



# Herbal Trace Minerals

A simple, but effective formula for healthier pets and people

Herbal Trace Minerals was originally formulated as an herbal supplement for pets. However, it turned out to work equally well for people. The blend contains three herbs which are rich in trace minerals—dandelion, alfalfa and kelp—and was originally known as Combination Three.

Because of the depletion of our soils by modern agricultural methods, both people and animals don't always get the trace minerals they need. Trace minerals are necessary to catalyze enzyme activity and are helpful for the glandular and immune systems. Herbal Trace Minerals provides these trace elements in a natural, organically-bound form for easy assimilation and utilization.

Herbal Trace Minerals also acts as a mild liver cleanser and diuretic. It can also benefit digestion.

Herbal Trace Minerals may be helpful for skin problems like acne, dermatitis and eczema and for problems with hair or fingernails. It may help lower cholesterol and can also improve energy levels.

Here's a little more about each of the herbs found in Herbal Trace Minerals.

## Alfalfa

Alfalfa is a legume with roots that can reach 40 feet into the soil or more. This allows it to absorb minerals other plants can't get to. Used commonly as an animal feed, alfalfa contains numerous minerals—calcium, magnesium, potassium, chlorine, iron, phosphorus, sodium and silicon—as well as many vitamins.

Alfalfa was first discovered for human use by the Arabs, who named it the "Father of all Foods." Alfalfa can help stimulate the digestive system and improve glandular health. It is particularly helpful for the pituitary, the "master" gland of the body that regulates all the other glands.

Because of its mineral rich nature, alfalfa helps with tissue healing and repair. It acts as a mild diuretic and can help regulate both cholesterol and blood sugar. Alfalfa also aids bowel health.

## Dandelion

Dandelion is another mineral-rich herb containing potassium, magnesium, calcium and phosphorus and micronutrients like zinc, boron, and cobalt. It also contains inulin, a type of fructan or polysaccharide, which feeds friendly intestinal bacteria and promotes digestive health. Inulin can also help balance blood sugar levels.

Although often viewed as a pesky lawn weed, dandelion is very beneficial for the stomach, liver and kidneys. It is a mild tonic for the urinary system, because it is rich in potassium and electrolytes needed to maintain fluid balance in the body.

Dandelion is also helpful for the liver, promoting the flow of bile and removing toxins from the body. Because of its actions on the liver and kidneys, it is a "blood purifier," meaning it helps remove toxins from this system and can help clear up skin conditions.

## Kelp

Seaweeds like kelp are also good sources of trace minerals, including electrolytes like sodium and potassium; they are very important because they contain iodine, which is necessary for thyroid function, immune function and healthy skin and reproductive organs. Iodine is depleted by fluorides, bromides and chlorine.

Kelp also contains a mucilaginous fiber, algin, which binds heavy metals and removes them from the system. Kelp also improves bowel health.

## Suggested Use

Take 1-2 capsules three times daily. For pets, empty the capsules and mix the contents with the animal's food. This product is very safe and suitable for children, too.

## Selected References

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing

"Alfalfa" by Dr. John R. Christopher in *The Herbalist*, (January 1978).

*The Dandelion Celebration—The Guide to Unexpected Cuisine* by Peter Gail (Goosefoot Acres, Inc., 1989)

*The Healing Herbs* by Michael Castleman

*Seaweed* by Michael Guiry

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