



HOLIDAY SPECIALS Plus Free Shipping on all retail orders over \$25 till Dec. 31st! ~ page 3



A NEWSLETTER FROM FULL SPECTRUM LIFE

RADIANT LIFE

minerals and their role in health

Just as the foundations of our homes must be made from the strongest stone or cement in order for our houses to endure the challenges of time and weather, so minerals are essential for our continued strength and health. Comprising the very structure of our cells and organ systems as well as our bones, minerals are catalysts for the body's 6,000 various enzyme reactions as well as vitamin utilization.

Our Mother Earth is made up of ninety-two minerals, just as our bodies are. Of these, twenty-three are most essential to proper function. In 1936, the U.S. Senate declared that "99 per cent of the American people are deficient in minerals, and a marked deficiency in any one of the more important minerals actually results in disease."



All it takes is twelve years of farming a piece of ground to deplete the minerals that are available in sizes small enough for plants to assimilate. In the past, a farmer would simply move to another piece of ground. Now we have run out of ground! Since 1936, our nation's soils have suffered much more abuse as mega-farming with its accompanying burden of herbicides, pesticides, and chemical fertilizers have further reduced its mineral content and robbed it of its life force. In addition, the problems associated with food irradiation, genetic engineering of our seeds, and processing by

refining away valuable nutrients only exacerbate the problem, making it difficult for anyone to truly experience optimal health.

Dr. Linus Pauling, winner of two Nobel Prizes said, "You can trace every sickness, every disease, and every ailment, ultimately to a mineral deficiency." Our life depends totally on enzymatic action for the literal galaxies of metabolic exchanges that occur daily without our conscious participation.

A mineral-rich tide flows continuously through all parts of the body in the form of water, the universal solvent which nourishes as well as carries away wastes. DNA housed in the cell's nucleus receives instruction through infinitesimal angstrom sized (1/1000 of a micron) bio-available ionic minerals. These minuscule minerals are pulled through cell walls by the covalent hydrogen in the water. Most commercially prepared mineral supplement molecules are larger than this. Although they can be transported by the blood stream, they cannot be accessed by the cell and instead

"YOU CAN TRACE EVERY SICKNESS, EVERY DISEASE, AND EVERY AILMENT TO A MINERAL DEFICIENCY." DR. LINUS PAULING - TWO TIME NOBEL PRIZE WINNER

3 EASY STEPS TO A MORE RADIANT LIFE



1. Love - Tell someone close to you daily that you love them.

Love is the most powerful emotion in the human body. When you feel love for others, endorphins are released. This makes you feel happy and joyful in life, its where excitement comes from.

2. Become a giver. There is always one who needs what you have to offer.



Look for that special someone who has come into your life today to give you the opportunity of giving to them. "The gift is to the giver, and comes back most to him - it cannot fail." - Walt Whitman



3. Gratitude - take the time to appreciate and value all the gifts you are given.

Gratitude opens the door for all else. Be continually grateful for all that you have. It is a gift. A state of gratitude keeps you in a positive place and attracts good things into your life.

contribute to the toxic burden of excess to be stored in delicate body tissues or disposed of, thus inviting disease processes. In the absence of needed minerals, the body holds onto toxic minerals for future use even though it will never be able to do so. Today we hear a great deal about heavy metal poisoning. Live blood microbiologists tell us that everyone carries excess heavy metals. Did you know that the only difference between a toxic heavy mineral and a healthy mineral is the size of the molecule?

In nature, fulvic and humic acids in the soil interact with the roots of plants to break the earth's minerals down into the angstrom size necessary to be transported in the plant's capillary waterways. Plants utterly refuse to carry minerals larger than angstrom size because they cannot assimilate them! Plants are the essential intermediary between the soil and all animal life. Plants extract angstrom-sized minerals we must obtain from the soil.

If you wanted to signal your DNA to instruct the cells to dump some of their toxic heavy metal load, how would you do so? Amazingly, when you literally FLOOD the body with full spectrum angstrom-size minerals, the very abundance allows the body to relax its hold on the storehouses of unusable material and permits the toxic contents to be washed away.....More specifically, when minerals reach the cell's wall, the nucleus and mitochondria (the cell's energy and creative centers), electromagnetic communications activate the DNA which is unique to each structure. Intra as well as extracellular communications organize and instruct the organism as to the work needing to be done.

Understanding the role of minerals in our bodies makes it easy to understand how exhausted soil contributes to weak, diseased plants which fail to provide the

nutrients required by animals and man. This is one reason why one week on green juice fasting along with bowel cleansing herbs is a great way to start a serious detoxification program. Fresh, organic foods eaten, juiced or blended into smoothies enhanced with sea vegetables and other superfoods help supply the nutrients so essential to life, thus restoring physical foundations weakened by inferior foods.

Because the soils of the world are so extremely depleted, the time has come when natural mineral salts are no longer a luxury but form the basis of a sound nutritional program. Today a wonderful source of minerals is available to us from the Himalayan Mountains. Ancient seas dehydrated, then crystallized by the weight of soils heaped upon them over centuries create the full spectrum mineral angstrom-sized particles we now have difficulty obtaining from the soil through plants. In the body, these minerals quickly go to work instructing the DNA to direct processes essential to healthy life!

Table salt (sodium chloride stripped of the other minerals it should be packaged with) and sea salt (heavily processed with heat and bleaching agents) with their "too big" particles fail to cross the cell membrane and participate in these essential exchanges, clogging the system instead. Even Celtic salt, exposed to animal, air and soil pollution while sun drying reflects the contaminated state of oceans today, and fails to possess all the necessary minerals. Heating of any kind (even via the sun) causes ions to form more tight bonds that make the electrons unavailable as well as contribute to toxicity.

For centuries, Himalayan salt deposits have been protected from heat, light, pollution and environmental degradation by the land mass shielding these deposits. The sheer weight of the protective soil has compressed the mineral

deposits in a way that results in the formation of the unique crystal state. Since our bodies are in a crystalline state, we function best with minerals supplied in the same form. Himalayan crystal salt holds title as the only full spectrum mineral salt that supplies all necessary minerals in the tiny, angstrom size that the human body can most easily absorb. Because of the crystalline state, the electrical component of these salts has been compressed, greatly increasing the amount of available life-giving electrical energy. We are all on a hunt for electricity! When this salt is ingested, the electrical components greatly enhance the electrical conductivity and cellular communication in the human body. This creates a balanced electrical state which promotes the entire human organism's return to a state of overall balanced health.

Everyone knows the human body is largely constructed of two major elements – water and mineral rich salts. In order to maintain a state of homeostasis, these elements must be supplied daily. In the past, many of our mineral needs were met with live foods in their natural raw state. Now environmental degradation and soil depletion force us to require mineral supplementation. When minerals are obtained from natural foods in their basic state, they are received in an integrated liquid form--not dry, hard, concentrated, or separated from one another. It is commonly accepted that calcium needs magnesium in order to be assimilated. All minerals work in pairs opposite from each other, with magnesium at the hub of the "mineral wheel". When they are all bio available, maximum absorbability and conductivity is achieved.

A water and salt solution made of Himalayan salt commonly known as Solay provides our bodies with the entire full spectrum of minerals that carry all the trace as well as major minerals within

them in angstrom size in a liquid base. When this fluid is ingested daily in amounts as small as a teaspoon, profound changes occur. Hydration and mineralization are totally complementary. When either element is lacking the resulting imbalance triggers alarm reactions otherwise known as dis-ease conditions. Allergies, headaches, asthma, arthritis, body pain, low or high blood pressure as well as a host of other stress conditions are many times greatly alleviated by this simple, inexpensive gift from nature's pharmacy – water and mineral salts. There is great value in keeping Himalayan Solay on hand for use in daily food preparation as well as starting the day with a glass of water charged with the electrical signaling the body so desperately needs. Minerals in their dry form are just not enough!

Dr. Masaro Emoto has taught us something valuable about the effect of speech on water. In experiments where Japanese school children spoke daily to vessels of water, life promoting words created lovely crystals when the water was frozen and examined under the microscope. The word LOVE spoken to water results in very nice crystals, but the combination of LOVE and GRATITUDE creates even more beautiful crystals! Something similar happens when you combine water and Himalayan salt. If you measure the frequency of water and the frequency of salt, you will discover that the frequency of each is amplified profoundly when the two merge their structures... hence the term the "elixir of life", the primordial sea from which all life flows.....

In conclusion, the single most profound gift you can give to your body daily is to provide it with the two foundational elements so desperately needed for all vital function, WATER and FULL SPECTRUM IONIC MINERAL HIMALAYAN SALTS!

HOLIDAY SPECIALS



FREE SHIPPING on all retail orders over \$25 till Dec. 31st!

(Shipped FedEx Ground or USPS Priority Flat Rate - Continental US Only)



Rainbow/Chakra Set - White Lamps Illuminated With Colored Bulbs

rare white himalayan
salt crystal lamps



White Lamp Illuminated
With A Clear Bulb

**SPECIAL - 30% OFF ON FULL SET OF 6
RAINBOW/CHAKRA LAMPS - \$250
SAVE 15% OFF ON A SINGLE LAMP - \$50**

Very rarely, a vein of pure white himalayan crystal salt is found in the mines. Recently we were able to get a sizable quantity of these very unique lamps. Combined with colored light bulbs, they are gorgeous and invoke a soothing and energizing feeling. Some of their owners claim that having the lamps near them "just makes me happy". These lamps also produce negative ions, just as the colored lamps do. Natural variations in salt assure that no two are ever alike. The size of these lamps is similar ranging from 4 - 10 lbs, and we guarantee every one is beautiful! Each lamp is hand crafted and attached to a rosewood base, and comes with an electrical cord and light bulb of your choice in color. Available light bulb colors are red, orange, yellow, green, blue, purple, pink, teal, and clear. These beautiful lamps are guaranteed to be noticed, enjoyed and appreciated by many.

We try to find unique and unusual pieces for our customers to enjoy. As the holidays approach, many are looking for something different, at an economical price. We have selected several of our popular designs. Take an extra look at these beautiful and functional products!



Chipped
Tea Lite



Heart
Tea Lite



Fire Bowl



Sphere
Tea Lite



Star
Tea Lite

Save 15% OFF Any Size Natural Lamps - call or see website for pricing
Fire Bowl - filled with natural rock crystals - SAVE 15% \$38
Shaped Candle Holder - Any Design, buy 3, get 1 free \$12 ea.



HOLIDAY SPECIALS



FREE SHIPPING on all retail orders over \$25 till Dec. 31st!

(Shipped FedEx Ground or USPS Priority Flat Rate - Continental US Only)

SAVE 30% OFF

bulk raw himalayan edible or bath mineral salts



**Powdered
Flour
Crystals**

**Gourmet
or Bath
Crystals**

**Fine
Ground
Crystals**

**Rock
Chunk
Crystals**

We want more people to experience the great taste and quality of these salts, so we have made special arrangements to be able to offer these great products at deeply discounted prices in bulk form. Full Spectrum Life offers edible mineral salts in four types of grinds and now in bulk! Powdered Crystals are very finely ground, to a consistency of flour, these are generally used for specialized applications like food manufacturers/processors or for cosmetic use. Fine ground salt is primarily used in cooking, or as table salt. Our gourmet salt is used in grinders, for those who want freshly ground salt, and is also what is generally used for bathing. For those wishing to make Solè, our rock crystals are a great choice.

SAVE 30% OFF ON ANY BULK SALT + FREE SHIPPING TO 12/31/09

55 lb.	Powdered Flour Himalayan Pink Salt Crystals	\$150.00
55 lb.	Fine Ground Himalayan Pink Salt Crystals	\$150.00
55 lb.	Gourmet or Bath Himalayan Pink Salt Crystals	\$150.00
55 lb.	Solè Rock Chunk Himalayan Pink Salt Crystals	\$150.00

cranberry sauce

A SIMPLE, EASY TO PREPARE FRESH CRANBERRY SAUCE.
IT'S FULL OF NUTRIENTS AS WELL AS DELICIOUSLY GOOD FOR YOU!

Ingredients:

2 c. raw cranberries
3 small golden delicious apples
1 c. golden raisins
1/3 c. orange juice concentrate
1 c. chopped walnuts
1 lime or lemon
stevia to taste (english toffee flavored if you have it)
orange extract to taste
dash of himalayan salt

Directions:

Chop up cranberries, apples and lime in a food processor to desired consistency. Add all other ingredients, mixing thoroughly and adjusting stevia to proper sweetness. Sauce should sit for an hour before serving to allow flavors to blend together. Enjoy!

herbal bath salts buy 3 - get 1 free



Beautiful natural crystals and gentle, nourishing organic herbs and spices combine to create a powerful cleansing and rejuvenating experience for body and soul. Solè baths taken in conjunction with the phases of the moon enhances the efficacy of the bath, The full moon provides an added rejuvenating effect while the new moon provides for additional cleansing of the body. Packaged in a delicate organza gift bag (various colored bags), this makes for a great gift or a treat for you!



**A Nourishing Combination Of Organic Herbs & Spices
Calendula, Ginger, Lavender, Rose Petals, Orange & Lemon Peel, Witch Hazel**

2 lb . Herbal Bath Salts \$12 each or 4 for \$36



INSTRUCTIONS FOR A RADIANT LIFE

1. Take into account that great love and great achievements involve great risk..
2. When you lose, don't lose the lesson..
3. Follow the three R's:
 - * Respect for self,
 - * Respect for others, and
 - * Responsibility for all your actions.
4. Remember that not getting what you want is sometimes a wonderful stroke of luck.
5. Learn the rules so you know how to break them properly.
6. Don't let a little dispute injure a great friendship.
7. When you realize you've made a mistake, take immediate steps to correct it.
8. Spend some time alone every day.
9. Open your arms to change, but don't let go of your values.
10. Remember that silence is sometimes the best answer.
11. Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
12. A loving atmosphere in your home is the foundation for your life.
13. In disagreements with loved ones, deal only with the current situation. Don't bring up the past.
14. Share your knowledge. It's a way to achieve immortality.
15. Be gentle with the earth.
16. Once a year, go someplace you've never been before.
17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
18. Judge your success by what you had to give up in order to get it.
19. Approach love and cooking with reckless abandon.

why mineral salts?

Full Spectrum Life's Mineral Salts are an excellent choice for use in body products. They hydrate as well as well as re-energize by increasing electrical conductivity of the cells therefore increasing cellular communication. Mineral salts stimulate the skin to create healthy oil production. Moisture is balanced at the dermal layer beneath the skin's surface which helps firm the skin. As the skin sags with age, mineral salts help bring blood and oil to the skin's surface. Our mineral salts keep mucous membranes moist and increase cell regeneration, giving skin greater elasticity. In addition, mineral salts boost the immune system by penetrating into the skin, strengthening the blood vessel walls, and nourishing the cells with vital minerals, as well as aiding them in throwing off toxins.

a time for reflection

RELEASING THE OLD AND OPENING UP TO THE NEW

As another year draws to a close, its time to reflect on where life has led us in the past year. Full Spectrum Life is a small company run by a family that has had its share of unique experiences in 2009. While we all can honestly say, we are so glad to let this year go, at the same time, we have much to be thankful for. First of which is the gift of life. Our family came very close to losing one of our younger members this year, and we are so grateful that she's still with us, strong and healthy now. Every day is precious, and we never know which moment may be our last. Watching your child walk through the valley of the shadow of death brings amazing clarity as to what is truly important in life.

It seems like many of us are facing incredible challenges in our lives right now, on nearly every level. One of the things I enjoy the most about my job, is getting to know all of our incredible customers. Many of you have become like family! Its ironic how many of us seem to be experiencing similar issues in our lives, and also very encouraging to take a call from one of you on a tough day, and realize how we are all in this together. We are very blessed to be able to run a business that serves so many wonderful people. When we step back from the drama of the moment, and reflect on the bigger picture, we realize how profound these experiences are and marvel at the growth we are called to experience.

Thank you for your friendship and support, for telling your friends about us, and for your patience when things don't go according to plan! We look forward to a wonderful new year, filled with happiness and joy for all. We wish you the best of holidays and an incredible year to come. Namaste - Rama Malone

glowing salt scrubs - save 10%

Our gently whipped exfoliating salt glow brings revitalization and rejuvenation to both body and soul. The crystal minerals buff your skin into super smoothness while also nourishing with essential minerals; organic oils leave it feeling ultra soft and hydrated. Refreshing natural organic essential scents get you glowing. Available in our six signature scents - or request a custom



blend. Our scrubs offer a refreshing change from traditional runny oil scrubs - if kept under 75° F. they are the consistency of firm butter, but immediately melt as soon as they are applied to the skin. Contains high quality organic oils of Palm Nut, Grape Seed, Safflower, Vitamin E, Full Spectrum Life Crystal Salt, and very pure ultra high quality proprietary blends of organic essential oils.

Fields of Lavender
Shangri-La

Clearly Evergreen
Citrus Sunshine

Evening Blossom
Calm & Relaxed

8 oz . Glowing Salt Scrubs \$10.50

12 oz . Glowing Salt Scrubs \$16



Christmas Miracle...

The brand new pastor and his wife, newly assigned to their first ministry, to reopen a church in suburban Brooklyn, arrived in early October excited about their opportunities. When they saw their church, it was very run down and needed much work. They set a goal to have everything done in time to have their first service on Christmas Eve. They worked hard, repairing pews, plastering walls, painting, etc., and on December 18 were ahead of schedule and just about finished.

On December 19 a terrible tempest - a driving rainstorm hit the area and lasted for two days. On the 21st, the pastor went over to the church. His heart sank when he saw that the roof had leaked, causing a large area of plaster about 20 feet by 8 feet to fall off the front wall of the sanctuary just behind the pulpit, beginning about head high. The pastor cleaned up the mess on the floor, and not knowing what else to do but postpone the Christmas Eve service, headed home. On the way he noticed that a local business was having a flea

market type sale for charity so he stopped in. One of the items was a beautiful, handmade, ivory colored, crocheted tablecloth with exquisite work, fine colors and a Cross embroidered right in the center. It was just the right size to cover up the hole in the front wall. He bought it and headed back to the church.

By this time it had started to snow. An older woman running from the opposite direction was trying to catch the bus. She missed it. The pastor invited her to wait in the warm church for the next bus 45 minutes later. She sat in a pew and paid no attention to the pastor while he got a ladder, hangers, etc., to put up the tablecloth as a wall tapestry. The pastor could hardly believe how beautiful it looked and it covered up the entire problem area. Then he noticed the woman walking down the center aisle. Her face was like a sheet.. "Pastor," she asked, "where did you get that tablecloth?" The pastor explained. The woman asked him to check the lower right corner to see if the initials, EBG were crocheted into

it there. They were. These were the initials of the woman, and she had made this tablecloth 35 years before, in Austria.

The woman could hardly believe it as the pastor told how he had just gotten the Tablecloth. The woman explained that before the war she and her husband were well-to-do people in Austria. When the Nazis came, she was forced to leave. Her husband was going to follow her the next week. She was captured, sent to prison and never saw her husband or her home again.

The pastor wanted to give her the tablecloth; but she made the pastor keep it for the church. The pastor insisted on driving her home, that was the least he could do.. She lived on the other side of Staten Island and was only in Brooklyn for the day for a housecleaning job.

What a wonderful service they had on Christmas Eve. The church was almost full. The music and the spirit were great. At the end of the service, the pastor and his wife greeted everyone at the door and many said that they would return.

One older man, whom the pastor recognized from the neighborhood, continued to sit in one of the pews and stare, and the pastor wondered why he wasn't leaving.

The man asked him where he got the tablecloth on the front wall because it was identical to one that his wife had made years ago when they lived in Austria before the war and how could there be two tablecloths so much alike.

He told the pastor how the Nazis came, how he forced his wife to flee for her safety, and he was supposed to follow her, but he was arrested and put in a prison.. He never saw his wife or his home again all the 35 years in between.

The pastor asked him if he would allow him to take him for a little ride. They drove to Staten Island and to the same house where the pastor had taken the woman three days earlier.

He helped the man climb the three flights of stairs to the woman's apartment knocked on the door and he saw the greatest Christmas reunion he could ever imagine.



VISIT US

WWW.FULLSPECTRUMLIFE.COM

EMAIL US

INFO@FULLSPECTRUMLIFE.COM

CALL US

541.890.5235

FULL SPECTRUM LIFE

10810 Agate Rd.

Eagle Point, OR 97524



Statements made, or products sold through this newsletter or affiliated company, have not been evaluated by the FDA. They are not intended to diagnose, treat, cure, or prevent any disease. Readers should consult their physician or other qualified health professionals on any matter relating