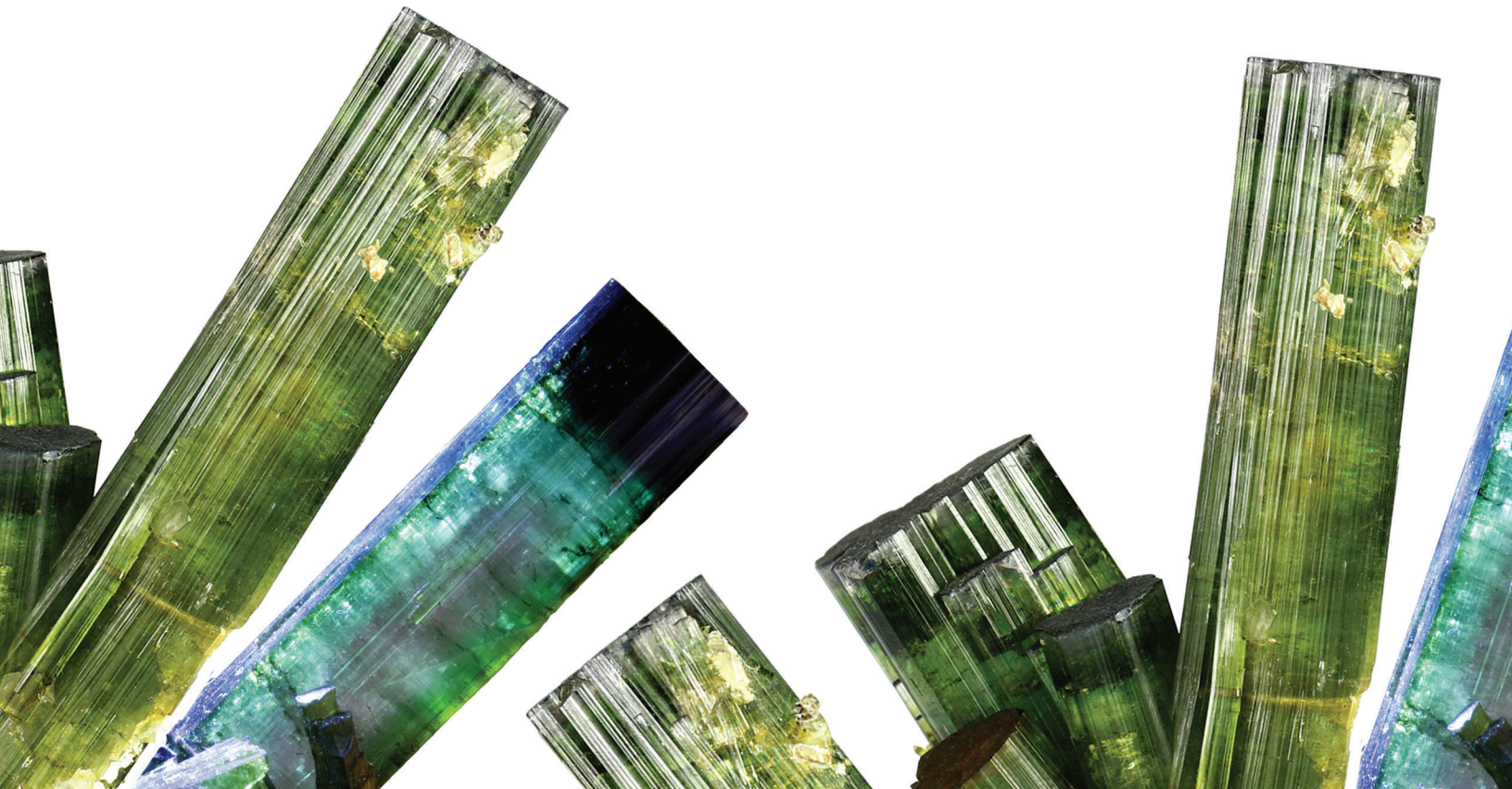




# HEALING MINERALS

THE HEALTH BENEFITS OF TOURMALINE

Dr. Michael S. Evangel, Chiropractic Physician



---

I consider “Mother Nature” to be God’s influence over the natural balance of our planet.

When you study the probability of everything that has occurred to create the balance on Earth that not only supports life, but allows life to thrive, it is amazing!

This isn’t even factoring in other considerations for life to occur on Earth from outside of our planet, such as the balances within our solar system, our galaxy and the universe, which is a story for another day!

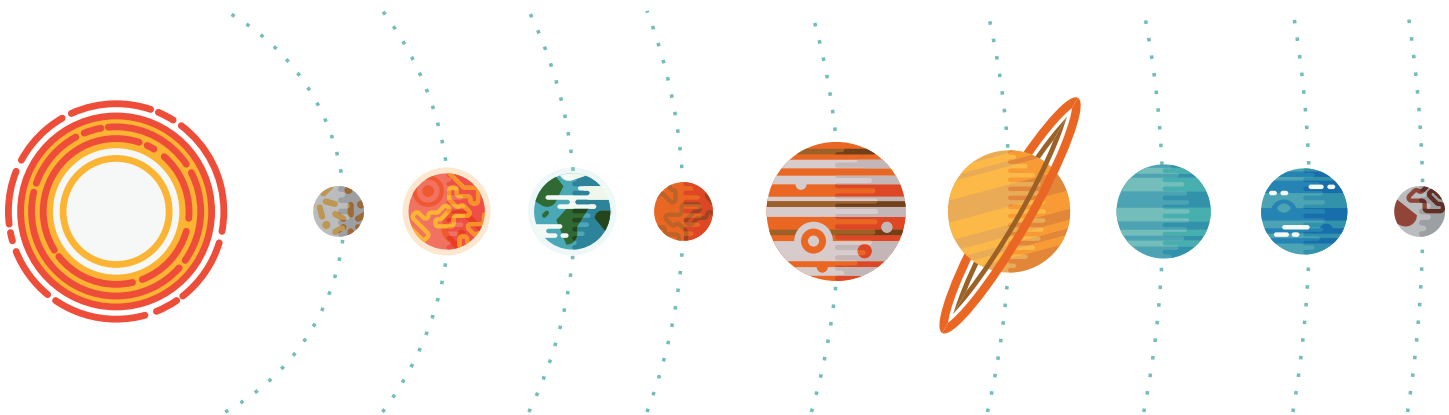
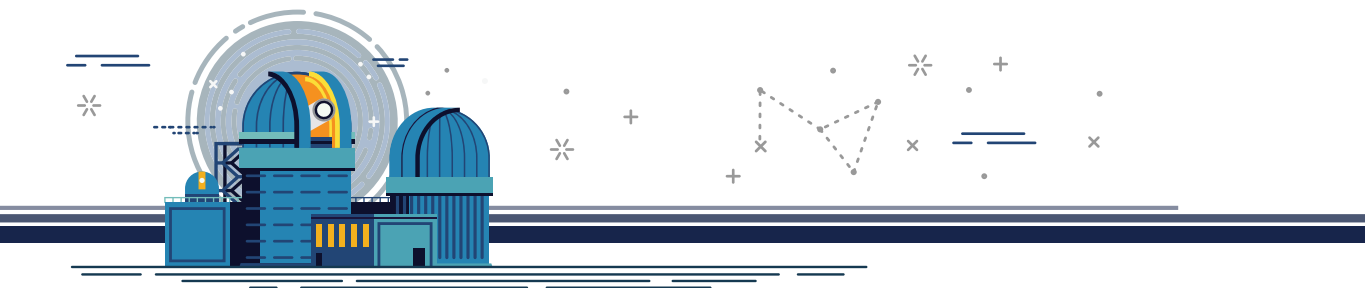
Then there are also historical questions about the “Big Bang,” such as what triggered the “Cosmic Egg” that started the Big Bang to explode? Where did the Cosmic Egg come from? If time and space didn’t exist before the Big Bang, what did? Why was there slightly more matter than anti-matter after the Big Bang? These are all questions that may or may not ever be answered, but increase our awe surrounding creation.

---

# Did God Place Healing Minerals on the Earth for Mankind to Find and to Use?

**BEFORE WE GET TO THAT QUESTION, CONSIDER FIRST...**  
*A DOZEN AMAZING FACTS ABOUT WHAT ALLOWS LIFE TO THRIVE ON OUR PLANET*

1. The Earth is in the “Goldilocks Zone” distance from the sun, where water can exist in the liquid state.
2. The size of our planet is big enough to produce enough gravity to hold the atmosphere, but not too big to cause us to be crushed under our own weight.
3. The Earth has unique electromagnetic forces. The Van Allen Belt protects us against deadly cosmic radiation and Earth itself gives off the Schumann Resonance of 7.83 Hz, which is theorized that living things need to thrive.
4. The sunlight that hits the Earth provides the energy that produces life. Life on our planet is either directly or indirectly dependent on sunlight. If photosynthesis never came about, we wouldn’t be here today.
5. The angle that the Earth is tilted at is 23.5 degrees, which allows for the seasons to change and the polar icecaps to be there, so our continents won’t be flooded.
6. There is just enough surface water in the oceans and seas to all connect with each other, but not too much to flood the continents. This water is essential for carbon-based life as we know it. The oceans also contain salt, which is essential for us to live.
7. The moon stabilizes the wobble of the Earth and causes the tides.



8. The 24-hour day is just long enough for our world not to heat up or cool down too much during the course of each day.
9. Bacteria that decompose cellulose did not come into existence until after the fossil fuel deposits were formed. The majority of the carbon dioxide was removed from the atmosphere to form fossil fuels. Scientists believe that our atmosphere was at one time over 75% carbon dioxide. It is now 0.4%. That reduction of carbon dioxide caused significant global cooling!
10. The probability of DNA evolving is nearly impossible. Cambridge University astrophysicist Fred Hoyle compared the likelihood of a living cell arising through evolution to “a tornado sweeping through a junkyard and assembling a Boeing 747.”
11. Everything in nature is recycled and in perfect balance. All of the elements that make up the human body are on Earth in an adequate, if not perfect, ratio.
12. Dr. Weston Price traveled the world studying the nutrition of primitive cultures. In 1939, Price published Nutrition and Physical Degeneration, a book that details a series of nutritional studies he performed across these diverse cultures. Every one of these cultures had a nutritionally-balanced diet, even though they didn’t know the difference between a vitamin and a mineral!

# Did All of This Happen by Coincidence?

I am not a big fan of the “coincidence theory” and neither is the fictional character Jethro Gibbs, from the CBS hit TV show NCIS. Gibb’s Rule #39 is “There is no such thing as a coincidence.”

I was informed a few years ago by a good friend of mine and world-renowned chiropractor, Dr. Tedd Koren, that the word “coincidence” doesn’t even exist in Hebrew, since everything is “ordained by God.”

## What Causes Healing?

I was taught many years ago that no doctor ever “cured” a patient and that the only thing a doctor has ever cured is a ham! Some patients actually are cured in spite of their doctors.

The doctor’s job is to help the patient into the right set of circumstances to allow their innate intelligence do the healing. This is more in line with Eastern Medicine than Western Medicine.

Our innate intelligence is smarter and more complex than IBM’s Watson or any supercomputer, but can only heal the body when the correct sets of internal and external circumstances exist.

God’s two greatest gifts to us are our bodies that house our souls and the planet Earth. Man-kind has effectively sabotaged both of those gifts.

The human body was created to efficiently heal, to be in balance, to be healthy and to live a long time. Modern day excesses and deficiencies are causing that not to happen.

**For example:** We are exposed to excesses of toxins, such as mercury, pesticides or paraben preservatives. A great problem with dealing with these toxins is that many of these chemicals were not even in existence fifty years ago, so we have no genetic predisposition how to deal with them.

There are also many modern-day deficiencies too, such as vitamin D, sleep and exercise deficiencies.

It is a lot easier to maintain good health than it is to regain good health once it is gone. We can also reach a point where so much damage has occurred that optimal health can never be totally regained and the body can no longer adequately heal.

# Healing Minerals

There are many nutrients that we can consume from food form or supplement form that can help us to heal from various ailments. That is what Science Based Nutrition was founded on, which I practice.

The advantages of nutritional healing tools are: they are natural and you don’t have the potential side effects that come with pharmaceutical chemicals, which don’t occur in nature.

There are also healing energies of certain minerals that can be very therapeutic not when you swallow them, but when your body is exposed to them from the outside. They are the minerals that heal from the outside in, not the inside out.

*In my opinion, the most amazing of these minerals is tourmaline!*

## Tourmaline — The Superstar Mineral

Tourmaline is a semi-precious mineral. The word “tourmaline” comes from northern India and means “mixed colored stones.”

Because tourmaline is found in so many different colors, they were often confused with other types of gems. Tourmaline is not a single mineral, but a group of minerals with several crystal patterns.

Tourmaline is among the most intricate of all minerals, containing many elements, including, but are not limited to: aluminum, boron, silicon, chromium, oxygen, hydrogen, potassium, sodium, calcium, magnesium, iron and lithium. These elements are bonded to other elements and are not free to enter into the human body.

Each tiny tourmaline crystal has a north and a south pole and generates a tiny electromagnetic field. Humans generally can’t perceive this energy, but animals seem to be able to, since many animals migrate using the earth’s electromagnetic field. They have a built-in GPS.

The health benefits of tourmaline have been well documented for thousands of years. Tourmaline has been used for various treatments by many cultures all over the world.



# The 3 Energies of Tourmaline

WHAT MAKES TOURMALINE SO SPECIAL ARE THE 3 ENERGIES PRODUCED BY TOURMALINE

1

**ENERGY #1. THERMAL-PHOTONIC CONVERSION**

This is the energy conversion of body heat into far infrared energy. This occurs on the surface of the tourmaline. The smaller the particle size, the greater amount of far infrared is produced per gram of tourmaline.

2

**ENERGY #2. NEGATIVE IONS**

are generated by tourmaline when it is in contact with kinetic energy. This can be from pushing, pulling, stretching, striking, rubbing or oscillating. This is called a piezoelectric effect. Negative ions will make the tissue more alkaline, which is a healthier cell environment than an acidic environment. Negative ions also stimulate formation of blood vessels, increased blood flow and higher blood oxygen levels. Negative ions scavenge free radicals, reduce oxidative stress and reduce inflammation.

3

**ENERGY #3. A PYROELECTRIC EFFECT**

A mild therapeutic flow of electrons is produced by the tourmaline particles, with a rise or fall in temperature. Tourmaline particles also generate an energy field, since they have a north pole (negative) and a south pole (positive). Everything from a bar magnet to the Earth that has a north and south pole produces an energy field. Tourmaline is no exception.

This energy may be the most powerful and beneficial energy. Tourmaline-generated energy fields are related to the Schumann Resonance, which is between the Earth and the ionosphere. That resonance is 7.83Hz and is referred to as the Earth's "heartbeat" or "pulse."

# Health Benefits

COLLECTIVELY, THE THREE ENERGIES GENERATED BY TOURMALINE PROVIDE ABUNDANT HEALTH AND WELLNESS BENEFITS.



**INCREASED BLOOD OXYGEN LEVELS AND ENHANCED BLOOD FLOW**  
*Resulting in improved alertness, decreased drowsiness & improved physical and mental energy*

**ACCELERATED CELL REPAIR AND HEALING**

**REDUCED INFLAMMATION**

**THE SCAVENGING OF FREE RADICALS**

**IMPROVED PH BALANCE**  
*Resulting in a more alkaline environment in the person's or animal's body*

**MORE RESTFUL SLEEP**  
*Through the generation of alpha brain waves*

**REDUCED OXIDATIVE STRESS**

**INCREASED ATP FORMATION**  
*In mitochondria*

**INCREASED SEROTONIN PRODUCTION**  
*Serotonin is the "feel good" hormone*

# Mitochondrial Dysfunction

Tourmaline helps to promote health and well-being by putting our cells into a high-energy efficiency and highly balanced mode, by stimulating our mitochondria in our cells to burn fuel more efficiently. The mitochondria are known as the “powerhouse” of the cell. When the mitochondria produce more energy, cells can use that extra energy to heal.

There is a growing consensus that all chronic diseases that are known today, may have a common root cause – mitochondrial dysfunction.

**This includes, but is not limited to:**

- Cancer
- Heart disease
- Stroke
- Diabetes
- Autoimmune diseases
- Fibromyalgia
- Alzheimer’s disease and dementia
- Autism and learning disabilities

There are many causes of mitochondrial dysfunction. Our environment has created the “imperfect storm” with a multitude of toxins, some of which are: genetically modified food (GMOs), pesticides, prescription and over-the-counter drugs, gluten and EMF (aka “dirty electricity”).

However, it is theorized that infrared energy may be a solution to these concerns as it is shown to increase ATP formation in mitochondria. When cells have more ATP, they can heal at an accelerated rate.

It is also theorized that far infrared energy could work via mitochondrial ion channels, particularly the calcium channels, resulting in a marked rise in mitochondrial membrane potential (MMP), thus increasing mitochondrial respiration and ATP formation.

# Tourma® Line

*JOIN THE NEXT GENERATION OF IMPROVED HEALTH AND WELL BEING*

The Tourma®Line family of infused products generates abundant levels of far infrared energy that penetrates through the skin to improve health and wellness. FIR Industries is the only company today that has recognized the untapped healing potential of infusing nanometer-sized tourmaline particles into fabrics, textiles and fibers with their patent pending technology. These products are called the Tourma®Line.

## TOURMA® TAPE

Tourma®Tape is one of the cornerstone products from FIR Industries. Tourma®Tape is different from any other tape on the market. The mechanics of a kinesiotape provides the therapy. The Tourma®Tape itself actually provides therapy. That therapy is provided by the energy produced by the tourmaline particles that are in the Tourma® Tape itself. Users have reported great clinical success treating many varying conditions.

## TOURMA® BLANKET & TOURMA® MAT FOR PETS

Tourma®Blankets and Tourma®Mats for Pets also contain nanometer-sized tourmaline particles. Tourmaline particles can increase serotonin production, as well as alpha brain waves, which can result in promoting deep and regenerating sleep.

The smaller the particle of tourmaline is, the greater the energy will be for each gram of tourmaline used. This comes directly from a study published on PubMed.gov.

FIR Industries uses nanometer-sized tourmaline particles, which is the smallest particle size that can be produced today.





**FIR INDUSTRIES, INC.**

516-B Commerce St., Franklin Lakes, NJ 07417

TourmaHealth.com | [info@TourmaHealth.com](mailto:info@TourmaHealth.com)

844-TOURMA-7 📞 (844-868-7627)