

## Sick Soil ... Sick People

According to Dr. Cavanaugh, M.D., of Cornell University, “The most neglected area yet to be fully researched is the subject of minerals and trace minerals. This is remarkably curious as minerals and trace elements are the very building blocks of all life forms. Through erosion and poor farming practices, the soil has become nearly exhausted of these vital elements.”

Our immunity very much parallels the immunity of the land. More and more scientific studies are popping up with the same conclusion as Senate Document #264. It states that leading authorities submitted evidence that 99% of the American people are deficient in minerals, and that an imbalance of any one mineral actually results in disease. And that any upset in the balance, any lack of one or another element, it doesn't matter how microscopic the body requirement may be, we sicken and shorten our lives.

The consequences are clearly brought out by Hamaker & Weaver in their book *Survival Of Civilization*, “Civilization has been brought to the verge of extinction with virtually no knowledge of how to avoid it. The quality (health, vigor, intelligence, longevity, etc.) of all living things depends on the protoplasm of life in the soil and that depends on the availability of elements in the soil stone.

“As the various elements required by enzymes disappear from the soil, various body functions must inevitably fail, so the diseases of malnutrition become the norm rather than the exception. It makes a clear picture of why all living things on Earth have been slowly starving to death.”

Dr. Robert LaFave, from The Metabolic Research Center, found that none of the functions within the cells can occur without all of the minerals and trace minerals being present.

Every metabolic function of the body, including the digestion and absorption of the food we eat, depends on enzymes. All of our cellular functions are actually initiated by enzymes, and are necessary for our vitality and immunity. The public spends millions of dollars on vitamins and enzymes each year, but lacking minerals, both are useless.

Linda Clark, M.A., a well-known nutritionist supports this stating, “We may be looking frantically for health in the wrong direction. Vitamins play their part of course, but the minerals liberated the vitamins to do their work.” And Gaylord Hauser, from his book, *Diet Does It*, concurs – “Minerals are certainly as important to us as vitamins, yet minerals are overlooked, neglected and their value underestimated.”

### Did You Know?

- Enzymes are only produced in the presence of colloidal trace minerals. Minerals are the catalyst that make enzymes function.
- Trace minerals are an essential part of hormone structures and help regulate the hormonal activity of the entire endocrine system.

- Food, drugs, herbs & vitamins cannot function unless minerals are present making minerals more important in nutrition than vitamins.
- Colloidal Minerals reduce stress & nutritional fatigue at the cellular level.
- Colloidal rare trace minerals are the essential sparks of life that generate and maintain electrical production in our bodies. Our bodies are dependent on these minerals for its tens of thousands of biochemical functions.
- These nutrients must be constantly replaced.

A healthy plant, animal or human has a natural resistance to disease and is patterned by nature to resist invaders and heal itself. The whole story begins to unfold as to why in the past decade the natural immune system is breaking down on a widespread basis.

## The Missing Link

Dr. Carey A. Reams, biophysicist and biochemist, found that the human body requires 84 of the basic elements (out of the known 106 elements) to maintain good health.

A small percentage of these elements are received directly from the air and sunlight, the remaining come from plants and animals which process minerals into a colloidal form that the human body can assimilate and use.

Do to depleted soils these vital minerals, and especially the important trace minerals, have practically disappeared in the entire food chain.

Evidence reveals that cumulative deficiencies of minerals, especially the rare trace minerals are the largest cause of physical problems and aging.

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