

POTASSIUM

Function:

Main healing mineral.
Works together with sodium to keep acid/alkaline balance.
Assists recuperative powers
Strengthens heart muscles
Keeps body in healthy condition
Improves anti-cancer cells
Repairs liver
Changes Glycogen to glucose
Aids in waste elimination
Prevents ailments.

Therapeutic Uses:

Physical and mental stress, calms nerves, hardening of arteries, aging, diabetes, arthritis, rheumatism, wound healer, lymph gland congestion, heart problems, allergies, liver disease, hypoglycemia, high blood pressure.

Principal Sources:

Foods: Potato peeling broth, bitter greens, bananas, beans, almonds, whole grains.

Herbs: Dulse, Kelp, Irish Moss, Valerian, Stevia, Scullcap, Sage, Sarsaparilla, Safflower, Red Clover, Ginger, Peach Bark, Peppermint, Parsley, Licorice Root, Horsetail, Hops, Garlic.

Potassium Depletors: Cooking and processing, alcohol, coffee, diuretics, laxatives, cortisone, excess salt, processed sugars, heat.

Health Handbook Louise Tenney

To Order and receive wholesale pricing:
Contact Diana Hollcraft
303-517-2086
www.GlobalArtofWellness