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## THE MIRACLE of MINERALS

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Minerals are inorganic elements. Minerals cannot be produced or synthesized, by plants or animals. Minerals are *essential* for health. By far the body's two most abundant minerals are calcium and phosphorus, which together comprise of approximately 75 percent of the entire body mineral make-up. Minerals have two basic functions of the body—building and regulating. Minerals build skeletal and soft tissues, and they regulate processes such as heartbeat, blood clotting, internal fluid pressure, nerve response and oxygen transport.

Minerals play many vital roles, working synergistically with vitamins, enzymes, hormones and other nutrient cofactors to regulate literally thousands of the body's biological functions. Proper blood formation, energy production, nerve transmission, and regulation of healthy acid-alkaline balance are among these essential functions. Minerals also support healthy bones and teeth and are required for proper support of the body's overall structure and function. A key role of minerals is in healthy cell function; they are critical for proper cell regeneration as cells progress through their normal life cycle and are replaced by new, healthy cells. If the body's mineral supply is deficient, there is an increased likelihood that both existing cells and the cells that replace them can be compromised, setting the stage for various chronic and degenerative diseases. The other vital functions minerals help are for the body to maintain proper immune function, metabolism, cardiovascular function, blood sugar regulation, regulation of fluids, stimulation of growth, formation and maintenance of tissue, and cell permeability, which is essential for the cells' ability to both receive oxygen and nutrients through the cell wall and eliminate cellular waste. Minerals are necessary for detoxification. Minerals help regulate the body's elimination functions and help regenerate the blood on the molecular level, because of the way they bond with many of the body's enzymes. We begin to see how vital minerals are to the overall health of the body. Since the body cannot produce minerals on its own, it is important to obtain adequate daily supply of essential minerals from foods and through the wise use of supplementation.

*“No cellular functions can be produced correctly if the body isn't receiving all the minerals and trace elements the metabolism needs... It so happens that all degenerative disease originate, to one degree or another, in a severe mineral depletion of the body.”*

Dr Robert LaFave,  
US Metabolic Research Center

Did you know? Ten years of intensive farming is all it takes to completely deplete the soil of all its minerals. Our soils today are anemic from misuse and can no longer provide us with everything needed.

*“The soil makes the animal”*

In 1980 when Mount St Helens erupted, the apple producers in the states of Oregon and Washington were in great despair because the thick layer of volcanic ash that covered their land completely wiped out their harvests. But the following year, their apples grew twice as large as before and their trees bore more fruit than they ever had, the fact is that the fine powder of ash was extremely rich in trace elements, which completely reinvigorated the mineral content of the soil.

The quality of health, vigor, intelligence and so on of every living organism depends on the protoplasm of life in the soil, which is itself dependent upon the availability of mineral elements from rock.

Prevention is better than trying to obtain a cure for any illness. Given the depleted nutrient content of our nation’s soils, the minerals contained in crops are no where near optimal. Nourishing the body’s cells with proper nutrients appropriately is critical for optimum health benefits. While most horses receive adequate mineral levels from available forages in order to just survive, the vast majorities are not receiving the mineral nutrition needed for optimum health and performance. A marked deficiency in anyone of the more important minerals actually results in disease. “Bear in mind”, “that minerals are vital to human and animal metabolism and health—and that no plant or animal can appropriate to itself any mineral which is not present in the soil upon which it feeds. Vitamins control the body’s appropriation of minerals, and in the absence of minerals they have no function to perform. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless. Sick soil means sick plants, sick animals, sick people. Soils seriously deficient in minerals cannot produce plant life competent to maintain the nutritional needs.

In conclusion, concerning nutrition there are certain daily requirements of basic nutrients which consist of minerals, vitamins, essential amino acids and 3 essential fatty acids. Minerals play a *vital* daily role.