

# Feel Rejuvenated and Energized

## WHAT IS INDIUM?

No, it's not a long-lost civilization. It is, however, a long-neglected trace mineral that has remarkable benefits for health.

Indium is the 49th element and may well be *"The Missing Link"* in human nutrition. You will be amazed to learn about its many benefits. We use a special process which enhances the absorption at the molecular level of the cell for quick cell osmosis.

Minerals are found in soil and water in inorganic forms. Plants convert these minerals into organic form — then, and only then, do they become bio-available to our bodies. Minerals participate in structural body components and also serve as catalysts to regulate other body processes. They act as a major part of chemical reactions, or as catalysts thereto.

Studies by Dr. Henry Schroeder demonstrated that supplements of indium help the body absorb and utilize more trace minerals than it would otherwise. He found that levels of copper and manganese in the kidneys were directly proportional to the ingestion of indium. Schroeder conducted several dozen experiments on indium, publishing 13 studies of this trace mineral in peer-reviewed journals.

## HISTORY

Originally patented in 1980, a water-soluble form of indium was newly patented in 1999 and is indicated for nutritional use. It meets Food and Drug Administration requirements for the designation "Generally Recognized as Safe" (GRAS). The FDA's studies say it would take 20,000 times more than the nutritional dosage to present a toxic problem in the body.

Indium occurs in very small amounts in the Earth's crust. It is considered a trace or micro mineral. Estimates of the maximum level of indium in food are

0.006 parts per million. Testing done in 1975 was unable to determine indium levels in the body. If we don't supplement it, we won't have enough to reap its many benefits. Obviously, we can live with disease and health problems without indium, as it is not required for life. But it is required for health.

One of indium's effects is to seek and saturate tumor tissue. Schroeder found that indium supplementation caused a lower incidence of tumors on average of 40 people. He found that indium was highly anti-carcinogenic as compared to other trace minerals. Another study found indium inhibits the growth of MCF-7 and HeLa human cervical malignant carcinoma cell lines. Carcinoid tumors and pancreatic tumors have also been helped using indium.

In a 1971 study, Schroeder found that after maturity, females without indium added 20 percent of their weight as fat, while those supplementing with indium added on no fat at all. Indium users had better health than non-indium individuals. We know that indium has a beneficial effect on the thyroid gland. It also provides an energy boost to most people who supplement it in their diet.

## LIFESPAN

Americans rank 17th in life span compared to other modern countries. Using indium supplementation, Schroeder believes that we will achieve both a longer life span and higher quality of life. We could live nearly all of our days energetic, healthy and vibrant. No more long stays in hospitals or nursing homes, which characterize the last months or years of many peoples' lives (nursing homes average yearly costs are now \$56,000).

## GLAUCOMA

Eyeball pressure, near 8/8 in childhood, increases to nearly 20/20 in senior years. At 20/20, the doctor is alerted and at 25/25 he prescribes medication for glau-

coma. Indium supplementation has been successful over the course of a few months in lowering the pressure by 10 to 35 percent.

## BLOOD PRESSURE

With the addition of chromium, indium can also lower the blood pressure in hypertension. On the other hand, if a patient has low blood pressure, it will slowly rise to normal range.

## DIABETES

Type 2 diabetic patients using insulin may need to adjust their daily dosage. Indium can change the need for insulin, sometimes on the first day of intake. An 80 percent reduction has been reported in as little as one week. Some diabetics have eliminated their need for insulin after several weeks of Indium supplementation.

## ALZHEIMERS

In a recent double blind study of 24 patients, Indium seems to enhance food and mineral absorption by the body. It even has been found to aid in the utilization of other essential trace elements. Indium is not found in food or water; in fact, although it is not ordinarily found in the human body at all, after approximately 25-30 years of age, most people experience beneficial results immediately.

Some of the short-term benefits reported by many indium users include: increased energy, an enhanced sense of well-being – the so called "indium high", and a reduced need for sleep. Long-term benefits of indium include (but are not limited to) a gradual correction of many chronic illnesses such as: ADD, improved blood pressure, stress-related problems, healthier body weight, autism, and a reversal of visible signs of aging.

It has been reported that when taking indium one feels rejuvenated and energized because the hormonal system is working better.

The Austrian Morbus Alzheimers Society found 35 percent improvement in the group taking indium. The control group not using indium showed overall improvement of 8 percent. Improvements included more normal behavior, improved stamina, better short-term memory, and some of the very dependent patients returned to a significant level of self care.

### LIBIDO

Libido in both men and women returns to normal range in two weeks' time.

### ANTI-AGING MINERAL

A powerful sense of well-being overtakes the user of indium within one or two weeks. Physical energy and strength increases within two weeks. The sense of smell returns and less sleep is needed within one or two weeks.

Probably the two major effects that indium has are its ability to help the body assimilate other important nutrients and in increasing the life span of red blood cells. Most of the benefits occur within 10 to 15 days of supplementation. Some serious conditions, such as neurological or eye problems, take two to three weeks to see good benefits. More serious health issues may take up to six months to see improvement.

Indium also helps reduce lactic acid build-up following muscular exercise by 10 percent, without pain. A study done in Budapest, Hungary, soon to be published, reports benefits seen in 15 subjects, all members of Hungary's National Kung Fu Championship Team. For 60 days, each subject was given one drop of indium on the tongue daily, on an empty stomach. After 60 days, 13 out of 15 showed 20 percent improvement in overall stamina, and there were no side effects noted by any of the subjects.

A normal day's dosage of indium is 1 teaspoon. It will be absorbed in the stomach and mouth. It must be taken when the stomach is empty, therefore one teaspoon should be placed under the tongue immediately on arising in the morning.

East Park Research Inc. produces an indium product that has prompted many unsolicited letters from users. Among them are patients reporting: high PSA dropped 75 percent; diabetic patients reduced insulin by 80 percent; Parkinson's Disease sufferers reported improvements in walking and speech in two weeks; increases in mental energy and concentration; decreases in recurrent migraine headaches; and improved memory.

Indium may well be the overlooked trace mineral that can cause major health improvements. It might be a good move to include it in your health armamentarium.

### ENHANCES SENSE OF WELL-BEING

Indium is a rare trace (or micro-) mineral believed to support several hormonal systems in the body and may elevate immune activity and reduce the severity and duration of a plethora of human conditions. It is believed that indium may provide aid to the hypothalamus and pituitary glands. These two master hormone producers have the job of maintaining optimal output of hormones for the body. Once this stasis is achieved, a great many other hormone-producers become stimulated, causing a domino effect and helping retard aging and various health problems.

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Emporia, KS 66801  
**800-941-2889**

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# ANGSTROM MINERALS INDIUM



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- ⌘ **Improves Hormonal Systems**
- ⌘ **Helps Slow The Aging Process**
- ⌘ **Increases Energy & Vitality**