

## **Dietary shortfalls and why we do not live to be 120 years old**

We were designed to live until 120 years of age. Most of us live for just over half that time, or less, and die from effects of our civilised world rather than the natural causes of aging. The reason for this is multifactorial, but the most significant predisposing factor is the dramatic changes which have occurred over the past 70 years to the nutritional status of most people. We used to die in the main from infection or trauma. Twentieth century medicine has scored significant victories against these causes. Today the majority of cases of illness in the West are caused by lifestyle factors such as lack of exercise, smoking and poor nutrition. We need a recipe for addressing these 21st Century problems, as conventional medicine alone cannot address the cause - only some of the symptoms. To effectively address the cause of the problem, we need to understand how balance was achieved in bygone years and identify the changes that have taken place to cause the problems we now face.

The nutritional status of our body is dependent on 4 things:

- Our food choices
- The nutrient content of the food we eat
- The ability of our individual bodies to assimilate nutrients
- Environmental influences which give rise to extra nutrient needs, or interfere with absorption and/or uptake of certain groups of nutrients

### **The good old days, 1930 and before**

Man was put on this Earth along with all the components he needed for good health:

- Water - natural source, alive and pure. A source of minerals and an energetic transport medium
- Air - fresh, unpolluted and clean
- Light - sunshine filtered by ozone, bright, clear light
- Food - nutrient-rich whole food.

The Earth provided what we needed before 1930, a time of eco balance, when we harvested what we needed, and Man returned most of the waste nutrients back to the Earth. We need to understand how this was achieved.

#### **a) Food Choices**

Diets in the 1930's were mainly of fresh, free-range meat, locally-grown seasonal fruit and vegetables. Mothers were at home and took the time to prepare and cook fresh meals, and these habits were passed on to their children. Processed food and fast-food options were not available.

#### **b) The Nutritional State of the Food**

- Mineral-rich fruit and vegetables grown in mineral-rich soil
- Rotational farming - crops rotated with grazing animals. Crops remove minerals from the soil. Animal waste returns them. *(No chemical fertilisers and pesticides to upset the bacterial balance of the soil)*
- Most produce used locally and waste returned to local soil
- Meat high in omega 3 essential fatty acids. Grazing (free-range) animals produce meat high in omega 3

All the above provided a solid foundation for eco balance of healthy, mineral rich soil, maintained by manure and natural colonies of bacteria. Healthy plants grew rich in minerals and provided humans and animals with the mineral nutrition they needed for *health*.

*"Minerals in the soil control the metabolism of plants, animals and man. All of life will be either healthy or unhealthy according to the fertility of the soil."*

Dr Alexis Carrel, 1912 Nobel Prize Winner

### **c) Ability of our bodies to assimilate nutrients**

In the 1930's our bodies were relatively unpolluted. There were limited drugs and minimal use of chemicals, insecticides, pesticides and preservatives. Few environmental influences directly affected our ability to assimilate nutrients.

### **The bad new days, 1930 and beyond**

1992 Earth Summit Report found that mineral depletion of the soil is over 76% in Europe and 80% in the USA.

*"You can trace every sickness, every disease and every ailment to a mineral deficiency"*

Two times Nobel Prize Winner Dr. Linus Pauling

During this period the eco balance became disturbed and this has had significant repercussions on the nutritional status of humans and animals.

1) Our water is no longer "alive". It is treated with fluoride and other chemicals, many of which affect the way our bodies absorb vitamins and minerals. For instance, fluoride in water destroys vitamin E in the body.

2) Air- no longer clean, fresh and pure. It is full of industrial waste, fuel fumes, pollution. There are more free radicals, which in turn pollute our bodies and increase our antioxidant requirements.

3) Light - marred by smoke and smog. Pure light is so important for cell growth and development in plants, animals and humans.

4) Nutrients and Food:

#### **a) Food Choices**

- Over the last 50 years children are eating less calories (they are getting fatter). 19% reduction in calorie intake for boys, and 29% for girls, but increased sugar consumption!
- 1989 - school diets for children show major deficiencies - all minerals and key vitamins show shortages - e.g. 86% of girls are getting below the recommended daily intake of iron, which is critical to good health

As women began to go out to work and generally our lifestyles became more time-pressurised and hectic, so our food choices changed to accommodate this. The carefully freshly-prepared daily meals were replaced by fast, convenience and processed foods. Today's children are so tuned into fast foods that 7 out of 10, when asked in school one day, thought potatoes grew on trees!

Most people do not eat food with the thought of it giving them the nutrition they need for health. They see it more as a source of energy and something to satisfy hunger pangs. Most processed foods are purchased for colour, taste, texture and calorie content, not for nutritional value.

**b) The State of The Food** In 1936 the USA Senate saw the growing problem of farming and nutrition. Here is a quote from the 74th Congress, 2nd Session.

"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".

All the factors listed below have significantly and detrimentally affected the nutritional status of the food we eat:

- Birth of intensive farming - fewer minerals returned to the soil than taken out. Growing plants use many minerals and trace minerals but man returns only 3 to the soil in the form of Nitrogen(N), Phosphorus(P) and Potassium(K). The reason for the NPK mixture is that scientists found that these were the three minerals which encouraged plants to grow quickly, as rapid growth was a more important consideration than nutritional status of the plant. But with many minerals taken out and only 3 returned, this inevitably gave rise to deficiencies of the rest. There is documented evidence to show that on average the same food was between 45% and 125% more nutritionally rich 60 years ago
- Pesticides and insecticides further upset the natural pro-biotic eco balance in soil. The natural pro-biotic (pro= for bios = life) bacteria are so necessary for transforming inorganic minerals into a form easily usable by plants.
- Less bacteria = less inorganic mineral transformation = less minerals in the correct form to be taken up and used by plants = lower mineral content of the plant = lower mineral intake by the animals or humans who eat the plants.
- Falsely-ripened produce does not have fully developed mineral potential
- Much produce is cut early and stored. Storage depletes vitamin content
- The birth of fast and processed food. Foods which have lost most of their fresh value in terms of vitamins, minerals and enzymes. Food processing dramatically reduces the mineral content of the food. Anything from 20% - 80%, depending on the processing method and food involved.

An example of this is the nutrient losses in the flour refining process which sees the following:

Calcium - 60% loss. Magnesium 85% loss. Chromium 98% loss. Manganese 86% loss. Zinc 77% loss!

- Additives such as chemical colourants and flavourings in food compound the problem. At worst these are mild poisons, and at best are chemicals that the body does not see as food. The body needs to use nutrient energy to deal with these.
- Factory farming of animals - animals whose movement is restricted. This changed the essential fatty acid content of the meat so produced from high omega 3 (in free range stock) to low omega 3 and high omega 6. Humans began to lose the benefits of omega 3 EFA nutrition
- Organic food should be the answer. But although organic food has the great benefit of being grown according to nature's laws and being free from pesticide and herbicide residues, there is no guarantee that it contains any more minerals than ordinary food. Organic farming uses chemical-free methods of fertilisation, but has not yet been able to replace the minerals which have for many years been removed and not replaced.

The Eco balance has changed and is no longer symbiotic. Imbalances began to reflect in degenerative changes in both animals and humans.

- 1988 The Surgeon General in the USA concluded that 15 out of 21 deaths involved nutritional deficiencies
- There is a proliferation of nutrition-based research highlighting diseases linked to nutritional status

- Research shows that 267mg Vitamin E reduces the risk of heart disease by 50% - on average we intake 9.3mg in the West
- Research shows that 500mg Vitamin C can cut death rates by 50%. The average Western intake is 58mg!
- Research shows that sufficient intake of omega 3 fatty acids helps prevent circulatory problems and reduces the incidence of strokes and heart disease. The average intake is 150mg, although as yet no RDA has been set but it is likely to be around 350mg

#### c) Environmental Influences Detrimental to Health ·

- Chemicals, environmental toxins, smoke, smog and fumes all increase our antioxidant needs
- Birth of antibiotics - widespread probiotic imbalances in intestines and impaired synthesis of B vitamins and Vitamin K, along with decreased uptake of other minerals and trace minerals

Pasteur, father of the germ theory, was heard to say late in his life. "It is not the germ, it is the soil" - meaning that pathogenic bacteria and viruses are only a cause of disease if one is susceptible to them. A healthy balance of probiotic bacteria in our soils and in our bodies offers superb natural defence against invaders.

#### What can we do to redress the balance

Summary to date: The human body needs a certain level of nutrients for optimum health. Anything less and ill-health will set in. Food was given to us on this Earth to supply all the nutrients we need for optimum health. However over the past 50 or so years the nutritional status of our diets has changed dramatically. This covers:

- a) our food choices which are now predominately for mineral deficient processed fast foods
- b) the prevalent mineral depletion of the soil and plants which grow there and animals which graze the plants
- c) humans who eat both the mineral-depleted plants and mineral-depleted animals

#### The nutrition gap

There is a big gap in the nutritional status of most people today, and even a wholesome diet of organic food will not always be able to supply the nutrient requirement in total.

#### Solutions

- 1) Long term - The long term and best solution is for farmers and government bodies to team together to replenish the soil of the land with micronutrients.
- 2) Medium term - Food fortification. To add vitamins and minerals to all foods to ensure that most people will get their nutrients requirements, whatever they eat!
- 3) Short term - To supplement the diets of people with nutrients which are as close as possible to those found in food.

[https://www.natures-own.co.uk/acatalog/Nutrition\\_In\\_Health.html#introduction](https://www.natures-own.co.uk/acatalog/Nutrition_In_Health.html#introduction)