

# What Plant Derived Minerals can do for Fatigue, Energy Levels, etc...

## Increased Energy and Less Fatigue

Since my friend recommend that I try **plant derived minerals**, I've been very impressed. The first thing I noticed was increased energy and less fatigue, plus my nails growing (I play guitar so have to cut them nearly daily now).



This humorous photo depicts something much more impressive. The top two photos are of me last year, dismally failing to get up a mountain on the Welsh Gower. I was in agony, In the middle picture, rolling around, my back, legs, calves etc, just screaming.....The bottom picture was taken after 3 months of taking **plant derived minerals**

Me at the top, the same time as the others..... I'm going to be on these plant minerals forever. Thank you.

**Paul Bradbury**

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## Combat fatigue for flight safety



“Just a note to say I am using **plant derived minerals**. As you know I work unusual hours, crossing various time zones so fatigue is part of my life! I take the minerals with me and put one in my bottle of water on long flights. I have one when I wake after night flights. They are definitely helping me feel more alert which is imperative as a safety issue with my job. Also when I am on holiday I have also tried them after the occasional hangover...much healthier than a fry up!

I love the fact that there is no sediment left in the glass after consuming, this is unlike any other soluble minerals I have used. The plant minerals are small and easy to keep with me whilst flying.

One more thing, the cabin crew girls also enjoy plant derived minerals and are always commenting about how their nails grow and look much better. This is in addition to the other benefits.

Cheers... see you on a flight sometime!"

**Steve.** British Airways Pilot

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## **Increased energy**

42-year-old woman who had a stroke at 29 has been experiencing loads of energy; the migraines she suffers are lessening in intensity and frequency and her depression is lifting!

**Anon**

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## **Increased Vitality**

I have always been interested in health and fitness.

With a growing family and busy careers, both my husband and I tend to live life full-on.

I came across **plant derived minerals** and found they benefitted us by boosting our vitality and keeping us well.

**Lisa Alexander** – UK

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## **More Energy, Feeling Calmer**

Within a few days of taking plant derived minerals first thing in the morning my mind feels clearer, I feel calmer, my spirit feels lighter and I have a lot more energy. I am not having to drag myself to do things, and I am getting more done. In a day I eat a fairly healthy raw, largely raw diet, but I have never felt so good. It is like I have found the missing link!

Now I could not live without plant derived minerals.

**Lisa Simpson - UAE**

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## **Energy**

Plant derived minerals deliver energy over a prolonged period of time and it isn't crammed full of sugars.

**David T – Warwickshire**

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## **Energy**

I take plant derived minerals every day and really notice the difference if I miss one morning. As a more mature adult, little things like plant minerals can make a big difference in my everyday health and this is a real winner.

**Phyllis – Cheshire**

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## **Tiredness & Sleep**

I feel great and not tired anymore now I take plant derived minerals. I manage my long hours and overtime and feel less stressed and not so sleepy.

**Elliot C – Berkshire**

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## **Energy Levels**

Taking plant derived minerals, I don't feel sluggish anymore and my sleep patterns are back to normal!" Even as a grandmother I have always led an active life, but found I was getting tired more quickly during the day, which gave me

restless nights. I noticed an improvement in my energy levels very quickly and I am enjoying a good night's sleep again.

**Vivienne**, Middlesex

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## **A Full Life Once Again**

I work in London and was always tired after I got home from a long day at the office. My usual long and stressful journey home didn't help either. I started taking **plant derived minerals** and felt a lot better and when I get home my evenings are no longer a tired blur as I am full of life once again!

**John Simpson**, Reading

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## **Calmness**

I can unequivocally state that within one week of taking **plant derived minerals**, the difference in my emotional state, as a direct result of feeling calmly and consistently energised (unlike these caffeinated energy drinks) is so marked that my thinking is clearer and I wake up gently and with a real sense of having rested. Most significantly a cloud has lifted that has been in place since I was 18 AND my skin tone improving! I am moved almost beyond words.

**Paul Hornsey-Pennell**

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## **Increase in Energy**

I have been taking **plant derived minerals** for a year and a half now. The first thing I noticed was an increase in energy. In the past I had been frequently ill and not able to shake things off quickly. Now I'm infrequently ill and if I am it's, not severe and I recover quickly. I've also noticed that my hair and nails are growing much quicker

**Amanda Waters** - Purley, Surrey

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## More Energised

I am a born sceptic when it comes to taking supplements. But after taking **plant derived minerals** on and off for weeks, I realised that on days that I took them I was far more alert and energised. So I now take them every afternoon to give me a boost.

**David Waters**, Purley, Surrey

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## Plenty of Energy

Been taking plant derived minerals for a few months now, had a sore back for ages and they seem to have sorted it right out, I spring out of bed in the mornings and always have plenty if energy. Anyone not tried plant derived minerals, I recommend you give them a go, you'll notice the difference in weeks.

**Liam Taylor**

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## M.E. Type Symptoms

A 15 year old lad... has suffered from M.E. type symptoms most of his life and has missed a whole load of school .... When I first told his dad to give him some **plant derived minerals** I remember my phone ringing and it was this lad to say "dad gave me one of your plant minerals about half an hour ago and I can't stop talking!" three months later, this lad is riding his bike ... he has put on weight ... his posture has gone from slumped to upright ... and he is so much stronger and clearer in himself ... WHAT a result!

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## Dramatic improvement in Energy Levels and Endurance

Been taking plant derived minerals for the past month and report a dramatic improvement in energy level and endurance. Can now ride my bike for 20km+/hr and don't feel tired and can even do more. Do this 2-3 times a week and not been able to before.

## Enhancement in Energy Levels

Kinesiologist who teaches a very advance form of muscle testing has been taking plant derived minerals for a few months and feels a definite enhancement of her energy levels after taking them.

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## Quick Recovery from Fatigue



I fly for EasyJet, which holds the number 1 spot in Europe as the preferred short haul scheduled airline. This means we, the crew, work very hard to maintain that. It's high tempo and physically demanding as well as being fun, but fundamentally it is shift work with an X factor, so I try to offset this and look after myself by eating well and taking supplements... of the natural kind. I came across **plant derived minerals** and noticed that a British Airways long haul pilot had done a review, so that, along with the fact that they were naturally occurring, convinced me to give them a try...

I noticed very quickly that my head was clearer from the fog of fatigue and that I was more alert towards the end of a four sector day; I recovered more quickly too and slept better. I also hate drinking water, which you have to do to stay hydrated in the air, so it also had the effect of helping me to increase my water intake and cut out the crew coffee. Now I automatically take plant minerals with breakfast, some of which I mix into a smoothie, and I usually take a second if I am flying that day.

Apart from helping with fatigue caused by changing shift patterns and the constant pressure and altitude changes, my grey hairs have started to disappear, my skin improved and I would not be without them now! I got my Dad onto them too, aged 79, and his hair is coming back slowly and going dark at the roots...

**Name withheld by request**  
EasyJet Pilot

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## **Tiredness & Sleep Improved**

I am delighted with plant derived minerals. They have made me feel so much better, and having felt constantly tired with little or no energy I find it an absolute joy. I am sleeping well and wake up really refreshed. If I don't have my daily fix I feel flat!

**Gillie.**

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## **Life after Ehlers Danlos Syndrome**

I was diagnosed with Ehlers Danlos syndrome with PoTS and Chronic Fatigue after six years of being mostly bed and wheelchair bound. Prior to that I had led a busy life running my own business. This all stopped abruptly after a few years with unexplained periods of poor health.

It was a relief to have the diagnosis as it explained all the various illness I'd had since childhood. Although the Doctors were apologetic and unable to offer either treatment or cure, expecting management to prevent further deterioration of my body, I felt that as this condition was genetic and I'd had it all my life, I had managed long periods of functioning normally, walking, working, travelling and raising my two sons.

I then believed that I had to find a way to regain a form of balance with my health.

I had spent the six years under various complimentary therapies, each helping in their own way. After diagnosis I then saw a medical herbalist who helped me find that balance and got me out of the wheelchair.

My Doctor also arranged for me to have physiotherapy & orthotic support. I thought that the recovery she helped me find would be as good as it would get. I was so impressed with the improvements she made that I am now studying on a six year course to be a Medical Herbalist.

I could now walk with a stick but I still felt I was disabled and needed a daily nap plus an hour long soak in Epsom salts to help with pain relief. I also couldn't cope with any stress and accepted that this was as good as life would get.

Since taking **plant derived minerals** I have felt a surge of inner wellbeing and am finding that I plan excursions and events that were previously unthinkable. I never expected to be able to work again or even cope without all the home care and support I was receiving.

I have now stopped all my care, manage to look after myself, husband and my three teenage sons, and even have managed to keep up my hobbies of Beekeeping and sewing.

In August, after only two months on the minerals I managed a 32 mile walk from Weymouth to Swanage along the Dorset Coastal path, absolutely unthinkable prior to taking the plant minerals.

Although I am not attributing my 'new lease of life' entirely to the minerals, I absolutely believe that by giving my body the minerals it needs on a daily basis it is now able to heal itself after 46 years of wear and tear with the added complication of Ehlers Danlos.

My life is transformed, with stronger nails, faster growing and thicker hair, cysts shrinking and joint pain reduced so much that I am no longer craving my daily Epsom salt bath. My eyesight is stronger and most of all, my friends and family have noticed a vibrant inner vitality, so much stronger even than the life and energy I showed prior to my illness.

This is how I KNOW that the **plant minerals** are working for me.

**Paula Carnell**

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## **Fibromyalgia**

**Plant derived minerals have changed my life!** Having been suffering with fibromyalgia, I had very little energy and lack of motivation as well as pain and all the emotional pain that goes with not being able to do what I once could.

I can now do things I haven't been able to do in years. My energy levels have increased dramatically, my pain has decreased dramatically and my mental health has improved too!

**Anon**



