

Supplementing Why the need for minerals

Drugs are man-made powders, chemicals that kill,
Vitamins and minerals, are God's design, His will,
And the health of the world, will be filled with sorrow,
If the doctors of today, don't become the nutritionists of tomorrow.
Dr. Robert Barefoot, in Death by Diet.

1936 Senate report -- Lack of minerals in the soil

Excerpts pertaining to Soil Mineral Depletion

In 1936 the United States Senate issued Document 264 relating to proper food mineral balances presented by Mr. Fletcher. The pioneers of this era and the genius' in the field of nutrition demonstrated that countless human ills stem from the fact that impoverished soil in America no longer provides plant foods with the mineral elements essential to human nourishment and health! The pertinent excerpts from this document are published here for your review:

It does not take great logic to conclude that *if diet can cause disease*, then **diet can prevent disease**. And that leads us to the conclusion that *diet can also cure disease*.

When was the last time that you heard of, or knew of, anyone either dying from vitamins or complaining about the pain and side effects that they induced? The answer is probably never, and I am sure that the same cannot be said about the protected and expensive drugs. *Iatrogenic disease – doctor induced now # 4 on the death by disease list*.

That leads us to the conclusion that the RDA's can be described as what the average sick American eats.

There is overwhelming scientific support for the benefits of minerals. These scientific facts showed that the establishment was wrong about vitamins, the same examination proves that they are also wrong about minerals. Most doctors now believe in the benefits of calcium consumption in the treatment of bone disease, such as osteoporosis

Every mineral nutrient is necessary to sustain life as we know it. However, there are some minerals which have several more biological

functions than the other. The mineral with the most biological function is calcium.

WHAT QUALIFIES AS BASICS: One thing is established for certain, the *soil no longer has the **minerals*** it once had, therefore, any plants grown today have a diminished amount of minerals in them. ***Vitamins*** come from the synthesis of the sun and plant growth, so theoretically, the plants should be able to provide us with all of the vitamins we need. **WRONG**, with the fear of passing along some viruses, bugs, bacteria, etc.,. The manufacturers over process the food and much of the *vitamin content is destroyed*. In our ever evolving progressive world we are exposed to more chemicals (see toxins), toxins, stress, which perpetuate the build up of **free radicals*** in the body. To counteract this build up I believe we should incorporate ***an antioxidant* to remove these free radicals***.

*Free Radicals - cellular oxidation, toxins, stress, causes the polarity of a molecule to become positively charged, which then pulls electrons from other molecules, disrupting cellular health.

*Antioxidant - a scavenging molecule, which grabs a free radical and converts it into an inert state.

Healthy eating should be a program of additions and not omissions.

Many doctors will tell patients that their dietary efforts are worthless.

Diet is an essential weapon in the fight against disease / cancer. Use that weapon.

Why can't we just read and learn? Gunter Blobel's 1998 Nobel Prize for glycoproteins shows us how cells can receive messages. Further work on this has led to the finding that certain polysaccharides are essential in our diet to 'detox' our cells and let our natural defensive killers into developing rogue cancer cells. **Noni juice and NewVera**

The fully healthy body works in a state of balance and harmony. It follows therefore that the unhealthy body is in a state of imbalance and disharmony.

Your life depends on your liver. It is the largest organ in your body and a very complex one at that.

A healthy liver filters almost two pints of blood per minute. A healthy liver also aids digestion and absorption; it metabolizes fats and cholesterol aiding their excretion; it filters out dead cells, toxins, drugs, chemicals, and all sorts of debris; it processes bacteria, viruses, fungi and parasites; and most importantly it is the cornerstone of a healthy immune system.

Estrogen – The killer in our midst. There is far more estrogen present in our bodies than ever before. And it's killing us.

Estrogen in both men and women is normally balanced by the hormone progesterone.

Excess estrogen reduces zinc levels in the body.

Type 2, or late onset diabetes, seems to be brought on exclusively by our modern diet. Indeed it is not so "late onset" these days more and more adolescents succumbing to it.

Insulin is produced in response to increases in blood sugar levels to protect our brains from damage by excess blood sugar. Sugar has been 'refined' for over two hundred years in an attempt to prevent it decomposing. It is now 96 per cent sucrose and can create a drug-like dependency in the body. ***It also depletes the body of calcium. Corn syrup has similar problems and it depletes the body of B vitamins.***

Whole grains for thousands of years provided fiber, protein, amino acids and essential B vitamins. No longer, refined pasta is not longer a living food. It has lost 80 per cent of its vitamins, 90 per cent of its minerals and almost 100 per cent of its fiber.

Vitamin levels are all about the ripening process and those grown close to home can be picked later in the ripening cycle. Bananas are now picked completely green, packed in nitrogen filled inert environments and shipped to you. We have to be wary of 'fresh' claims for produce shipped halfway around the world. In fact you are eating unripe, rotting fruit.

Frozen vegetables fare little better with a 25 to 50 per cent of the vitamins disappearing upon freezing.

As trendy as it seems, we are eating 'dead food'.

In a Finnish study on surface water (AMJ August 1999) chlorinated water was linked to increased incidences of bladder, kidney and stomach cancers.

Chlorine when combined with other organic chemicals can produce toxic chloroform. It destroys vitamin E and kills ‘friendly bacteria’ in the intestinal tract.

Factors such as yeast and parasites are working against you, weakening your essential vitamin and mineral uptake and your immune system. Supplementation is important to good health. In some instances it is essential. It is neither ‘useless’ nor an expensive luxury.

But our weakened soils are only the start. Other factors reduce your vitamin and mineral intake and nourishment as we have seen. To recap:

- Much of the produce we eat has traveled a long distance. It may be a week between picking and eating. Or more.
- Broccoli, spinach, asparagus lose 50% of their vitamins within 5 days of picking. A potato will lose 75% of its vitamin C within 5 days. Fruits can lose 50% of their vitamin C within 1 day.
- Much of the produce we eat, especially fruit, has been picked unripe.
- Fruits gain the majority of their vitamins as they ripen. Unripe fruit may be 50 to 60% deficient.
- Frozen vegetables lose about a third of their vitamins during the freezing process.

“Refined food” is the ultimate oxymoron. Normally refined means “better than:”. In this context judge for yourself.

Refined wheat has lost:

- At least 75% of its B vitamins
- At least 90% of its mineral content
- At least 98% of its vitamin E
- And 99% of its fiber
- The refining process has added about 10% to the calorific levels.
 1. Irradiation – alters the electronic structure of the atoms in the molecules.
 2. Polishes – trap the pesticides residues on the skin underneath. You can’t wash it off.
 3. Hidden ingredients – sugar, salt, sweeteners, flavors, fillers, colors, disinfectants. Tasty!

So there you have it. Quite clearly you are better off, as uniformed authorities try to tell you, eating the ‘fresh fruit and vegetables’ and not wasting money on supplements!

If only you could be sure you were eating quality living food, fresh locally grown fruit and vegetables, organically grown and in season, then you might get some vitamin and minerals from it. Why do health authorities, professors and doctors take such a misleading and simplistic view?

Consider this the next time someone tells you supplements are useless:

- Almost everyone has an acid body due to stress, alcohol, toxins, our lifestyles and the meats we consume. Minerals control your acidity/alkalinity balance and alkalinity can be achieved far more easily by taking mineral supplements.
- The US conducted a 5 year study of 38,000 people in China, finishing in 1993. It showed that those supplied with beta-carotene, vitamin E and selenium had a 13% reduction in cancers, despite their already supposed healthy diets.
- Coenzyme Q10 peaks in your body at puberty and declines as you age, to low levels after 50. It is essential for proper mitochondrial function. Supplementation can restore levels in a 60 year old back to where they were in a 20 year old.

The widely recommended daily dose for vitamin E is almost 300 mgs or 400 IU. If you ate vitamin E rich foods all day you'd be lucky to get to 100 IU's.

ACID AND ALKALI FOODS

Acid producers -- Your body's cells need a slightly alkaline environment to work at maximum efficiency, as does your immune system. A pH, for those of you who did 0 Level science, of 7.2 to 7.4 is the aim. Certain foods after ingestion make your body very acid, as do many lifestyle factors like smoking and stress.

Protein is extremely acid forming because it contains Sulphur compounds, as do wheat, rye and many processed foods. The end product after digestion is sulphuric acid.

Excess sodium makes the inside of your cells very acidic also. Anything that inhibits magnesium, blocks the cell pump and makes the cells more acidic.

Stress, lack of sleep, smoke, alcohol, and other lifestyle factors also make the body acid, so the process of trying to alkalize the body is an uphill battle.

The biochemical action of the 'alkalizers' is provided by their minerals, not their vitamins, and by the body's digestion system which produces an alkaline ash in response to their consumption.

The state of your health is best reflected by the state of your acidosis or lack of it.

Your acidosis is reflected by the pH or acid level of your saliva.

Except for the fluids entering the body in the stomach, and the fluids leaving the body in the kidneys and colon, all of the body's fluids are alkaline, or rather, they are supposed to be to maintain good health. In other words, they are not supposed to be acidic.

Every one in the scientific and medical professions knows that the pH of the blood is suppose to be 7.4. In fact, this pH is so critical, that a slight change, just over one tenth of a unit of measurement (0.1), will cause instant death (within minutes). The human body is also well aware of this fact, and therefore, in His wisdom, God created two systems in order to maintain this pH: The main system is a biochemical buffering system that works extremely well, as long as ample mineral nutrients exist in the body. The second system is a unique method of the body robbing the Peter fluid to pay the Paul fluid. The latter system is only necessary when the body is experiencing a mineral deficiency (such as the elderly, the sick, and those who do not take mineral supplements).

Thus, when the blood pH level begins to drop, the body immediately supplies it with mineral nutrients. If the body is mineral deficient, it quickly robs the required mineral nutrients from the important, but less critical saliva. Most of the mineral nutrients are in the form of alkaline salts, which are derived from the mineral nutrients that the body had expected us to consume and replenish. Therefore, due to the removal of alkaline nutrients form the saliva, the acid level goes up, meaning that its pH drops below the natural 7.4.

Understand that it is the lack of nutrients, which causes the body fluids to become acidic.

The first requirement, of course, is that the nutrients must be available for use by the body, when it needs them.

Many virus and bacteria have begun to develop an immunity or resistance to the antibiotics. Vitamins, Minerals, antioxidants, Aromatherapy are God's

natural way of fighting disease. Medicine continues to ignore God's intended, natural way.

It is the mineral deficiency induced acidosis, which causes the body to become prone to disease.

If we allow the body to become acidic because of insufficient mineral consumption in the diet, the body is forced to rob Peter (other body fluids) to pay Paul (the blood) and in doing so, it removes crucial minerals, such as calcium from the saliva, spinal fluids, kidneys, liver, etc.,

This causes the demineralized fluids and organs to become acidic and therefore anaerobic, thus inducing not only cancer, but a host of other degenerative diseases, such as heart disease, diabetes, arthritis, lupus, etc.

The Albert Einstein College of Medicine reported in the April 2000 journal Nature that “free radicals have also been linked to the destruction of cells in diabetics triggering blindness, kidney failure, and cardiovascular disease. Free radicals, which also cause Parkinson’s, are all positively charged and are destroyed upon entry into a negatively charged alkaline body, the result of sunshine, calcium, and a host of antioxidants

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