



## **Ruth Findlay, Geochemist**

### **BIO:**

Ruth Findlay Ruth Findlay has a degree in geochemistry and post-graduate studies centered on chemical mineralogy. She is the founder of OHM, Only Healing Minerals, a wellness company that has developed an innovative modality of ground minerals and gems absorbed through the skin. As a wellness specialist influenced by Geologic and western medical studies, she also focuses on Classical Chinese Medicine and Metaphysical Philosophy. Ruth develops complex micronutrient blended formulas that target body systems, cofactor enzymes, and nourish organs along with the corresponding meridians. She educates practitioners on the transmission of nano-sized mineral external therapeutics and differing micronutrient functions

### **LECTURE TITLE: Topical Micronutrient Minerals as an Innovative Healing Modality for Neurodegenerative, Neurological and Mental Health Disorders**

#### **ABSTRACT:**

Almost every medical metaphysical folklore of gems and crystals parallels scientific studies relating to a micronutrient or element within their chemical formula. A mineral containing manganese in its chemical formula, for example, doses the system with Manganese's health benefits. Manganese is the cofactor for many enzymes, including Super Oxide Dismutase (SOD), which is essential in clearing reactive oxygen species (ROS), Oxidative Stress from the system. It prevents the beginning of the neurodegenerative process.

This discussion centers on using the innovative modality of transmitting nano-sized micronutrient minerals through skin absorption as a modern philosophy of ancient healing. A combination of micronutrients in a blend of nano-sized minerals can assist in the physical healing of the nervous system, a meridian, or an organ system when the transmission is directed to a particular locality.

Physically healing the nervous system with direct supplementation, including but not limited to silica and lithium, to individual nerves or nerve groupings promotes mental healing, i.e., central nervous system, vagal, and other cranial nerves.

Cytokine Storm develops when the immune system responds too aggressively to infection, with Interferon protein, in response to the entry of a virus. Interferon responses are central to the defense against coronavirus and other infections. Manganese induces Interferon production and is used in quantity in the defense process, sometimes to depletion. Manganese replenishment is imperative.

Each Cytokine Storm depletes micronutrients present in the system; subsequent storms are left unchecked. Restoring micronutrients is critical for the recovery and prevention of future illness.