

Synopsis of *Nature's Power*, by Terry Wall

Nature's Power is a powerful call for change at an international, national and individual level. Combining Terry Wall's personal journey of discovery with up-to-date research by respected scientists, it reveals truths about our current state of health that everyone should understand. *Nature's Power* has the potential to upset the health and nutrition industries while bringing immense benefit to millions of people. It should be read by anyone seeking to improve their health and wellbeing and that of their children.

In today's society, few of us live up to our true potential. Every tenth child is born with permanent life-changing disabilities. One in five has learning difficulties. Seventy per cent of retirees are significantly disabled. Allergies, intolerances and mental health issues are endemic. *Nature's Power* suggests how we can counter these alarming facts.

At the book's heart is revealing information about the role of minerals in our diets. Nutritionally vital, minerals have slowly been depleted from our diets. Terry explains the historical, political and environmental reasons for why this has happened and makes a convincing argument for their return.

He explores how our health has been hijacked by multinational companies. How many of the decisions about our health and nutrition are made using economic, not scientific criteria. And how we are all manipulated by stories of impending doom that foster widespread feelings of fear.

Terry Wall is a farm consultant who has worked in five countries. He is professionally trained to keep his mind focused on the big picture and is convinced by fact, not opinion. *Nature's Power* brings together his carefully-considered observations of what works with animals, extensive evidence from people living in areas richly supplied with minerals, the latest scientific research results, and a ten-year personal history of mineral supplementing. He clearly demonstrates that multi-minerals and trace elements are critically important to our holistic well-being, arguing that there is a country mile between clinical symptoms of deficiency and the amount needed to support truly productive life.

He shows how humanity is hugely more deficient in minerals than currently acknowledged by medicine or science, and suggests that recommended daily allowances that were set over 60 years ago are tragically and probably criminally inadequate.

Nature's Power reveals how readers can harness the hidden power of minerals to dramatically improve their mental and physical functions. In an exciting development, new ground-breaking research shows that elite nutrition has the power to alter not just our health but our DNA. So by following the advice in *Nature's Power*, readers can affect the wellbeing and performance of future generations as well as themselves.