

What Plant Derived Minerals Can Do For Specific and General Health...

Larynx Grows Back

In the Summer of 2015 Paul started to lose his voice. He went for a CT scan and discovered that due to acid reflux in his throat his Larynx had been damaged such that one half of it was smaller and not working. Co incidentally at about the same time we were introduced to the **plant derived minerals** and Paul began taking them every day.

In January Paul attended the Hospital for his check up for his Larynx and the Doctor put a camera down his throat to see how it was getting on. The Doctor was extremely surprised by what he saw and asked his colleague to come in and have a look. Unfortunately, this meant Paul had to suffer the camera treatment twice!

Both Doctors were shocked as Paul had now got his full Larynx in place the damaged half evidently had grown back to the correct size during the preceding six months!

The second Doctor asked Paul to recite the alphabet, which is something you cannot do if half of it is missing because certain sounds cannot be formed. Paul said the whole alphabet without difficulty, which further confounded the Doctors.

Paul told them about **plant derived minerals** and the doctors said, he should just keep doing whatever works. He told them that he intended to!

Paul Gregory

Parkinson's Dramatic Improvement

A very good friend of mine who suffers with Parkinson's was given plant derived minerals to try to see if they had any effect on his symptoms. Literally

just one week after taking them he has been blown away by them. His shaking has reduced dramatically and he said he feels really well.

I'm really excited to see what the future holds for him if only one week in, these are the effects plant derived minerals are having on him....

Anon

Parkinsons (now invigorated)

Over the years I have been suffering from spondylitis in the base of my neck, arthritis in my shoulders and my hips. I also suffer from Parkinson's Disease. For the last three months I have been taking **plant derived minerals** and I must say that within myself I feel so much invigorated, I never thought I would feel this way again.

Phil Colcombe
South Wales

Stomach Problems Disappear

So after narrowing everything down and ruling out anything serious, my son's had blood tests and xrays, the next step was an endoscopy, which I really didn't want Ethan to have to go through if it's not necessary ☹️ I personally think he has been suffering with dyspepsia, all the symptoms fit and match.

Ethan has not even been taking plant derived minerals for a whole week, and omg!!! All better!!!

His symptoms have been awful, really really excessive belching, an extremely uncomfortable tummy full of wind. So much so it makes him feel as if he's going to vomit. He constantly has a hot water bottle on his tummy, and sometimes has been so debilitated by the sickness that he's stayed home from work!! Not to mention the worry that that then has on me and my health

lol....my excema has flared up so badly, it hasn't been like this since before Ethan was born!!

Well as I said, not even a week of Plant **Derived Minerals** and Ethan has stopped taking the proton pump inhibitors and buscopan 😊 he's still belching quite a lot but it's reduced by at least 80% 😊 and he says his tummy feels normal...All better 😊😊... Ethan says, "thank you, thank you, thank you" 😊😊😊

I've been taking them too, well I know they're good anyway lol....my excema is already starting to look better.

After a letter of complaint sent in to my surgery because Ethan wasn't getting the right care anyway....The Dr then called me and was bending over backwards to try and accommodate lol....imagine her surprise when I then told her, her services were now not needed, as Ethan was clearly lacking in some sort of minerals that perhaps the Nora Virus had wiped out, and that he was now taking a plant mineral supplement that was greatly improving his systems, so much so that they are now practically non-existent 😊😊

.....so I said to Ethan what he needs to do, is to take them for 4 months, then stop taking them, just to see if his systems come back....and then of course carry on long term, but just to see. This is what he said...

"Are you frigging mad mum!!" 😊😊

Audra

Acid Reflux

I've been on **plant derived minerals** for nearly 3 months now and my acid reflux has improved drastically, I have been diagnosed with H Pylori twice now and the antibiotics did not help at all it is wonderful to feel the re-flux getting less and less. Stop these Plant Minerals? You just try taking them off me!!!!!! No way! Not to mention how bright I feel.

Maureen Gilzean
Spain

Reflux

I suffer 'well did' suffer with reflux. I had it for 12 years and was diagnosed with hiatus hernia. I have suffered hell with this condition, if I missed my tablets for only one night I would be in a lot of pain in my chest and more often than not be sick (which was horrible as it burned for ages). I started taking **plant derived minerals** on 19th Jan and after about a week ran out of my tablets (prescribed medication for reflux) as I forgot to put a prescription in. I didn't realize till about 3 weeks later, that I had ran out of my plant minerals for a few days and hadn't collected my tablets from the chemist. My reflux had come back and I was feeling well! I was soon back on the plant minerals and feel great! and still no medication (ESOMEPRAZOLE 40mg)!!

The results for me were astonishing!!!!

Lorraine Trace

Hay Fever Sufferer

For as long as I can remember I have suffered badly with hay fever. As a child I loved the outdoors and would have loved a career in horticulture or agriculture.

Every May I would be affected by the various pollens floating through the air. Sneezing, runny nose, sore throat, rubbing my eyes, and on some occasions a touch of asthma appeared. Over a number of years my GP prescribed many different pills and potions.

In the seventies there was a course of injections that were given before the hay fever season started. For a few years I had these new hay fever injections, although they did seem to help – they did not cure!!!... The downside to this - having been petrified of needles for years - I always left the doctors feeling very shaky. I can remember, sometimes sitting in my car for 10 minutes with my head spinning, I felt really ill. Still, what is it they say "no pain no gain!"

Suddenly, this course of treatment became unavailable at GP practices and could only be administered in a hospital, with full resuscitation equipment available! Apparently there had been a death due to this treatment which was found to have many side effects, one of which was irregular heart beat and palpitations. I now realise, this is why I felt so ill after each injection. Since this time I have steered well clear of medicine!!!!!!

I started to take homeopathic mineral salts. Wow... what a difference!!! Some symptoms still remained but not as severe. The only catch was that I found myself swallowing 6 or 8 of these mini tablets every 15 minutes. If you are in company, it looks like you are on “something”!!!!!!

About 2 years ago I was recommended to take natural Plant Derived Minerals which I have been taking each day for just over 2 years. I have no hay fever at all now. In the first year of taking them, the symptoms certainly had improved. Although this year we have had an unusual, early long hot period, to date not a trace of hay fever left!

Last year in September, I decided that the symptoms of the hay fever had improved so much, that as a family we moved to rural Herefordshire.

Malcolm West, Herefordshire.

Migraines Disappear

I had suffered from chronic migraines since the age of twelve. I was taking the strongest of painkillers (which didn't always work) and missed days of school, college, university then work as they left me unable to do even the smallest of tasks, affecting my sight and making me physically sick.

I am now 35 and a year ago I was introduced to **plant derived minerals**. The change they have made to my life is just amazing, I have not had a migraine since I started taking them! I have a lot more energy, feel very well within myself and most importantly don't have to keep taking painkillers.

Marianne Bates – Ayrshire

Emotional Wellbeing

I can unequivocally state that within one week of taking plant derived minerals, I already know this is the case for me. Whilst it is early days, 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. To offer this same possibility of profound wellbeing, is a total joy. That's why this matters.

Paul Hornsey-Pennell, Devon UK

Hair Improvements

I went to the hairdresser last week who asked me what on earth I've been doing. My hair now has a lot more body.

Christine del Corral, Suffolk

Improved Sleep

I wanted to share with you the benefits which I have found using **plant derived minerals**. In just over a week the main benefit which I have found and my wife has seen is that I sleep better.

I have very bad sleep pattern and tend to cat nap more than have a proper sleep. Using these plant minerals, I now sleep far better than before....

I am going to give this to my two lovely kids too...

Chigz Gohel

Cravings & Sleep

I've only been taking **plant derived minerals** for the last 4 months and I've experienced some truly remarkable changes to my health. I used to drink over two litres of squash per day to keep me going through long 12+ hour physical work days but now I drink only 2 litres per week. I have cut down on my alcohol intake as I don't have the same cravings since starting the minerals.

Sleep is much sounder now, it is easier to get out of bed in the mornings and I have general sense of wellbeing. I feel fitter, happier and healthier. My partner has been watching my progress with curiosity and interest and has just decided to take the plant minerals herself. I'm very happy that I started taking the plant minerals and look forward to the benefits to come.

Simon Scrivens, Southampton

General Health

I am a healthy individual. Why do I need plant derived minerals? After three months, I realise that I was perhaps not as tip-top as I'd thought. I notice that my nails are now much stronger and that my hair is in better condition.

I am not a sporty person, but I now find that moving around is rather easier: it appears my joints are more supple. I have not changed my way of life but I now feel a tremendous sense of well-being. I zing. Therefore, I recommend.

Angela Knapp

Regular Blood Pressure / Healthy Nails

I am now approaching 70 and I have found great benefit from using plant derived minerals for the past few months. For the first time in around 20 years I went for my regular blood pressure check up and was delighted to hear I had a normal reading. Previously the readings were much too high each and every time and I was reliant on medications as a result.

I have also found my skin and hair to be improving and I am amazed at how strong my nails are now. They used to break very easily and I could never get away with growing them long. Now they are super strong, quite long and I have them well manicured by a nail specialist. Many people are surprised they are real and not fake extensions!

I will certainly be taking these plant minerals every day now and have also added the fizzy vitamins and krill oil to my daily routine recently. My diet is quite healthy, but I love the peace of mind in knowing that I am covered for the most important nutrients I need, fuss free, affordable, and sent to my home regularly to make sure I can take them each and every day.

Pamela Urquhart
Bathgate, Scotland

Recovery Times & Eyesight Improved

My brother and his wife were a little reluctant at first to try the plant minerals but when they did, they couldn't believe how different they felt".

My brother, a fitness fanatic & Karate Instructor and commented "I have noticed better energy levels, significant reduction in aches and pains but more importantly virtually immediate recovery times". His wife, a beauty therapist added this his testimonial by saying...

"I normally wear glasses at work, but forgot to take them one day I noticed that my usual eyes strain wasn't as bad and that my eyesight has shown some improvement"

Clive Joseph

Improved speaking abilities

My little nephew has experienced improvements on his speaking abilities and concentration - he has a learning disorder. He is on 2 plant derived mineral tablets a day.

Nga NGUYEN,

Family Benefits

I have been interested in health and nutrition for almost two decades now and must have tried several dozen different supplements by now. After being approached about **plant derived minerals** at a health event I was certainly quite intrigued. Soon after I was keen to try them out, especially after reading more. I had used mineral supplements in the past but had never found one that would make a particularly noticeable difference. Now four or five months on I have to say **I have never been more impressed with a supplement in my life.** I am quite sensitive and found that my energy levels were soaring even after just a few days. I also felt calmer and was sleeping better and waking up more refreshed. Prior to this I was getting extremely worn out helping to look after our new baby boy. The routine remained the same with disturbed sleep etc. but after I added the plant minerals to my supplement regime I felt very much like a new person!

After a month or so and more so as time went on I noticed a definite improvement in my skin, rashes etc. were clearing up never to return. I seem to be looking younger every time I shave, a very welcome thing given I will be 40 next year.

Another very noticeable physical benefit is having far stronger nails, they just seem 100% unbreakable now even with hands on DIY tasks etc. I am excited about the effect the plant minerals are no doubt having internally too. I have been giving my young girl and baby boy small amounts of the plant minerals too and they are thriving.

My wife also now has her daily plant minerals and her skin and nails are improving all the time. We all seem to be much less prone to catching colds and bugs etc. which is another blessing given how fast they can spread in a family.

All in all I am delighted and recommend them to everyone, any age in order to get the most out of life and enjoy every precious moment.

Mark Eccles

Bathgate, Scotland

Insomnia

I am a very skeptic individual and didn't really believe they would make an impact on my health. I have to say, with every day of taking plant derived minerals, changes are starting to take place. For some considerable time in the past, I have been suffering from insomnia, but for a whole month now, I am sleeping like a baby and feel relaxed in the morning.

Freia, (Germany),

Overall Health Improvement

After discovering how firstly, plant derived minerals improved my 85-year-old mother's health and through watching her improve, I started taking them myself and also reaping the benefits.

My mother of 85 years was going downhill. **Plant Derived Minerals** transformed her from finding it difficult to get her thoughts out and feeling depressed to telling me on the phone that she didn't have time to chat as she had things to do. We have noticed she no longer has the putty complexion of a smoker but her face is becoming pink!

Having participated in the nutritional cancer therapy trust diet from I know the importance of looking after my health. This showed me the way to a mega detox and how to get my health back on track.

What did I notice you may ask.....more energy; not wakening at night unable to sleep due to the pains in my joints, my legs, wrist and fingers which were sustained over many years handling horses and doing heavy work; grey hair

now sleek and shiny; nails stronger and I've been told my skin looks fabulous. This in just four months!!

Catherine Buchanan

Aberdeen

General Health Improvements

Bill has been having treatment for serious neck pain for over 12 years and has long since stopped his archery activities because of this. However, after approx 3 months of taking plant derived minerals he suddenly realised he no longer had pain in neck and was able to move and turn his neck significantly easier than before.

He has also noticed that while playing table tennis his eyesight has become better to the point where he stopped using his glasses when playing. Strength, energy & stamina, Health much better... doing many more sit ups Sleeping Patterns better...

Asthma

I've had chronic asthma for most of my life and been on medication. I was very sceptical but thought 'I would give it a go'. What a fantastic job plant derived minerals have done. I will take this for the rest of my life. I implore everyone to try these minerals and see what it can do for you.

Nikki Niven – Irvine, Scotland

Migraine & Iron Levels

My daughter's monthly migraines have disappeared they used to be so terrible and my daughter-in-law has noticed that her iron levels (which she had to have

tested on a regular basis because they were so low) are now ok, and I've stopped the ibuprofen for my back, the pains not gone completely but if I can get away without having to drug myself to function then that's a great improvement for me.

Anon

Migraines reducing ...

Lady Teacher 34, Suffers Migraines nearly every day.

After taking plant derived minerals, she is delighted with very few headaches.

Unknown

Migraine

A Man who gets debilitating migraines and is unable to function physically and his speech becomes badly slurred. Tried a sample of the mineral when he had developed another migraine.

He called me today just a short while ago with euphoria in his voice announcing his migraine had disappeared within 5 minutes after taking a plant mineral wafer. He asked how he could purchase these and could he please get delivery as soon as possible.

Improved Concentration

My friend recently gave me a sample of **plant derived minerals**. I have given them to my daughter aged 10 as I was informed that they help aid concentration. I am usually sceptical about such things but to my amazement Emily achieved her top score in a test at school the following day. We now call them her "clever juice" !!

Heather Graham

Conversation More fluent

I ordered plant derived minerals for my mother. She thinks they're fabulous and seems to notice a difference.

What I have noticed since she has been on the plant minerals is that she is very much on the ball so to speak. She is more fluent in her conversation and not forgetful the way she was before.

I always get her to take things to help her especially if I notice her getting forgetful or slow with conversation so the Minerals has added a real boost."

No name given

Improved Memory & Fast Growing Hair

I'm a colonic hydro therapist and natural health care practitioner. Having practiced alternative medicine well over 30 years, I have tried numerous supplements including mineral rich nutrients like blue green algae which costs almost double of **plant derived minerals**. Since being on these minerals, my memory has improved and I've noticed my hair is growing very fast. I started recommending them to my patients so they too could share the benefits.

Felicity Jay

Thyroxin Free

I had a blood test last week to find out if my thyroid levels had stayed the same or increased. Much to my surprise I don't have a thyroid problem anymore. I was on 75mg of thyroxin. Thanks to plant derived minerals, I'm now thyroxin free...

Anon

Weight Loss

I have been taking **plant derived minerals** for 3 months now and have lost weight. I believe it is because my body has absorbed all that it needs so I don't snack, my sugar cravings have left me and as a woman I don't get hormone swings when it's that woman monthly time. Whoopee !!

Andrea Johnstone

Chronic Health Issues

I have actually been feeling the best I have felt for several years. I have chronic health issues that I have struggled to get a grip on to make life enjoyable. I have noticed that I am not as stressed and anxious because I feel better. I am enjoying myself now when I go out instead of worrying about feeling ill and tired.

This is good for me- in winter time too!

I am taking other supplements as well as **plant derived minerals** and try to eat healthy and take exercise. But I think they must have helped because until I took plant minerals I have had no improvement at all for 10 years!

I decided to try them because a lady recommended them. There was such a difference in how she looked in the space of a week that I was amazed.

People have commented that I am looking better as well!

Jane

Digestive Issues

I suffered from digestive issues & reflux caused by H.pylori bug & resulting low stomach acid. Plant Derived Minerals have definitely eased digestion & acid reflux.

If I'm a little naughty & eat something that I know will set me off, I double up on plant minerals before & after meal and no issues.

Also suffered years of exhaustion due to stomachs inability to absorb minerals/vitamins from food. The soluble formula & plant based minerals work really well with this kind of health issue as easily digested, absorbed & assimilated.

Zoe Coakley

Pain subsides and improved sleep

I have just had some wonderful feedback on plant derived minerals from one of my Bowen clients. She said she would try them for 3 months to see if she had any change. Two months in & the pain in her arm that she has had for 6 months has gone & she is sleeping through the night for the first time in 14 years since her husband passed away. She said she will keep taking them now and long may it rein.

Julie Flood

Effects of missing taking the minerals for a few days!

Ok so really strange, didn't take my daily dose of plant derived minerals for two days. Now first time in 4 or 5 weeks I have had re-flux. I feel really low, have no energy even got my old friend 'Migraine' setting in? Funny thing is my tummy is back in that horrid Knot and just wanna hide.

I guess if I had such a dramatic start with taking the plant minerals, and only been on them 6 or 7 weeks when I stop (never again) I'm gonna hit the bottom again with a bit of a thud. Reality!! Makes you realize what a change they are having to my life.

Lorraine Trace

General Health Improves

Client suffered from tiredness, arthritis, and thyroid problems and was not sleeping very well. After a few days on plant derived minerals her energy levels rose and she had the best night sleep in years. After a few weeks the pain from her arthritis went and her mobility was improved. After a month her thyroid problem levelled out and stopped causing her problems.

Peter Strefford

Helibactor Pylori/Acid Reflux/Dermatitis & Energy Levels Improve



Last December, I was feeling out of sorts! I had had recurring bouts of, Helibactor Pylori! A disease of the gut that gives the sufferer horrendous Acid Reflux! I had been prescribed huge doses of antibiotics along with a stomach block inhibitor for a period of 7 days! This is the recommended treatment for this problem! Having had it recur twice in the same year, my immune system was extremely low and my energy levels were as low as I had experience!

A friend who I worked with, happened to see me one particular morning and commented I was not my usual cheery self! I told her I was not feeling too great and she replied " you need some minerals" I laughed and said your right I do!

She then went on to explain how she had been introduced to these **100% plant based minerals** by her brother. She gave me a brochure which I took home and read from cover to cover! This makes sense I thought! We live in an age where the ground our food is grown in is so depleted of nutrients that we no longer get the minerals required to keep our bodies healthy enough to fight off disease. Did you know that in Europe alone, the ground is around 73% depleted of the nutrients the plants need to provide us with the plant minerals our bodies need!

I decided there and then I would give them a three month trial! Nothing to lose! I noticed that after about 6 weeks the Dermatitis on my scalp had disappeared! I have had this about 30 years! My energy levels soared! Also I was sleeping a whole lot better! But the one thing that amazed me the most was that my acid reflux was not as bad as it had been so I cut back on my block inhibitors. Amazingly I found I was able to cut the dose in Half! Today just over 6 months later, I only need to take a block inhibitor every 3/4 days! This was unheard of before!

Maureen Gilzean

Chronic Neck Pain Subsides

I believe this to be one of, if not the best supplement I have taken -- and trust me when I say that I have tried every one that has come out! I am thrilled with the results in only one week.

The first morning I took one, I felt it and I realized my chronic neck pain was 90% better! However the pain did come back in the early evening & I asked if it is possible to take 2 a day. Many people do! So the next day and since then, I have been taking one in the morning & one in the afternoon. I cannot tell you the significant difference I feel with great energy, little neck pain, better sleep and a bonus of softer and moisture skin, hair feeling softer and nails growing in harder. I recommend **plant derived minerals** to everyone!

Barbara Turner

Marketing Consultant and Author

Many Health Benefits After Only 3 Weeks on Plant Derived Minerals



Just like to make my own statement as I've been taking plant derived minerals for 3 weeks and I'm not for one making a fuss on Facebook about my ailments but:
Lymph glands problems have subsided
Bad hip (from 12 years old from my goal keeping days) - no pain
Bad back from golf/tennis, - gone
Mental fatigue - improved
Anxiety/panic attacks - gone

I hit 100 golf balls today and had no sign of any problems (no exhaustion)
Improved mental capacity

Mark Parsons

Improved Hearing!



I am generally extremely healthy. Although I am 67, most people think I am a lot younger. Because of all this, I wasn't particularly expecting to see much benefit personally from taking **plant derived minerals**. Yet after taking them for around six weeks my hearing has improved a lot. I have now switched off the subtitles on our two televisions!

As a child I had lots of ear aches, and as an adult the hearing in my right ear has been much less good than that in my left ear. My mother was completely deaf in one ear and had limited hearing in the other, so I thought I might end up like her, needing a hearing aid. Now I see a different future for myself and am very excited about this.

Jane Thurnell-Read

Minerals Working on The Inside

I'm a 'show me the proof' type of person, and you'll be pleased to know that I've seen evidence of **plant derived minerals** working. I literally haven't changed anything else - I still have a glass or two of wine every evening; I eat the same healthy diet that Caralyn cooks every day: everything's exactly the same.

The only difference is that I've taken a plant mineral tablet in water every day for a couple of months, and I've watched a thumbnail that was split from a mineral deficiency mending, day by day: the split was all the way down the nail, and now it's half way up - on its way to disappearing. I'm really pleased, and it's proof enough to me that the minerals are inside, getting to work, probably on all sorts of good things!

Michael Robbins

Pain Gone, Fingernails Repaired & Off Blood Pressure Medication!



I started taking plant derived minerals in August, by October I decided after being a heavy drinker for 36years that I didn't want to drink anymore and am now Tea total. I no longer suffer any pain in my hands and ankles my fingernails are growing. When I was age 11, a nail was split from the quick to the tip – it is now repaired!

Lastly I was on medication for high blood pressure and high Cholesterol. My Doctor has given me permission to come off them WOW just need my hair to start growing! :(

Iain Stuart

Healthy Gums

Just had a check up and the Dentist was amazed and said my gums were the best he has ever seen them. Nothing needs doing.

I could see this in the mirror, they used to be red and shrunken now they are pink and plump. I went out of there with a big smile on my face, it's nice to get good news!

Plant Derived Minerals = perfection, I will keep taking these plant minerals as I know we can't do without them if we want to stay healthy. After all heart disease starts in the mouth from the bacteria that builds up so it pays to look after your gum health.

Gail Reichter

Medication a thing of the past...



I am now on my third month's supply of plant derived minerals and I will never give them up!

I had suffered from calcium deposits in both my shoulders and pains in my knees due to having cartridges removed, sleeping at night was horrific waking every time I turned over, not to mention the amount of the drug constantly prescribed called Arcoxia I was taking.

The benefits of plant minerals were explained so well to me I thought I have to try this, am so glad I did. I no longer use medication, sleep well and my general energy levels have increased.

When I think of how little a day it costs for this feeling, I keep one tube in my car at all times so I don't miss any.

I am so thankful to plant derived mineralsthank you x

Carol Carroll

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 plant minerals I managed a 32 mile walk from Weymouth to Swanage along the Dorset Coastal path, absolutely unthinkable prior to taking the minerals.

Although I am not attributing my ‘new lease of life’ entirely to the minerals, I absolutely believe that by giving my body the plant 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 derived minerals are working for me.

Paula Carnell

Finding’s of a Coach and Athlete



I have been using plant derived minerals daily. As a coach and athlete I need to ensure that I am always healthy and ready to participate in events.

It has been amazing that during this time I have competed in an ultra-duathlon as well as championship race walking and even marathons and no fatigue from any of these events. I have trained harder than I have in the past with double sessions most days on different disciplines i.e. cycling, running, walking. I have remained injury free during all of this.

I certainly have been amazed at the consistency and improvement that I have seen personally.

B McF

I'm only 27, nothing wrong with me, but took them anyway !



I have nothing wrong with me, or so I thought. I do a lot of aerobic training and cycling so I'm pretty fit. I cannot believe how much extra energy I've got since taking **plant derived minerals** and I'm beating my personal best times, fantastic.

Now I'm wondering if the minerals corrected something in my body that could have turned nasty in later life. Anyway... I'm very pleased.

“Oh... I forgot to mention, my boyfriend is a bodybuilder and he says it's the best supplement he's ever taken. He can train much harder now”.

Melanie Atkins

Bristol – UK

All going Well



“I've been taking the Plant Derived Minerals for some time and can honestly say that I've been pleasantly surprised. I thought I was pretty healthy, but I've noticed that my skin is smoother and clearer, any cuts I get seem to heal faster and although I've been working silly hours lately, I'm not nearly as tired as I would expect to be, given that I've gone from a

part-time job of 19 hours a week to a full-time job currently doing over 50 hours a week!

The only difference is **Plant Derived Minerals**, so I can only put it down to those! I have also twice had a cold threaten but come to nothing, where normally a cold would wipe me out for several days.

All I can say is...”WOW – keep the Minerals coming!”

Anne Haddow - Portsmouth UK

Memory / Energy Improvements / Nails

My youngest daughter of 22 years has started taking plant derived minerals due to the benefits to her memory and being able to get up in the morning without feeling she still wanted to sleep. She is at college in Glasgow and has a part time job often not getting home until very late. She has only been on them for one month.

My eldest daughter in Australia has only had one month's supply but has re-ordered due to the benefits she has noticed to her nails. They no longer break or tear if she catches them.

These are just a few of the benefits my family have noticed.

Catherine Buchanan, Aberdeen