

Do minerals affect your actions and your thoughts?



Physically speaking our body is a mixture of carbon (C), oxygen (O₂) and hydrogen (H₂). Together with 3.3% nitrogen (N), they account for approximately 90% of total body weight. When we talk about fats, proteins and carbohydrates, we mainly talk about these elements. In order to get these substances moving and to keep them moving you need other substances. These substances we know as minerals and trace elements and through their reaction with each other and with C, H₂ and O₂ they determine how our body functions on food, light and air. This article discusses the six most common minerals and their effect on our body and behaviour.

What does the body consist of?

Besides the aforementioned carbon, oxygen, hydrogen and nitrogen, we also have macro-minerals and the other elements. The most important macro-minerals are calcium (Ca), magnesium (Mg), sodium (Na), potassium (K), phosphorus (P) and sulphur (S). The other minerals that play an important role are zinc (Zn), copper (Cu), iron (Fe), manganese (Mn), silicon (Si), selenium (Se), chrome (Cr), iodine (I) and lithium (Li). Most of those names may sound familiar and perhaps you are missing a few that come under the header of 'trace elements'. It means that they occur in minute quantities, but still affect the chemical processes in the body.

Calcium is in your bones, whilst sodium and potassium can be found in your nerves and muscles. Sodium, potassium, calcium and iron are in our blood, whilst sulphur and nitrogen are in proteins and proteins produce all manner of reactions in our body. Phosphorus occurs in the power stations of our body and in DNA and RNA - the building regulations for our body. Phosphorus is also found in our bones and teeth.

The remarkable aspect of minerals is that it is not about too much or too little, but about the correct ratio between the various minerals. Therefore it is not wise to add magnesium if you suffer from cramp, even though magnesium has cramp-reducing properties. Magnesium is in close contact with calcium and if you increase one you produce a response in the other. Most people do not realise that magnesium is also in proportion to sodium, potassium and sulphur. What are the consequences if you increase just one of these minerals?

Without minerals vitamins are worthless substances and minerals can only function properly through the interaction with other minerals. Minerals are so important to our health that shortages or excesses can affect our memory, our emotions and feelings and human behaviour in general. Recently I read a study about ADHD that investigated the link between a shortage of iron and symptoms of ADHD. To me that would seem infinitely more useful than medication to suppress the symptoms. Are you conscious of and interested in a healthy diet and if you take multivitamins and mineral supplements or something similar on a daily basis, do continue reading, because you cannot 'just' add minerals.

Availability

When we talk about shortages and excesses we should make a distinction between bioavailable minerals and non-bioavailable minerals. Calcium, magnesium and copper for example are essential to the body, but if they are not offered in an absorbable form in our food or vitamin tablet, our body suffers. It needs to clean it up or store it in the way it stores pesticides or heavy metals. It uses subcutaneous connective tissue as a storage place. When that is full, the first complaints arise ranging from infections to worse.

Calcium

Some 1.5% of our body consists of calcium and that makes it the fourth most common element in our body after oxygen, carbon, water and nitrogen. Calcium is hard and base forming. It is a powerful mineral that provides structure to the body. It performs many functions in the bones, but also in the nerve system where it forms the insulating buffer for the nerve cell. Something like the plastic sheath around copper wire in cables. In our body, calcium behaves like a bull - it is tough, strong, quickly defensive and intellectually not the smartest cookie in the jar.

However, the rest remember the strength of calcium! When calcium is balanced by magnesium and zinc it has a calming and relaxing effect on the body. If the other two are used up, calcium starts to dominate and our body becomes too tense, too defensive and you may have hardening in places where you'd rather not have them, such as in the brains. If calcium is present in high levels without being bioavailable, you can start to suffer from apathy, depression, tiredness and you can become very serious in relation to yourself and your environment. If the calcium level is too low, a person can become unstable, hyperactive during stress, irritated and ready to 'fight or flight'.

Those who received good quality calcium in their youth, tend not to grow too tall, are stable in their thinking and enjoy good general health.

Magnesium

The qualities of magnesium are that it is a strong, light-weight, base-forming and flexible element. It is an excellent conductor and a component of thousands of enzymes. It works closely together with calcium. Bioavailable magnesium helps calcium to remain active and soft. Its corresponding psychological qualities are flexibility and strength, clarity and radiance and the proverbial "Go with the flow" in a healthy manner.

With high concentrations of magnesium that is not bioavailable a person becomes weak, tired, depressive and lethargic. If the concentration of magnesium is too low, a person may be irritated, tiresome and hostile, but not really aggressive as you might be with calcium.

Magnesium in optimum quantities provides happy, perky and cheerful people. They are people who are discerning and who are bouncy and optimistic in life.

Sodium

The properties of sodium are radiant, unstable, extreme base-forming and nimble. Lots of things can be dissolved with it and sodium is often used in industry. In the body, sodium is directly involved with aldosterone levels and adrenal glands. Sodium is volatile and most other elements dissolve with sodium nearby. The quality of sodium is that it can cause change and therefore it has a major influence on internal oxidation. It is first to change in form and the rest follows.

Psychologically speaking sodium provides energy and aura, but aggression and destruction when there is too much. If there is a sodium shortage, we become tired and burned out. Sodium gives you agility, fulfilment and suppleness, coupled with strong adrenal glands and a balanced body chemistry.

These types of people are becoming rare and the reason is that sodium is hardly bioavailable. Kitchen salt contains plenty of sodium, but it is difficult to absorb. Sea salt and rock salt contain sodium that is a little easier to absorb. The sodium that is easiest to absorb is in celery and other green vegetables.

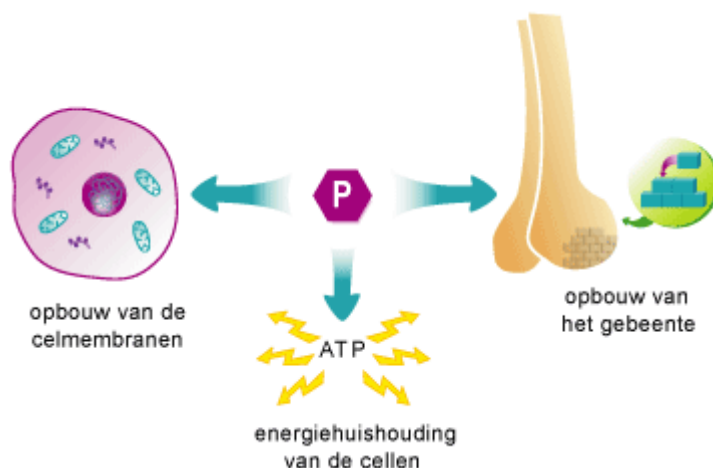
Potassium

Potassium is a light base-forming, soft metal with excellent conductive capacities. In the body it plays a role in the thyroid and has a regulatory function in the heart and the circulation. Potassium also affects the adrenal glands and specifically glucocorticoid and cortisol activity.

Dr Eck, who has conducted studies of mineral intake for more than 40 years, calls it the progress mineral. It is the person who continues until the project is completed. It is changeable and soft, responds strongly to stress and if the oxidation in the body changes due to sodium, potassium changes with it.

Symptoms of an excess of potassium provide the feeling of 'no control', high blood sugar and stress. If the potassium level is too low, a person is tired, but simply pushes on. Potassium in adequate amounts ensures you feel good about yourself. That is one of the reasons why people who use cortisones and steroids feel no more pain. If potassium is too low, it is an indicator of a lifestyle that is so familiar in our society where we urge each other along, exhaust each other and won't stop until we drop. The result is people who are tense, quickly angry and who worry. With low potassium levels you become trapped in the 'fight-flight' mode.

Like sodium, when potassium is bioavailable in sufficient quantities, it provides a person with more light, air and above all more energy. Most people are different in their youth than later on in life. Under the influence of potassium you were cheerful and perhaps a touch emotional. When the reserves are used up, the body switches over to a slower metabolic rate and we put on weight and tire quicker. If you add thyroid and adrenal gland problems, the circle isn't so easy to break and good mineral supplements are essential.



Phosphorus

Phosphorus is hard, extremely unstable and strongly acidic. It is the 'other' side of the minerals table and absolutely essential to internal balance. Phosphorus is the antagonist of calcium, which means they decompose each other and keep each other in balance. Phosphorus has to be kept under water, because otherwise it is flammable and explodes immediately. Our body mainly consists of liquid, so this is not a problem. Phosphorus is related to good vitality and high levels of energy. It is used in many enzymatic reactions and most people know it from the citric-acid cycle, where ADP is converted into ATP. The P represents phosphorus (phosphorus). Phosphorus is associated with the

fire of digestion and intestinal intelligence, but when it is out of balance with calcium it acquires destructive tendencies. A low phosphorus level means worse vitality and less strength to digest. In that situation, raw food is most certainly not your first option.

The personality that you could give to phosphorus is somebody who is courageous and fiery and sometimes responds a little too quickly. Together with iron, phosphorus occurs in lots of meat, giving rise to the correct notion that carnivores are less likely to be aggressive than herbivores. Iron and phosphorus work together and iron can cause aggression.

Sulphur

Sulphur is the major detoxer of the set. It is a soft, powdery, lightly acidic mineral and is used to make gunpowder. In the body, sulphur is the one that makes sure that heavy metals are bound and discharged. Sulphur balances copper and you find it in the ligaments and in subcutaneous connective tissue. It occurs in proteins and specifically in eggs, where it feeds new life. It does the same in your body. Sulphur has an easy personality that thinks clearly and feels connected and keeps its environment clean - literally or figuratively. If the concentration of sulphur is too high, there is more of a tendency to clean it up and to be active in different things at the same time. When the concentration is too low, the body becomes more toxic and that influences the activities in a negative way.

And now?

Homeopathy has used minerals as a resource for a long time, but you can see that simple physical shortages of minerals quickly lead to loss of energy, bad moods and lack of purpose. Of course you determine what purpose means to you, but if you constantly have cramp in your body that affects your thinking. Minerals are the platform of your body the rest of the substances are based on. They are literally the building blocks and given that the body rejuvenates constantly, you experience faults and errors at a later age, as the quality of minerals reduces or their bioavailability becomes disrupted.

When heavy metals, such as cadmium, mercury, aluminium and lead, enter the body, they actively take up the places where calcium, potassium or one of the others should be. It becomes easier to understand why heavy metals are poisonous. Lead poisoning occurs, because enzymes with lead instead of magnesium do not do their work properly, and proteins are no longer able to serve as essential building blocks.

Do mineral shortages affect your behaviour, ability to think and your actions? The answer is probably, because shortages of one set of a chain of other reactions in the body and that determines how you feel. However, there has never yet been any research, so it remains an assumption.