

New Year Information 2009  
ARE YOU TENSE, SPASTIC, DRY, AND CRAMPY?  
Volume IX

Many years ago a good friend of mine sat slumped in his chair and told me that he had “the new disease.” I was stumped. I asked, “What is the new disease?” He looked up at me and said “ **TENSION.**”

Today, decades later, you too might be like millions of Americans who are chronically tense or anxious. If so, you may also suffer from a dry mouth.

You may feel you are suffocating. Your gut may be in knots or spasms. And you may suffer from chronic muscle cramps.

If this is you or someone you know, tell them about our clinic and about Dr. Weston and their programs. The very first place to look for a way to resolve this health condition is **mineral nutrition**. Minerals are major controllers over our nervous system. The **alkaline minerals** come primarily from your green vegetables. The primary alkaline minerals are potassium and magnesium. These minerals tend to support the **parasympathetic nervous system**. This is the system that keeps you calm and helps to slow down your mind and body.

The **acid minerals** come primarily from your grains- which make up a huge percentage of the typical American diet. The predominant acid mineral is phosphorus. The acid minerals tend to support the **sympathetic nervous system**. This is the system that keeps you going, going, and going. Obviously, a balanced nervous system will provide you with plenty of energy, yet allow you to also be calm, rested, and peaceful.

By far there are more people who are tense and anxious. And by far there are more people who eat too many grains (that is, all breads, processed foods, cakes, pies, cookies, crackers, pastas, all carbohydrates etc!) than people who eat too many vegetables. I think you get the picture. The common American diet supplies too many acid minerals and too few alkaline minerals, leading to a nation of tense, spastic, dried out, and crampy people.

But do not grab the tranquilizers as your first treatment. Instead, get more alkaline minerals, fewer acid minerals, and see if your nervous system will balance itself out- providing you with blessed relief. And this is not too hard to do. Simply start eating fewer processed foods eat more whole food organic green vegetables.

In addition, supplement with the premium food-extract, alkaline mineral supplement, **Organically Bound Minerals**, which we at Weston Wellness Center recommend by Standard Process. It contains all the alkaline minerals, especially potassium and magnesium. Take 3-4 tablets daily to quickly begin to balance your nervous system. And if imbalance, not emotional problems, is the cause of your problems, you will begin to get some peace. You will become less tense, your dry mouth will improve, your muscles will feel better and less crampy, and your sleeping will improve. If your system were a car, it would be like having the engine racing nonstop because the accelerator is to the

floor( that is, too many acid minerals are in the system). So, you need to take your foot off the accelerator by slowing your intake of acid minerals. And then you need to put your foot on the brake to slow the car down. Do this by getting more alkaline minerals.

## **Minerals and Organic Minerals**

Today calcium supplements are the rage. The truth is that most of the calcium sold today is crushed rock, which is very difficult for your body to utilize. And as a side- effect, typical doses of this type of calcium (from limestone, dolomite, oyster shells, etc.) soak up large amounts of your stomachs acids and enzymes, which then leads to chronic indigestion and heartburn, which they will say is acid reflux ( which ,by the way; there is no such thing).

In addition, some unscrupulous supplement makers are making a fortune selling magnesium. They say that you need a 1:1 ratio of calcium to magnesium. The truth is that the ratio of calcium to magnesium in your body is about 5:1. Most older folks like magnesium supplements because they feel it makes them more “REGULAR”. Bowels become more active with a high magnesium intake because excess magnesium is toxic, and so your body excretes the excess. Of course, this leaves you more depleted and dehydrated since it takes large amounts of water (which most older folks do not drink) to be “more regular.”

Real minerals come from real food- especially green vegetables. Organically Bound Minerals is made from alfalfa and tillandsia extract that contains the alkaline minerals.(Tillandsia is a succulent Spanish moss root plant.) The function of minerals in your body is based critically upon their source. For example, the most important alkaline mineral is potassium. Most supplement makers sell potassium from salt, however, the activity of organic potassium from plants is what your body craves.

## **Dry Mouth and Muscle Cramps**

As discussed, dry mouth is often one symptom of a deficiency of organic minerals. If you have chronic dry mouth, and especially if you also suffer from anxiety, spasms, and dehydration(chronic dryness), be sure to use Organically Bound Minerals. In this case, take 3-6 daily, with a couple at bedtime.

Other causes of dry mouth include poor salivary gland function and kidney problems related to blood pressure. If organic minerals alone do not clear up your problem, add support for your salivary glands and blood pressure system with **Parotid** (3 daily) and **Cataplex G** (3 daily). Give your new mineral nutrition and these support products 3 to 4 months to improve your condition.

Organic minerals also play a major role in muscle cramps. The new alkaline mineral nutrition helps resolve chronic cramps- both in your muscles and in your gut.

However, the cause of **muscle cramps is often a calcium deficiency** or an inability of the body to get calcium to the muscles. The cure in this case is simple. Take the best calcium supplement in the world, plus the nutrition needed to distribute calcium to the muscles. The best calcium is **Calcium Lactate** ( from plants) by Standard Process. The usual dose to help with muscle cramps is 4-12 daily. But calcium will not make it to your muscles without unsaturated fatty acids and a healthy liver. So if you suffer from chronic muscle cramps, you need to add **Cataplex F** ( 3-4 daily) to your regimen.

Cataplex F contains Omega -3 fatty acids and a liver extract. It is critical to the distribution of calcium. Cataplex F is also the natural balance for too much sun, which can keep calcium from your muscles and tissues. The vitamin D from the sun keeps calcium in the bones while vitamin F distributes calcium to your muscles and tissues. You can see why it is so important that a balance of vitamins D and F is best, and why Cataplex F is critical to chronic muscle spasm sufferers.

Combined with Calcium Lactate, Cataplex F is dramatically effective for muscle cramps. If world-class athletes whose careers ended early due to chronic muscle cramps knew about this treatment, they might still be competing today.

So if you are tense, anxious, spastic, crampy, and have a dry mouth, think alkaline minerals and take 3-6 Organically Bound Minerals daily. For dry mouth that does not improve with minerals alone, add 3 Cataplex G and 3 Parotid daily. And for muscle cramps that are not eliminated with minerals alone, add 4-12 Calcium Lactate and 3 Cataplex F daily. These simple nutritional maneuvers could improve the lives of 20-30 million people in America by eliminating the need for the millions of muscle relaxers and tranquilizers gulped daily by people who are just too tense, anxious, and prone to muscle spasms. **What a novel concept!**

**Please give us a call we can help you with your health challenges.**

**Be Well Naturally,**

**Dr. F. James Weston**