

The Tuesday Minute

Nutritional information.... one byte at a time

This Week's Topic

Shocking Facts About Your Food

Brace yourself because the facts I have to tell you may shatter your belief in so called “good food”. What if I show you serious numbers; and I'm talking serious, that prove today's fruits, vegetables, grains, eggs, and even the milk and meats are not even close to 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”? Big deal you say. I've heard that statement more than once. You probably didn't know that this statement was made way back in 1936 in an expert testimony on soil mineral depletion to the 74th Congress of the United States. You see back in 1936 some astute scientists were blowing the whistle that commercial fertilizers were not adding back into the soil the nutrients and trace minerals necessary for healthy plants.

Fast forward to the 21st century and most industrial farmers have still not learned this lesson, so year after year soil minerals are depleted. For example, in 1914 an apple contained almost half the minimum daily requirement of iron but today you would have to eat 26 apples to get the same amount.

Iron is not the only nutrient depleted. In 80 years apples have declined in the following minerals: the amount of calcium in apples has dropped 48%, phosphorous 84%, iron 96% and magnesium, the famous heart nutrient has dropped 82%.

Paul Bergner in his Book “The Healing Power of Minerals, Special Nutrients and Trace Elements” quotes US Government statistics as he drives home the point that we cannot live healthy lives on the food of today. Before I go farther, I want to make sure you understand we are talking about RAW food here. We all know that cooking and processing further depletes the minerals present.

Paul Stitt, author and whole food activist says we lose 90% of the mineral content of our food from garden to gullet. So we start with depleted nutrients in our food. We process them to remove the enzymes to make sure they stay on the shelf longer. Then we cook or microwave them which further inactivates many of the nutrients and food factors.

One of the things that make food taste good are the minerals in the soil. Today's plants are not as healthy and don't have that vibrancy that well mineralized plants do. One of the tastes many of us are familiar with is the first

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bite of a vine ripened tomato grown in one's own garden. Healthy plants yield food that has REAL taste. These are important facts. And honestly, I'm not just trying to impress you with statistics, but unless you are convinced that food doesn't contain the nutrients you need, you won't understand how to achieve the level of wellness that you desire.

The Journal of the American Medical Association in 2002 volume states "Most people do not consume an optimal amount of all vitamins or minerals by diet alone. Pending evidence of effectiveness from randomized trials it appears prudent for all adults to take vitamin supplements". For the Journal of the American Medical Association to say "it appears prudent for all adults to take vitamin supplements" after years of prejudice against the supplement industry is a landmark statement.

Look at these statistics focusing on the mineral calcium in a few common foods. In the last 80 years, the amount of calcium has declined 81% in cabbage, 92% in lettuce, 56% in spinach, and 48% in apples. These are absolutely massive drops in the mineral levels in our foods.

During the same time period magnesium levels have dropped by 77% in cabbage, 91% in lettuce, 35% in spinach, and as I said earlier 82% in apples. Iron levels dropped from 60% to 99% in the same vegetables. These huge drops in mineral levels are occurring in all our fresh foods and its not just fruits and vegetables. The same types of

things are happening with chicken, beef, rice, etc. We see not only mineral depletions but vitamin reductions as well.

Everyone wants to feel healthy, but how can we feel good when we're not getting the basic nutrients our bodies need. The point is that we are eating nutrient depleted foods in the most stressful time in human history.

One researcher quoted our stress levels as 100 times greater than our grandparents. As you know, stress depletes nutrient levels faster than those who are not under pressure or stress. A double blind 7 study with 10,000 participants was done in France. The National Institute of Health in Paris funded the SUVIMAX Study. The study found a 37% reduction heart disease and death in men 45-60 and a 33% reduction in cancer from taking a low dose antioxidant with just beta-carotene, zinc, selenium, vitamin E and vitamin C.

Think of the reductions if the formula would have been a full spectrum high quality vitamin/mineral product. As a nutritionist I'm advising you to be aware of the serious depletions in today's foods. High quality foundational multi vitamin/mineral products can not only save lives but improve how we feel.

The science is solid. Check it out. Who doesn't want to live longer and have a higher quality of life?