

Soil Mineral Depletion

IS STARVING CONSUMERS

In 1936 the United States Congress warned the American people that foods (fruits, vegetables and grains) "no longer contain enough of certain needed minerals and are starving us—no matter how much we eat" (Senate Document No. 264, 1936). Unless sustainable farming practices are used, nutrients are being farmed right out of the soil and are not being replenished. This creates topsoil devoid of minerals necessary to maintain human health. An apple may look and taste good, but may actually lack the elemental minerals we imagine we are consuming. In the 1930s, when the above statement was made, corn yields of 50 bushels an acre were considered good. Since the 1960s, corn yields of over 200 bushels per acre are not uncommon on more productive soils. Today's commercial farmers tend to hurry the process of growing crops. More crops mean more money plus more people can be fed. But what exactly are we eating?

CROP REMOVAL DEPLETES THE SOIL

Crops that farmers remove from the land accelerate the loss of nutrients from the soil. If decomposing plants are added back into the soil, the mineral content will also be added back. However, commercial farmers are under too much pressure to take the time to do this. Instead, fertilizers are tossed down in hopes of making up for mineral loss. The problem is that by adding some fertilizers, an imbalance may be established. Add too much ammonium-N and the potassium and calcium availability decreases. Besides crop removal, other factors that cause mineral depletion are over-tilling, erosion and livestock grazing.

In almost all soils, the most abundant element

is calcium followed by magnesium. As over-cropping by farmers continues, the soil becomes acidic. When the soil is acidic, calcium is lost. A necessary mineral for bone growth and bone density, calcium is also responsible for much more. It governs contractility of the muscles, including heart rhythm; it affects cell formation and

regulates nerve action. It also coordinates the other mineral elements and helps to keep them balanced. Some diseases caused by a deficit of calcium include rickets, bone deformities, dental problems, nervous disorders, lowered immunity, fatigue, and behavior disturbances.

CORAL IS FULL OF MINERALS

It's true that sustainable farming takes more time, but the crops produced contain the vital minerals our bodies need to maintain our health. Since it's impossible always to find crops grown from a sustainable farm, it's best to consider adding a mineral supplement to your diet. An excellent choice is coral calcium, which contains calcium plus 74 other important minerals. In general, minerals work together and require the presence of other minerals to be effective. That is why coral calcium, which contains minerals predigested by coral polyps, the animals that comprise coral reefs, is a smart and healthy choice.

The first specific use of coral as medicine dates back 5,000 years to Indian Ayurvedic medicine, although earlier indications exist in ancient Arabic and Chinese literature. Coral calcium is made from "above sea" coral reefs. These reefs are no longer living, but are considered to contain every known mineral found in the human body. Some companies harvest coral that is below sea level, which destroys the living reefs—a vital aspect of healthy oceans. However, Coral Inc., LLC is a company that respects the fragile state of the coral reefs and only uses ancient reefs that are not alive and have geographically been pushed above water. Today many doctors believe that in excess of 100 diseases are caused by mineral deficiencies. You can combat mineral deficiency by supplementing your diet with organic absorbable coral calcium, and enjoy optimal health today. ■

—Gina Ladinsky

Soil Depletion and Our Health

"There is an inextricable tie between our health and the health of the soil. A lot of attention is given to air and water quality, but most people forget that soil is completely critical to our well-being—everything on earth depends upon it.

"In the last 50 to 75 years, we've seen significant depletion of soil health and the fundamental building blocks of soil. Much of our soil was created by the action of the glaciers moving across the earth and the deposits they left behind. One of the less obvious results of industrial agriculture is mineral depletion of soil. Sadly, a lot of industrialized farming, including organic farming, is not re-mineralizing soil with the range of nutrients that were once present. As such, much of the food that we now consume does not have well-balanced and complete nutritional values."

—Michael Ableman, farmer and author of *Fields of Plenty—A Farmer's Search for Real Food and the People Who Grow It* (Chronicle Books, 2005).



Resources

Coral Complex and Eco Pure Coral, from Coral Inc., are available at health food stores nationwide. To find a store in your area, call (800) 882-9577 or visit www.coralcalcium.com.