

Trashed Food – Another Inconvenient Truth

Feeling healthy and youthful can be rather elusive and yet it is everyone's dream.

This is about a New Zealander's search to see if one supplement could be designed to get this feeling of vitality back on track.

Initially inspired by his success trialling multi-minerals with livestock, he searched to see if there were certain mineral rich areas of the world providing better health and longevity for humans.

These are not hard to find. Examples included the longevity of populations living on the minerals rich waters high in the Andes and Himalayas. The success of the mineral rich Mediterranean foods, preventing and treating heart disease. The health advantages of the population of a West African country, Senegal. Conveniently located on an ancient sea bed, the soil is so rich in minerals that the Senegalese export it as fertilizer. More importantly, the Senegalese enjoy the worlds lowest cancer rate and are stunningly resistant to HIV infection, indicating great immune well-being. The comparative well being of African tribes living along the coast of East Africa (fish and fruit versus maize). Etc etc.

Nature has made a uniquely powerful defence system for each and every one of us. What was becoming rapidly obvious was the fact that minerals and trace minerals were not just a building block, but an important fuel for this protective mechanism.

To quickly illustrate the power of the immune system lets look at little known piece of research carried out by Dr Derek Hart originally of Christchurch New Zealand and now working at a research hospital in Brisbane, Australia. He and his team were able to identify and separate out the trigger or marker sections of DNA in a cancer. These markers were what the dendritic white cells identify with (like a road sign). When the markers were mixed with the blood from an inoperable brain tumour patient, then injected back into the patient, the white cells achieved in a very short time, what no surgeons knife could ever do. Not only did the 'educated' immune system remove the tumour, but it took out any stray cells all over the body. That patient effectively became vaccinated against that form of cancer.

Now that is powerful! It is not just preventing, but actually 'curing' cancer.

Politics or Economics

Why is this sort of information often ignored? Consider the economics of the food industry. You might ask why certain heavily processed foods in our supermarkets, are cheaper than food that are whole or unprocessed!

The only reason this lower price could be justified, has to be that the ingredients companies have extracted and sold something out of the original materials, to offset the cost of extra processing.

For Example: WHITE SUGAR! Why is the goodness of natural sugar, in the form of molasses, processed out leaving pure white sucrose? The answer is because it is more profitable.

It is known that our bodies need the extracted nutrients in order to manage insulin output (esp. Zinc and Chromium).

But then no one pays the sugar company to leave the vital ingredients in sugar but livestock farmers sure will pay for molasses. (The writer has seen Africans chewing all day on a raw stick of sugar cane and to his knowledge it did little if any harm due to the natural ingredients still in the sugar cane.) In earlier times molasses was recommended as a tonic for children!

What about white flour. The wheat germ, bran (approximately 40 items can/is being extracted) out of harvested grain leaving pure white cellulose (excellent wallpaper paste). All the extracts are sold for other uses, again mainly stock food meals. Sure, they add a few chemicals to make it stay soft and taste better. They have to, in order to sell it.

And WHITE SALT. Real salt is grey. The 77 colloidal minerals present in all sea water are intentionally washed out to make it white and presumably more attractive. The washed out minerals are sold to the livestock industry because young animals grow faster and older ones are more fertile or reproductive when they have access to these minerals (mineralised salt licks). Aluminium chloride (Yes that is not a typo) is added to make the salt flow better. Sometimes they occasionally add iodine (a single mineral) to help sell it on supermarket shelves. Few people realise that refined food manufacturers do NOT usually include iodised salt

Probably worst of all are **the hydrated oils** that most factory food is manufactured with. Hydrating allows food to remain "for sale" for months. Problem is that, while we can digest it into our bloodstream, our cells cannot make use of it and worse, it coats the cell wall with a stickiness that stops those cells absorbing much depleted but desperately needed nutrients like minerals and vitamins etc. To cut a long story short – the result is obese, dumb and immoral people.

If you are getting a little depressed at all this, just remember to eat when ever possible and convenient, **WHOLE FOODS.**

Still in Doubt?

Consider the research of Dr Linus Pauling (Twice winner of the Nobel Peace Prize for chemistry). He is reported to have said "*there is no disease, sickness or illness that cannot be traced back to a deficiency of one mineral or another*". That sound pretty definite!

Dr Joel Wallack's work with both animals and humans (thousands of biopsies) confirm the link between mineral deficiencies and disease. Dr Richard Passwater's sensational book on the mineral selenium, titled "Selenium, a food or a Medicine," was a must read for anybody doubting its incredible role in health.

Back to Basics

When you think about it, minerals are after all, the foundation blocks of life. It is what life started with and it is all that is left at the end of life. On top of that, there were more minerals in our diets in years gone by (per volume of food produced) than there are today. We should remember that these new health challenges are exploding at a time when vitamins, amino acids, enzymes, glycol-nutrients and herb supplements are available (in the shops or multi level marketed) as never before.

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Finally, the loss of minerals from the modern diet is not entirely due to the processing or stripping of food (as detailed above). Acid rain and acid fertilizers contribute as do some cultivation methods. All are extremely negative to the natural release of minerals in the soil.

Questions

OK, so if the answer is minerals, the first question has to be “*which minerals*” and the second question “*why don’t existing minerals supplements work*”.

To answer the first question: Unfortunately there are simply too many minerals in our genetic makeup or history for us or any one else, to do comparative trials. Seventy seven minerals have been found in 4 million year old vegetation deposits. Plus minerals are synergistically related: *To increase or decrease any one has a ripple down effect on others. To add one or leave out one mineral, endangers the effectiveness of another, etc.*

In answer to the second question “*Why don’t existing Mineral supplements work?*”

There are three reasons: The first is that some mineral supplements contain minerals in a form that are not readily absorbed by our digestive systems and or are not readily accessible due to being tightly pressed into hard tablets.

The second is that most supplements exclude most or some minerals (often some of the more deficient ones).

And last but not least, most supplement manufacturers simply under estimated the level of deficiency and the toxin load of modern life.

Solution

We have tested the truth of the above with the production of a mineral capsule we call In-Sync Minerals. Made from a mix of colloidal humic shale and sea minerals, with added chelates of the most deficient minerals.

We would like to make two important observations.

The first one we found a bit unexpected. It appears that the body uses minerals not just to rebuild and replace but ALSO to carry out waste management or detoxing.

For some people the body can get quite excited or busy catching up on house work. Some may feel a big need for more sleep. Drink plenty of clean or preferably carbon filtered water as it is an essential part of the toxin flushing lymph system.

The second thing is the effects of better nerve connectivity. When you refuel your body with minerals, you may find, especially in older people, parts of your body may become sore for a day or more. This is part of the healing process. It is caused by improved nerve transmission, electrical messages getting though to your brain that you do have a problem. Be grateful that you discovered it before pain made it obvious.

Benefits are revealed progressively. What you will notice are (in approximate order of occurrence): Improved mood (more smiles), mental alertness and memory (after a week or two), better hand eye co-ordination (a week or three), faster healing (injuries), greater looking skin and skin

elasticity, disease resistance, improved libido, body shape/ tissue getting firmer, joint problems disappearing (a year or so).

If there are no health issues you will feel an immediate increase in energy.

Each person reacts differently.

Summary (In order of priority)

- Do NOT eat food made with hydrated oils
- Max out with minerals
- Eat whole foods
- Avoid Fat free (industrial waste)
- Avoid sugar free (chemicals are worse)
- Choose protein plus carbohydrate meals with care (combine well)
- Avoid Factory food (GE ingredients, Antibiotics, impoverished)
- Replace fillings with “plastic inlays” or better.
- Read Labels (if you cannot pronounce it, avoid it)
- Walk for health (run for fitness)
- Avoid Plastic containers (chemical contaminants)
- Avoid Beer at around meal time (slows digestion)

Finally, we believe that if you are going to thrive in this modern world of contaminated environs, life is more to do with what you are NOT feeding your body rather than what you MUST AVOID. We are not frightened of HRT or Berty germs or even the odd fag.

“Lifes journey is not to arrive at the graveside in a well preserved body, but to skid in sideways, shouting “Yeee Haaa, what a trip!” ☺

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