the last 30 years we have certainly filled ourselves up on empty calories. As a result there is more sickness and disease, early death and poor health in this country than ever before. Doctors' surgeries are overflowing and the hospitals can't cope. Heart disease is the biggest killer in Europe, closely followed by Cancer. Diseases such as arthritis and diabetes which used to only affect adults are now common in children too. It sounds crazy that it could be due to something so simple doesn't it?

Did you know that all these diseases are cured...in animals?

That's right, Dr Joel Wallach, a well known authority on mineral deficiencies and former vet, now a naturopathic doctor, states that vitamins and minerals could effectively and cheaply prevent and cure diseases and maladies in people today.

He points out that vitamins and minerals have been routinely added to the feed of animals to ensure that they remain healthy. In 1957 half the American population of Turkeys died from strokes. After further tests they diagnosed mass copper deficiencies due to the food pellets they were being given. Your arteries need copper for strength. The next year the copper content in their feed was doubled and the mortality rate due to strokes dropped to 0%. Wallach says that modern medicine ignores the role that nutrition plays in health.

Doesn't it make sense to practise disease prevention in humans too?

This is exactly how indigenous communities in Africa and Asia do without doctors and hospitals. Often they have access to mineral-rich environments, such as the Hunza community in Northern India. In 1926 British researcher Sir Robert McCarrison conducted one of the most eye-opening experiments showing the link between diet and health. The Hunza people were renowned for their excellent health and extremely long lifespan - living to 100, 110, 120, and occasionally as much as 140 years of age.

These people don't have our common diseases, such as heart ailments, cancer, arthritis, high blood pressure, diabetes, tuberculosis, hay fever, asthma, liver trouble, gall bladder trouble, constipation or many other ailments that plague the rest of the world.

Dr McCarrison designed a whole series of experiments to determine how big a role the Hunza's diet plays in their supreme health and longevity. In the first experiment 1189 rats were fed the Hunza diet right from birth. This consisted of wholemeal flatbread with a pat of fresh butter, sprouted legumes, fresh raw carrots and cabbage, unboiled whole milk, and once a week a tiny portion of meat and bones. Plenty of water was provided for drinking.

The rats were fed this diet for 27 months...

The equivalent of 45 human years, they were then killed, and thoroughly examined. Remarkably, no trace of any disease could be found in their bodies! Dr. McCarrison duplicated in his laboratory the low quality diet of a poor rural region of India. During this larger-scale experiment, 2243 rats were fed a diet deficient of vitamins, minerals and other important nutrients. The animal results matched the physical conditions of the millions of people living in this region. The result...

The rats had diseases in every organ they possessed.

Dr McCarrison discovered that the reason for such excellent health of the Hunza's was also due to the "Glacial Milk" that they drank. This was water collected from the nearby glaciers-frozen rivers of ice that are thousands of years old and contain ancient plant minerals. This nutritious mixture also fed their rivers and soils to produce nutritionally rich organic fruits and vegetables.

The minerals that the Hunzas were eating were natural, food-state plant minerals.

These are often known as ionic or colloidal minerals- meaning the mineral particles have a tiny size. Each tiny particle is electrically charged so it enters the body very easily and gets to work straight away. These are the types of minerals found in plants and vegetables. There's a vast difference between metallic minerals and plant minerals.

Compare this to the vitamin and mineral supplements that you can buy in shops which are often made from ground up rocks or chemical combinations in laboratories, and are not easily absorbed by the body.

Let me give you an example...iron.

You can get iron from spinach or you could chew on a metal bar... (I know which one I'd prefer!). Same with calcium, if you go to the doctors and you're diagnosed with a calcium deficiency, you might be recommended to take calcium carbonate...or CHALK!. Alternatively you could eat some broccoli and get your plant form of calcium. The only drawback is that you'd have to eat about 5 lb of broccoli to get the right amount!

Metallic minerals are often cheap and in tablet form. They're not very absorbable so they go right through you. What a waste of money! Your body responds far better to minerals from a plant source ideally in a liquid colloidal state.

Some out of touch Doctors may tell you to forget about taking minerals and you'll be fine with a normal balanced diet. But what is a normal balanced diet? If 50% of the iron is missing from a steak, does that mean you'd have to eat a sack of potatoes, half a cow and a few cabbages to get the nutrients that you used to get 40 years ago from your meal!

Even if you eat organic food, it's not enough to make up for the missing minerals. Although organic food does taste better it still has depleted minerals levels. Why? Because the soil is still recovering from the damage of intensive farming methods used for the last 60 years. It's a slow recovery. As Organic foods slowly become fashionable, it's estimated that it might be 25 years before the mineral levels have regained their pre-war levels.

Are you going to wait that long?

Compare this to what you buy in the supermarkets...behind the shiny good-looking fruit, there's a different story. The fruit is probably a year old, from the previous season, and has been stored in underground warehouses flushed with carbon dioxide so it doesn't ripen. Which means that we can have apples all year round, but what about the nutritional content? As you can imagine, it's pretty low.

The ancients knew all about the importance of minerals in our diet

Every year the River Nile in Egypt would burst its banks and overflow into the nearby agricultural land. The mineral rich silt from the river bed would act as a fertilizer for the crops. This annual mineralization ensured that Egypt was one of the strongest most prosperous nations in ancient times. Nowadays this is still a regular cycle if more controlled. Even so Egypt is still a fertile source of a lot of the UK's fruits and vegetables.

Even the Romans valued their minerals...

In the days of the Roman Empire, soldiers and employees of the State were paid their wages in the form of salt. This, by the way is the origin of the word Salary - which in Latin means Salt Pay. This 'Salt Pay' was mined by slave labor from salt deposits located deep in the bowels of Mother Earth. It was not chemically processed as our table salts are today. As a result, it was literally the healthiest nutritional element that a Roman Soldier could consume, providing 100% of the basic mineral elements on a daily basis.

It allowed the Legionnaire to march great distances, and fight with comparably greater strength with less fatigue on the many battle fronts of the Roman Empire. This 'Salt Pay' was one of the primary reasons that Rome conquered the world.

Here's a little known fact...

When American settlers began moving West they did so in search of sustainable mineral-rich soil. When they claimed their land, they would establish a settlement then proceed to farm the land. They found that after about 4 years the animals would start to get sick, and if they did not move in search of better land they too would start to suffer ill health. It only took 4 years to leach the minerals out of the soil, minerals that had been there for centuries. So far does this make sense to you? Can you see how vital it is to take mineral supplements?

The Earth Summit in 1992 said that taking health supplements was not a fad but essential to stay healthy.

However there are supplements and supplements...

A report in a UK paper stated that health supplements are not what they seem... Half of all supplements contain irradiated ingredients according to the UK Governments food watchdog- the Foods Standards Agency. Tests on 48 popular products found that almost half were illegally radiated. Which means that millions of people who supposedly take natural supplements are being duped.

Not only that, consider this...

If you get your minerals supplements from the shop or by mail order in tablet form, let me ask you, how many minerals are in them? Often you might find 3 or 4 eg Calcium Iron Zinc, Magnesium, but that's only 4 out of 52 that the body essentially needs to function, what about the rest?

If your minerals are in tablet form, they're probably derived from metals or rocks and will just pass through the body unabsorbed. Recently I read about a man who had a business supplying Port-A-Loos for rock concerts. To stop them from getting blocked, he would insert a wire mess. Afterwards when he was hosing the toilets down, he was amazed to find so many vitamin and mineral tablets on which you could still see the make and company logo!

They had passed through peoples bodies still intact!

So in order to get value for money you have to take liquid colloidal minerals that are ionised or electronically charged. Which means they're like tiny batteries and as soon as you take them into your mouth, you absorb them straight away, which means they start working very quickly. So it doesn't matter how efficient your digestive system is.

Actually there are 3 different sorts of minerals: essential, trace and rare minerals. Essential minerals are required in larger amounts whilst trace and rare minerals are only needed in tiny amounts, but you need them all the same. Most people only take the 12 Essential Minerals.

Ever heard of Ruthenium? Niobium? Cesium? I thought not, sounds like something out of a Science-Fiction Movie! They're all rare minerals and are depleted in most soils- but they're still needed by your body.

Without minerals, vitamins don't work.

That's right. Did you know that vitamins on their own are not easily absorbed by the body? That's why Nature in her wisdom always provides vitamin and minerals together in fruits and vegetables. If you're taking a mineral supplement you have to make sure that it also combines vitamin and even better Amino Acids, which the body needs for proteins and enzymes.

So what's the solution...?

Two years ago in order to get to the bottom of my in explicable fatigue problem I investigated the many different types of minerals on the market. I started with the ones that you can buy from the supermarket for under a fiver. Surprise surprise, I found that they didn't make much difference to my energy levels. I then progressed to the ones in the health shops, I found these cost more but still there wasn't much difference in their effectiveness.

Then I went on the internet and discovered liquid colloidal supplements. At last I found minerals that worked.

It was during this time that I stumbled across a Unique Mineral Matrix Formula which was not only delicious tasting but supplied the entire essential, trace and rare minerals that I was looking for and even other important nutrients.

I started to take it and discovered that within 3 days my energy started to improve DRAMATICALLY. Within a couple of months I found I would wake up refreshed and ready to start the day. I wasn't falling asleep in front of the TV and started to socialise more. This supplement made a huge difference to my health and well being.. I discovered that thousands of people in over 40 countries around the world were enjoying the health benefits of this super-nutrient formula and now it's available here, too.

Here's a taste of the results you'll get with the Mineral matrix formula:

- **More Energy and vitality**
- **Better health and wellbeing**
- **Increased resistance to Stress**
- **Less aches and pains**
- **Less food cravings**
- **Better sleeping patterns**
- **To finally beat tiredness and fatigue**

- **Increase your immune function**
- **Better concentration and brain function**
- **A grip on Weight management**
- **Better skin hair and nails**
- **Reduced symptoms of diseases**
- **A healthier digestion**
- **Better sports performance**
- **Increased detoxification**
- **Enhanced feelings of wellbeing**
- **A more balanced mood pattern**
- **And much much more...**

It's being hailed as the **NUTRIENT SOLUTION**, in these times of nutritional deprivation and contains over 50 essential, trace and rare minerals! Just take a look at all the minerals in it...

Chloride (Cl) Sodium (Na) Calcium (Ca) Potassium (K) Rubidium (Rb) Sulphur (S) Magnesium (Mg) Iron (Fe) Silicon (Si) Aluminium (Al) Carbon (C) Silver (Ag) Copper (Cu) Bromine (Br) Fluoride (F) Iodine (I) Zinc (Zn) Manganese (Mn) Cesium (Cs) Lithium (Li) Gallium (Ga) Erbium (Er) Phosphorus (P) Titanium (Ti) Antimony (Sb) Cerium (Ce) Zirconium (Zr) Barium (Ba) Boron (B) Gadolinium (Gd) Samarium (Sm) Strontium (Sr) Thallium (Tl) Germanium (Ge) Bismuth (Bi) Dysprosium (Dy) Niobium (Nb) Scandium (Sc) Terbium (Tb) Cobalt (Co) Cadmium (Cd) Selenium (Se) Praseodymium (Pr) Tantalum (Ta) Ruthenium (Ru) Vanadium (V) Chromium (Cr) Molybdenum (Mo) Thulium (Tm) Lutetium (Lu) Ytterbium (Yb) Gold (Au).

This massive mineral matrix is derived from natural occurring minerals deep in the bed of the Great Salt Lake. This was formerly the prehistoric Lake Bonneville, a source of rich mineral deposits from ancient vegetation and plant life. This was Dinosaur country! 75 million years ago, these plants decomposed and formed the minerals that you'll now be taking several millennia later in the form of the mineral matrix solution. Can you imagine enjoying the health benefits from plants that existed millions of years ago? It's no wonder it's being called "jurassic juice" by enthusiasts!

These are not your ordinary run of the mill minerals.

As you know Lake Bonneville, dried up millions of years ago and became the Great Salt Lake of Utah. So in order to access these precious mineral deposits, you have to go deep underground via mines. The minerals are then taken to distilleries and the heavy metals such as mercury, lead and arsenic are removed. The additional nutrients are added including delicious real fruit extracts. There's really nothing like it in the market place to match taste and quality.

But that's not all!

In addition to the extensive mineral matrix, you also get the benefit of 9 major vitamins, including all the B vitamins which are known to help with easing anxiety and balancing stress. It also contains valuable Amino Acids, (from GMO free Brown Rice protein). Did you know that brown rice is a complete food in itself? By adding vitamins and amino acids to your minerals, you get better absorption and more value for money.

But wait there's more!

You're probably thinking that something this good must taste pretty awful. If you go by my mother's theory that if it tastes awful it must be good for you! Well not this time. You get a delicious tasting liquid drink packed with sum-

mer berries that you will take every morning.

Mouth watering raspberries and blueberries work together to give an intensely delicious taste. And just visualise all the great health benefits too. Blueberries and Raspberries have been found to be extremely high in disease-preventing antioxidants. Antioxidants are plant chemicals which neutralise, pollutants, bacteria and viruses in the body. They also serve a vital role in detoxifying your body, preventing wear and tear, and more importantly ageing.

There's still more...

The mineral matrix contains Inulin, a nutrient that helps feed the beneficial bacteria in your body. Over use of antibiotics and eating heavily processed food has put a strain on our digestive systems. Inulin acts as a food for the friendly bacteria in the intestinal system, so... helping you to improve your digestion and absorb the solution even further.

To prove how effective this formula is, the mineral matrix solution has been given the ORAC test. This stands for Oxygen Radical Absorption Capacity and it's scored pretty high. Oxygen radical damage the cells, increase ageing and cause disease. The ORAC test identifies supplements that help combat these undesirable forces. Our mineral matrix solution has been given the thumbs up for its high ORAC reading.

Now a word of caution

The mineral matrix formula shouldn't replace your food! I mean you still need to eat! It's designed to give your body the baseline of minerals that it needs. If you're deficient in a certain mineral, it may be because you're deficient in another mineral. Doesn't it make sense to expose your body to all the minerals it needs. If you take the mineral matrix you can rest assured that you've got most of your mineral needs covered. That doesn't mean to say that you might not need extra calcium or iron if you suffer from osteoporosis or an iron deficiency. I also have to say that if you have a chronic illness and expect one bottle to give you a miraculous recovery...then you're mistaken.

You're probably wondering with all these ingredients, how effective is mineral matrix?

Here's what some customers have told us... Nicola Dady from Surrey, writes "I started taking the mineral matrix formula on the recommendation of my doctor. I was amazed at how much better I felt. What was more amazing was that after 1 month the warts on my fingers had completely disappeared. Now 3 months later the verucca on my foot of almost 5 years has almost gone as well. The only change in my diet is the twice daily dose of mineral matrix formula which has obviously boosted my immune system.

Before taking the mineral matrix formula I would get colds that would go straight to my chest and would take 2 months to clear. Since I have been taking the mineral matrix formula I have noticed that sometimes I can feel a cold coming, but it doesn't quite develop now, or if it does it clears up a lot quicker than before. Annie Walsh UK.

Martina Drain from Fife writes "I have suffered for 30 years with stomach problems, I have suffered many investigations and been on lots of medications and then ultimately on anti-depressants. I developed a weight problem and started losing my hair. I was low in body and spirit because I was constantly in pain and my moods were black.

After taking the mineral matrix formula for 1 month, I cannot believe the transformation. I felt as though I had been reborn. My hair started to thicken, my weight began to change, and I felt a lot happier than I have for a long time. Not bad for a sixty year old who thought that life was over. I would highly recommend this product to anyone.

I am 72 and was chatting to a neighbour one day, when she told me about how the body needs certain minerals to function and these minerals were missing from our foods. It made good sense to me so I ordered some to try. After my first bottle I did not notice much difference, however half way through my second bottle I found I had so much energy that my muscles couldn't keep up with me. Mary Wheldon St Albans UK.

I am a nanny but the last year I have had to take time off due to exhaustion and having no energy. My mother bought me a bottle of the mineral matrix formula and after taking my first few doses I noticed that I was able to get out of bed. After 2 weeks my energy really picked up and I was able to go out and do my shopping. I have just bought my next bottle and I am feeling very confident that I will soon be back on my feet and back to work. Viola Underwood Wales UK.

So how will you feel when you take the mineral matrix formula?

Imagine having more energy and vitality, picture yourself having better sleeping patterns, think about how much healthier you'll feel and having the feelings of well being. Wouldn't it be amazing to see everyone else dropping like flies, whilst you have a strong immune resistance and less risk of infections? Vision your ability to deal with stress improving and yourself enjoying the feeling when people compliment you on your healthy glow and how you're looking younger. Just think how the texture of your nails, hair and skin will improve and you'll get a spring in your step again. These are the kinds of results you can expect when you start to nourish your body properly with all the nutrients it needs. Let me ask you...

Could you get excited about having unbounded energy? No more dozing off in front of the TV or energy dips in the afternoon or after meals? Can you see the value in spending less than 1 e per day on giving your body all the missing nutrients it needs to function properly? Wouldn't it be wonderful to have a stronger immune system and more resistance to infections, coughs and colds.

Can you imagine how much more effective you'd be having clearer thinking and better brain function? Doesn't it make sense to take good quality liquid colloidal minerals instead of inert irradiated metallic minerals in tablet form that your body can't absorb?

Shouldn't you be nourishing your body with this incredible mineral matrix formula and enjoying more energy and vitality?

If you answered yes to all this then don't delay, contact the person who gave you this report to order your mineral matrix formula now.

