



[Products](#)

[The Silver Story](#)

[Minerals](#)

[Shop](#)

[Distributors](#)

[Contact Us](#)

Know Your Minerals

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#)

[N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#)

Click a letter above to jump to the relevant mineral entry.
Clicking the [❖](#) symbol will return you to the top of the page.

Aluminum

8.2% of the earth's crust contains Aluminum. It exists in the fruit and vegetables that you eat every day.

Arsenic

Arsenic is found in many foods that you consume each day including cereals, bread, starchy vegetables, fish, meat and drinking water.



Barium

Possible benefits of the mineral are: A relatively marked decrease in defibrillation voltage and energy requirements.

Bismuth

Possible benefits of the mineral are: Treatment of peptic ulcer disease and gastrointestinal disorders.

Boron

A deficiency of the mineral may cause: Decreases in calcium, magnesium, phosphorus, estrogen synthesis, vitamin D syntheses, steroid synthesis, testosterone. It may also cause bone deterioration, breakdown of hormone function and bone demineralization.

Bromine

A deficiency of the mineral may cause: Liver deterioration, deterioration of brain performance, mental abnormalities, adrenal deterioration, thyroid deterioration and pituitary deterioration.



Calcium

A deficiency of the mineral may cause: Cramps, emotional agitation, cadmium retention, lead retention, teeth grinding, muscle spasm/twitching, muscle tendon strain, convulsions, thinning bones, softening teeth, late tooth detention, diminished calcium in blood, cold hands, cold feet, numbness, hydrocele, night sweats, varicose veins, carbuncles, skin eruptions, deep abscesses, chronic oozing ulcers, cracked skin, sore breasts, decreased estrogen, decreased testosterone, Bells Palsy, osteoporosis, arthritis and hypertension.

Carbon

Possible benefits of the mineral are: Carbon fibre implants enhanced growth of a regenerative tissue and pain relief. Absorbs a wide range of substances and organisms including bacteria, viruses and enzymes endogenous compounds.

Chloride

A deficiency of the mineral may cause: Salt cravings, digestion deterioration, a decrease in hair, muscle cramps, granulation of eyelids, hay fever, watery eyes, runny nose, blistering skin, eczema and warts.

Chromium

A deficiency of the mineral may cause: Decreased glucose tolerance, corneal opacities, raised cholesterol levels in blood, increased incidence of plaque on the aorta, hardening of arteries, increased blood pressure, increased cholesterol in liver, deterioration of growth, baldness, deafness and cravings for chocolate.

Cobalt

A deficiency of the mineral may cause: Anaemia, vitamin B12 decrease and retarded growth.

Copper

A deficiency may cause: Anaemia, red blood cell rupture, faulty bone development, bone disease, weakness, difficulty in breathing, faulty

nerve development, decreased sense of taste, skin eczema, skin sores, abnormal skin pigmentation, abnormal hair pigmentation, aneurysms, varicose veins, wrinkles of the skin and body sagging.



Fluoride

A deficiency of the mineral may cause: (Fluorine) Predisposition to cavities, thinning of bones.



Gadolinium

Possible benefits of the mineral are: Prevents effects of the stings from those cnidaria (poisonous sea nettles) harmful to humans.

Gallium

Possible benefits of the mineral are: Treatment of hypercalcemia of malignancy, anti tumor activity, definite improvement in patients with Hodgkin's and Non Hodgkin's lymphoma. Clinical trials in hypercalcemic patients quickly established that the compound was safe and effective in restoring calcium levels to normal, calcium loss from bone is inhibited directly and bone calcium levels are increased.

Germanium

A deficiency of the mineral may cause: Decreased immunity, cell oxygenation and interferon production, as well as bone deterioration and increased blood pressure.

Gold

Possible benefits of the mineral are: Effective tumor shrinkage, treatment of prostate cancer, used for tuberculosis and arthritis. Beneficial results only occur after long term use.



Holmium

Possible benefits of the mineral are: Useful therapeutic option for haemophiliacs.



Iodine

A deficiency of the mineral may cause: Cold feet, goiter, fatigue, skin eczema, dry hair, brittle hair, arrested physical and mental development, deafness and muteness.

Possible benefits of the mineral are: Effective tumor shrinkage, treatment of prostate cancer, cancer therapy, effective treatment of bone metastases and cancer therapy in oncology.

Iridium

Possible benefits of the mineral are: Treatment of prostate cancer.

Iron

A deficiency of the mineral may cause: Anaemia, increased menses, nosebleeds, headache, hair decrease, dry scaling lips, immunity decrease, muscle weakness, fatigue, depression, dizziness, bodily weakness, difficulty in swallowing, thin nail, edges of nails turned up, intestinal diseases, continuous diarrhea, constipation and overall itching.



Lanthanum

Possible benefits of the mineral are: Enhancing the reactivity of the enamel surface for fluoride in teeth and fluoride uptake of enamel increasing by the presence of traces of lanthanum.

Lithium

A deficiency of the mineral may cause: Depression, alcohol cravings, unregulated conversion of essential fatty acids to prostaglandin's, unstable serotonin neurotransmitter levels, decreased acetylcholine receptors, decreased lymphocyte levels and increased suppressor cell activity.

Lutetium

Possible benefits of the mineral are: Effective tumor killing in control of cancer clearly elicits markedly reduced tumor growth.



Magnesium

A deficiency of the mineral may cause: Emotional agitation nervousness, stress, bone deformities, deterioration of teeth, calcium deposits in tissues, sodium deposits in tissues, fluid retention in tissues, deterioration of kidneys, deterioration of skin, fatigue, decreased blood levels of calcium, decreased blood levels of potassium, decreased blood levels of magnesium, deterioration of heart endocardium, deterioration of bone muscle, deterioration of cardiac muscle, cramps, knotting of muscle, fibres, mental changes, dizziness, nerve pain, shooting pains, colic, increased blood pressure, stillbirths and female sterility.

Manganese

A deficiency of the mineral may cause: Retarded growth, decreased reproduction ability, deterioration of glucose tolerance, decreased blood clotting, bone deformities, weight decrease, skin inflammation, nausea, slow hair growth, changed hair color, decreased levels of blood cholesterol, decreased muscular coordination, dizziness, ear noises and hearing decrease.

Molybdenum

A deficiency of the mineral may cause: Anaemia, fatigue, less urine formation, increased fatty acid oxidation and decreased cancer resistance.



Nickel

A deficiency of the mineral may cause: Hormone imbalance, gland deterioration, thyroid deterioration, adrenal deterioration, deterioration of prolactin regulation, deterioration of growth, deterioration of pigmentation, blood abnormalities, decreased hemiocrit, increased blood cholesterol levels, fatigue, coarse hair, deterioration of RNA/DNA production and deterioration of cell membrane integrity.

Niobium

Possible benefits: Pronounced anti-tumor properties represents molecular moieties that interact with the intracellular target molecules and this accomplish anti-tumor activity.



Palladium

Possible benefits of the mineral are: Was noted to control the growth of uveal melanomas, treatment of prostate cancer and effective tumor shrinkage.

Phosphorus

A deficiency of the mineral may cause: Appetite decrease, fatigue, nervous system deterioration, demineralization of bones, demineralization of teeth, cold hands, cold feet, numbness, hydrocele, sore breasts, night sweats, continuous diarrhea, constipation, faint/rapid pulse, nose bleeds, increased menses, improper fat digestion, deterioration of memory, anxiety, lack of sleep, cramps, nerve pain, shooting pains, colic, low fevers, skin edema, depression and gallbladder deterioration.

Possible benefits of the mineral are: Effective prostate cancer treatment, cancer therapy, effective treatment of bone metastases and cancer therapy in oncology.

Platinum

Possible benefits of the mineral are: Treatment of advanced cancers i.e. testicular, ovarian, bladder, head and neck, and small cell lung cancer.

Potassium

A mineral deficiency may cause: Decreased blood sugar, confusion, anxiety, nervous system deterioration, depression, deterioration of memory, ear noises, acne, dry skin, granulation of eyelids, blistering skin, eczema, skin eruptions, warts, lack of sleep, digestion upset, gas, constipation, nausea, improper fat digestion, yellow coating on back of tongue, heart deterioration, muscular weakness, pains in extremities, fatigue, muscle cramps, numbness, tingling, paralysis and faint/rapid pulse.



Rhenium

Possible benefits of the mineral are: Effective prostate treatment, cancer therapy, effective treatment of bone metastases and cancer therapy in oncology.

Rubidium

A mineral deficiency may cause: Depression, decreased cancer resistance, decreased cell PH, cell dehydration, increased enzyme toxicity, decreased glucose tolerance, decreased peroxides elimination.



Samarium

Possible benefits of the mineral are: Cancer therapy, effective treatment of bone metastases, cancer therapy in oncology, effective treatment of prostate cancer, an effective agent for palliation of widespread skeletal metastases, effective against Pager's disease, effective against rheumatoid arthritis, effective against Anklosing Spondylitis, a positive effect on lungs, lymph nodes, and liver, effective in treatment of bladder cancer, effective on pulmonary metastases (currently incurable) and effective on osteosarcoma tibial tumors.

Selenium

A mineral deficiency may cause: Dandruff, decreased tissue elasticity, deterioration of muscle, calcification of muscle, sterility in males, fetal death/re-absorption, decreased ozone resistance, crows feet and cardiomyopathy.

Silicon

A mineral deficiency may cause: (Silica) Slow healing, angina, fatigue, dull/glazed eyes, decreased growth, skin pallor, deterioration of memory, deterioration of tooth materialization, abnormal tooth enamel, deformed bones, bone demineralization, deterioration of bone growth, distorted eye socket development, deterioration of collagen formation, skin flabbiness, decreased skin elasticity, carbuncles, hair falling out, ribbed nails, ingrown nails, deterioration of embryonic development and immunity decrease.

Silver

Possible benefits of the mineral are: Silver ions have been thought to have a broad spectrum of antimicrobial activity against bacteria and fungi likely to cause infection.

Sodium

A mineral deficiency may cause: Appetite decrease, weight decrease, nausea, muscular weakness, muscular cramps, muscle shrinkage, muscular twitching, collapse of blood vessels, headaches, anxiety, confusion, dizziness, runny nose, low fevers, skin edema, depression and gall bladder deterioration.

Strontium

A mineral deficiency may cause: Increased tooth decay, depletion of bones, decreased toxin resistance and mitochondria deterioration
Possible benefits of the mineral are: Effective prostate cancer treatment, cancer therapy, effective treatment of bone metastases and cancer therapy on oncology.

Sulphur

A mineral deficiency may cause: Dull hair, skin complexion deterioration, skin eruptions, abscesses, chronic oozing ulcers, deterioration of

◆ fingernails, decreased bacterial resistance, yellow coating on back of tongue, fatigue and pains in extremities.

Tantalum

Possible benefits of the mineral are: Assistance in blood clotting.

Tin

A mineral deficiency may cause: Deterioration of growth, deterioration of tooth development, decreased cancer resistance, baldness, deafness and a craving for chocolate.

Titanium

Possible benefits of the mineral are: An efficiency in reducing enamel solubility and artificial lesion formation on teeth. As a topical application it reduced enamel lesion development and offered protection against enamel demineralization.

Tungsten

Possible benefits of the mineral are: Inhibits the herpes simplex virus, treatment prevents tumor necrosis factor induced injury of brain endothelial cells.

Vanadium

A mineral deficiency may cause: Deterioration of growth, deterioration of bone and teeth mineralization, heart disease, raised cholesterol levels in blood, increased triglyceride levels, deterioration of fat metabolism, increased squalene synthetase levels, decreased acetoacetylcoenzyme A levels, tooth deterioration, bone demineralization, abnormal bone growth, liver deterioration, decreased cancer resistance, deterioration of growth rate, deterioration of reproduction systems and low blood sugar.

Ytterbium

Possible benefits of the mineral are: Effective tumor shrinkage and treatment of prostate cancer.

Yttrium

Possible benefits of the mineral are: Prostate cancer treatment, cancer therapy, effective treatment of bone metastases, cancer therapy in oncology and reduction of the frequency of haemorrhage.

Zinc

A Lack of mineral may cause: Growth retardation, slowed sexual development, testicular deterioration/dysfunction, sterility, decreased gonad function, deterioration of thymus gland, diminished sense of taste, deterioration of protein formation, diminished sense of smell, appetite decrease, fatigue, deterioration of nutrient absorption, liver deterioration, internal inflammation, decreased healing, anaemia, decreased development of bone, decreased development of muscle, decreased development of nervous system, hair decrease, acne, skin lesions, white spots on nails, deformed nails, immunity decrease, decreased salivation and bad breath.

Guarantee

With all products manufactured by HealthWest Pty. Ltd. we offer a 100% refund of your purchase price if it does not perform to your expectations.

Disclaimer

In keeping with TGA guidelines no therapeutic claims are made and no medical advice is offered. If you have a health problem we recommend seeking medical advice from your qualified health professional. This information is strictly a source of general information and is not intended for use as a tool for self-diagnosis. We make no claims as to effectiveness and cannot guarantee the accuracy of any healing properties claimed.