



# WELLNESS MATTERS

Information about health and wellness

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## ABOUT INDIUM:

### REJUVENATION IN A DROP

Indium is the 7th rarest element on earth. So far, Indium has not been traced in food and water. It exists in the human body until one's 25th-40th year. It is striking that indium *is* present in breast milk.

Although in the 70s, Indium has been extensively studied, and a book was written about this element by Dr. Robert Lyons (*Indium, the missing Trace Mineral*), it is still relatively unknown that Indium is an essential trace element. In his book, Dr Lyons says "Let Indium turn back your biological clock. Researchers believe that Indium may help you look and feel years - even decades - younger." He states that Indium users report a burst of youthful benefits including more energy, -enhanced senses of smell and taste, weight loss, more restorative and rejuvenating sleep, improvements in skin and hair tone and color, increased libido, and better moods.

Indium has been shown to have age-related benefits, including improving memory, increasing libido, keeping weight stable and regulating blood sugar levels.

In the 70s, Dr. Schroeder did research into indium and discovered that the absorption of minerals and trace elements by the organs increased by an average 142% when a person was taking indium. There were also remarkably increases of chromium, zinc, copper and manganese, which are important for the growth and development of tissues. It also appears that indium activates the pituitary, pineal gland and hypothalamus, causing 31 hormones to be better balanced in the body.

#### HOW IT WORKS:

Indium appears to work via the hypothalamus/pituitary/adrenal (HPA) feedback loop complex. Your hypothalamus is the key to homeostasis and parasympathetic functions such as breathing, body temperature, food and water intake, and stimulation of the gastrointestinal tract.

Your pituitary controls growth hormone release, sexual glands and the function of your adrenal glands. Your adrenal glands produce sterols such as adrenalin, epinephrine, and cortisol. These hormones down regulate the effects of inflammation as well as the perception of pain, fatigue, and mental alertness.

Balancing the feedback of your HPA complex synchronizes the function and production of at least thirty-one hormones. This synchronization produces a feeling of euphoria and well-being in most users.



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One of the theories regarding the aging process is that it involves the decreased production of certain hormones as we get older. Indium appears to counteract this by balancing and synchronizing the HPA complex, the hypothalamus, pituitary and adrenal glands. These hormones control sleep, metabolism, body temperature, appetite, blood pressure, sex desire and many other body functions.

Indium stimulates hormonal production back to youthful levels by stimulating the HPA master hormone producers. These hormones then circulate throughout the body and help prevent and fight various aspects of the aging process - for example, supplies of growth hormone are boosted, which controls metabolism and affects bone density.

Indium also potentiates your thyroid gland and supports proper thyroid levels, more calories are burned and weight is normalized.

## FITNESS/TRAINING APPLICATIONS

Immediate increased energy and strength is one of most reported effects of Indium by sports and fitness users. Most of the benefits of Indium occur within 5-10 days of supplementation.

Within one week the regular exerciser, who normally stop exercising due to muscular pain and fatigue should be able to increase their workout by 10% before reaching the pain threshold as indium helps reduce the painful buildup of lactic acid by removing it more quickly from the tissues.

You will find an extended limit to the activity as it hastens the removal of the lactic acid build-up in muscle mass. This causes the pain of lactic acid build-up to take longer to accumulate.

In one very recent study with Indium conducted in Budapest, Hungary, 13 of 15 members of the National Kung Fu Championship Team demonstrated significantly increased their stamina after eight weeks of indium supplementation.

Anecdotaly, a group of distance runners reported 30% increase in running distance for the same time in just two weeks, and a group of weight lifters recently reported increasing their bench press by 40% in 60 days.

It also appears to aid or enhance the master hormone function (the pituitary and hypothalamus glands in particular) in the system. These glands direct the function of 40 endocrine glands and help balance 31 hormones.

Indium is an essential trace element for the production of hormones.



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## Effects of the intake of indium in the short term include:

- Improved sleep and less need for sleep
- Improved memory
- More stamina
- A faster recovery after strenuous activities
- A sharp increase in the physical and mental wellbeing
- Improved hair growth
- Lessened menopause symptoms
- A stronger immune system
- Reduced tendency to form bruises and muscle strains
- Increased libido in men and women
- Improved resistance of the gums

## Effects of long-term intake of indium include:

- Drop in prostate PSA levels
- Improved skin texture
- Decreased hormonal baldness, improved hair growth
- Normalization of blood pressure
- Improves the symptoms of people with type 2 diabetes, PMS, menopause and other hormonal fluctuations

## Intake and dosage:

1 drop daily, immediately after getting up. (Do not dissolve in water or juice.)  
Wait for 10 to 15 minutes before eating or drinking.

## NOTE:

Be cautious with using indium in combination with hormonal preparations, phytoestrogens and contraceptive pills.

Despite the literature and many positive experiences, indium has not been assessed by EFSA and is no longer sold as a dietary supplement. However even the Food and Drug Administration (FDA) has determined Indium is totally safe even at 20,000 times the recommended dosage.

Information resources:

<https://www.amazon.co.uk/Indium-Missing-Discovered-Supplement-Printing/dp/B0006RWN7A/>

[http://EzineArticles.com/?expert=Stephen\\_Holt](http://EzineArticles.com/?expert=Stephen_Holt)