



Invisible Minerals Part II - Multiple Minerals ReMyte

Carolyn Dean

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After creating and writing about Pico-ionic magnesium in Invisible Minerals: Part I – Magnesium. Dr. Dean created a multiple mineral formula of 12 minerals in the same picometer size.*

Minerals are required to make our bodies electric. But the minerals that perform this function have to be in the ionized form and small enough to enter cells. Mineral ions are much more available in a liquid base. The fluid disperses mineral compounds into its two ionic forms. However, if something is ionic in charge, it doesn't mean the mineral is broken down into a small enough size to navigate the mineral ion channels. The correct size is picometers – one trillionth of a meter.

In the past few years physicists have determined that the mineral ion channels that are the gateways through which minerals enter cells are only 400-500 picometers in diameter. If minerals don't properly get inside cells, because they are too large, then non-mineralized water floods into the cells and the large-sized minerals stay outside. All forms of edema, including brain edema, are caused by fluid and electrolyte imbalance at the cellular level.

Pico-Ionic minerals are small enough to directly enter into cells bringing the minerals where they are most needed. Inside the cell, minerals are responsible for the 70-90 millivolts of energy that creates intracellular communication. A body can only be as healthy as its cells.

Another important aspect about Pico-Ionic minerals is that people who suffer from IBS-diarrhea, Crohn's and colitis can use Pico-Ionic minerals in spite of malabsorption.

When I was first introduced to picometer minerals, I met Dr. Terry Wood, a veterinarian, who was also researching highly absorbable forms of minerals. Dr. Wood found that oral picometer minerals were as effective as IV minerals for seriously ill animals. Dr. Wood realized these minerals are almost completely absorbed in the face of a maldigestion and/or malabsorption because they completely bypass the gut and they do not have to be attached to carrier protein molecules that must be digested before the mineral is absorbed.

Dr. Wood told me that another huge point in favor of picometer minerals is that their available surface area is extremely large. If you take a certain amount of a mineral and calculate the surface area, by the time it is broken down into picometer size, the surface area is increased by millions and millions of units. This means there is more mineral surface area available to do its job. This is why just a few parts per million (ppm) of a molecular mineral can do a better job than hundreds or thousands of milligrams of the same mineral in a non-picometer form.

Dr. Dean lists the 12 most important minerals to include in a multiple mineral, six of which are necessary for proper thyroid function. Read the book and find out which ones. Magnesium, Calcium, Sodium, Zinc, Boron, Manganese, Copper, Potassium, Chromium, Iodine, Selenium, Molybdenum

*Disclosure: Dr. Dean created the pico-ionic, multiple mineral formula called ReLyte to make a therapeutic mineral formula available to the public.

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