

## Additional Uses for

# Plant Derived Minerals

### Drink

1. in Tomato Juice
2. in Orange Juice
3. with lemon in ice water

### Anti-bacterial

4. gargle for sore throat
5. mouthwash... kill bacteria that causes tooth decay
6. use to kill bacteria on toothbrush

### Anti-oxidant

7. Cheri-mins on bananas, apples
8. Plant Derived Minerals reduce spoilage on tomatoes

### Spray bottle: mouth

9. mouth spray - kill bacteria for sore throat
10. spray on tongue to kill the white bacteria that causes bad breath
11. spray Cheri-mins as a mini-snack!

### Spray bottle: skin

12. for a skin toner
  - closes pores
  - restores the pH balance of skin
  - improves the skin condition
13. to remove spots, blemishes
14. use on burns
15. for cuts & scrapes (helps reduce scarring)
16. use on itching skin - bug bites, Eczema, calm poison ivy
17. use on sore muscles - neck, back, legs
18. use on scalp - nutrition for your hair
19. kills bacteria that causes odor - underarm deodorant

### Recipes

20. use Plant-Derived Minerals in place of salt
21. use 1 tsp per cup of rice
22. 1 tsp in soup
23. use as a spray on food that you would put salt on (i.e. vegetables)
24. use Cheri-mins in Jello
25. use Cheri-mins in frosting, ice cream

### Plants

26. use 1 tsp~2 tbsp in water for cut flowers - last longer
27. mix 30 cc in 1 liter of water for houseplants - greener, bloom where they didn't before
28. mix 15 cc in 1 liter of water for garden plants -
  - bigger fruits & vegetables
  - more resistant to mold
  - more resistant to bugs (less pesticides)

### Other uses

29. spray in your nose to help relieve hay fever symptoms
30. can use as an eye wash (mix with at least 5 times as much water)
31. spray on hemorrhoids
32. mix with shampoo
33. cleaner to break-up fat (cleaning stoves, microwave ovens)
34. minus ions can help clean the air before you vacuum
35. use in water dish for pets
36. use in kitty litter box to reduce odor
37. use in aquarium for turtles, fish (cleaner water, healthier pets)
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