

# Chapter 1

## Minerals Key to Vibrant Health

This book aims to focus attention on the escalating catastrophe perpetuated by vested interest groups, ignored by government, and disastrous suppression of information, education and training regarding one of nature's most vital resources critical to the health of every individual on this planet.

The author presents evidence that the depletion of minerals in our soils, due to current destructive agricultural methods, produces deficient, chemicalized plant food. This depletion of minerals is a direct link to the escalating so called "morbidity statistics" of illness, disease and deaths that will continue to escalate causing more suffering and more serious diseases currently unimaginable.

Mankind has neglected the most important key to vibrant health that is the minerals and trace elements essential to a healthy balance in every cell in the body. This is clearly explained so as to understand the synergistic chemistry essential to the homeostasis involving the interaction between vitamins, amino acids and enzymes critical to good health.

The author describes his research experience relating to the critical pH balance dependent on the electrolyte chemistry presenting evidence that an alkaline pH is essential to vibrant health and that illness and disease develops in an acid pH.

He challenges the current approach presented by health experts, classifying fruit, vegetables and food as acid or alkaline as unscientific, followed by his interpretation of what causes acid pH and how to correct the problem.

This is not only about minerals, the electrolyte chemistry and pH. He presents information describing other factors that deplete mineral reserves including dehydration, inadequate oxygen, stress and infection as well as toxic dentistry. He sets our guidelines emphasizing that a

program implementing all of these simultaneously, leads to the most successful outcome in the shortest possible time.

## **Morbidity Statistics**

In the past year, more than 500,000 Americans died of heart disease and 600,000 died of cancer. Most of these deaths occurred in spite of the most advanced medical care available. Tragically, our medical system focuses on the development of new technology and methods to treat these diseases rather than a focus to understand and reveal the source or origin. The fact is that the increasing evidence as exemplified in this book is that a substantial number of these deaths demonstrate a severe deficiency of essential minerals. In fact the scientific research demonstrates that when minerals are well supplied to maintain homeostasis of the electrolyte chemistry, these diseases do not occur.

Further, the scientific evidence demonstrates that even when heart disease, cancer and most degenerative disease are diagnosed, the successful restoration of this homeostatic electrolyte chemistry has the most potential to reverse these diseases.

This book reveals the extent of this problem, how this has occurred, the impact of minerals in health and disease, as well as information essential to ensure the correct choice and use of minerals to reverse illness and disease.

For those seeking vibrant health, this information describes how the correct choice and use of minerals electro-charge every cell in the body to achieve a vibrant health not possible with any other approach.

## **Youthful Life Extension**

There is ample evidence that mankind is meant to live to ages 120 -135. Over the years well-known researchers have travelled the world to document with photographs cultures who live to be 135 years old and more, while retaining vibrant health and vigorous youth. Examples include the Japanese on Okinawa, Tibetans, the Hunzukuts of Northern

Pakistan, the Armenians, the Georgians, the Azerbaijanis, the Vilcabamba Indians in Ecuador and the Titicacas in Peru.

## **Mans Intervention**

Generally the perception is that the earth is abundantly supplied with minerals. When pilgrims first landed in America more than 300 years ago, the average amount of topsoil was more than 3 feet deep. Today, it is estimated that only 6 inches remains.

Whereas early settlers moved from one growing area to another to benefit from fresh new growing and grazing, this trend changed to farming in permanent sites depleting the topsoil even further. The use of chemical phosphates to produce plants that appear to be healthy has resulted in unnatural depleted and chemicalized agricultured food.

In the year 1840 Professor Justus van Liebig published "The Organic Chemistry of Agriculture" that led Chemical Companies to embrace his principle of supplying nitrogen, phosphorus and potassium (NPK) to unproductive soils, and began prospering with their artificial fertilizers in the late 19<sup>th</sup> century. These fertilizers made it possible for farmers to stop moving and stay in the same location - farming the same land indefinitely. The outcome of this early reliance on chemical fertilizers is the intensive 'chemical agriculture' as we know it today.

The use of unnatural petrochemical fertilizers produced crops that looked healthy. However, the increasingly damaging effect of bugs able to attack weakened plant defense systems led to the use of pesticides. This combination of fertilizers and pesticides made it possible to obtain high yields of crops virtually free of insect damage. In the beginning results were impressive, but by the 1950's ever more potent chemicals had to be used to produce the same results. By 1960 farmers had already pumped 600 million pounds of chemicals into the soil and the food supply.

The use of pesticides continues unabated in spite of increasing reports of poisoning. A report published by the National Cancer Institute

describes a study estimating that farm workers are six times more likely to contract cancer as compared to other non-agricultural workers. Data supplied by the National Academy of Sciences reports 20,000 cases of cancer a year can be linked to pesticide poisoning.

The latest insult is the GMO (genetically modified organism, genetic engineering of seeds). It is not coincidental that chronic disorders like cancer, heart disease and other degenerative diseases have escalated since GMO food.

Studies have demonstrated that the application of chemicals to soil and plants has a direct relationship to ill health, death and the growing sensitivity to chemicals, food and atmospheric pollution.

The presence of chemical additives in food causes trace elements to become unavailable. The same applies to the soil trace elements that become unavailable to plants. Essential enzyme reactions are influenced by the shortage of any functional nutrient. Billions of microorganisms essential to the growth and health of the plant perish leading to sterile depleted soil.

Adding to this problem, the industrial revolution led to the refining and processing of staple food. Clearly, the depletion of essential nutrients corresponds to the escalating level of morbidity statistics of illness, disease and deaths that will continue to worsen unless we return to the soil those essential nutrients particularly minerals and trace elements.

### **Neglected Area of Research**

The subject of the importance of minerals in health and disease is a neglected area of research - a subject as important as oxygen. In fact, the two work together. The same as the body cannot survive without oxygen, the body cannot survive without minerals. Various levels of depleted oxygen, as is the case for depleted minerals, determine the illness or diseases of mankind. Whereas the body can use food to produce energy and some vitamins, the body must have minerals supplied from plant source.

Although the evidence is overwhelming, and has been for a number of years, giant agribusiness has successfully suppressed research that would demonstrate the relationship of chemical farming to illness and disease. Even a small percentage of the annual 750 billion dollars currently spent on so-called health care allocated to research would present evidence that could lead to the most dramatic change in our food supply to reverse the escalating suffering, illness, and deaths.

## **Importance of Minerals**

Correctly described, minerals are electrolytes. Dr. Carey Reams, a biophysicist and biochemist, determined that the body requires 84 of the known 106 elements to maintain optimum health. Many more than are currently recognized. Scientists estimate others have still to be revealed.

Each has a particular ionic charge that together is referred to as electrolytes. They have critical chemistry needed to balance heart rhythms, pH, body fluid, neurological transmission, and a myriad of cell molecular and atomic functions including structuring RNA characteristic of every cell.

When in balance, vibrant health is obvious. When not in balance, a vast range of symptoms, illness, and disease results. When illness and disease occur, the evidence is that the so-called miracle of healing is achieved when an imbalance of minerals is restored. On the other hand, failure to restore the mineral balance as we treat the symptoms, so we perpetuate the escalation of all our illness and disease.

## **Balancing Minerals**

Before initiating the balancing of minerals, there are several factors that need to be understood to achieve success.

### **Inorganic Minerals**

Inorganic minerals (metallic minerals) found in abundance in our soils and rocks are unnatural to the human body and can be toxic in this

form.

Our creator intended that we get our minerals from plants grown in mineral rich soils. Plants absorb metallic minerals through their roots and convert them into organic hydrophilic minerals easily digested and assimilated.

These plant minerals are hydrophilic or water soluble, which is what causes them to work efficiently with the natural body absorption and assimilation process.

Colloidal minerals have a negative electrical charge and each is hundreds of times smaller than a metallic mineral. Because of this negative charge and smaller size colloids stay in solution rather than going into suspension.

### **Several Forms of Minerals - Overview**

There are different forms of minerals. Using the wrong kind of minerals can be toxic or fail to restore or maintain mineral balance. This is explained as follows:

1. Inorganic metallic minerals are those commonly used in the form of compressed tablets and are poorly used and more likely pass through the body without being digested. Even when dissolved in the digestive tract, the metallic salts which are positively charged ions are repelled by the positively charged lining of the digestive system leading to as little as 3-12% absorption.
2. There are supplements that have only 8-14 minerals whereas the body needs more than 74 to satisfy natural balance.
3. In the 1970's, the health food industry introduced chelated minerals to improve the absorption of minerals. This process uses an organic negatively charged amino acid molecule to bind with the positively charged metallic minerals. This larger negatively charged mineral compound is electrochemically attracted to the lining of the digestive

tract and is thus more readily absorbed. However, the evidence is that the metallic mineral is inefficient in cell chemistry compared to natural plant minerals.

4. Then followed the introduction of plant derived minerals, in a colloidal solution. Colloidals are live energized nutrients which go to work immediately in cells throughout the body as compared to capsules and pills containing dried, desiccated and comatose nutrients requiring the body's energy and gastro-chemistry to initiate transport to the blood stream and thereafter to the cells. Colloidal formulations provide a more effective means of delivery, immediate absorption, and compatibility in body fluids.