

Health is your Wealth

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Strengthen Your Immune System Naturally

Utilizing natural supplements, foods and exercise to strengthen your immune system is far better than taking chemical based products from the local pharmacy. These products merely suppress the symptoms of colds and flu, instead of allowing the body to heal naturally.

Diet and supplementation is important for the immune system because we derive essential nutrients from them. If we do not give our bodies the best and are just filling them full of chemical medications and processed foods, they will respond by breaking down, resulting in illness. Our bodies simply are not designed to deal with non-natural items.

Maintaining and keeping

your immune system robust also helps prevent fatigue. Daily exercise is also a proven immune system booster. Even something as quick as taking a walk with your dog will benefit you greatly, as it promotes oxygen flow and blood circulation throughout the body.



To aid in boosting your Immune System, Mother Earth Minerals provides many extraordinary products like our Angstrom,

Water Soluble, Ionic Silver, Zinc, Selenium, Copper, Manganese, Molybdenum, and Germanium.

Maxa-Min Immunity is a convenient and powerful supplement that contains most of the above minerals.

Vitamin C is also highly recommended for strengthening the immune system, and we have combined it with Liposomes. They are a delivery device for healthful ingredients directly into the bloodstream.

Other recommended products include: Ultimate GPM, XianXao Tea, SuperFuel, Oxygen Treatment Therapy, Blue Diamond, and AquaVivos Enzymatic Water Enhancer.

Maxa-Min Combo Packs Now Available

The Maxa-Min product line was designed to work hand in hand with the original minerals to further the ease and convenience of making sure everyone is achieving optimum mineral consumption. Maxa-Min products come in once a day

recommended dosage amount and enough quantity for a thirty day supply per bottle. Never before, has high quality mineral usage been so easy!

With the Combo Package, you get Healthy Man or

Woman, Fulvic Minerals Complete, Blood Sugar Aid, and Immunity. With a 15% discount, this 30 day supply of incredible products is ideal for maximum convenience and value.

*Retail Orders Only

More Drugs Does Not Equal Better Care

More money spent on drugs does not always translate to healthier patients is the result researchers have reported last month.

Healthcare spending in the U.S. is higher than most other developed nations, coming around \$7,290 per person. However, the added costs have not translated into better care or quality of life. According to two new studies published in the *New England Journal of Medicine*, higher spending on drugs does not equal better health, and can actually spur doctors to over-prescribe drugs to patients who do not need them.

Yuting Zhang and her colleagues from the University of Pittsburgh Graduate School of Public Health evaluated drug spending and prescribing practices at various care facilities across the country. Though there were observable differences in spending amounts, Zhang and her team did not observe a connection between higher spending and improved care.

"[The study] contradicts the idea that high spending leads to better prescription practices," she explained in a statement. "Higher spending can be justified if it's for drugs that are necessary and appropriate and improve patients' health." But much of the time,

higher spending actually causes more problems.

Zhang and her team found that in places where per capita medical spending was higher, and particularly in government-funded medical programs like Medicare, doctors were more prone to prescribe dangerous, high-risk drugs to patients. And in a second study conducted at the University of Michigan Medical School, Dr. Vanahn Shahinian and colleagues found that when Medicare spending was reduced, doctors prescribed drugs less frequently and more carefully.

Selenium The Mercury Magnet

We are inundated with toxins on a daily basis, one of the most harmful and potentially deadly being mercury. Mercury attaches to fatty tissue and tends to clog up the brain, liver, & kidneys.

A surprising amount of people have high levels of mercury in their body. It attaches and competes for cellular binding with major trace minerals.

Being deficient in minerals allows mercury to infiltrate and contaminate cells by shutting down energy and anti-oxidant enzyme systems.

Selenium integrates itself to proteins, producing selenoprotein enzymes. These enzymes act as an anti-oxidant in the body to destroy free radicals and boost immune system & thyroid function.

Selenium has a binding attraction for mercury, this enables selenium to mix and neutralize their reaction characteristics, this combined substance is able to be flushed out of the system.

This is a very beneficial interaction that removes mercury from the body before it can lodge in fatty tissue and cause damage.

Frankincense Oil - New Research

Frankincense oil has long been treasured for its soothing aroma. Traditional healers have claimed for centuries that frankincense is a natural medicine that can treat a variety of conditions. Properties include: Anti-inflammatory, antioxidant, antiseptic, astringent, carminative, cicatrizant, cytophylactic, (repairs skin and cells)

digestive, diuretic, emmenagogue, expectorant, sedative, tonic, vulnerary.

Now research just published in the journal *BMC Complementary and Alternative Medicine* demonstrates that the frankincense could be an effective treatment for cancer of the bladder, the organ that stores urine.

Scientists from the University of Oklahoma evaluated frankincense oil's impact on both normal human bladder cells and cancerous human bladder cells in culture. The results showed the frankincense oil was harmless to the normal cells. However, the natural extract zeroed in and killed the cancer cells.

Mother Earth Minerals Product Highlights

Silver

Silver is a potent natural antibiotic, shattering anaerobic bacteria because of its specific vibratory frequency—much like an opera singer's high note shatters a crystal glass. Unlike modern pharmaceutical antibiotics however, nature's remedy leaves helpful, aerobic pro-biotic bacteria intact. Our silver comes to you in angstrom-sized particles for maximum cellular absorption.



Gold

In angstrom-sized suspension, Gold particles are immensely vital to the human cell. Gold has exhibited anti-cancer properties, and helps the body repair damaged arthritic joints and cartilage. Gold helps with brain functions, depression, despair, fear, frustration, drug and alcohol addictions, melancholy, sorrow, anguish, seasonal attitude disorders, burns, circulatory problems, and obesity. Gold is very helpful in promoting deep REM sleep which is when our bodies regenerate and heal the fastest.

Essential Earth Enzymes

Essential Earth Enzymes contains five different enzymes, and is 100% plant based. Three critical digestive enzymes in it are Amalase, Lipase, and Protease; these are the primary digestive enzyme precursors which catalyze all other digestive enzymes for efficient protein and sugar metabolism. Essential Earth Enzymes also provide two very critical METABOLIC ENZYMES called Catalase and SOD (Super-Oxide Dismutase) that are vital in the exchange of energy in the cell and in the elimination of acid waste.

Eating Broccoli May Help Avoid Arthritis

Millions of people in the USA alone suffer from a common form of arthritis called osteoarthritis. It is Primarily associated with growing older, the condition is caused by the wearing away of cartilage, the cushioning between the bones in the joints.

Despite the view of many that osteoarthritis is an inevitable part of aging, researchers at the University of

East Anglia (UEA) believe they are hot on the trail of a way to prevent this form of arthritis from developing in the first place. The potential solution? A natural, bioactive compound called sulforaphane that is found in cruciferous vegetables, especially broccoli.

Sulforaphane blocks the enzymes that cause joint destruction in osteoarthritis.

Now the same researchers are launching a new and groundbreaking project to investigate how sulforaphane may act to slow or even prevent the development of osteoarthritis. This initial study will pave the way for additional patient trials that could lead to safe and natural ways of preventing and treating this painful disease.

Until then, pass the Broccoli.

Winter Specials

Annual Mother Earth Minerals Holiday Special:

Silver & Gold - 20% off

Discounts on all
Frankincense Products

Special Ends 12/31/2010 (Retail Only)

Wholesale Special

Receive 10% Off
On all Minerals

Valid for one order.

Expires 1/29/2011
Wholesale Orders Only

Newsletter Coupon

Receive 20% off Following Items:
Essential Earth Enzymes
Selenium

Wellness Secrets for Life
Secret Assassins in Food

Coupon Code: WINNL
Expires 1/29/2011
Retail Orders Only

MOTHER EARTH MINERALS INC.

1260 S. 1200 W. #3
Ogden, UT 84014

Phone: 801-392-1635
Toll Free: 1-866-989-9876
Email: ATRUEOTT@meminerals.com - sales@meminerals.com
www.meminerals.com



Creating ULTIMATE ELEMENTS

Call us Today!
1-866-989-9876

Mother Earth Minerals Inc. (MEM) provides information and nutritional counseling to a growing number of individuals seeking answers to health care puzzles, and was founded by A. True Ott, PhD, in December, 1998. All intelligent life on Planet Earth is governed, either for good or evil, by electromagnetic impulses on the cellular level. The great healers throughout recorded history have had one thing in common, they understood how these impulses operate and were able to successfully harness them for the benefit of mankind. MEM is dedicated to the positive exploration and public dissemination of this vital, lost knowledge. Remember, MEM's the WORD!

When Life gives you Lemons, it's Time For Lemonade!! By A. True Ott, PhD

What a crazy world! Imagine this insanity—the Federal Government's home loan agency "Freddie Mac" had so many loans defaulting in 2008, that it received nearly \$100 billion in "bailouts" during the last two years. "Freddie Mac" is supposedly governed by the U.S. Treasury department, as is the Internal Revenue Service. Amazingly, the IRS notified Freddie Mac that they had not paid enough income taxes, and socked them with a tax bill for over \$3 billion. In October, Freddie Mac filed suit in Tax Court against the IRS challenging their assessment. Hmmmmmm! How can "Freddie Mac" be liable for IRS taxes, if it truly is a "non-profit government loan processor"? To further the absurdity, why couldn't "Freddie Mac" just pay the IRS its bill, and then receive \$3 billion more bailout money, since nobody seems to care why they became insolvent in the first place?? In the face of these shenanigans, the U.S. Senate, in its infinite wisdom, passed the incredibly bizarre "Food Safety and Modernization Act" (S.B. 510) which, if it passes the House unchanged, will give the Food and Drug Administration incredible new enforcement powers to make sure that meat and dairy products are free from toxic live bacteria and other contaminants.

Let's make sure we understand this: According to the F.D.A. and the "Food Safety Act"—purveyors of Raw Milk and Cheese products produced from raw, non-pasteurized and non-homogenized milk are "dangerous criminal elements" who deserve to be fined and/or imprisoned because there are small amounts of live bacteria present in their products. Innocent children could become sick by consuming raw milk products, you see. Strangely enough, in the next breath, the FDA protects and promotes childhood vaccine shots which are designed to introduce live viral and bacterial pathogens directly into the bloodstreams (as opposed to the digestive tracts) of these same innocent children!! The truth is that raw milk products have been shown to stimulate the human immune system in much the same manner as vaccine needles, but without the heavy metals such as mercury, and without other chemical preservatives. The truth is that more innocent children have been maimed or killed outright from adverse vaccine reactions than have ever been harmed by tainted milk.