

## Multidisciplinary Services

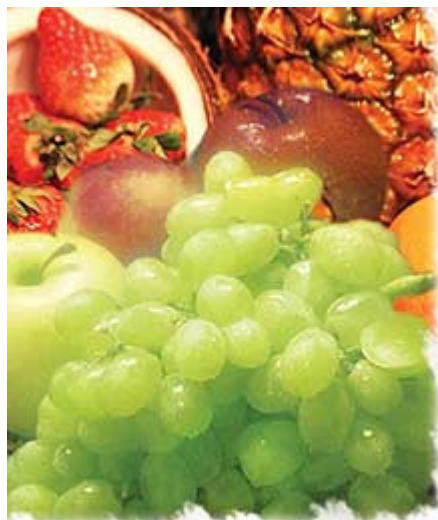
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### What's Not in Your Food (or Supplements)

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by Richard Drucker, MS, ND, NMD, PhD

**When the organic nutrients—including minerals and trace minerals—are lacking in our plants, everyone's health suffers**



Minerals are responsible for more than 300 biochemical, life-sustaining reactions in the human body.

However, minerals are no longer in our food today to the extent that they were decades ago. Thus, just eating a well-balanced diet is no longer adequate at supplying life-sustaining minerals. Your health and wellness—and that of your patients—are at risk unless you replace the minerals that have been diminished in our foods.<sup>1</sup>

According to Linus Pauling, two-time Nobel Prize winner, "You can trace every sickness, every disease, and every ailment to a mineral deficiency." Your patients come to you for their overall wellness. You are not covering all your bases without addressing the need for organic trace minerals. People are not getting the proper organically bound trace mineral nutrients into their systems to provide homeostasis the way nature intended.

According to the latest research, the body is imbalanced when organically bound trace minerals are deficient.<sup>2</sup> This causes disease, which can then manifest in the body with disastrous results. If food no longer offers us the

minerals they did in years past, how do we counteract this trend?

#### Minerals Down; Profits Up

Donald Davis, PhD, biochemist at the University of Texas, Austin, discovered that of the 13 major nutrients found in fruits and vegetables, six have declined substantially.<sup>3</sup> He used 2006 data from the US Department of Agriculture to determine that there was a dramatic decrease of up to 38% in protein, calcium, vitamin C, phosphorus, iron, and riboflavin when compared with produce from past decades.

The reason became apparent to him when he discovered that farmers had to drive up profits by using the latest techniques to increase crop production. Faster-grown fruits do not have as much time to develop the vital nutrients.

Farmers are paid by the weight of a crop, not by the amount of nutrients. Davis calls this the "dilution effect." As fruits and vegetables grown in the United States become larger and more plentiful, they provide fewer essential vitamins and life-giving minerals.

It is a simple inverse relationship: The higher the yield, the lower the nutrients. This is because slower-growing crops have more time to absorb nutrients from the sun and the soil. Many agricultural scientists do not know about this, and the public does not know about it, either.

When the organic nutrients—including minerals and trace minerals—are lacking in our plants, everyone's health suffers.<sup>4</sup>

The key to healthy nutrients is the word "organic," but not in the grocery store or health food store context. Rather, it is within the correct scientific definition, meaning bound with carbon: the chemistry of carbon compounds.

Carbon is what any true nutrient must have attached or bonded to it to be properly assimilated and used in the human digestive system. This is the way nature intended it to be.

## Tired or Toxic?

It is a fact: Ninety nine percent of Americans are deficient in organic minerals because inorganic chemicals (toxic, synthetic, dead, and inert, for example), pesticides, and herbicides have destroyed much of the critical organic complexes, elements, and minerals in our soils.

This is enough to set off the alarms. We have not only been eating junk foods, but also highly processed produce that is grossly deficient in organic nutrients, especially organic minerals. It is no wonder that we are a nation of overweight, sick people with the highest health costs on the planet.

Charles Mayo, MD, of the Mayo Clinic states, "Water hardness (inorganic minerals in solution) is the underlying cause of many, if not all, of the diseases resulting from poisons in the intestinal tract. These (hard minerals) pass from the intestinal walls and get into the lymphatic system, which delivers all of its products to the blood, which in turn, distributes to all parts of the body. This is the cause of much human disease."

Mayo is referring to the inorganic, dead, and inert minerals I mentioned earlier.

Sherry A. Rogers, MD, in her book, *Tired or Toxic?* states, "So food processing has a seriously silent and epidemic effect on our lives. For example, vitamin E has been removed from most grocery store oils and flours. Exposures to various pesticides and chemicals can cause brain symptoms, which actually mimic Alzheimer's. The brain is more vulnerable to attack by these when vitamin E is not standing guard at the cell membrane. Vitamin E is necessary to prevent Alzheimer's."<sup>5</sup>

Rogers goes on to state, "To compound our problem of declining nutrient status in this century, nutritional depletion is not readily recognized because of many reasons: 1) there is not interest in it because it is a nonprescription item, so the physician has no power over its use and 2) pharmaceutical companies cannot patent the products to make a profit. Therefore, there is little interest in nutritional therapies, nor is there money for research. In reality, a single deficiency (because it is important in a variety of enzymes) can manifest as a variety of symptoms."

According to Rogers, if the body is deficient in some nutrient or substance in an area of the body, it will "rob Peter to pay Paul." In other words, it will steal whatever it needs from one place to put it somewhere else. She calls this "auto-cannibalism." And the results are disastrous.

We all suffer in varying degrees from a lack of organically based nutrition.

Our soils are depleted, and depleted soils do not produce healthy, nutrient-rich plants. Crops produced in depleted soils are more prone to the invasion of insects, viruses, and fungi. It is important to recognize that insects and infectious organisms were designed to get rid of unhealthy vegetation, and they do not typically attack truly healthy plants. Much of the modern world is now aware that our industrialized (high-tech) methods of farming have not only depleted our soils, but have also created a cycle that requires pesticides to protect the unhealthy crops grown in depleted soils. And who suffers? We all do!

Since we are not consistently receiving life-giving, life-sustaining, organically bound carbon in either our food sources or our nutritional supplements, what are we to do?

First, we must be diligent to purchase foods that are certified organically grown as much as possible. However, that is not always feasible for the consumer.

Second, we must eliminate from our diet the processed and synthetic foods that are so prevalent. Even then, there is always a lack of nutritional completeness, hence the need for proper supplementation.

And finally, we must be certain that our nutritional supplements' ingredients are certified organically plant derived. They



intraMAX™ from Drucker Labs contains more than 70 trace minerals that are all 100% organic microcomplexed, plus more than 415 daily essential nutrients.

must not contain synthetics, inorganic and inert substances, colloids, preservatives, pesticides, herbicides, insecticides, or antibiotics.

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## References

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