

Wroxham summary for the 20th March 2018 talk

Marta Wellner

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To: Maggie Richardson, Speaker Organiser, U3A Wroxham and District

Title: Supporting health with food, herbs, minerals and cell salts'.

This talk will give a little insight into what the body needs to function properly and how to replenish the missing *elements of life* from food like chicken broth, supplements and cell and tissue salts.

All bodily processes depend on the action and interaction of minerals. Nutrients such as vitamins, proteins, enzymes, amino acids, carbohydrates, fats, sugars, oils, etc., require minerals for their every biochemical activity. The body must keep an adequate supply of minerals to maintain its balance for normal cellular function and continued youthful health.

Minerals are an important part of the bones, but not only. They maintain the body's fluid balance, they are parts of other important compounds, such as iron in blood, and iodine, which is a part of the thyroid hormone.

Minerals are the catalysts that make enzyme functions possible. Plant-food derived minerals combined with enzymes neutralize the harmful acid metabolic by products of the cells and other toxic conditions within the body and prepare them for elimination.

I will talk about calcium, magnesium, zinc, potassium, and sodium. Also about a few herbs and the role of cell and tissue salts in replenishing minerals. They may play a significant role in muscle contraction, maintaining electrolyte balance in body cells, as well as they are needed to send nerve impulses and to release energy from protein, fat, and carbohydrates.

And I will likely encourage you to eat foods like dark chocolate, broccoli and explain why the expression "One apple a day keeps the doctor away..." may be still appropriate in the era of science.

