

Do you know why we need Trace Minerals?



Trace minerals, in just small amounts are elemental compounds found in foods that the body needs. We need minerals in our bodies for the proper composition of the body fluids, for the formation of blood, the bone cells, and the maintenance of healthy nerve functioning. The lack of a single mineral in our food can cause mental and physical problems. Therefore, we need to become more aware of the nutritional value of each type of food and eat the proper ones. We all know the importance of calcium in our diets for building strong bones and teeth. But how many of us know that we need manganese for the same reason.

Where do these minerals come from? They come from our soils. Sadly, our soils are becoming more and more depleted of the necessary minerals. Even our fruits and vegetables have less than 12 minerals out of the 70 plus that humans need for proper functioning. Trace minerals were present in our foods one hundred years ago. Most of us need some form of supplement to supply us with all the necessary minerals for the body's performance.

Our physical well-being is more dependent on the minerals we take in than the calories, vitamins, the proportions of starch, protein, or carbohydrates we consume. Researchers have proven that fruits, vegetables, grain, eggs, milk, and the meats of today are not what they were a few generations ago.

Now that we know that our diets must contain minerals, I strongly suggest that one should consume organic fruits and vegetables whenever possible. Foods grown without chemical fertilizers, pesticides, and herbicides taste different, better, and have a greater amount of natural occurring vitamins and minerals.

The Benefits of Trace Minerals

Chromium helps the body to burn sugar, providing energy while preventing damage to blood vessels and organs.

Copper is necessary for the formation of blood cells and connective tissue. It also important in the production of the skin pigment melanin

Iodine is needed for the thyroid gland in the production of hormones essential growth, reproduction, nerve, and the bone formation and mental health.

Iron produces hemoglobin, the protein that carries oxygen throughout the body. Iron is involved in immune system's maintenance, the production of certain hormones, connective tissues, and brain neurotransmitters.

Manganese is an antioxidant that plays an important role in the chemical reactions involving energy production, nerve cell metabolism, muscle contraction, and bone growth.

Molybdenum is an antioxidant that helps the body remain healthy by detoxifying sulfites and sulfur compounds.

Selenium helps prevent heart disease and some forms of cancer and boosts the immune system.

Zinc works in the structure and function of every cell membrane as well as in the production of more than 200 enzymes. This mineral is essential for properly healing wounds.

Aussie Bites



Ingredients

- 1 cup oat flour or (grind in blender/food processor)**
- ½ cup oats**
- ¼ cup ground flaxseeds**
- 1 tbsp. sunflower seeds**
- 1 tsp. chia seeds**
- 2 tbsp. shredded coconut**
- ¼ tsp. baking soda**
- 1 tsp. quinoa (raw or cooked)**
- ¼ cup raisins**
- ¼ cup agave syrup**
- ¼ cup chopped dates**
- ¼ cup honey**
- ½ stick soft or melted butter**
- 2 tsp. vanilla extract**
- 1 egg whites**

Mix all the ingredients very well and set aside
Spray Pam mini muffin tins
Fill each tin $\frac{3}{4}$ full and pat down
Bake for 10 minutes and let it cool.
Remove from tin and let it cool thoroughly.