Chronic Fatigue is Premature Aging

by Dr. Paul C. Eck

When your body is chronically fatigued one of two things happen. First, you may burn up your minerals too quickly until you run out of minerals and die. This is what happens in fast oxidation.

The second possibility is that you will be unable to utilize your minerals. They will deposit in your blood vessels and other tissues and choke your system. This is what happens in slow oxidation.

Either route leads to premature death. Neither of these two possibilities needs to occur. By balancing the minerals, we can eliminate the fatigue. Then, the minerals will be used at a proper rate and in a proper way. This is what we mean by balanced oxidation, which is neither too fast nor too slow.

Once we approach a state of balanced oxidation, premature aging will be prevented. Or, if it has already occurred, it will be reversed. Let us look at all this in a little more detail. I think you will find it fascinating.
It is the sodium and potassium from your adrenal gland (can thyroid too) that keep your body pliable and flexible. Sodium and potassium are the great solvents in the body. They are the great dissolvers. They keep everything in solution that should be in solution.

When you are chronically fatigued your thyroid and adrenal glands become exhausted. When this occurs, your sodium and potassium can go either to low or too high. Too low is slow oxidation and too high is fast oxidation. Let us take slow oxidation first.

**How Slow Oxidation Causes Premature Death**

If your sodium and potassium levels go too low it means there is not enough solvent left in your body. Your minerals will begin to drop out of solution. They begin to pile up in your tissues, arteries, joints, your heart, your skin etc. You basically become rigid and stiff. In other words, you age prematurely.

The process is the same whether you are 20 years old and exhausted or 65 years old and exhausted. Exhaustion is premature aging. There is no way around it. You can compare slow oxidation to a wood stove that is not getting enough air. The fire is not hot enough. Combustion is not complete. Residues form and clog up the stove. Eventually, they clog it so much that the fire goes out!
This is how slow oxidizers die. Their bodies suffocate. For example, when doctors perform an autopsy on the hearts of slow oxidizers, they find hearts in the form of iron deposits, manganese deposits, calcium deposits, etc. These deposits lead to rigidity which means that to one degree or another the slow oxidizer is actually turning to stone.

**How Fast Oxidation Causes Premature Aging**

Before we discuss fast oxidizers, I must make one thing clear to you. Fast oxidizers are *just as tired* as slow oxidizers. The only difference between fast and slow oxidizers is how they *react* to fatigue.

The slow oxidizer slows down to *conserve* energy. The fast oxidizer speeds up to *compensate* for their underlying lack of energy. He or she are burning out the little mineral reserves they have *so that they don’t* have to slow down. The fast oxidizer appears to have *more* energy than the slow oxidizer. But as I said before, both fast and slow oxidizers are *just as tired*.

You can recognize fast oxidizers because they seem to be running on nervous energy, not calm energy. They are hyped-up. They have to be, to keep going. But there are consequences.
When the thyroid and adrenals of the fast oxidizer become overactive, the sodium and potassium levels go too high. This causes too many minerals to go into solution. To keep going, the body starts cannibalizing tissues for minerals like you would strip down a car for parts.

“A fast oxidizer can be compared to a furnace that burns too hot and runs out of fuel”

Fast oxidizers burn out everything in their bodies. Deposits and calcification do not occur. This is why fast oxidizers do not get hardening of the arteries. Their arteries can be as clean as a child’s. Their appearance is youthful (and even child like), because their tissues are pure. Their problem is that they will one day burn out and keel over.

A fast oxidizer can be compared to a fire that is getting too much air. The fire burns too hot. Everything burns completely with no residue. But the fire burns out quickly because it runs out of fuel.

Either route is not good. The slow oxidizer dies from mineral accumulation and the fast oxidizer dies from mineral bankruptcy. Both of these conditions are inevitable consequences of chronic fatigue.
Chronic Fatigue Should be Taken Seriously

You may not take your fatigue seriously. You might be one of those people who say, “I’ll get by”. But when you consider what I have told you, maybe then you won’t take your fatigue so lightly.

Fatigue and premature aging can be eliminated through mineral balancing. We will all die someday but why not live right through to the end with full energy and unrestricted abilities? Why not die peacefully in our sleep in our own bed instead of in some emergency room or on some operating table? Now thanks to mineral balancing, we do have a choice!!

Chronic Slow Oxidation is Just Another Term for Premature Aging

Slow Oxidation
1. Underactive Thyroid Gland
2. Underactive Adrenal Glands
People are usually “fast oxidizers” early in life. If they lead a healthy life, they will become normal oxidizers for many of their years. Then as they become older, one gland (thyroid or adrenals) will eventually weaken and “slow down”. They become “mixed oxidizers.” Then as they grow older still, both glands will weaken and they will become full-fledged “slow oxidizers” Ninety-five percent of the people who die, will die as slow oxidizers.

“*Aging is just another word for chronic slow oxidation. The tragic thing about today’s world is that many men and women have become chronic slow oxidizers while they are still in their teens. This alone explains why so many young people are tired today*”

~ Dr. Paul C. Eck

For More Information on Mineral Balancing ...

call us For a *Free* Phone Consultation at 1-800 381-2898 or email your questions to >>> info@bodybalanced.net