

Sizzling Minerals - Frequently Asked Questions

What are Plant Derived Minerals?



Just what it says on the tin, minerals derived from plants. Simply Naturals full spectrum minerals come from lush prehistoric rainforest, buried some 70 million years ago in the Utah Mountains USA.

Protected under a sandstone cap the 10 meter deep vegetate covers an area of 1000 Acres. Protected from pressure and heat which would otherwise have caused it to fossilise or turn

to coal its unique geological conditions led to the formation of the most potent plant derived minerals available today. This huge mineral deposit could re-mineralise every person on the planet for the next 500 years.

The deposit was uncovered in 1926 and following research and the discovery of the health benefits, mineral rich product has been consumed in the USA since 1932 as a bitter liquid. It is now available in the UK as vegetarian capsules, tasty effervescent wafers, or as a dry powder.

Minerals are in our food, why do we need a supplement?

Humans obtain minerals naturally by eating plants, or animals that have eaten plants. Plants absorb minerals from the rocks and soil in which they grow, during photosynthesis the minerals are broken down and assimilated. These pre-digested, water soluble minerals are now in a form easily absorbed by animals and humans.

Millions of years ago the earth's soil was saturated with up to one hundred different minerals. There has been a steady decline caused naturally by wind and rain erosion and more drastically in the last 100 years by intensive farming and the use of fertilisers and pesticides.

Today's fruit and vegetables contain at most 16-20 minerals and in much smaller quantity than throughout the earth's history. So even if you are eating the healthiest natural organic diet possible you will still be mineral deficient, because if the minerals aren't in the soil they aren't in your food and they aren't in you.

"Vitamin and mineral deficiency is the source of the most massive 'hidden hunger' and malnutrition in the world today. The 'hidden hunger' due to micronutrient deficiency does not produce hunger as we know it. You might not feel it in the belly, but it strikes at the core of your health and vitality." UNICEF 2004





This coupled with our busy lifestyle and poor food choices can actually further deplete the minerals that we already have in the body and a consequence of this is the dramatic increase in degenerative disease. In the western world we have no problem with insufficient quantities of food but the mineral deficient foods we eat mean our cells are literally starving for the right nutrients.



For optimum health it is vital that we supplement our diet with the missing minerals and trace elements. However most mineral supplements contain single minerals or at best 14-16. These minerals are derived from ground up rocks, clay, shell or ancient sea beds. These are classed as metallic minerals and are not in a form ideal for human utilisation.



Really - So why are plant derived minerals better than metallic minerals?



Metallic minerals Sourced from ancient sea beds, shell, clay or ground up rock	Plant Derived Minerals Sourced from prehistoric plants grown in mineral rich soil.
Have a neutral or positive electric charge that repels water so they are insoluble and need very specific conditions within the body to be absorbed.	Have a negative electrical charge and are water soluble (hydrophilic) making them bio-available and easily absorbed and utilised by the body.
They are not enzymatically active, they are unable to provide nutrition to the body until they have been broken down and absorbed by the intestines this can take up to 24 hours.	Enzymatically active like minerals in fresh fruit and vegetables. Can provide nutrition instantly through absorption in the mouth and stomach as no digestion is needed.
Only 5-8% are assimilated by the body	Up to 100% assimilated
Between 200 and 10,000 times larger than their plant mineral counterpart. The smallest metallic mineral is 0.45 micron	Between 200 and 10,000 times smaller than their metallic counterpart, making them easier to absorb into the bloodstream and enter cells. Simply Naturals Plant Derived Minerals fit through a 0.02 micron filter.
Some Inorganic metallic minerals are toxic such as Aluminium, Mercury, Lead and Arsenic	Plant derived versions of toxic metallic minerals are essential micronutrients needed by the body.



The human body is not designed to assimilate or use metallic minerals. Humans are designed to eat mineral rich plants, not the earth in which they grow
 Dr Gary Price Todd



Why do we even need minerals? What do they do for us?

Without quality minerals and trace elements it is impossible for the body to function at its best. Simply Naturals Plant Derived Minerals contain all 8 essential macro minerals and 67 trace elements. ***“The whole combination (of 70 + minerals and trace elements) is necessary for proper function of the human body,”*** says Carolyn Dean (author of the Magnesium Miracle) and when the body has the whole combination of essential minerals ***“they go into the cells and they pull water behind them and this serves the function of hundreds and thousands of metabolic processes, and it keeps the cells hydrated.”***

Minerals are the catalysts that support enzyme function, protein digestion, metabolism, cellular electrolyte impulses, and billions of chemical reactions, they stimulate recovery, rejuvenation and longevity. They quite literally are “the spark plugs of life” Most people are aware of the importance of vitamins but are unaware that vitamins are unable to complete their function in cell metabolism without the presence of minerals.

Dr Linus Pauling, two time Nobel Laureate, after spending years researching the role of Vitamins (especially the role of Vitamin C and the immune system) came to the conclusion that “Every sickness, every disease, and every ailment can be traced to a mineral deficiency!” & “Nothing is more important than minerals to maintain a strong immune system”

‘Trace minerals assist the cells vital functions and enhance detoxification as well as accelerating the healing process.’ Dr Fritz Albert Pop

Cravings for coffee, sweets, chocolate and salty foods can be caused by mineral deficiencies. As we become re-mineralised (from taking Plant Derived Minerals) our cravings cease because our cells are now getting the essential nutrients that they really need. We need a balance of all the essential minerals and trace elements to promote optimum health, a strong immune system, speedy recovery from injury or illness and to stimulate rejuvenation at a cellular level.

“Give your body what it needs and it will do amazing things”

Dr Joel Wallach

How much do they cost?

A 30 day supply costs £28.98 for a one off order (just less than £1 a day) However if you select Autoship you get a £5 discount taking the price down to £23.98, or less than 80p a day - cheaper than a bar of chocolate





How do I take them?

The minerals come in three options, all suitable for vegans, vegetarians and all ages from 12 months onwards.

- ✓ Effervescent wafers (Sizzling Minerals) in Cherry Berry, Orange, Lemon & Lime or Natural flavour. Dissolve in at least half a pint of cold or warm but not boiling water. It can then be drunk in one go or some people prefer to add it to a bottle of water and sip throughout the day for sustained absorption.
- ✓ Vege capsules, take 2 daily with a drink.
- ✓ Dry Mineral powder (2 scoops equal 2 vege caps or 1 sizzling mineral) can be added to water, soups, savoury sauces, fruit juice, or smoothies. The powder has a bitter flavour so best to start off with 1 scoop and test the flavour before adding the 2nd scoop. Also blending to a paste with a small amount of water before adding the rest of the liquid will help the minerals dissolve and disperse more easily.

Where do I buy them?

They are not available in shops, but can be bought online or by calling 0800 088 6033 or 0207 993 6938 and quoting your distributor information below. Payment can be made by Debit/Credit Card or Direct Debit.



How quickly will I see the benefits?

This varies from person to person but most people begin to notice improved energy levels in the first couple of weeks. Realistically 3 months trial allows for a fair assessment. Check out what other users think at www.plantmineralsnews.com

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