

A Case for the Need for Mineral Supplementation

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Many questions are asked by practitioners and members of the public alike regarding the supplementation of micro-nutrients. The following are among the most often asked: "Don't we get sufficient minerals, vitamins, trace elements, digestive enzymes, probiotics from the foods we consume?" "If not, and supplementation is recommended, what form should it take?" "What amount of each nutrient should be taken?" "Could they prove toxic?" "When is the best time to take supplements?" "By taking only specific minerals and vitamins couldn't potential imbalances be created?"

Unfortunately the answers to these questions depend on the nutritional reference/s you personally have access to and the recognition that we are all different and have different nutritional requirements at different stages during our lives.

Even our science of diagnostics is not 100%. What samples are most appropriate to send for analysis? Hair, urine, sweat, faeces, blood, lymph? All of them? Or just a few? And different laboratories can provide different analytical results from the same sample and unless there are tight control procedures, the same laboratory can produce different results using the same batch of samples. All of which often leave the practitioner confused. I will, therefore, argue the case for supplementation based on my own clinical experience and recent research on the historical deterioration of the mineral content of our foods.

Over the past fifteen years I have used, as an adjunct to Chiropractic, a variety of herbs, vitamins, minerals and complex homoeopathic remedies. As I originally studied and qualified as a geologist, my personal preference has always been towards mineral supplementation since minerals and trace elements are the fundamental building blocks of which we are made. In fact all life could be considered as an amalgam of the stuff of the earth and a quality called "life force". Being imbued with a strong chiropractic philosophy, it also makes sense to me that without the 'correct' amounts and ratios of all the appropriate elements, trace elements and ultra-trace elements, our innate intelligence cannot possibly operate at its optimum. Once deficiencies are present to the degree that the body is unable to compensate, adjust and adapt, symptoms will manifest.

My initial use of mineral supplementation was with the Blackmore's Mineral Celloid Therapy. This is based on Dr Schussler's homoeopathic tissue salt concept where he hypothesised that all diseases can be interpreted as the result of definitive mineral salt deficiencies. Later I was

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introduced to a liquid trace element product called Beres Drops Plus. This product was developed by a Hungarian bio-chemist, Dr. Beres, who was given the research task by the Hungarian government to ascertain why there had been successive potato crop failures in a certain part of Hungary. Dr. Beres' conclusions were what many gardeners could have told him - the health of the crop depended on the health of the soil. He discovered there were a number of what he considered to be essential trace elements missing; on replacing these, healthy crops were grown.

As a result of these insights Dr. Beres turned his attention to human diseases and formulated the 'Beres Drops Plus' which contain seventeen trace elements 'blended' together with organic carrier molecules. His product is not available in the U.K. but has many enthusiasts world-wide.

Last year I was introduced to an American Herbalist, Paul Bergner. He came to the U.K. to help me promote a naturally derived, full spectrum, liquid, trace element supplement called **ConcenSea®**. He had observed that the successful protocol he had used with his patients over a 20 year period, *i.e.*, a wholefood diet together with appropriate herbal tinctures, had become less effective over the past 10 years. As the tinctures had not changed he decided to research the 'wholefood'. What he discovered was a dramatic decrease in many of the minerals and trace elements present in the vegetables, fruit and meats available to the American public, now, in comparison to twenty to thirty years ago. ⁽¹⁾

I decided to conduct a similar research project on the foods available to us in the U.K. Data obtained from 'The Chemical Composition of Food' published in 1940 by the Medical Research Council were compared with later updated editions including the 5th edition entitled 'Composition of Food' published in 1991 under the auspices of the Royal Society of Chemistry and the Ministry of Agriculture Fisheries and Foods⁽²⁻⁶⁾. These publications contain the official statistics regarding the composition of food, including their mineral content. A summary of the results of this work is tabulated below and a full report can be obtained on request.

Summary of Changes in the Mineral Content of Vegetables, Fruit and Meat Between 1940 and 1991

Year of Analysis	Mineral	Vegetables (27 Varieties)	Fruit (17 Varieties)	Meat (10 Cuts)
1940	Sodium			
1991	(Na)	Less 49%	Less 29%	Less 30%
1940	Potassium			
1991	(K)	Less 16%	Less 19%	Less 16%
1940	Phosphorous			
1991	(P)	Plus 9%	Plus 2%	Less 28%
1940	Magnesium			
1991	(Mg)	Less 24%	Less 16%	Less 10%
1940	Calcium			
1991	(Ca)	Less 46%	Less 16%	Less 41%
1940	Iron			
1991	(Fe)	Less 27%	Less 24%	Less 54%
1940	Copper			
1991	(Cu)	Less 76%	Less 20%	Less 24%

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The results of my investigation demonstrate there has been a 76% depletion in the copper content of vegetables over a 51 year period. I have also determined that of the 7 'new' vegetables introduced and analysed between 1960 and 1991 there has been a depletion of 59% in their zinc content. These are alarming results; especially when the essential nature of these and other trace elements to human and animal health are taken into consideration.

Some Beneficial Trace Elements By Year of Recognition *

Iron	17 th Century	Molybdenum	1953	Silicon	1972
Iodine	19 th Century	Selenium	1957	Nickel	1974
Copper	1928	Chromium	1959	Arsenic	1975
Manganese	1931	Tin	1970	Cadmium	1977
Zinc	1934	Vanadium	1971	Lead	1977
Cobalt	1935	Fluorine	1971	Boron	1990

- Source - The Healing Power of Minerals, Paul Bergner 1997 Benefits demonstrated in animals, but not necessarily human.

If copper and zinc have become significantly depleted—by the often excessive use of nitrogen, phosphorous and potassium (NPK) fertiliser—then the likelihood is that there has been a similar degree of depletion of all the other trace mineral listed above. And what about all the other trace and ultra trace elements which 'science' currently does not give any relevance to? Perhaps they also may yet prove to have an essential physiological role to play.

What a dilemma we have got ourselves into over the past 50 years! If these statistics were not alarming enough, the question has to be asked "How much fresh fruit, vegetables and meat do we consume?" The answer is often precious little; modern convenience diets invariably consist of refined, processed, manufactured foods and drinks made from de-natured ingredients, which incorporate artificial additives, flavourings, colourings, preservatives, sweeteners etc. Can there really be any reasonable doubt that there is a link between this and the ever more prevalent incidence of chronic diseases such as osteoarthritis, osteoporosis, asthma, emphysema, eczema, MS, ME, rheumatoid-arthritis, AIDS, leukaemia, breast cancer, prostate cancer, etc?

That's not all: what about how diet / lifestyle / lack of nutrients affect our psyche? Research has indicated that the nervous system stimulants, which include stress, coffee, alcohol and cigarette smoking, deplete our reserves of magnesium as well as many other nutrients. Yet the lack of magnesium for example, has been directly linked to many disorders including anorexia, anxiety, depression, disorientation, hallucinations, hyperactivity, insomnia, irritability, mental confusion, nervousness and vertigo.

It was in 1976 that Dr Richard Mackarness⁽⁷⁾ first wrote his book "Not all in the mind" detailing his research link between poor diet and psychotic illness in an American Sanatorium. I personally find it disturbing that a basic, fundamental, mineral supplement like **ConcenSea®** is recommended by the Hyper Active Children's Support Group as well as the Autistic Society because it can help improve the quality of the life of those children who have these conditions: what inferences should we draw from this?!?

Those of you who have read the work of Weston Price D.D.S. ⁽⁸⁾ written in the 1930's will recall the very strong link that he demonstrated between the incidence of poor dentition and full arch development and the ingestion of 'modern' foods by peoples of 'primitive' cultures. Similarly, Alan Gaby MD ⁽⁹⁾ has put forward compelling evidence linking the incidence of degenerative disease conditions with a lack of micro-nutrients in our diet. He also puts forward the hypothesis that although we are manifestly getting less of the vital nutrients in our diet, we actually need more than we historically have ever needed. Why? Because the body (innate) uses these micro-nutrients to help neutralise anti-metabolites (environmental pollutants) that inhibit the normal bio-chemical functions of these very same micro-nutrients!

So where do we go from here? O.K so we can supplement, but what? When? And for how long? Well, despite the results of the work Paul Bergner and I have conducted, I would always recommend people eat a wholefood diet, preferably organically or bio-dynamically derived. But we are all exposed to environmental pollutants and it is unlikely that the majority of us during our day to day way of life will not have the occasional biscuit, cigarette, cup of coffee, piece of chocolate, pizza, cake, alcoholic drink etc. Consequently, the reality (for me) appears to be to educate people that there is a real need to return to food which has been grown on healthy soils and to eat foods that are less processed and less contaminated by pesticides, herbicides, preservatives, fungicides etc. In reality educating people is a slow process, one that will take a significant amount of time and yet there is a dire need, right now, to at least give 'innate' a chance by going some way towards providing a full complement of the 'basic building blocks'.

Once the decision to supplement is made, however, further considerations present themselves. Most of us recognise that our diets need to contain sufficient water, protein, carbohydrate and essential fatty acids. But what should the correct configuration of the extra vitamins and minerals be? It is impossible to underestimate the importance of minerals and trace elements for the human body. They often act as the catalysts for all the other nutrients the body uses to develop and maintain good health. Yet if you take too much calcium it can affect the magnesium levels, if you take too much zinc it will upset the copper balance, etc. Also if supplements are taken in an inappropriate form there is a possibility the supplement will go unchanged from one end of the alimentary canal to the other! Or, it maybe so rapidly assimilated it could prove toxic. The debate goes on.

That is why I'm very pleased with **ConcenSea®**. **ConcenSea®** contains, in trace amounts, nearly all the naturally occurring elements of the periodic table in a physiologically appropriate ratio and because it is in an ionic, liquid form, it is readily assimilated in quantities that are non-toxic.

ConcenSea® is derived from an isolated part of the Great Salt Lake in Utah, USA, and, through an evaporation process that removes 99.5% of the sodium chloride, **ConcenSea®** is—as the name implies—a very concentrated source of ionic minerals. **ConcenSea®** is **not** a colloidal mineral supplement, it is **not** derived from humic shales (aluminium silicates) as most colloids are. Consequently, **ConcenSea®** does not have an abnormally high aluminium

content as can be the case with many colloidal supplements (Schauss⁽¹⁰⁾). **ConcenSea®** can act as an excellent ongoing prophylactic supplement or as a basis from which to conduct therapeutic work by adding appropriate herbs, vitamins, minerals, digestive enzymes and/or homoeopathics.

My recent research work has, unfortunately, confirmed that conducted in the USA. Minerals and trace elements, the basic building blocks of our bodies', are just not as readily available in our diet as they once were. It is my contention, therefore, that there is, to a greater or lesser degree, a causal link between this situation and the increasing prevalence of chronic and degenerative diseases. Consequently I feel there is a real need, for each and every one of us, not only to have as 'wholesome' a diet as possible but also to take on a regular prophylactic basis an appropriate good quality, preferably naturally derived, readily assimilated, broad spectrum, micro-nutrient supplement.

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