

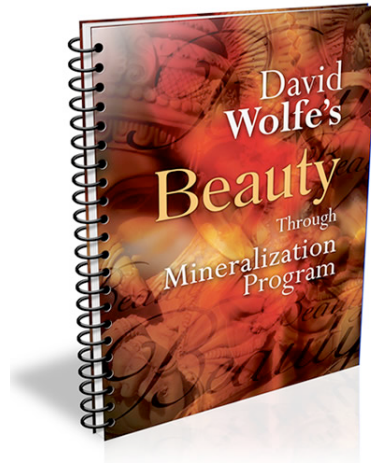


David
Wolfe's

Beauty

Through
Mineralization
Program

Introduction:



My exposure to the world of gardening using rock dust first introduced me to the connection between health, longevity, and minerals. The basic idea is that the quality of the minerals in the soil is equal to the quality of consciousness that lives and eats upon that soil. If we live on mineral-deficient soil, then we are likely suffering from mineral-deficient thoughts. In fact, our whole population is probably suffering in numerous ways that are invisible until we become aware of the “mineral factor” in health.

This idea altered the direction of my life. Not only was I eager to try new foods that contained more and better minerals, I was also more eager than ever to start growing foods in soils containing more and better minerals.

That was 20 years ago now. My enthusiasm has never abated. I am more excited about minerals now than ever before.

I have written extensively about minerals during my career, from both my experience eating mineral-rich foods and from my agricultural experiences. This is an awesome area of research.

I’m particularly proud of my LongevityNOW Program and its discussion of minerals and their relationship to longevity, flexibility, and health in general. In the Longevity NOW Program 2nd edition, I have added more about the healing and nourishing power of minerals. But I couldn’t stop there! Because minerals are such a large and fascinating subject, I have detailed even more crucial information about minerals in this document.

I know you will enjoy the contents!

David Wolfe
Ontario, Canada
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God Sleeps in Stone

“God sleeps in stone,
Breathes in plants,
Dreams in animals,
And awakens in man.”

~ Ancient Hindu Proverb

The ancient Hindus, as well as many other ancient peoples, understood the profoundly important substances hidden in stone. These magical substances, found in our rocks and then subsequently in the soil, which are then absorbed by our plants and ultimately wind up in us, are known as minerals.

Minerals are the atoms that make up solid, liquid, gaseous, and plasma matter. Some of the more popular minerals that we have all heard about include: calcium, magnesium, potassium, sodium, sulfur, iron, zinc, gold, silver, copper, and iodine. It was the Athenian philosopher, statesman, and orator Demosthenes who first formulated the atomic theory based upon his observation of marble steps gradually wearing down after hundreds of years. From this observation, he theorized that all solid objects were actually made up of very tiny particles he called atoms, and that we now call minerals. This theory developed into the discovery that the same minerals in stone are also found in us, and all other living things.

While many people have a general understanding that the body requires nutrients to function, most focus on the need for macronutrients, such as protein, fat, and carbohydrates. Fewer individuals understand the role of micronutrients, such as vitamins, amino acids, polysaccharides, and minerals. Even fewer realize that 95% of all bodily functions rely upon minerals. Minerals orchestrate the delicate biochemistry of our bodies.

Demineralization within the human population has been scientifically confirmed over the last 150 years to be intimately linked with poor health and disease. Demineralization, in this context, means not only the absence of major dietary minerals, such as calcium, magnesium, sulfur, iron, and phosphorus; and trace minerals, such as zinc, selenium, manganese, and copper; but also toxemia that has arisen from the introduction of toxins, such as pesticides, herbicides, and volatile organic compounds. Therefore, it is imperative, in the present-day environment, that we limit our exposure to toxic materials and rebuild a properly mineralized body. The greater the amount of toxic matter introduced into our systems, the greater the need for a healthy immune system to combat these life-depleting substances. Proper mineralization is key to creating a healthy immune system — so minerals can actually detoxify us.

Those new to eating our most natural food — a raw plant-food based diet — often express concern over getting the proper amounts of vitamins, B vitamins in particular; but minerals are overlooked. When consuming a raw plant-based diet, getting enough vitamins is rarely ever an issue. Vitamins abound in vegetables, cultured foods (kombucha, sauerkraut, kim-chi, etc.) and superfoods (goji berries, cacao, maca, spirulina, chlorella, bee pollen, aloe vera, noni, etc.) which are rich in vitamins A, B, C, E and K. Many superfoods, vegetables, and fruits are excellent sources of vitamin C. Adequate amounts of B vitamins can be found in cultured foods, as well as in foods like nuts and seeds; and superfoods, such as bee pollen, royal jelly, and spirulina. Even if the quality of the raw plants we are eating is not excellent, we can generally feel comfortable that we are consuming at least a reasonable amount of vitamins. Minerals, however, are another story entirely.

Nearly eighty years ago, American scientists recognized that as farming practices changed, American soils had become grossly depleted of minerals. Mineral depleted soils can only produce mineral depleted food crops for humans and livestock. In an attempt to remedy the situation, the U.S. Congress was informed of the problem. Absolutely no action was ever taken, however, and as the result of inaction and Faustian techniques of chemical agriculture, we are now three to four generations into a serious toxin overload and food mineral deficiency crisis due to our intake of mineral deficient plant and animal food. In following the logic of the principle of *you are what you eat*, consuming mineral depleted food, without fail, produces a mineral depleted population, and contributes to the creation of obese individuals who cannot stop eating because they are incapable of getting the minerals that shut off appetite, such as magnesium.

Thankfully, there have always been groups of radical organic farmers who have understood our needs, the needs of the plants, and ultimately, the needs of our planet Earth. Certain “tuned in” farmers since prehistory have understood that the Earth itself has been using every technique at its disposal— including tidal currents, erosion, volcanic activity, earthquakes, cataclysmic crustal movements, and glaciation; the stone-dissolving actions of lichens, mosses, forest floors and more — to crush rocks into soils in order to create mineral variability, so that all plants can grow to be healthier.

Numerous studies (Schuphan, et al.) have concluded that organically grown produce contains significantly higher amounts of minerals, and without the toxic effects of all the chemical reagents used in conventional farming methods. Plants grown organically, without chemicals, in reasonably good soils — or even better, with dilute ocean water (the ocean contains all minerals) and rock dust, in carbon/nitrogen-rich soils — thrive and develop healthy immune systems. These plants are naturally strong enough to resist the damage that insects are able to inflict on weaker, conventionally grown crops, negating the need for chemical pesticides. Once again, following the logic of the principle of *you are what you eat*, when we consume mineral-rich plants with healthy immune systems, free of chemical toxins, we ourselves become mineral rich with

healthy immune systems and decreased levels of toxicity.

The Effects of Minerals on Enzymes

Due to the increasing popularity of raw and living food nutrition in the last decade, much discussion has been given to the topic of enzymes and the important role that enzymes play in our bodies. Enzymes can be considered the most unique aspect of living raw food. The enzymes we find in our food are catalysts that allow not only the proper digestion of the food itself, but also the proper metabolic functioning of each of our cells. In seeking optimal health, the amount of enzymes we have in our reserves directly correlates to our vitality.

Most people new to learning about natural raw foods soon learn that the enzymes present in our food will be destroyed when foods are heated over critical temperatures — between 120-170 degrees Fahrenheit. When food is cooked, it no longer has enzymes of its own; so the body must pull from its enzyme reserves in order to aid in the digestive process. When our enzymes are being called upon in this capacity, they are not able to perform their role in metabolism.

Each cell in the body has over 4,000 different types of enzymes lying dormant, just waiting to be activated. To become active, both major and minor minerals are required in the process. Most people never fully activate all of their enzymes because they lack the minerals required to do so.

Our goal, then, is to ensure that every single cell has the minerals and nutrients required to activate the enzymes within it. When we are able to do this, we can increase the electromagnetic charge of our cells. Each cell can become like a super-charged enzyme factory. At the cellular level, this is the picture of health: each cell resonating and capable of transmuting whatever nutrients are needed at that moment using catalytic enzymes.

The Role of Minerals in Creating the Acid/Alkaline Balance

Most experts in the field of nutrition today accept that creating a proper balance of acidity to alkalinity within the body is fundamental to good health and vitality. The body is constantly striving to stay in balance in multiple various ways. For example, our temperature is usually around 98.6 degrees and our blood pressure, heart rate variability, and breathing rate remain within certain parameters. Like these examples, our bodies are also striving to maintain a balance in our pH (per Hydrogen), which is the measurement of acidity to alkalinity.

Our ideal blood pH range is 7.35 to 7.4. Other tissues in the body may be

slightly alkaline or acidic, and a good rule of thumb is to aim for an overall pH of 7.0. When the body is overly acidic, in time it will begin to break down. Imagine the effect acid rain has on corroding the structure of a building. This is not unlike the corrosion that takes place within our bodies when we are in an overly acidic state. We can assist the body in achieving proper pH levels by thoughtfully choosing the foods we consume.

The body needs both acid-forming and alkaline-forming foods to maintain a proper balance. It is important to note that acid-forming foods, in and of themselves, are not bad. The problem that occurs for most people is that they consume a diet that is too high in foods that create acidity, and not rich enough in foods that promote alkalinity. It is necessary to eat foods which complement each other for the purpose of maintaining balance.

The major determining factor in whether a food will be acid-forming or alkaline-forming is the mineral content of that food. Foods rich in alkaline-forming minerals, like calcium, magnesium, silicon, iron, or the Ormus elements, will create alkalinity in the body. Foods rich in acid-forming minerals, like phosphorous, chlorine, iodine, or nitrogen, will create acidity in the body.

Minerals can be found in different parts of each plant. They gravitate towards and build up in various places within the plant, like the leaves, roots, stems, or seeds. As an example, we can see this principle clearly demonstrated when analyzing wheat. The husk of a mature wheat plant may contain anywhere from 67% to 87% of the plant's silica, which is an alkaline-forming mineral. The seed of the wheat plant, however, contains no silica at all. Conversely, the seed of the wheat plant contains an abundance of phosphorous — far more than any other part of the plant. Phosphorous is an acid-forming mineral. As we begin to look at this concept — known as *the mineral directive principle* in my book *Eating For Beauty* — we will begin to see that different minerals concentrate in different parts of the same plant or animal. For example, leaves, stems, flowers, and seed husks tend to contain alkaline-forming minerals. Roots and seeds tend to contain acid-forming minerals. In animal foods, the acidity is found in the muscles (meat) and the alkalinity is found in the bones; both muscle and bone must be eaten in order for a carnivore to maintain the acid-alkaline balance.

Acid-forming foods include nuts, seeds (including grains), and most sweet fruits and sweet vegetables, such as carrots and beets. Other foods fall into a more neutral range, meaning they do not promote either acidity or alkalinity. This range includes food such as seaweeds, cucumbers, tomatoes, bell peppers, green apples, wild berries, okra, and most types of melons. On the other end of the spectrum we find that wild land-based foods, herbs, and vegetables are the best at creating alkalinity. Please note that the system here differs from acid-alkaline charts found in some books on the subject, including Dr. Young's *pH Miracle, Alkalize or Die*, and others. These books categorize the potassium in foods as an alkaline mineral, and I do not. This mistake causes these authors to miscategorize many foods, such as nuts and beans, as alkaline when they are not.

The easiest way to remember which foods are acid forming is the "root, seed, muscle" rule. Sadly, this is the basic diet of civilization. Those without this knowledge tend to grab things like a burger and fries, or a sandwich and chips as a usual meal. In this example, the bun or bread is the seed (grain), the chips or fries are the roots, and the burger or lunch meat is the muscle. Even vegetarians can fall into this trap by eating dishes of beans and rice, which is nothing more than a bowl full of seeds. The traditional omnivore "root, seed, muscle" diet or vegetarian "root, seed" diet won't cut it for any long-term health or balance. Alkaline foods, superfoods, and herbs must be present.

Even with a natural raw and living food diet, the idea is always to create a balance by choosing foods that complement each other. You may enjoy having a meal of dehydrated crackers made from nuts and seeds and topped with an avocado. These choices alone make this an acid-forming meal. However, by sprinkling some kelp flakes on top of the avocado and including a green leafy salad with this dish, you've now complemented the acid forming foods with those that will promote alkalinity.

Using Grass Juice to Quickly Mineralize the Body

An excellent way to quickly and economically flood the body with minerals is through the use of grass juices, such as wheatgrass, barleygrass, and wild grass. Grasses are one of the few known plants that have the ability to absorb all minerals present in the growing medium. Most often this medium is soil, but wheatgrass can also be grown using a hydroponic system.

One way to ensure optimal mineral content in the soil or hydroponic system used to grow wheatgrass is by adding ocean water. Ocean water is an excellent source for all minerals, including Ormus minerals. In this technique, ocean water is diluted, then introduced to the growing medium, such as the soil. In this form, the wheatgrass will absorb all 90 minerals in the ocean water. A commonly used dilution ratio is 20 parts rain water to one part ocean water. However, ratios of 30:1 or 40:1 — or even 100:1 for homeopathic usage — have been used effectively, as well.

Creating Beauty Through Mineralization

Becoming more beautiful is another side effect of remineralizing our bodies to achieve radiant health. In particular, there are five minerals that lend to creating a more perfect physical appearance: magnesium, silicon, sulfur, zinc, and iron.

The Importance of Magnesium

Magnesium, one of the most important minerals for our body, is also one of the most deficient in the modern diet. In fact, it has been estimated that as much as 80% of our population is deficient in magnesium, followed closely by deficiencies in chromium, and iron. To get a sense of the healing properties of magnesium, consider these therapeutic effects:

- it calms our nerves
- it is helpful in relieving PMS symptoms
- it harmonizes mental and emotional imbalances
- it decreases irritability
- it improves sleep disorders
- it increases bone health
- it relaxes muscles
- it aids in digestion by acting as a laxative
- it soothes migraine headaches
- it eases cramps or spasms
- it helps blood-sugar imbalances
- it is vital in the proper functioning of our heart muscle

Chlorophyll-rich green foods are high in magnesium. This essential mineral is also found in exceptionally high quantities in raw cacao beans and cacao products (raw chocolate and raw chocolate products). Raw cacao, which is chocolate in its natural form, is actually a nut. Apart from being the richest source of magnesium of any food, raw cacao is the number one source of chromium, one of the best sources of iron, and is also rich in zinc, copper, and manganese. These are just a few reasons why people feel so nourished consuming this amazing food.

The Alchemical Beauty Secrets of Silicon

Silicon can be found in our blood vessels, bones, cartilage, connective tissue, hair, ligaments, lungs, lymph nodes, muscles, nails, skin, teeth, tendons, and trachea. Growing and healing bones have been shown to contain high levels of silicon. Silicon also lends to strong teeth and healthy jaw formation. Silicon allows for flexibility and elasticity in our muscles and tissues. The amount of silicon in the collagen of our skin decreases as we age.

Through the process of biological transmutation, the body has the ability to transform silicon into calcium. Biological transmutation is the alchemical process performed by the body which allows one substance to be transmuted into another element. This theory violates Lavoissier's law, and was first scientifically formulated by the late Nobel-prize nominee and French professor

C.L. Kervran in his five books and five thousand pages of research notes, all of which have been summarized in an English translation of his work known as *Biological Transmutations*. As a child, Kervran noticed that his family's hens would peck incessantly at specs of mica on the ground and wondered why they never pecked at grains of sand. Later he would notice his mother in the kitchen cutting open the chicken gizzards which revealed small stones and sand, but never mica. He later discovered that mica, which is a form of potassium and silica, was being transmuted into calcium.

Foods rich in silicon include alfalfa, young bamboo shoots, bamboo sap, bell peppers, burdock root, cucumbers, hemp leaves, horsetail, lovage, marjoram, mature blades of grass, nettles, New Zealand spinach, nopal cactus, oats, radishes, romaine lettuce, tomatoes, and young tender green plants in the springtime.

Signs of silicon deficiency include poor skin quality, brittle nails and hair, dental cavities, weak bones, weak tendons and ligaments, atherosclerosis, osteoporosis, and lung disorders.

The Alchemical Beauty Secrets of Sulfur

Sulfur is the foundational mineral of all beauty. It can be thought of as the world's best cosmetic. Adequate sulfur intake is important in creating beautiful hair, nails, and skin. It has the ability to transform one's complexion, giving it a soft glow and flame-like tint.

Sulfur can be key to assisting those with certain types of acne. Sulfur helps to soften and beautify scarred skin and acne scarring.

Sulfur is responsible for making our hair, nails, and skin shine with radiance. The curliness of one's hair is dependent on the sulfur-to-sulfur bonds of the amino acid, cystine.

Sulfur is also a powerful detoxifier which helps relieve pain and inflammation by assisting the detoxification process of our cells. It can reduce lactic acid build-up, helping to alleviate muscle leg and back cramps.

Good sources of sulfur-residue foods include aloe vera, noni, arugula, bee pollen, blue-green algae, hempseeds, broccoli, brussel sprouts, cabbage, durian, garlic, hemp seeds, horseradish, hot chilies/peppers, kale, onions, pumpkin seeds, radishes, spirulina, and watercress.

Symptoms of sulfur deficiency include acne, arthritis, brittle hair, brittle nails, gastrointestinal challenges, immune system dysfunction, lingering muscle injuries, memory loss, rashes, scar tissue, and slow wound healing. Symptoms

of sulfur deficiency are often inaccurately labeled "protein deficiency".

The Alchemical Beauty Secrets of Zinc

Zinc works primarily through the role of enzymes. The activity of the antioxidant enzyme super oxide dismutase, which is a powerful anti-inflammatory, is dependent on zinc. Sexual development, the health of our reproductive systems, fertility, night vision, and the beautification of our skin also rely on having proper amounts of zinc.

Zinc is a key constituent in a group of enzymes that help the body maintain its collagen supply. Collagen is essential for a healthy skin complexion and for the body's tissue to remain juicy. In order for enzymes to digest damaged collagen and rebuild new collagen, zinc must be present. Zinc is also helpful in reducing outward signs of aging, the prevention of wrinkles and stretch marks, the alleviation of burns, and even the repair of DNA due to exposure to x-rays and radiation.

Zinc is much more readily absorbed after you have detoxified heavy metals from your system with the regular use of MSM (methyl-sulfonyl methane), chlorella, cilantro, and zeolite detoxification products.

The best sources of zinc, all of which must be eaten raw, include seaweeds, cacao, ants, deer antler velvet, poppy seeds, pumpkin seeds, pecans, cashews, pine nuts, macadamia nuts, sunflower seeds, sesame seeds, coconuts, or in angstrom-sized liquid zinc supplements.

Signs of a zinc deficiency include: acne, loss of taste and smell, slow growth in children, alopecia, rashes, skin disorders, sterility, low sperm count, delayed wound healing, delayed bone maturation, decreased size of testicles, and poor eyesight.

If zinc is acquired from food, it is close to impossible to overdose on it because it is such a trace mineral. It is, however, important to note that zinc supplements may produce toxic symptoms if taken for a prolonged period at a dosage of over 150 mg daily. Signs and symptoms of a zinc overdose include a decrease of copper in blood, drowsiness, lethargy, lightheadedness, difficulty with writing, restlessness, and vomiting.

The Alchemical Beauty Secrets of Iron

Blood rich in iron produces a soft glowing tint of beauty which is visible just beneath the skin. Iron-rich blood is the source of magnetism (charisma). It is considered to be the most active element in the human system and therefore needs to be frequently renewed.

In terms of molecular structure, the hemoglobin in our blood is nearly identical to chlorophyll in plants. At the center of the hemoglobin molecule we find iron; at the center of the chlorophyll molecule we find magnesium.

Two-thirds of the iron found in the body is in the blood. Iron-rich blood carries oxygen throughout the body. It generates a magnetic blood current and an electro-magnetic induction current in the nerve spirals which pass through the walls of the arteries and the veins and help activate the blood's contents.

The best iron-rich foods are yacon root syrup, cacao products, spirulina, Jerusalem artichokes, onions, burdock root, cherries, blackberries, collards, young lettuces, nettles, parsley, shallots spinach, young swiss chard, grasses, most dark green-leafy vegetables, most red-colored berries, and sea vegetables. Red meat is red due to its iron-rich blood content.

Symptoms of iron deficiency can include anemia, lightheadedness, weakness, fatigue, and/or intolerance to cold. Eating crushed ice without satiation is often considered a symptom of an iron deficiency.

Conclusion

The discovery of the critical importance of mineralization leads us to the insight that our health can be radically improved by eating and growing mineral-rich foods. Taking this one step further, it becomes clearer that our state of consciousness is intimately related to our level of mineralization. Proper and abundant mineralization naturally creates states of prosperity consciousness. Mineral deficiencies create states of scarcity consciousness.

We are now living in the most incredible time period ever. We have access to the best foods, the best supplements, and the best information. Use your wit to access the best minerals in the best foods ever. Together, let's get mineralized, achieve our full potential, and Have The Best Day Ever!

David Wolfe, JD

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