

TRACE ELEMENTS PROPERTIES

BORON: Preserves the solidity of the bones by improving osseous absorption of Calcium and by reducing its urinary elimination. Indicated in case of osteoporosis, arthritis (the inhabitants of the areas whose grounds are rich in Boron are less prone to arthritis). Hormonal stimulator, it increases the rate of oestrogens, testosterone and muscular mass, guarantor of the prostate. It takes part in the mechanisms of membrane transport, important for the memory.

CHROM: Supports and increases the activity of insulin, regularizes glycaemia, indicated in case of cataract related to diabetes. Indicated for people who want to lose weight (reduces the fat formation, anti-hunger effect). Acts on cholesterol by reducing the bad "LDL", triglycerides and by increasing the good "HDL". Indicated in case of atherosclerosis and use of the contraceptive pill. The Western diet is often deprived of Chromium because of refined food.

COBALT: Component of the B12 vitamin (cyanocobalamin), useful in certain anaemia related to a B12 deficiency. Regularizes the sympathetic and parasympathetic system mainly at a vascular level. Indicated with Magnesium in the spasmodic states, the aerophagia, the hiccup, advised in the cases of migraines, circulatory troubles, varices.

COPPER: Recommended for infectious states (supports the development of antibody), diseases with fungus (mycoses), virus (influenza) and bacteria. Very useful against inflammatory states (deactivates histamine), rheumatism, osteoarthritis, tendinitis ... Anti-anaemic, contributes to the absorption and mobilization of Iron, to the formation of haemoglobin and blood-platelets and to the multiplication of the red globules. Intervenes in the metabolism of Calcium, Phosphorus and vitamin C. Necessary to the production of elastin and collagen of bones, cartilage and skin. Intervenes in the synthesis of the melanin which supports the pigmentation of skin (indicated in case of vitiligo) and hair. Regularizes the thyroid, the genital glands (useful for reproduction), the suprarenal hormones and inactivates the stress hormones. Maintains nervous fibers necessary to the production of myelin and energy. Useful in cases of oedemas, taste loss, degenerations... Antioxidant (catalyst of the Super Oxide Dismutase SOD), activates more than 100 enzymes.

GERMANIUM: One of the most powerful regenerator and detoxicating agent. Cellular oxygenator and repairer, eliminates toxins, repairs damages related to heavy metals, regenerates the liver (useful against hepatitis) and is anti-ageing. Recommended for people subjected to the X-rays (radioprotector), protects the red and white globules.

Acts against degenerations, cancerous states, cysts, goiters, nodules, tumours, lupus, and multiple sclerosis. Anti-inflammatory and anti-allergic, indicated in case of pains, asthma, rheumatoid polyarthritis. Stimulates the immune system, the secretion of interferon and the macrophages action. Indicated in the infectious states (viral infections included), herpes, candidiasis, warts, psoriasis, and acne. Recommended in case of chronic tiredness, depressive states, epileptic states, mental illness, tinnitus, Meniere's disease (with Zinc), hypertension, arteriosclerosis, ocular tension, and cataract. Present in garlic, ginseng, shiitake, bay of Goji, aloe and water of Lourdes.

IODINE: Essential to the production of thyroid hormones, to cerebral and physical good performance. Acts in thyroid obesities (hypothyroidism). Takes part in the thermal regulation of the body. Indicated in the disorders of growth in pediatrics and in the pregnant woman.

IRON: Anaemia (tiredness, loss of hair, infections), convalescence, haemorrhage, amenorrhoea, dysmenorrhoea, puberty, delayed growth, some juvenile eczema and restless legs. Its rate depends on Copper, Molybdenum, Manganese and Cobalt. Antioxidant (catalase). To consume far from tea, coffee, red wine and grape juice, which obstruct its assimilation.

MAGNESIUM: Anti-stress, indicated in nervous disorders, anxiety, hyperactivity, insomnia, tiredness, depression, epilepsy. Controls neuro-muscular excitability, advised in the cases of chronic constipation, digestive spasms, shakings, palpitations, cramps, spasmodic, cephalgias, giddinesses, hypertension, glaucoma. Anti-inflammatory drug, useful against asthma, fibromyalgia, demineralization and decalcification (enters the bone tissue metabolism). Stimulates phagocytosis, formation of antibody and of interferon, controls the temperature, and modifies canceric and anti-senescent grounds. Advised in the cases of hypercholesterolemia, parathyroidal dysfunctions, prostate disorders, premenstrual syndromes, hepatic insufficiency, hepatobiliary disorders, production and transport of energy, acido-basic balance, quality of intestinal flora. The most important catalyst of the organism, activates more than 300 enzymes.

MANGANESE: Anti-allergic agent (treatment of allergic ground at young subjects) and anti-inflammatory drug, useful against asthma, hay fever, urticaria, eczema, osteoarthritis, disorders and joint pains. Necessary to brain function, indicated in cases of neurological problems, epilepsy, mental illness, Alzheimer, facilitates intellectual concentration. Diathesis of nervous, unstable, irascible behaviour, with bottom of optimism and morning tiredness. Hormonal stimulant, acts against sterility, dysmenorrhoeas with frequent and abundant periods, controls thyroid and hypertension. Advised in the cases of cephalgias (with Cobalt), giddinesses, tachycardia, anaemia (with Iron, Copper, Cobalt and Molybdenum). Antioxidant (SOD). Supports the synthesis of melanin (pigmentation).

MOLYBDENUM: Antioxidant, component of hepatic enzymes very detoxifying which neutralize the sulphites (dry wine and apricots preservatives: E220 to 228) and toxic aldehydes (formaldehyde). Protect from cancer, Parkinson's disease (his concentration is lowered at the parkinsonian ones), prevents anaemia (been part of an enzyme responsible for the use of Iron), prevents gout crises, intestine inflammations, Crohn's disease, acts on male impotence and decays.

POTASSIUM: Useful for the regulation of blood pressure, balances the hydrous exchanges of the organism, fights against cellulitis, controls acido-basic balance, influences muscular activity (supports muscular relaxation, fights against cramps), cardiac activity and takes part in the prevention of renal calculi.

SELENIUM: Powerful antioxidant, slows down ageing by its anti-oxidizing action, acts on the spots of old age, cataract, DMLA, and supports hair, skin and sight health. Detoxicating, helps elimination of heavy metals and against hepatic problems, indicated in cancerous states, decays, renal and prostate disorders, male infertility, stimulates thyroid, fights against immunodeficiencies, cardiovascular problems, mycoses and dandruffs.

SILICON: Main part for regeneration of skin and bone tissues. Useful against osteoarthritis, atherosclerosis, osteoporosis, hair fall, breakable nails, rehydrates skin and mucous membranes, healing, maintains arteries flexibility, preserves from cardiovascular disorders.

SILVER: Powerful bactericide with broad spectrum (it asphyxiates the bacteria), antifungal and antiviral. Useful against cystitis (with Zinc), staphylococci, blennorrhagia, candidiasis (with Germanium), angina, influenza, rhino-pharyngitis and pneumonia (with Copper and Germanium), Lyme disease. Indicated in case of gastritis, stomach ulcer and gastric acidity. Can be used externally for its disinfectant, antibacterial (acne, warts, oral or eye infections), antifungal (mycoses), anti-inflammatory (gum diseases, blepharitis), anti-allergen, alleviating and healing (wounds, punctures, bites, burns) action.

ZINC: Fundamental in hormonal regulation (genital glands, prostate, pituitary gland, thyroid), indicated in growth delays, menopause, impotence, infertility. Component of insulin, helps to control glycaemia, some hepato-pancreatic disorders and of the nervous system. Essential against dermatological and capillary problems (acne, psoriasis, herpes, stretch marks, white spots on nails, loss of hair, helps with cicatrization). Trace element of the senses (taste, hearing, vision, smell). Fights against candidiasis, infections and anorexia. Reinforce the cerebral activity. Antioxidant (SOD), activates more than 200 enzymes.