

## **Depleted Soils – Decreased Vitality – Diminished Minds**

*Darrell L. Wolfe, Ac, PhD*

Do you ever stop to think about life? What keeps us alive? What keeps us healthy? Is it our clever creations? Is it “technology?” The answers to the last two questions are a definitive no. Technology, though, (if not mishandled) is very important but what matters the most to us is our environment. Our quality of health, then, is largely determined by the quality of our surroundings. When I think of the world in which we live, I see us as guests and the Earth as our host. In most ways, Mother Earth is a truly gracious host trying to ensure the continued survival of all life.

The Earth does not belong to us we belong to the Earth. Yet, we continue to act like party crashers; abusing our host’s hospitality by mistreating her gifts and ignoring her basic values. Most of us, I think, are overlooking the essential issues that affect everyone. We have all heard the saying “what goes around comes around.” This adage is most fitting when it comes to environmental/health topics.

The rivers are like the vascular system (blood system) of the earth. The soil is her skeletal system (bone structure) and the air is her lungs. Through a lack of ethics and respect for Mother Earth, we have polluted her lungs, poisoned her vascular system and raped her soil of minerals. (Up to 90% of the soil minerals are now gone.)

Remember what I said: “what goes around comes around?” Here is my premise. The planet is a living breathing organism that is under attack. We are polluting the air, water and soil so they now need filtration. The filtration system, in part, now becomes you, I and everyone else. Our lungs purify the air and our digestive tracts help filter the chemicals from the water and food we eat. As for the 90% mineral depletion in the soil, just look at the shape and health of the average person. God help us.

There is a domino effect of disease. In brief, the soil can only be as healthy as the minerals in it. Your food can only be as healthy as the soil in which it is grown. Your body can only be as healthy as the food you eat. A crisis in any of the dominoes cause a cascade of troubles throughout the rest of the tiles. The human race faces insurmountable problems if we do not change the practices that threaten the existence of the whole ecosystem. It is time to wake up, return to sanity and start applying some common sense.

With sufficient quantities of food in our affluent society and raised public awareness of environmental quality, there is a growing concern about the quality of food we eat. As well, there is a growing demand for more accountability of how that food is grown. Several studies of historical food composition tables show a significant decline in food

nutrient content over the past 70 years. This decline has been attributed to soil degradation and the “mining” of soil fertility by industrial agriculture.

Research from many sources has established a direct link between soil quality and nutrition levels in foods and levels of disease resistance in plants and animals. This relationship is very simple. As nutritional levels decrease anywhere in the food chain, there is a corresponding increase of disease throughout the rest of the chain.

Minerals have both structural and functional roles. They are components of body tissues and fluids and work in combination with enzymes, hormones, vitamins and transport substances. Here is a summary:-

### **1) - Structural.**

Minerals assist in the following:-

Proper composition of body fluids.

Formation of blood and bones.

Maintenance of a healthy nerve function.

Regulation of muscle tone including that of the cardiovascular system.

### **2) - Enzyme Activation.**

Like vitamins, minerals function as coenzymes, enabling the body to perform functions like energy production, growth and healing. Because all enzyme activity involves minerals, they are essential to the proper utilization of vitamins and their nutrients.

### **3) - Hormones.**

Minerals are part of hormones.

**4) - Minerals form part of physiologically important substances, such as iron, in hemoglobin, cobalt in B12.**

### **5) - Fluid and electrical balance.**

Minerals are essential for proper tissue fluid balance and electrical activity across cell membranes.

### **6) - pH**

Minerals are responsible for maintenance and regulation of pH of the tissue and blood.

In 1936 the Cosmopolitan Magazine published an article which contained the following:

“Most of us today are suffering from certain dangerous diet deficiencies. The alarming fact is that foods – fruits and vegetables and grains – are now being raised on millions of acres of land that no longer contain enough of certain needed minerals. No matter how

much of them we eat, these foods are starving us! It is bad news to learn from our leading authorities that 99 % of North American people are deficient in (vital) minerals, and a marked deficiency in any of the more important minerals results in disease.”

Today, this situation is far worse. Our vegetables and fruits are “empty” as the topsoil is now severely depleted of minerals. To the human body, vitamins without minerals are useless. It is a proven scientific fact that mineral deficient food leads to disease. Most likely the above mentioned article was based on the following document:

### **Senate Document No. 264, 1936**

#### **A WARNING TO THE NORTH AMERICAN PEOPLE!**

*“Our physical well-being is more directly dependent upon minerals we take into our systems than upon calories or vitamins, or upon precise proportions of starch, protein or carbohydrates we consume.*

*Do you know that most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until depleted soils from which our food comes are brought into proper mineral balance?*

*The alarming fact is that foods (fruits, vegetables and grains) now being raised on millions of acres of land that no longer contain enough of certain minerals, are starving us – no matter how much of them we eat. No man of today can eat enough fruits and vegetables to supply his system with the minerals he requires for perfect health because his stomach isn’t big enough to hold them.*

*The truth is that our foods vary enormously in value, and some of them aren’t worth eating as food.... Our physical well-being is more directly dependent upon the minerals we take into our system than upon calories or vitamins or upon the precise proportions of starch, protein or carbohydrates we consume.*

*This talk about minerals is novel and quite startling. In fact, a realization of the importance of minerals in food is so new that the text books on nutritional dietetics contain very little about it. Nevertheless, it is something that concerns all of us, and the further we delve into it the more startling it becomes.*

*You would think that a carrot is a carrot – that one carrot is about as good as another carrot as far as nourishment is concerned, but it isn’t so. One carrot may look and taste like another and yet be lacking in the particular mineral element which our system requires and which carrots are supposed to contain.*

*Laboratory tests prove that the fruits, the vegetables, the grains, the eggs, and even the milk and meats of today are not what they were a few generations ago (which explains why our forefathers thrived on a selection of foods that would starve us!)*

**This is why the Wolfe Clinic has taken almost two years to search out the highest quality, lowest priced, mineral rich, organic, concentrated fruit and vegetable powders available on Earth. We found [Super foods](#).**

*No man today can eat enough fruits and vegetables to supply his stomach with the mineral salts he requires for perfect health, because his stomach isn't big enough to hold them. No longer does a balanced and fully nourishing diet consist merely of so many calories or certain vitamins or fixed proportion of starches, proteins and carbohydrates. We know that our diets must contain, in addition, something like a score of mineral salts.*

*It is bad news to learn from our leading authorities that 99% of the North 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, will cause us to sicken, suffer, and will shorten our lives.*

*We know that vitamins are complex chemical substances which are indispensable to nutrition, and that each of them is important for normal function of some special structure in 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 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. Certainly, our physical well-being is more directly dependant upon the minerals we take into our systems than upon calories or vitamins or the precise proportions of starch, protein and carbohydrates we consume. “*

### **Mineral Imbalances Relate to Negative Thinking**

When minerals are lacking, people turn to stimulants like cigarettes, caffeine and sugar. Although these stimulants provide a temporary boost they actually rob the brain of the energy needed for the activities of daily living. Stimulants like nicotine and caffeine only worsen this energy crisis. They create a vicious cycle of highs and lows that eventually cause the brain to crave stimulation. This is how addictions are born. At the Wolfe Clinic we believe adding minerals to the diet is one of the most important things you can do to achieve the energy needed for optimum brain health. Minerals improve

your mind's ability to heal itself, increase your feelings of well-being and augment your ability to think positively.

As a nutritionist, I believe that those upbeat thoughts have more to do with mineral balance than the sheer will to think positively. Keeping the level of minerals in balance in every tissue, fluid and cell in the brain may be the most important key to maintaining good mental health. Humans would not live very long without minerals. Our brains are composed mostly of minerals, water and fat. Many studies have shown repeatedly that 80% of North Americans are not getting the Recommended Daily Allowances (RDA) of minerals in their diets on a daily basis because of the depletion of minerals in the soils of the earth.

A certain minimum quantity of each mineral is required for optimum health. The hypothetical "perfect diet" will supply all these minerals but a perfect diet is seldom achieved in today's world of nutrient depleted, over-processed foods. North Americans today consume plenty of food – often too much food – unfortunately; it is not the right kind of food.

Because mineral deficiencies are more likely to occur than vitamin insufficiencies, I think that adding these elements from Mother Earth in the form of **Super foods and Nano or Theta supplements** is one of the most affordable and important things we can do to improve our mental and physical health. Those most at risk of mineral insufficiencies include people on certain types of drugs such as diuretics and those living where the soil is deficient in many minerals. This means most of us.

### **North Americans Are Low on Minerals**

According to Frank Murray, author of "The Big Family – Guide to all the Minerals." "Studies have concluded that almost two-thirds of an average North American's diet is made up of fats and refined carbohydrates having no nutrient density." He goes on to state, "The Department of Agriculture has found a significant number of North Americans receive well under 70 percent of the RDA for calcium, magnesium, and iron. Another study reported that many typical diets contained less than 80% of the RDA for calcium, magnesium, iron, zinc, copper, and manganese."

Just as the importance of minerals is overshadowed by drugs, vitamins and herbs we find the value of the mineral magnesium has been eclipsed by the emphasis on calcium. Our growing deficiency in magnesium over the past 20 years has led to a dramatic increase in depression, attention deficit disorder and hyperactivity disorder. Depression, in particular, is a condition plagued with negative thoughts. When working with clients, I have found that it is impossible to get them to think positively until their bodies have

absorbed enough magnesium for balance. When this happens, suddenly the negative thoughts no longer dominate their minds.

How often have you heard a friend or colleague mention, “I just can’t focus now! Let’s talk later.” How many parents are frustrated because their children are not able to focus on their school work? It is very interesting as a nutritionist and doctor to review what these people have eaten recently. Often, it is cereal and toast, hamburgers and French fries, pizzas, muffins and cokes. Our source of magnesium, necessary for mental focus, is fruits and vegetables. Unfortunately, due to our lifestyle we are not eating as many fresh fruits and vegetables as before and those we do eat are low in magnesium. Again, these plants are low on this as well as other vital minerals because it has been depleted from the soil.

The Wolfe Clinic has solved the magnesium problem. As well, we have solved the mineral, vitamin, enzyme dilemma. **(See the link to the Super foods article on the newsletter.)**

### **Chocolate Cravings May Correlate To Low Magnesium**

People plagued by negative thoughts are usually the ones who reach for those “comfort foods” like chocolate. If you crave chocolate, there is a good chance you lack magnesium. If you take Theta minerals or Coral Calcium on a daily basis, the chocolate craving will magically disappear. Calcium and magnesium have a calming effect and these supplements are best taken before bedtime. The highest absorption of calcium\magnesium supplements comes from Coral Calcium and Theta Calcium Magnesium.

Our need to supplement with minerals has reached a crisis stage. Only eight minerals are available in any kind of quantity in most of the food we eat today, while the human body requires at least sixty minerals for optimal health. Worsening the problem is the known fact that the absorption of minerals declines with age. In addition, stress and exposure to environmental pollutants raise our requirements for minerals. Even with the vast number of mineral supplements as well as vitamin and mineral combinations available to consumers, most people are still unaware that not all forms of minerals are actually absorbed to a cellular level. 90% of supplements end in the toilet or become toxic to the body due to their inability to be used.

The science of nutrition has taught us that fruits and vegetables should make up most of our daily diet. Imagine 80% of the weight of your meals being fruit and vegetables. This is what we consider a perfectly balanced diet. Can you and your loved ones meet these requirements?

The truth is that most fruits and vegetables today contain only 20% of the nutritional value they should have. No matter how much you eat, your body cannot meet the minimal nutritional requirements. Farmers get paid to produce maximum yield per acre, not maximum nutrition, so why bother with producing healthy food? The farmers of today are also coerced into dumping chemicals onto the produce and soil. Moreover, many of our foods are irradiated. There is just no way of telling if the food on your plate has had this treatment.

You can correct some these issues by purchasing organic produce. That is, of course, if you can conveniently find organic produce and if you can also afford to feed your family this way.

Your children are inundated with processed foods called “treats”. Do you ever go to bed feeling guilty about never seeming to reach the “Daily Food Guide Recommendations?” Are your kids pale or dark under the eyes? Do they suffer from short attention spans? Symptoms more extreme than this are practically the norm amongst today’s new generation. Show me an illness and I will show you a nutritional deficiency contributing to the problem.

Providing proper nutrition is the most important step you can take to help the chronically ill. As well, it is the most recommended method of disease prevention. How many people claim to use the perfect diet, a great diet or a pure diet and yet they all struggle with their health. If your food is void of vitamins, minerals and enzymes, it will not matter what or how much you eat.

The Wolfe Clinic is attempting to address this dilemma of devitalized food. Ideally, returning all food to its original state would be the solution but this is an unrealistic expectation. It’s too expensive for corporations with vested interests in the current system to fix the problem until the demand for fully nutritious food is higher. The demand will not increase until more people know the results of mineral deficiency. More people will not get informed until scientists and others manage to inform the public.

Since this is unlikely to happen soon, my solution was to seek out the highest quality, lowest priced (half of the cost of comparable products), mineral rich, organic, concentrated fruit and vegetable powders available. [Super foods](#) are what I found. The most advanced, factual & scientific, diet template for life. **I guarantee the maximum nutritional quality and the lowest price.**

All of us at the Wolfe Clinic are very excited about this product. It will allow us to build more affordable, proper nutritional programs for the chronically ill as well as for those

who wish to prevent disease. It is a major weapon in our fight to help you to take back control of your health. **Welcome to the Garden of Life.**

**Please read the Super foods article on our Website. [Super foods](#) for Super-Nutrition**

**The Wolfe Clinic**  
**~ advanced healing for over 25 years ~**

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**(Toll Free)**

**1-800-592-9653**

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**If our 1-800 number is not available from your area, please call us at 250-765-1824**