

Integrative Medicine Approach :

Nano Particles (Integrative medicine)

Millions times smaller than metre.

Cross the blood brain barrier to treat various neurological disease . Health practitioners must complete a comprehensive multifactorial assessment for a patient's health; taking care not to exclude mineral deficiencies that may not be immediately obvious.

Minerals such as Magnesium, Zinc and Iron are far more complex than previously thought. It is now understood, unequivocally, that minerals are the most important elements for the human body, animal kingdom and the planet. Nano Mineral Solutions consist of the smallest possible particles of minerals, in pure elemental form, dissolved in purified water.

As minerals are elements that originate in the Earth and cannot be made by living organisms, plants must obtain minerals from the soil, and most of the minerals in our diets come directly from plants or indirectly from animal sources. Minerals may also be present in the water we drink, but this varies with geographic locale. Minerals from plant sources may also vary from place to place, because soil mineral content varies geographically.

In the United Kingdom, Zinc, Magnesium and Selenium are dangerously low in some areas, and non-existent in others. This has brought about a health emergency, as the condition of the soil is fundamental to the health and well-being of a nation. Even our daily salt is mineral deficient being highly processed such as table salt or sodium chloride, completely devoid of essential minerals that were once an intrinsic staple at every meal. Elimination of the complex mineral salts has led to the loss of many mechanisms of vitality within our body.

Minerals are interdependent on each other, as one mineral cannot be affected without affecting at least two other minerals, which then in turn affect two others etc. The disharmony of this vital balance, particularly between the trace elements, can lead to subclinical deficiencies. The complexities of nano mineral particle size, composition and structure, enhance stability and therefore absorption, bioavailability and reactivity in the human body, which affect the development, protection and preservation of the brain, bones, arteries, veins, heart, muscle etc.

Under the above conditions, ***Nano Mineral Solutions come into their own to alleviate and avoid such situations***, as Nano Minerals are the smallest possible particles of a mineral such as Magnesium, Iron, Zinc, Silver, Platinum and Gold, in its purest elemental form which is dissolved in purified water.

Why are minerals so important?

- No species can survive without minerals as they are the source of all life
- Mankind needs minerals to live as every organ, every body function requires minerals
- Minerals are the source of cellular energy
- Minerals are the source of all life
- Our food no longer provides minerals in sufficient quantities to sustain mankind

Why are nano minerals unique?

- 99% of all mineral supplements are not bioavailable, because these minerals cannot penetrate cell membranes and the Blood-brain barrier (BBB) as their particle size is too big, too angular and their energy potential too weak
- This is particularly the case with so called colloids
- Nano minerals are different as nano particles are much smaller than any colloidal particles
- Their tiny size allows them to be easily absorbed in the body – often starting in the mouth
- Optimum nano particles are spherical which allow for a larger energy surface and measurable energy that surrounds the particle. This is called 'zeta-potential'
- Zeta-potential will allow silver nano particles to find and destroy pathogens
- It is the zeta-potential that powers the nano minerals to do their work in keeping the body healthy with a strong immune system
- Nano minerals are 100% Bioavailable

Why are nano minerals 100% Bioavailable compared to compound preparations and why is this very important?

Most mineral preparations contain fillers, residues, additives, excipients, adulterants and some even have unapproved addition of active pharmaceutical compounds.

Good quality mineral supplements are gluconates, methionine, laurates, citrates, malate, chelates. These compounds need to be firstly broken down to a size where they can enter the cells, primary sites of absorption such as the digestive tract, small intestine, duodenum and proximal jejunum.

Nano minerals (Nano Metals) are pure elemental minerals, held in structured water as nano particles. They are between 0.5 nm and 5 nm which means they pass through the Blood-brain barrier, therefore able to be 100% absorbed. This is due to the unique advanced formula;

- being perfectly spherical using the purest quality water,
- less than 10 nm in size (liquids and gases must be below 10 nm to pass through the BBB),
- Zeta Potential of +60 mV and the
- Biphotonic Miron Violet Bottles which only allow ultra violet, violet and infrared rays to penetrate.

All the above ensure the particles are separate in suspension and ready to pass through the BBB with speed and accuracy. Once passed through the BBB, the nano minerals are immediately absorbed into two very important sites for health, the Cerebrospinal Fluid (CSF) the clear fluid that surrounds the brain and spinal cord and the Central Nervous System (brain and spinal cord). This is why the nano minerals have been shown in medical studies to help in conditions such as Multiple sclerosis, Alzheimer's, depression, neurological disorders – the list is endless.



Magnesium is an essential mineral and a cofactor for hundreds of enzymes. Magnesium is involved in many physiological pathways, including energy production, nucleic acid and protein synthesis, ion transport, cell signalling, and also has structural functions. Magnesium deficiency is more often present in postmenopausal woman with osteoporosis (84%) and in woman aged 18 to 22 (22%), the use of nano magnesium is advantageous and particularly pertinent for those who are also particularly susceptible to the side effects of traditional drugs. Nano Magnesium helps with stress, fatigue and mental exhaustion, with cramps and relaxes muscles and nerves, energises the body, supports mental balance, concentration and psychological functions, relieves headaches and migraines as well as:

- Supports mental balance, concentration, and psychological functions.
- Relieves headaches and migraines.

- Contributes to healthy bones and teeth.
- It helps to counteract cardiac arrhythmias and increased blood pressure.
- It provides relief for PMS and other hormone-related complaints

The advanced production technique is pivotal to the unique nature of the nano minerals, which can potentially be life changing, especially when Iron is required. The elemental nature of Nano Iron ensures that there are absolutely **no** side effects. Iron is of great importance for the uptake and transport of oxygen to organs and tissues and the removal and release of carbon dioxide. Iron is also a building block of several enzymes, such as catalase and cytochrome. These enzymes have a function in the regulation of metabolism. Cells need iron for the production of DNA, and in this way, iron supports healthy growth and development. Iron is also essential for the production of neurotransmitters such as dopamine and serotonin. A reduced iron status increases the sensitivity to inflammation.

“80% of the world’s population has an iron deficiency, and 30% have anaemia.”

As nano Iron is 100% elemental. there are absolutely no side effects compared to other compound supplements including liquid Iron preparations. A medical study in 2013 using ‘Iron Nano Particles’ (FeNP), with a spherical shape and average size of 40 nm, revealed a **remarkable anti-anaemic** activity, with no side effects whatsoever.

Nano Iron has been life changing for individuals and practitioners in all strata of health care.



Gold-plated nanoparticles could rebuild nerves damaged by multiple sclerosis, according to a Northwestern Medicine study recently published in *Scientific Reports*, March 2020.

Many patients have serious absorption problems and high inflammation markers, with over 33% of our elderly in the UK having Malabsorption Syndrome.

Further confounding these problems is **Long COVID or POST-ACUTE SEQUELAE OF COVID-19 (PASC)** These include consequences from acute injury caused by SARS-CoV-2, persistent reservoirs of SARS-CoV-2 in certain tissues, re-activation of other neurotrophic pathogens under conditions of COVID-19 immune dysregulation, SARS-CoV-2 interactions with host microbiome/virome communities, clotting/coagulation issues, disrupted brainstem/vagus nerve signalling, ongoing activity of primed immune cells, and autoimmunity due to molecular mimicry between pathogen and host peptides.

Nano minerals are the panacea to all the above, and can be individualised for our patients.

Addressing these deficiencies has the potential to improve or resolve many health issues. **Nano Minerals offer a unique solution as they are ‘Oligodynamic’ conferring an immediate targeted effect in low concentrations.**

For support and information or consultation please contact Dr Mohammad I Adil @ healthnwellnessclinic@gmail.com . Calendly for an appointment .

Glossary

Bioavailable – The ability of a drug or other substance to be absorbed and used by the body. Orally bioavailable means that a drug or other substance that is taken by mouth can be absorbed and used by the body

Elemental – Existing as an uncombined chemical element, in its purest form being the basic or essential constituent of something

Oligodynamic – The oligodynamic effect or Oligodynamic Power (from Greek oligos, “few”, and dynamis, “force”) is a biocidal effect of metals, especially heavy metals, that occurs even in low concentrations

Zeta-potential – Zeta potential closely relates to the energetic value. It is the electrical charge that naturally arises at the interface of an insoluble particle (e.g. silver particle) and its environment (e.g. water), due the different existing charge of the elements, wanting to create a balance together. Zeta potential indicates the quality, strength and stability of the product and is highly influenced by the production methods.

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