

# Ionic Sea Minerals

## How to Cure Constipation and Enjoy Daily Bowel Movements

For many years I didn't know how to cure constipation. Unless a person is on some kind of juice or water fast where they eat very little, it is so helpful to have at least one bowel movement a day, and some people are suited for two or three.

For many years I only had one bowel movement every three or four days. Then when it was time for elimination, it was often painful, plus I developed a hemorrhoid from trying to force things to happen.

### Why are regular bowel movements so important?

The bowel is the body's number one means for eliminating toxins. When we don't have daily bowel movements, the body looks for other less desirable ways of getting rid of these toxins. Therefore, learning how to cure constipation is important.

## Chronic Constipation is Unhealthy

As constipation becomes chronic, the bowel becomes lined with decaying fecal matter, and it can become a real health issue.

First, this decay can be a source of infection.

Second, toxins get recirculated back into the body.

Third, a person's body tries to flush out this fecal matter that is caked to the walls of the colon. The result is watery diarrhea (irritable bowel syndrome). Many mistakenly believe their irritable bowel syndrome means their bowels are too loose, but it's actually an advanced stage of constipation.

## Possible Solutions for Constipation

I have tried numerous things as I've looked for how to cure constipation. Here are a number of ideas that can be helpful.

1. Exercise can help to get things moving.
2. Probiotics are helpful for digestive issues.
3. Virgin coconut oil, full of fiber, helps clean the colon.
4. Whole grain bread works for many, especially REAL bread.
5. Fruit and vegetables can help, as they are loaded with fiber. They are even healthier when loaded with trace minerals.
6. Juicing is helpful, especially juicing green leafy vegetables. Juicing works even better if you use a juicer like the Omega 8004, which keeps more of the pulp in the juice.

## The Best Solution I've Found for Constipation

Did I discover how to cure constipation? I believe so. In his article, "Natural Constipation Relief Strategies", Dr. Mercola speaks of the harm that chronic use of laxatives, including natural laxatives like Senna or Cassia, can cause.

But Dr. Mercola does recommend regular use of a magnesium supplement. To quote him, "Aloe Vera and magnesium supplements can also be useful tools to speed up your bowel movements." He is so right!

In 2006 I started taking a teaspoon of Ionic Sea Minerals every evening as my mineral supplement, and miraculously, within a day or two, I was having normal, daily bowel movements.

My wife, who is a registered nurse, started taking it too, and her constipation vanished as well! We both are so happy about our frequent, soft bowel movements.

What a blessing! The Ionic minerals have given us total control of our bowels. Of course, the foods we eat affect our bowels as well, so if I ever need a looser stool, I just take an extra quarter teaspoon of minerals. If my stool gets a little too loose, I just back off by a quarter teaspoon.

**CAUTION:** If you have kidney disease, only take Ionic Sea Minerals under the advice of your doctor. Healthy kidneys easily filter out extra magnesium not needed by the body. However, if your kidneys are not functioning properly, magnesium can accumulate in your system, and a magnesium toxicity can occur.

## Is chugging or daily use better?

Our daughter dealt with severe constipation in her adolescence. She used to use a technique that I don't necessarily recommend, simply because of the extreme discomfort it can cause. She would put two teaspoons of Ionic Sea Minerals in a few ounces of juice and chug it. (At this concentration the minerals are bitter. Fortunately, chasing it with a sip of juice quickly flushes out the bitter taste.)

My daughter said it made her gut rumble and feel uneasy. But she actually liked the feeling, because it meant relief was on the way, usually within 30 minutes. She said this technique works in much the same way as taking an enema (which she is all too familiar with from her childhood).

But why struggle with constipation in the first place? With daily use of Ionic Sea Minerals, my wife and I (and countless others) have daily, soft, extremely easy to pass bowel movements. When I get the urge to go, I sit down, and most of the time within 10 seconds it's all done but the paperwork.

## A mineral supplement for constipation?

How is it that a mineral supplement can help with constipation? One explanation is that the Ionic Sea Minerals contain 106% of the U.S. RDA of Magnesium in each one teaspoon serving!

So, if you are searching for how to cure constipation, that search may be over! Do you remember Phillips Milk of Magnesia? Magnesium is its active ingredient. It softens the stool and gives a gentle urge to go.

As stated above, Ionic Sea Minerals contain 106% of the US recommended daily allowance of magnesium and only costs \$2.75 a month when purchased in the larger size.

Plus, it is a mineral supplement that is designed to be taken daily. It supplies valuable trace minerals that most people just don't get enough of.

## Helping Irritable Bowel Syndrome

Since Irritable Bowel Syndrome is really just an advanced form of constipation, I recommended to a couple of friends suffering from IBS that they try the minerals. It took a good month, but they finally started having normal bowel movements. How cool is that!

## Masking the Taste

Though I generally take a teaspoon of minerals each day in a tall glass of water, most people prefer to mask the taste with grape juice, lemonade, carrot juice, vegetable juice, chocolate milk, or something similar.

The more liquid you mix the minerals into, the more it masks the taste. It only took me a few days to acclimate my body to the taste. Now my constipation problem is a distant memory!

As I mentioned above, I have been taking Ionic Sea Minerals since 2006. After a few months, I became somewhat used to the taste, and started to take the minerals in a tall glass of water. However, most people prefer one of the following ways to take Ionic Sea Minerals!

## Three Painless Ways to Take Sea Minerals

### FIRST, AS A SPORTS DRINK

Two or three times a week when I play tennis, I use the minerals in place of Gatorade as an electrolyte. I put one and a half teaspoons in a 3-quart juice container, fill it with water, and add some lemon-flavored Crystal Light Pure (no harmful artificial sweeteners). Since the Ionic Sea Minerals are low in sodium, I also add about half a teaspoon of sea salt.

I think it tastes good, and it does a great job keeping me hydrated.

I even took some samples for my tennis buddies to try, and they all thought it tasted pretty good, too. One of them started using Ionic Sea Minerals every time he plays to stop his muscles from cramping.

Concentrated sea minerals are the best electrolyte I know of, since ocean water contains magnesium, potassium, and all the trace minerals found in the ocean.

## **SECOND, IN VEGGY JUICE**

I always put some Sea Minerals into my fresh vegetable juice. I just add the minerals to 14 to 21 ounces of juice (my daily allotment), drink it before each meal, and don't even notice that the minerals are there.

Of course, many of the vegetables I use for juicing are chocked full of nutrients. I harvest them myself from my vegetable garden.

Can you believe it? Ionic Sea Minerals are also sold as a micronutrient fertilizer for plants!

The vegetables in my garden are super nutritious, because I feed them with the fertilizer form of ionic sea minerals. My crops are healthier, more insect resistant, and are super nutritious!

## **THIRD, ADD SOME TO YOUR BEVERAGES THROUGHOUT THE DAY**

Max-Well has a 1.25 ounce dropper dispenser bottle that can be carried in a purse or computer bag. The label says EBoost 76, but it is the same great Ionic Sea Minerals. Whenever you drink something, it is so easy to add in a few drops of minerals. This actually enhances the taste of some drinks, and is a great way to take the ionic minerals.

Most Americans are constipated from time to time, and unfortunately for many, constipation is a daily struggle. I am so glad that I found such an easy way to keep my stools loose, and my bowels moving freely. No more straining, with the result that my hemorrhoid vanished as well! Perhaps you could use some of these minerals?

**Don't wait.** Get a bottle today and experience this constipation remedy for yourself.

## **Hydration in Sports**

Hydration in sports is important. Through my experiences I have found what I believe to be THE answer to perfect hydration.

I played tennis and volleyball in college. When we moved to Africa, I continued playing tennis and volleyball there. My need for hydration in sports became quite obvious.

### **African volleyball dehydrated me**

Every Friday I would play volleyball with our seminary students. It was hot, and I would drink a full two liters of water during the match. But I didn't just sweat out water, I sweated out electrolytes.

After every match I would get a terrible headache. My wife is an RN. She knew that I needed more than just water for healthy hydration. I needed mineral hydration.

My wife suggested that I add ORS (Oral Rehydration Salts) to my volleyball water.

This is the oral hydration formula that she used to help babies who were dehydrated from diarrhea.

I tried this hydration treatment, and was pleasantly surprised to find that it greatly reduced my post volleyball headaches. From then on, I used this rehydration formula every week.

After 15 years in Africa we returned to the USA. I brought a lot of the ORS back with me.

But within six months of Georgia heat, it was gone. Having learned the importance of hydration in sports, I looked for an alternative rehydration drink.

### **I turned to Gatorade**

My first choice was Gatorade. It didn't seem to work quite as well as the ORS, but it did help. I did a lot of hard manual labor at our new house, putting in a pool and landscaping the yard.

Sometimes I drank a gallon of Gatorade a day, and got to the place where I could hardly stand the thought of drinking any more. This was certainly an unwelcome hydration reaction.

The next rehydration sports drink I tried was Powerade. It offered a change, but wasn't that different from Gatorade. Though these hydration products helped lessen my headaches, they didn't eliminate them.

## **A Miracle Hydration Product?**

Then I stumbled across a body hydration product that eliminated my headaches caused by dehydration. I was excited.

The product was liquid sea minerals, a mineral supplement from Australia. It is made by evaporating 100 gallons of ocean water down to a 1-gallon concentrate. It contains all the trace minerals found in the ocean, minus 99% of the sodium, which precipitates out during evaporation.

I then learned that the ionic sea minerals are a great trace mineral supplement, and that these trace minerals are lacking in most of our diets.

I started taking a teaspoon a day, and found that it worked great for rehydration. I could work hard in the yard or play hard at sports and no longer get the accompanying headache. As an added bonus, it got rid of my constipation problems.

Although I no longer have the opportunity to play volleyball, I do play tennis at least once a week, so hydration in sports is still important to me.

## **Rehydration needed for tennis**

When I play tennis, I play three or four sets at a time. Though I am in my 60's, my style of game is to run hard to try and get every ball. My body still needs something for rapid rehydration. Besides taking the minerals once a day, I started adding one teaspoon of the Ionic Sea Minerals to my two liters of water. This makes a good rehydration drink.

## **Perfect for leg cramps**

I encouraged some of my tennis buddies to try this in place of the rehydration drinks they were using. One of them told me that he has battled with muscle cramps.

I gave him a bottle of EBoost 76 (Ionic Sea Minerals under another label) to try. I told him to try it with Crystal Light Pure Lemonade which gives it a sports drink flavor that's good for you.

*Having tested all lemonade brands in our grocery stores, this brand tasted the best to me and my family.  
(Yes, I tortured my family with numerous taste tests :-)*

A few weeks later I asked my friend about the EBoost 76, and he said that his cramps were gone. Pretty effective hydration in sports!

## **Getting rid of my cramps**

Unfortunately, though my headaches caused by heavy sweating were completely gone, I still had a bit of a problem with cramps in my legs after a hard night of tennis. This drove me to come up with a revised rehydration drink recipe.

I started adding about a third of a teaspoon of sea salt to my 2-liter container of rehydration water. This added some sodium chloride to the mix. Since then, no more cramps. None at all. I am a happy camper!

I believe I may have stumbled across the perfect rehydration recipe. Perhaps this might also be your hydration in sports solution!

## **Here is Paul's hydration recipe:**

- 2 liters of filtered water
- 1 pack of Crystal Light Pure Lemonade
- 1 tsp. Ionic Sea Minerals
- 1/3 tsp. sea salt

## **Athletic performance**

One unexpected result of the Ionic Sea Minerals is the effect it has on hydration and athletic performance. I gave a bottle to a friend of mine who is into weight lifting. A couple of weeks later I asked him if he had seen any difference. He said that within a week he was doing DOUBLE the reps.

## Magnesium

But why would it help with stamina and increased energy? I think that at least part of the answer is the magnesium. One teaspoon of Ionic Sea Minerals contains 106% of the US RDA for magnesium.

According to researchers, 80% of Americans don't get enough magnesium, which is needed for oxygen transfer in the blood. Magnesium is also useful for many other body functions.

CAUTION: If you have kidney disease, only take Ionic Sea Minerals under the advice of your doctor. Healthy kidneys easily filter out extra magnesium not needed by the body. However, if your kidneys are not functioning properly, magnesium can accumulate in your system, and a magnesium toxicity can occur.

## Sizes available

Ionic Sea Minerals are also available in an 8-ounce bottle at less than \$12 a month, a quart bottle for \$8 a month or in the gallon size for **less than \$5 a month!**

Ingredients: We take 100 gallons of ocean water and evaporate it down to 1 gallon. Pure concentrated ocean water. It contains no other ingredients. In addition to the elements listed above, this product contains the following in naturally occurring, varying trace amounts: Calcium, Carbonate, Bromide, Iodine, Rubidium, Scandium, Boron, Phosphorus, Nickel, Manganese, Chromium, Strontium, Cobalt, Zinc, Titanium, Lanthanum, Cerium, Barium, Copper, Iron, Silicon, Yttrium, Molybdenum, Tin, Gallium, Gold, Silver, Cesium, Beryllium, Selenium, Vanadium, Dysprosium, Holmium, Terbium, Praseodymium, Lutetium, Gadolinium, Samarium, Bismuth, Ytterbium, Erbium, Europium, Neodymium. These plus the other minerals found in ocean water.

## ELECTROLYTES

Electrolytes are minerals in your blood and other body fluids that carry an electric charge. It is important for the balance of electrolytes in your body to be maintained, because they affect the amount of water in your body, blood pH, muscle action and nerve impulses. Electrolytes directly influence the activities of all major organs in the body. Without them your heart, brain and every other organ would simply cease to function. You lose electrolytes when you sweat and when you go to the bathroom.

### ARE YOU LOSING MORE MINERALS THAN YOU CAN AFFORD?

During periods of physical exertion, large amounts of electrolytes can be lost in sweat. The least a person should do during this time is to drink plenty of water. Ideally, it is recommended that an electrolyte replacement be introduced at the same time. Which electrolytes do we lose when we sweat hard, or when a child is dehydrated due to diarrhea? It isn't just sodium, potassium and magnesium. Our blood contains 76 minerals, and we lose trace minerals as well as the macro minerals.

A good quality, well balanced **Ocean Derived Mineral Supplement** will assist the body in maintaining healthy electrolyte levels in one's bodily fluids. Ionic Sea Minerals is that supplement. It is pure, **concentrated ocean water**, and nothing more. We take 100 gallons of pure Australian ocean water and evaporate it down to one gallon. In the evaporation process around 99% of the sodium precipitates out of solution (solidifies). Although the liquid that is left contains good amounts of potassium and magnesium, it is very low in sodium. Magnesium and potassium are just two of the ultra-dense minerals and trace minerals that are in Ionic Sea Minerals.

As I mentioned before, I believe Ionic Sea Minerals may be the best electrolyte available. That is because it contains almost the exact percentage of all 76 minerals that are in our blood, except for sodium chloride (table salt). So, just add a little table salt and you have a wonderful rehydration product.

When I started taking a teaspoon of Ionic Sea Minerals each day, my headaches that came from sweating hard disappeared. This didn't happen with any other electrolyte that I took. On days when I sweat a lot, I will mix up 3 quarts of water with 2 tsp. of Ionic Sea Minerals and a tsp. of table salt. This works very well, and I encourage you to try it. It can help to keep you hydrated on the hottest of days!

## **A BALANCING ACT**

A good balance of electrolytes is required for both young and old. Electrolytes (minerals) directly influence all biological processes of every living creature. They assist the body in extracting and processing vital nutrients. Electrolytes fall under the classification of micronutrients. An imbalance in minerals, both macro (major minerals) and trace (minor minerals) will disrupt the levels of all other micronutrients, vitamins included.

Deficiencies of micronutrients have been recognized by the United Nations as a major cause of illness and death. They are now trying to address this through their micronutrient initiative. Ionic Sea Minerals is a mineral supplement that contains a full buffet of 76 trace minerals, which are some of the micronutrients needed by the body. In order to get a better balance of needed micronutrients, we suggest taking Ocean Treasure in conjunction with Ionic Sea Minerals. See our literature on Ocean Treasure to learn more.

## **UNLIMITED POTENTIAL**

Mineral and other micronutrient deficiencies are now recognized as having a brain draining effect. They impede not only the growth and wellbeing of many millions of children and adults, but also disrupt a person's academic and productive potential. Just think of the potential that can be unlocked by giving your body the minerals and micronutrients it needs!

The statements contained in this article have not been evaluated by the Food and Drug Administration.  
Max-Well products are not intended to diagnose, treat, cure or prevent any disease.