

Information about minerals put into perspective

When studying minerals, it is important to look closely at a number of matters in order to put things in the right perspective. When a specific mineral – for example chromium – is referred to, one should know that it may occur in nature in various forms. The substance or substances to which the element chromium is linked are highly significant. For instance, chromium falls into the category of essential minerals, which means that people need chromium in order to stay alive. However, it can also be lethal. This major contrast is determined mainly by the form in which chromium is offered. A minor difference in the molecular structure, or rather the form of a mineral, can mean the difference between day and night, or, stated simply, between life and death. When studying minerals, it is therefore recommended to always carefully check the form in which the mineral is offered. The dosage offered can also be a determining factor with regard to the mineral's absorption in the body. For example, a particular compound may be known for its efficient absorption because this had been demonstrated by research. However, if the same mineral is used at a high dosage, there is a risk that it cannot be absorbed at all. Therefore, the absorbability of a mineral depends not only on the form but also on the dosage. However, many other factors play a role in their absorption. In fact, there are so many that no general statement can be made about the absorbability of minerals or of a specific mineral. In my own view, all statements are entirely speculative. Nevertheless, this does not prevent me from dedicating my book entirely to the absorption of minerals. Those who realise that the absorbability of minerals depends both primarily on the form and secondarily on circumstances such as dosage and environmental factors can benefit strongly by gathering as much information and knowledge as possible. I mean here that by taking into account factors that may contribute both negatively and positively to the body's absorption of minerals, one will be able to eliminate mineral deficiencies, imbalances, or resistances¹.

(1) By using the term mineral resistance, I wish to indicate that if a mineral is deficient, this lack cannot be eliminated simply by using the actual mineral; in this case, it appears that that person is resistant to a mineral.