COPPER DOSAGE

Copper is far cheaper than iodine, and is probably far more important. And I just love iodine!

Here's how to make your own copper sulfate supplement. Buy pure copper sulfate pentahydrate blue salt crystals, (they sell it at amazon.com, or anywhere that copper sulfate is sold) at 99.9% purity, with 25% contained copper. That's as pure as things get. It is both pharma and foodgrade, but they will not likely use such words. It is sold in 1 pound, 5 pound, and 10 pound bags, etc. A 1 pound bag costs $6 and should last you 10 to 20 years if you take even a lot of it.

To make a solution, of 1 mg of contained copper per liquid drop:
Measure out 5 x 1/8 teaspoons of copper sulfate crystals into a 2 oz. dropper bottle 60ml). Then add boiled distilled water, and shake. That's it.

- **This can be applied to the skin for absorption, thus bypassing the gut and any nausea issues. Start with 10 drops daily, building up to 50-70 drops daily. Apply in the morning as it also wakes up the brain. Then take zinc supplement at night.**

Nerves and Brain:
1-4: Copper boosts 4 neurotransmitters: serotonin, dopamine, norepinephrine, and epinephrine
(adrenaline).
5. Copper acts as a neurotransmitter itself.
6. Copper increases the re-uptake of neurotransmitters.
7. Copper increases the electrical conductivity of the fluid around the nerves.
8. Copper restores the myelin sheath, which is the fatty coating around the nerves, which greatly
speeds up nerve response, and is responsible for "motor learning" and coordination, deep
thinking, nerve health, and so much more.

My first comment is that all over-the-counter pain killers lower copper, these are Tylenol, Ibuprofin, and Aspirin. All three of them cause bleeding, and cause death through bleeding. All three of them cause bleeding ulcers. The mechanism of

action of causing bleeding ulcers is copper depletion of the stomach lining where the ulcer takes place.

Copper Physiology
1. "Copper is required for cellular respiration, bone formation," the heart, "connective tissue
development (collagen), myelination of the spinal cord (and nerves)," hair and nails, "and tissue
pigmentation."
Copper does its work by helping the body make many important enzymes that require copper.
With copper deficiency, these enzymes are poorly produced, and in lesser quantities (and less
active).
Copper is needed to make red blood cells. Anemia develops with iron deficiency and copper
deficiency (and several B vitamin deficiencies as well). Blood cells have a shorter life span with
copper deficiency.
Copper helps the body both absorb and use iron. (Most people get plenty, or too much, iron in
American food diets.)
2. Aortic aneurysms result from low copper which helps build collagen.
3. Copper helps convert protein into skin and hair color. Copper converts the amino acid
tyrosine to tyrosinase, then dopamine, then melanin, which causes both skin and hair
pigmentation, or tanning and hair color.
Copper makes keratin, needed for normal and strong hair and nails.
4. Copper is needed to make the myelin sheath around the nerves. Low copper results in brain
and nerve disorders. Low copper results in low neurotransmitters (which helps nerves
communicate) norepinephrine and dopamine.

5. Copper deficiency results in miscarriage. And anemia, low growth, and bleeding. From poor
blood cell development and low collagen, resulting in low growth.
6. With low copper, resulting in low white blood cells, they cannot defeat candida. Other
infections are also greater.
7. Copper helps digest and burn fat.

High iron (assumed to cause copper deficiency) leads to:
"CANCER, DEMENTIA, HEART/CARDIOVASCULAR DISEASE, DIABETES, LUNG DISEASE (C.O.P.D.), GASTRO-INTESTINAL DISEASE, BLOOD DISORDERS, EYE DISEASE; to mention a few of the major problem areas."