THE TUESDAY MINUTE

IT'S TIME TO FEEL GOOD AGAIN

THIS WEEK'S TOPIC

Soil Mineral Depletion

"Evidence was presented that trace minerals were deficient in the soil, and thus, animals were not getting what they needed from their food."

"No man of today can eat enough fruits and vegetables to supply his system with the mineral salts he requires for perfect health." This statement is an excerpt of a testimony pertaining to the problem of soil mineral depletion. It was made, are you ready, in 1936 at the 74th Congress of the United States.

Fast forward 80 years and the problem is exponentially worse. You see minerals are needed to make enzymes. Without enzymes, we don't digest our food. We can't detoxify. We can't generate energy. We are stuck in a chronic inflammatory pattern. We can't repair. We can't relax. Enzymes are the stuff of life. Without enzymes, there is no life.

I know you know this, but do your patients know it? Let's take a minute to review why our diet is so mineral depleted. Once your patients understand these facts, many of the "do I really need to take this conversations" are over. They will be more compliant, and as a result, much healthier and better referral sources.

The reason for the congressional hearing back in 1936 was the unusual amount of spontaneous abortions from farm animals. At the hearing, evidence was presented that trace minerals were deficient in the soil, and thus, animals were not getting what they needed from their food. After supplementing their diets with trace minerals, the incidence went down. By the way, are we seeing a decline in fertility today? Absolutely, fertility clinics are common place.

What are some of the ways minerals get into soil? Composting, spreading manure, crop rotation, leaving fields fallow every 7 years, and spreading combinations of inorganic minerals like lime and boron.

After living in a Midwest farming community for almost 30 years, I can tell you that the crop rotation is limited, soy beans, corn, and back to soy beans.

In terms of fertilizer, farmers add the big three: nitrogen (N), phosphorus (P), and potassium, and infrequently, lime is added for calcium, and rarely dolomite or even gypsum for magnesium. But plants need multiple minerals to grow, and the trace minerals are essential for optimal health. Adding the big three will

accelerate the growth of the plant, but trace minerals like iron, copper, manganese, zinc, chromium, selenium, lithium, silicon, and boron are essential for the health of the plant.

Dr. Arden Anderson, a physician and author of Science in Agriculture: Advanced Methods for Sustainable Farming, gives evidence that plants devoid of essential nutrients are more prone to be eaten by insects and to be overrun by weeds. Healthy plants crowd out the weeds. And just as healthy plants can ward off disease and weeds, our bodies are made to withstand disease. When we have the minerals to make enzymes needed for energy our bodies are amazing at fighting disease.

We have at least 80 years of mineral depleted soil; now let's compound this by adding almost 30 years of "Roundup" or glyphosate. We know glyphosate has been sprayed on GMO crops. Sadly, most of our patients don't know glyphosate has been used as a drying agent on many of our commercial grains. I am convinced that the use of glyphosate is a major factor in this country's gluten sensitivity problems. Glyphosate kills the healthy bacteria in the soil and allows the unhealthy bacteria in the soil to kill the plant. Newer research shows it does the same thing for our microbiome.

The secondary characteristic of glyphosate is the chelation or binding of key minerals in the soil, making them unavailable for the plant. Magnesium, manganese, iron, zinc, calcium, boron are just a few of the minerals bound by glyphosate. So, the reduced levels of minerals in the soil are further limited by the use of glyphosate.

Here's another factor that decreases the absorption of minerals, the epidemic of over-the-counter and prescription meds to inhibit HCL. We need the right pH to ionize minerals and cleave them from food. And the onslaught of over-the-counter and prescription meds is elevating our stomach acid reducing absorption.

Think about it. We have plants today with fewer minerals than 100 years ago. We have glyphosate that prevents the plants from absorbing key minerals. We purposely diminish HCL, then what minerals we can absorb are further depleted by over-the-counter and prescription drugs. So you can see why people are mineral deficient.

Two easy ways to increase mineral concentration is to use ProMulti-Plus, 2 capsules three times a day for all the basics, and then add Multi-Mins 2 tablets twice a day.

Multi-Mins provides optimal doses of 15 minerals in bio-available form. There is also a product called Multi-Mins Iron & Copper Free which contains the same mixture of minerals, less the iron and copper. Personally, unless I know the patient needs iron or copper my preference is Multi-Mins Iron & Copper Free. I could go into more detail, but I think I've made my point.

We are deficient in minerals. Minerals are needed to make enzymes. And since enzymes are the stuff of life, without enzymes there is no life.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.