

# U.S. Senate Report: Soil Depleted, 99% of Americans Nutrient Deficient

In 1936, the US Senate was presented with the results of a scientific study it had commissioned on the mineral content of our food. The results demonstrated that many human ills could be attributed to the fact that American soil no longer provided the plants with the mineral elements which are so essential to human nourishment and nutritional health.

The following excerpts concerning Senate Document 264 of the 74th Congress, 2nd Session 1936, were found in the March 1936 issue of Cosmopolitan:

**“... 99 percent of the American people are deficient in ... minerals, and ... a marked deficiency in any one of the more important minerals actually results in disease.”**

**“Do you know that most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until the depleted soils from which our foods come are brought into proper mineral balance? The alarming fact is that foods—fruits and vegetables and grains—now being raised on millions of acres of land that **no longer contains enough of certain needed minerals**, are starving us—no matter how much of them we eat!”**

**“We know that vitamins are complex chemical substances which are indispensable to nutrition, and that each of them is important for the normal function of some special structure of the body. **Disorder and disease result from any vitamin deficiency. It is not commonly realized, however, that vitamins control the body’s appropriation of minerals, and that in the absence of minerals they have no function to perform. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless.”****

**“Laboratory tests prove that the fruits, vegetables, grains, eggs and even the milk and meats of today are not what they were a few generations ago. No man of today can eat enough fruits and vegetables to supply his system with the mineral salts he requires for perfect health....”**

**“It is bad news to learn from our leading authorities that 99 percent of the American people are deficient in these minerals, and that a marked deficiency in any one of the more important minerals actually results in disease. Any upset of the balance, any considerable lack of one or another element, however microscopic the body requirement may be, and we sicken, suffer, shorten our lives.”** Folks, this was in 1936, just think about the farming practices we employ today. Now we use

herbicides, pesticides, fungicides, insecticides, and any other cides we can think of. Cide means “being killed” by the way, other examples include genocide, fratricide, homicide, you get the point... So where does that leave us? **If even living foods like raw carrots or cabbages can no longer fully supply us with the nutrients we need, where can we turn?**

