

# Hollow Foods

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*Every ailment, every sickness and every disease can be traced back to an organic trace mineral deficiency.*

—Linus Pauling

It is a fact. Our soils are depleted and depleted soils do not produce healthy, nutrient-rich plants. It's also a fact that crops produced in depleted soils are more prone to the invasion of insects, viruses, fungi, etc. Insects and infectious organisms were designed to get rid of unhealthy vegetation and they do not typically attack truly healthy plants. Much of the modern world is now aware that our industrialized methods of farming have not only depleted the soils, but they have created a cycle that requires pesticides to protect the unhealthy crops grown on the depleted soils. And who suffers? We all do!

There are more than 70 trace minerals necessary to produce healthy, nutrient-rich crops, yet the most current farming methods routinely put back only 3 to 5 of them. And that's only a part of the problem. Inorganic (synthetic, "dead"), ammonium based fertilizers along with herbicides and pesticides kill the precious microorganisms in the soil that are unquestionably essential to the creation of organic mineral complexes.

Not only have we used up the available trace minerals in our soils (those in the form of organic complexes), but we have also destroyed the means of replenishing them (soil-based microorganisms). And if that were not enough, modern, economic-based agriculture has virtually replaced all the critical organic complexes with inorganic fertilizers that cause toxicity in water runoff and further imbalance the delicate nature of our soils.

In the 1930's, when farmers began to add inorganic fertilizers to the soil, it was presumed that biological organisms could assimilate minerals in any form. Unfortunately this is not the case. We are now discovering that inorganic minerals and trace minerals cannot be easily assimilated by plants. They must first be combined with carbonaceous matter before they can be used. No wonder our food is less and less nutritious. No wonder it lacks taste and no wonder the modern farmer has to apply more and more toxic pesticides, herbicides and chemicals every year in order to get his crops to market.

Let's look at a similar dilemma. The human body is also meant to derive minerals from organic complexes. However, in our case, these complexes were meant to be supplied in the food we eat. Unfortunately, these critical, disease preventing, organic nutrients are not present when our food is grown in depleted soils. And, just like the farmer who has attempted to alter the soil with inorganic toxic chemicals and fertilizers, we have tried to add inorganic trace minerals to our diet in the form of colloidal supplements with even worse potential consequences.

It is important to reiterate that most all trace minerals are not recognized, absorbed or utilized by living tissue unless they are carried in organic complexes. They eventually accumulate in the body and are stored outside the cells in interstitial fluids, and fatty tissues. Over time, severe toxicity and disease may manifest. On the other hand, organic trace minerals are definitely different from inorganic minerals. They are physically small enough that they can be easily carried into the cells of our bodies. They are bound by carbon (living matter) and have innumerable health benefits, aiding in intracellular detoxification and the removal of inorganic toxins from the extra cellular spaces in our bodies. Thus, when trace minerals are combined with carbonaceous matter, they become an enriching meal of living minerals rather than a toxic plate of inert (dead) rocks.

Trace minerals are systemic catalysts. They are activators (intra-cellular "spark plugs"). They either "kick off" or "speed up" most of the chemistry that goes on in our bodies. Without trace minerals there is NO LIFE! Trace minerals are responsible for carrying most of the nutrition into our cells. Hence it has been said that we need three basic ingredients to sustain life—water, oxygen and, organic trace minerals. Not even vitamins or enzymes can function without trace minerals, and when they are lacking, numerous processes either slow down or come to a halt until the mineral banks can be replenished. Knowing this, it is easy to see why both plants and humans are becoming increasingly susceptible to disease. It is also easy to understand what Linus Pauling, (twice awarded the Nobel Prize) meant when he stated, "Every ailment, every sickness and every disease can be traced back to an organic trace mineral deficiency." It has become alarmingly evident that we are severely deficient in one of the most basic components necessary to sustain health—organic trace minerals.