

Healthy Planet News covers topics written in a way that is easy to understand and implement for optimum natural health. If you are new to staying healthy by using natural nutrition you will find these two articles, "Where Have all the Minerals Gone?" and "Should You Be Supplementing with Magnesium?" truly fascinating.

Where Have All The Minerals Gone?

Those carrots in your refrigerator, are there any minerals in them?

Today, scientist have learned through decades-long studies that we have lost 60-90% of the health-giving minerals in or Fruits and vegetables over the past 70 years.

In 2004, for example, Donald Davis, a researcher for the Biochemical Institute at the University of Texas, analysed 43 fruits and vegetables from 1950 to 1999 and reported shocking reductions in vitamins, minerals, and protein in all of them. For example, he found that while broccoli had 130 mgs of calcium in 1950, by 2004 it had only 43 mgs. Even more alarming,



96% of the iron had been lost from apples. These are, of course, frightening declines in the minerals we need to sustain our bodies.

The problem is that our soil has no minerals left to be absorbed by our produce, as researchers at the Rio Earth Summit noted,

"Recent studies that compared the mineral content of soils today with soils 100 years ago, found that agricultural soil in the United States have been depleted of 85% of their minerals."

[CLICK HERE to Find Out More](#)

Sources

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Are You Eating A Diet of Weak Poisons?

The Consequences of Mineral Dilution in Food

These nutritional deficiencies are causing major diseases of all kinds that we are just now recognising are caused by malnutrition. "Mal" means "bad," and malnutrition really means, "bad nutrition" and that's the only kind of nutrition we have left today in our food supply, unfortunately.

Nutritional deficiencies are what scientists believe may be behind the epic increase in cardiovascular disease, diabetes, autoimmune diseases, and gut problems of all kinds. As Waller and Marlen note, more and more nutritional studies have linked many of today's most prevalent, life threatening chronic diseases - diabetes, heart disease, stroke, obesity, high blood pressure, macular degeneration, bone loss, dementia to nutritional deficiencies. Research is finding simple nutrition may eradicate many of these common conditions as it has with scurvy, pellagra, beriberi and others. The simple truth may be that susceptibility to disease is linked to either toxicity or nutritional deficiency.

| Mineral | 1914 | 1963 | 1992 | % Decline |
|------------|-----------|-----------|-----------|-----------|
| Calcium | 13.5 mg. | 7.0 mg. | 7.0 mg. | -48.15 |
| Phosphorus | 45.2 mg. | 10.0 mg. | 7.0 mg. | -84.15 |
| Iron | 4.6 mg. | 0.3 mg. | 0.18 mg. | -96.09 |
| Potassium | 117.0 mg. | 110.0 mg. | 115.0 mg. | -1.71 |
| Magnesium | 28.9 mg. | 8.0 mg. | 5.0 mg. | -82.70 |

Plug "nutritional deficiencies and disease" or "magnesium deficiency and disease" into PubMed, for example, and you'll see a multitude of recent studies confirming what we're learning about the link between mineral deficiencies and disease.

Potassium deficiency = kidney disease, kidney stones, and will eventually lead to dialysis and death. Period.

Magnesium deficiency = hypocalcaemia, hypokalaemia and cardiac and neurological diseases. Chronic low magnesium leads to diabetes, hypertension, coronary heart disease, and osteoporosis. Unless we begin getting these nutritional deficiencies remedied, we will all become sick, fat, exhausted, inflamed, and prone to diseases of all kinds.

One cannot live on cardboard (today's wheat) and polluted water containing metallic lead and arsenic.

In fact, grains today do about the same things for the gut as eating cardboard would. They create a perforated, leaky gut full of holes, and that's because they've become so genetically engineered to withstand pesticides that they're hardly "food" anymore.



Nutrient Deficiency May Be at the Heart of the Obesity Epidemic

Today, researchers are making major strides in obesity research as they've finally begun to look to the problem of mineral deficiencies in our diets and how they cause cravings and overeating.

Part of the reason so many people are overweight today is because of the mineral decline in the food we eat. Our body wants minerals, so it creates cravings that signal us to eat more to get the amount of minerals it needs, because one serving of potatoes just doesn't cut it anymore. As one researcher notes, despite excessive dietary consumption, obese individuals have high rates of micronutrient deficiencies. Deficiencies of specific vitamins and minerals that play important roles in glucose metabolism and insulin signaling pathways may contribute to the development of diabetes in the obese population. ⁵

Nutritional deficiencies also create vicious food cravings . . . cravings for salty things, sweet things, starchy things, cold things. This is your body telling you, "I need more minerals—major minerals, trace minerals, minerals!"

This is why pregnant women often crave dirt, corn starch, and other strange compounds like these. Their body is telling them they need more major and trace minerals in the body to grow a healthy baby. Unfortunately, even dirt might not satisfy these craving as much as it would have 50 years ago, when our soil still had valuable minerals in it.

Same thing with food cravings. Your body is telling you it needs something very crucial right now - something healthy, with minerals in it. You keep eating and eating yet nutritionally you are still starving.

Will Buying Organic Help?

Organic and local foods are free of pesticides and potentially dangerous chemicals, yes.

They have not lost nutrition through transport and mishandling, true.

They are fresher, more nutritious, and healthier than conventional produce in the sense that they haven't lost minerals through transport, sitting in trucks, getting bruised and rotting, these kinds of issues, yes.

But... although local and organic vegetables are the epitome of "clean eating" they still come from nutrient depleted soils, and that, organic cannot fix.



Why is Our Soil So Depleted?

There are about 5 reasons why the nutrition is going out of our soil and, consequently, out of our food.

First, our soil is eroding. We're losing all of our fertile topsoil due to erosion. Soil erosion is caused by the bulldozing, burning, and cultivation of the plant material that was used to nourish the soil and the removal of the kind of plant cover fertile topsoil needs to thrive. All of these factors are causing the top three, fertile layers of our soil to erode away. ⁶

Second, our mineral-rich topsoil has been so ravaged by over-farming that there is not enough fertile, mineral-containing soil left.

Third, farmers are breeding high yield varieties of plants with weak root systems that cannot absorb the few nutrients that are left in the soil.

Fourth, the use of pesticides negatively impacts the nutritional quality of food.

Lastly, the use of NPK (Nitrogen (N), Phosphorus (P), and Potassium (K)) fertilizers, which do not replace the soil with necessary organic matter that produces nutrients. ⁷

Not to mention the genetic breeding of less nutritious, hardier, higher yielding plant varieties that provide huge quantities of food but not nutrient-dense, high quality food. All of these factors have resulted in what is called "mineral dilution" or "nutrient dilution" of our food.

If we cannot get our nutrients from our food anymore, we're going to have to put them back into our bodies and soil again. That's the only solution. Think on it all you might, it is the only solution. We cannot force industrial farmers to replace the minerals in our soil . . . yet.

The Solution: Plant Based Minerals

There is a solution to mineral loss.

First, we can look to plant based minerals, the only kind of minerals that are completely absorbed by the body.

Second, we can grow our own vegetables in plant based re-mineralised soil that guarantees a mineral-rich yield of produce.

Third, we can begin creating awareness about the dangerous lack of nutrients in our food supply. But, while we work on re-mineralising our soil, we need to re-mineralise our bodies.

Why Plant Based Minerals Work

The advantage of organic, plant-based minerals as opposed to metallic minerals is that they are easily and completely absorbed by the body. We only absorb 4-6% of metallic (chelated) minerals or other forms that are not plant derived. These are the kind of minerals sold at stores and all over the web.

But plant based minerals, which are harder to find (but well worth it), are absorbed by the body and soil at a rate of 100%.

Plant-based minerals are the products of photosynthesis, in which plants digest metallic minerals and convert them into hydrophilic (water soluble) minerals through their root system. During photosynthesis the plant digests the mineral creating a tiny, atom-sized mineral the size of 1 one millionth of a micron that can be immediately absorbed by the human body. Plant minerals are of the same form as those obtained from tomatoes, broccoli, potatoes, oranges or any other food grown from the earth. They are also enzymatically alive. They have been predigested by the plant allowing humans to absorb them at the cellular level, where they can immediately go to work, refueling our body with precious nutrients and minerals like potassium, calcium, iron, magnesium, copper, zinc, and manganese.

Conclusion

If we want to reverse the epic increase in disease today, we must correct the nutrient decline in our foods to do so. We can start at home, taking plant based minerals and growing gardens with re-mineralised soil. We can re-nourish ourselves, our families, and reach out to friends and neighbors to share what we have learned. But soon, we must begin clamouring for change. We need industrial farmers to start re-mineralizing their soil at a global level and for government officials to treat this problem as the world crisis it truly is. We do not have to settle for a diet of weak poisons. We can put the nutrition back in.

[CLICK HERE to Find Out More](#)

Should You Be Supplementing with Magnesium?

"We imagine that medicine has advanced to the stage of miraculous cures, yet it's not technology that we're lacking but basic nutrients that power our bodies and give us our health. Clearly there is more to life than magnesium, but life can't exist without it."

Magnesium: There's Just Not Enough in the Foods We Eat

Over 80% of all adults in the world are deficient in magnesium. Along with vitamin D, magnesium is the most important mineral we are not getting enough of.

The consequences of this deficiency on our health are monumental. As researchers note, "low magnesium intakes and blood levels have been associated with type 2 diabetes, metabolic syndrome, elevated C-reactive protein, hypertension, atherosclerotic vascular disease, sudden cardiac death, osteoporosis, migraine headache, asthma, and colon cancer."

Why Are We So Deficient in Magnesium

soil depletion that lowers the amount of magnesium in produce

- Digestive disorders (from refined grain and gluten consumption, chiefly)
- Antibiotic and OTC/prescription drugs that literally kill all the beneficial bacteria in the gut, destroying the ability to absorb nutrients from food (or supplements)
- The transport/decay of foods leads to magnesium loss
- The refining of grains, flours & sugars
- The magnesium in our water binds with fluoride, forming an insoluble mineral.

The consequences?

Well, your body uses magnesium for its most elemental functions, from your heartbeat to making essential hormones (necessary to maintain weight and metabolism). We exhaust magnesium every day and must replenish it, just like putting gas in a car, or the body suffers.

Are you getting 400 milligrams a day?

1. Spinach, 1 cup 157 mg. (49% RDA)
2. Swiss Chard 1 cup cooked, 150 mg. (47%)
3. Black Beans, 1 cup cooked, 120 mg. (37%)
4. Mung Beans, 1 cup cooked, 97 mg. (30%)
5. Almonds, 1/4 cup, 97 mg (30%)
6. Cashews, 1/4 cup, 91 mg. (28%)
7. Potatoes, 1 large, 85 mg. (26%)
8. Pumpkin Seeds, 1/4 cup, 42 mg (13%)

(USDA National Nutrient Database)

The trouble is, with everyone eating low-fat, low-carb diets, we don't eat a lot of the foods that are rich in magnesium, such as high fat nuts and carb-packed potatoes, and most of us don't eat dark leafy greens like Swiss chard and spinach every day either.

Why We All Need Magnesium Supplements

Magnesium is so important to the body that deficiency in this mineral will result in noticeable symptoms, especially if we are deficient for an extended period of time:

- exhaustion/fatigue
- dehydration
- insomnia/trouble sleeping
- cardiovascular disease
- kidney and liver damage
- peroxynitrite damage that can lead to MS, glaucoma or Alzheimer's disease
- nutrient deficiencies including vitamin K, vitamin B1, calcium and potassium
- hypertension
- depression, behavioral disorders, anxiety, and mood swings

The body loses its store of magnesium every day from normal functions such as muscle movement, heartbeat, and hormone production, so we must regularly replenish it through food or supplements to prevent deficiency.

Top 6 Health Benefits of Getting More Magnesium, Daily

1.Helps Increase Energy

Magnesium is used to create "energy" in your body by activating ATP. This means that without enough magnesium, you don't have the energy you need and can suffer from fatigue more easily. You especially need magnesium for exercise.

2.Keeps You Happy and Staves off Anxiety and Depression

Magnesium is vital for producing "happy hormones" like serotonin. In a recent study, even people suffering from Major Depressive Disorder, the most severe form of depression there is, were able to recover using magnesium supplements.

3.Treats Insomnia & Helps You Fall Asleep

Magnesium and healthy sleep go hand in hand. In fact, many magnesium supplements produce such a relaxing effect that most people take them before bed. As Carolyn Dean notes, "Many individuals and doctors do not recognize that a major culprit in sleep disorders and insomnia is magnesium deficiency."

4.Regulates Levels of Calcium, Potassium and Sodium

Magnesium plays a role in the active transport of calcium and potassium ions across cell membranes, making magnesium crucial for heartbeat, heart rhythm, nerve impulses, and muscle contractions. Magnesium is also necessary for the synthesis of DNA, RNA and the antioxidant glutathione.

5.Helps Prevent Osteoporosis

Magnesium is needed for proper bone formation and to build bone density. Research shows that women can help prevent or reverse osteoporosis by increasing their magnesium consumption and preventing magnesium deficiency.

1. Important for Heart Health

The heart preserves magnesium and uses it to regulate your heart beat which in turn helps shuttle calcium out of your arteries and toward the bones. Without magnesium to balance out calcium, there is major risk of heart attack.

The Importance of a Good, Plant-Based Magnesium Supplement

There is plenty of published research on the benefits of magnesium supplements. In fact, a 2012 study in the Journal of Research in Medical Science concluded that magnesium supplementation is low-risk and effective way to get your RDA of magnesium.

However, magnesium is not easily absorbed by the body. With most foods and synthetic supplements you only absorb about 40% of what is ingested, unless you take a form of it that is more bioavailable, like plant based minerals are.

Unlike synthetic minerals, plant based minerals are:

- Enzyme and plant rich minerals instead of the standard metallic minerals derived from clay, rock, and salts.
- The molecular size of the mineral is a mere micron, meaning the effectiveness of absorption surpasses any other form. In fact, it
- is more efficiently absorbed in the body than any other form of synthetic supplement, which are only 30% bio-available.

If you're not going to get your magnesium from food, and most busy people today do not, plant based minerals are the closest to eating magnesium-rich vegetables that you can get. Our modern diets are loaded with calcium and most people don't take this into account when using supplements. Therefore, it is wise to redress the balance with more magnesium intake.



Where Did All the Minerals Go?

When dinosaurs ruled the earth they were living in an environment abundant with life-supporting plant minerals. Soils were full of minerals and trace elements which were absorbed through the root systems of plants to become part of a vibrant, life-sustaining food supply.



Over time, erosion, acid rain and profit based farming methods have depleted our topsoil of their precious minerals. Modern technology has only made this problem worse. Today's farmers are able to produce double or even triple the yields of most major fruits, vegetables and grains compared to 50 years ago. However, the quantity of food available does not make up for the lack of quality or the severely depleted nutrient content.



SIZZLING MINERALS

The world's first plant derived mineral supplement in a convenient effervescent form. Simply Naturals Limited provides the best source of minerals which are certified to have a full complex of pure plant derived minerals. *(also available in powder and capsule form)*



Click the link to watch the video below. To order your Sizzling Minerals today use the Bottom web link

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Video Link: www.healthwithminerals.com

Web Link: www.simplylivinghealthier.com

*currently only the Sizzling Minerals tablet has the 200mg of Magnesium