

# The Clendinning Technique of Energy Healing

Mineral	Application
<b>Magnesium</b>	<p>Magnesium the name comes from the ancient Greek city Magnesia, where large deposits of Magnesium were found.</p> <p>It may reduce the severity of the pain associated with migraine and headache, 50% of migraine sufferers are thought to be Mg deficient at the time of an acute attack.</p> <p>It has long been used as Epsom salts, as both a laxative and a foot soak, or bath additive to ease aches and pains.</p> <p><b>Food sources:</b> Kelp, wholegrain cereals (properly prepared), legumes, almonds, brewer's yeast, nuts, molasses, seeds, vegetables, and hard water.</p>
<b>Calcium</b>	<p>Needed for intracellular and extracellular processes, muscle contraction, heart beating, nerve conduction, immune function, blood coagulation, energy production. Calcium may interact with many drugs, caution with people that have renal disease.</p> <p><b>Food sources:</b> Best calcium source is raw whole dairy products. Lesser sources are fish with bones (salmon, sardines), clams and black strap molasses.</p>
<b>Manganese</b>	<p>Used for strains, sprains and inflammation, cerebral function (low levels found in epileptics)</p> <p><b>Food sources:</b> Pecans, Brazil nuts (2 per day), almonds, barley, rye, buckwheat, split peas (dry), steamed fresh spinach.</p>
<b>Silica</b>	<p><b>Food sources:</b> All plant foods in particular unrefined grains (properly prepared).</p>
<b>Copper</b>	<p>Important for collagen structures, especially joints and arteries. It competes with zinc for absorption sites.</p> <p><b>Food sources:</b> Copper is widely distributed in foods but not always well absorbed. Best source is liver followed by oysters and clams. Other sources include nuts like Brazil nuts, almonds, hazelnuts, walnuts, pecans, butter and olive oil.</p>
<b>Sulphur</b>	<p>Found in high concentrations in protein structure like joints, hair, nails, and skin. Also beneficial in liver disorders.</p> <p><b>Food sources:</b> Egg yolks, meat, legumes, whole grains (properly prepared), garlic, onions, Brussels sprouts, cabbage.</p>
<b>Molybdenum</b>	<p>Involved in alcohol detoxification, uric acid formation and sulphur metabolism.</p> <p><b>Food sources:</b> Legumes and whole grains (properly prepared) are the richest sources: lentils, split peas, cauliflower, green peas, brewer's yeast, wheat germ, spinach, brown rice, oats, and rye bread.</p>
<b>Chromium</b>	<p>It is involved in blood sugar regulation and potentially increase insulin sensitivity. Chromium can be depleted by refined sugars, white flour products, and lack of exercise.</p> <p><b>Food sources:</b> Chromium is widely distributed in unprocessed foods and unrefined grains also in calf's liver, sourdough bread, potatoes, green peppers, apple, butter, parsnips, banana, spinach.</p>

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<b>Vanadium</b>	<b>Food sources:</b> Beetroot, garlic, carrots, parsley, oats and tomatoes
<b>Phosphorus</b>	<b>Food sources:</b> Raw whole dairy products, high-protein foods, such as red meats and poultry and whole grains (properly prepared).
<b>Cobalt</b>	<b>Food sources:</b> Liver and red meats, fish, nuts, green leafy vegetables broccoli, spinach and oats (properly prepared)
<b>Boron</b>	<b>Food sources:</b> Prunes, almonds, raisins, peanuts, hazelnuts, butter, apples, green leafy vegetables
<b>Potassium</b>	<b>Food sources:</b> Fresh vegetables, oranges, asparagus, avocado, carrots, cooked lima beans, potatoes, banana, peach, tomatoes, flounder.
<b>Iron</b>	<b>Food sources:</b> Heme iron from clams, liver and red meat.
<b>Iodine</b>	<b>Food sources:</b> Seafood, seaweed (kelp), vegetables, meat, eggs, whole raw dairy products.
<b>Zinc</b>	<p>There are several conditions zinc may be considered for including acne, wound healing, fertility and boosting the immune system.</p> <p><b>Food sources:</b> Red meat is the best source followed by liver, egg yolks and seafood (especially oysters and shellfish).</p>