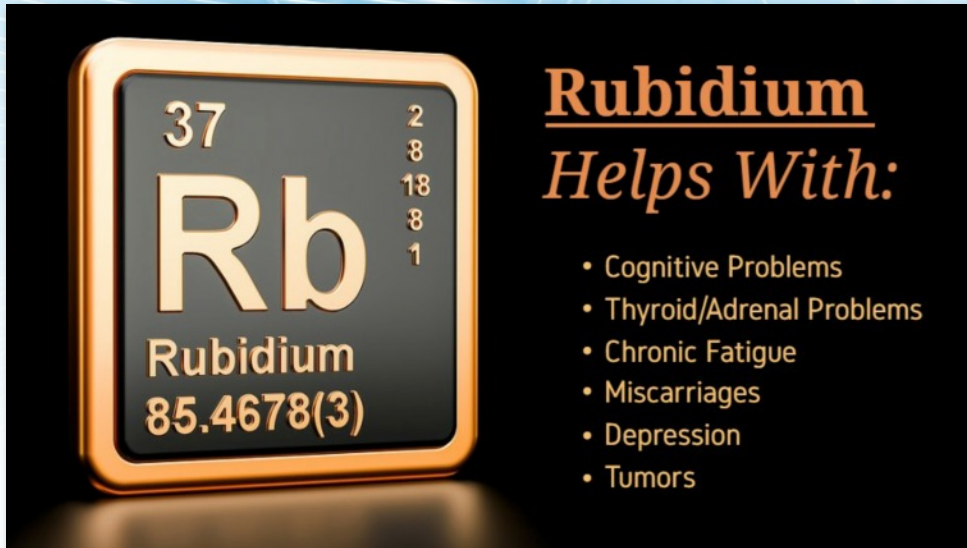




Wellness Minute

Health Information You Can Use On Your Path To Wellness



Rubidium *Helps With:*

- Cognitive Problems
- Thyroid/Adrenal Problems
- Chronic Fatigue
- Miscarriages
- Depression
- Tumors

Cognitive Preservation with Rubidium

“Patients who possessed above average cognitive skills had higher levels of rubidium in their trace minerals analysis.”

Sometime ago, an 80-year-old osteopath who had the wit and energy of a man in his mid-50's, Dr. Bill Ellis, introduced me to the value of a vital mineral called rubidium. We called him Dr. Bill. He was lecturing to a group of doctors and shared that patients who possessed above average cognitive skills had higher levels of rubidium in their trace minerals analysis.

Years later, I read a paper where Dr. Brewer was using rubidium with cesium and potassium to create a high pH environment in the body as a treatment for cancer pain. But recently, a physician trained in applied kinesiology shared how a low dose rubidium called Rb-Zyme strengthened gut muscles when nothing else would. So, let's take a look at

this mineral rubidium and consider its benefits.

Rubidium is the twenty-third most abundant element in the earth's crust, roughly as abundant as zinc and more common than copper. On the periodic table, it is found all the way to the left, classifying it as an alkali metal. Alkali metals form alkaline solutions when they are mixed with water. The top mineral in that column is hydrogen, followed by the other alkali metals: lithium, sodium, potassium, rubidium, and cesium.

On previous Wellness Minutes, we've discussed the value of alkalizing one's diet and the profound effects it can have on multiple systems. When the body is relatively acidic, mostly

due to a lack of buffers like vegetables, the body experiences multiple levels of stress. Cell membranes are rigid, red blood cells can't carry oxygen to outer tissues, there is a significant increase in free radicals creating oxidative stress, and valuable minerals needed for bone and tissue integrity are relocated to be used as buffers to neutralize excess acid and then excreted as waste products.

So, these alkali metals are very, very important. Scientists in Belgium found that levels of rubidium fall as we age. Not surprising, most of our minerals become depleted as we age. But here is where the story gets intriguing for me, a Chinese research team found 2.2 mcg /ml of rubidium in human blood

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compared to 1.18 mcg of copper and 6.4 mcg of zinc. Our body contains about 350 mg of total rubidium. These blood levels show rubidium to be of equal importance biologically to copper and zinc.

And here's another zinger, rubidium plays a supportive role in making one of the body's major antioxidants called super oxide dismutase or SOD. SOD is one of the most powerful enzymes in the body, which acts as an intracellular antioxidant and works in both the mitochondria and the cytoplasm of the cell.

Rubidium has been shown to be valuable for reproductive health. A study with goats showed rubidium deficient diets resulted in depressed growth and greater than 80% of pregnant female goats aborted their kids.

Rubidium may function like an antidepressant because of its ability to increase serotonin and melatonin. In studies with mice, rubidium has also helped decrease tumor growth. The highest dietary source of rubidium comes from asparagus. Other sources of rubidium are Brazil nuts, spinach, parsley, bilberry fruit, rhubarb, dandelion leaves, cashews, and beets. Boiling drastically reduces the rubidium content in vegetables. Poultry meat as well as freshwater fish are relatively rich in rubidium.

Oddly, coffee and tea are high in Rb, 85% of which pass into the beverage.

Over 35 years ago, years ahead of their time, Biotics Research developed a vegetable culturing process which concentrates minerals into plant cell structure. Rb-Zyme by Biotics Research Corporation contains 300 mg of a concentrated sprouted plant tablet with 100 mcg of organically complexed rubidium. The balance of the tablet contains enzymes, trace minerals, antioxidants, and polyphenols that are part of the plant.

The result is that your stomach sees Rb-Zyme as a concentrated food high in rubidium, rather than an inert mineral tablet high with compressible sugars, starches, or fillers. To me, the fact that our blood levels are higher with rubidium than they are with copper and almost as high as zinc tells me the body has a very definite use for this trace mineral. Check with your wellness clinician and make sure you are taking a multi-vitamin/mineral that contains Rubidium, like ProMulti-Plus or Bio-Trophic Plus.

If you are concerned about cognitive problems, chronic fatigue, difficult thyroid cases, or adrenal problems, ask your wellness professional about Rb-Zyme, which contains this vital but often overlooked mineral, rubidium.