



8 Steps to Vibrant Health

8 Simple Steps to Achieving Vibrant Health, Part Four: Soil Depletion and Mineral Deficiency

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This four-part series on achieving vibrant health comes to a close with this article, to discuss perhaps the most surprising challenge of all: soil depletion and mineral deficiencies. You will see how serious the problem of soil depletion is and the simple step people need to take to compensate for mineral deficits in their bodies.

8. Soil Depletion and Supplementation

The Problem with Soil Depletion and Mineral Deficiency

According to Gary Price Todd, MD and thousands of other specialists in the field of Nutrition, the human body requires at least 60 minerals for optimum health. Only 8 minerals are available in any kind of quantity in most of the food we eat today. In addition to causing mineral depletion, fertilizers also weaken the crop, making it more susceptible to insects. This in turn forces the farmers to use toxic chemicals to kill the insects.

1992 Earth Summit Statistics:

Percentage of Mineral Depletion From Soil During The Past 100 Years, By Continent:

| | |
|---------------|-------|
| North America | 85%** |
| South America | 76% |
| Asia | 76% |
| Africa | 74% |
| Europe | 72% |
| Australia | 55% |

** Some US farms are 100% depleted and some are 60% depleted, the average is 85% depletion as compared to 100 years ago.

Many experts have spoken of the dire state of mineral depletion and deficiency, including Dr. Walter Mertz, U.S. Department of Agriculture, who said: "In the future, we will not be able to rely anymore on our premise that the consumption of a varied balanced diet will provide all the essential trace elements, because such a diet will be very difficult to obtain for millions of people." - 1977

Dr. Linus Pauling, two-time Nobel Prize winner, adds: "You can trace every sickness, every disease, and every ailment to a mineral deficiency." And Dr. Charles Northen, MD sums up the symbiotic relation between vitamins and minerals: "In the absence of minerals, vitamins have no function. Lacking vitamins, the system can make use of the minerals, but lacking minerals vitamins are useless."

The implication for mineral deficiencies is sickness and disease. [Click here](#) to read a list of minerals and the sickness and disease caused by their deficiencies in the human body.

Mineral Deficiency: The Solution in practice

Adding more minerals to the soil is the most logical solution to replenishing soil mineral content. However, since NPK (Nitrogen Phosphorus and Potassium) commercial fertilizers were introduced in 1908, farmers get paid to produce maximum yield per acre, not maximum nutrition, so most farmers never put back more than 8 minerals.

Mineral Deficiency: The Solution in reality

A US Dept. of Agriculture official was quoted in the publication, *Diet for a New America*, saying "...**halting soil erosion and degradation would be prohibitively expensive**" (John Robbins, Stillpoint Publishing, 1987). Adding more minerals to the soil is not an option the DOA has considered.

Therefore, mineral/dietary supplementation is no longer optional...It's mandatory! To replenish minerals vital to human optimum health, we must consider dietary supplementation. This is why products like Green Vibrance are so important to our maintaining a balanced, healthy, vibrant lifestyle. Click on the photo below to learn more: