



# Natures Power

The Importance  
of Minerals in a  
Healthy Diet

T e r r y   W a l l

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**"Imagination is everything. It is the  
preview of life's coming attractions"**

- Albert Einstein

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## Prologue

"What lies behind us, and what lies  
before us are small matters  
compared to what lies within us."

- **Ralph Waldo Emerson**

At the book's heart is revealing information about the role of minerals in our diets. Nutritionally vital, minerals have been depleted from the food we eat, affecting our physical and mental health. Over years of research and observation, the author carefully lays out the evidence for this, by comparing the well-being of domestic animals and humans in areas of high and low mineral availability. This is backed up with 10 years of experience with mineral supplementation.

Few people understand that these core health nutrients are at the very heart of all brain functions, including memory, hunger and even DNA integrity, not to mention physical energy, body shape and immune strength. Nor do they realise that without minerals, vitamins have no role to play and the production of enzymes, the engine oil of the brain, becomes impossible. It is not a great leap to accept that by adding above average quantities of the full range of minerals that have contributed to our evolution, to our daily nutrition, that rather special things start to happen. Those of us who are naturally more sceptical should perhaps look at the converse side and consider what happens to individuals who have for one reason or other, chosen to live on a very mineral deficient diet, e.g. one comprised of highly processed foods. The result is self-evident.

Current "fire brigade" health system is as many realise, dysfunctional. It is reactionary rather than preventative, creating an unsustainable bottomless demand for cash. Based on diagnosis and treatment, it is riddled with risk and side effects and is polluting the very environment on which we all depend.

While this book considers the business model that has led to such a situation, it only does so to explain how so many are being hoodwinked. It offers a fresh perspective, an alternative that is all positive. Enjoy.

## Introduction

*"Destiny is not a matter of chance,  
it is a matter of choice;  
it is not a thing to be waited for,  
it is a thing to be achieved."  
- Winston Churchill*

Information is a vital tool for survival, especially in this unsettled and rapidly changing world. It also improves your odds of having a successful and enjoyable life, whether that means physical, mental, emotional or spiritual success, or whether you want to gather wealth and power, or all these things. This is an attempt to show you that there is a much better alternative to living ignorant or even fearful for your future health, reliant on good luck and the administrations of our 'bottom of the cliff' and "unsustainable" health industry.

While much of this story of discovery could be considered slightly holistic, and could occasionally be criticised for presenting evidence that is too generalised, don't let that put you off because the revelations contained within this book were largely made possible by ignoring exceptions and allowing the mind to remain focused on the overall 'big picture'. I will suggest how this big picture view of things, has made it easy for scientists to miss the woods for the trees.

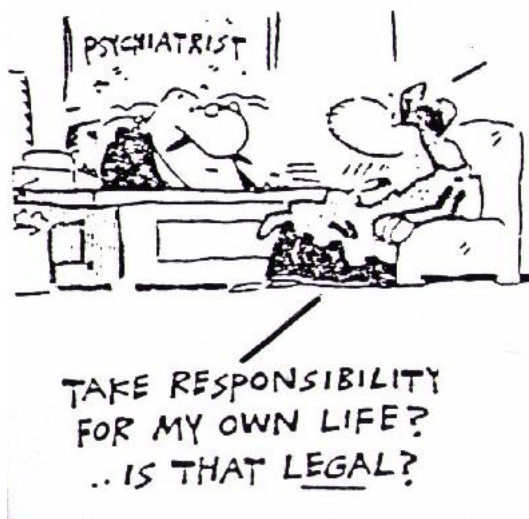
For some time now, I have been uncertain about putting my head above the parapet with this subject. However, having reached the age of 67, I have found that the frustration of the continued hypocritical approach to health and the excitement of the continuing improvement in my own and other's well-being, has become too much not to share with you. While much of what is in this book is available in the public domain, I hope it is presented in a way that is easy to understand and allows people to see the wisdom it contains.

The fact that animals and humans are biologically over 90% the same, each with blood, hearts, brains, nerves, limbs, eyes, ears, bones and so on is no surprise. What is less well-known or perhaps ignored, is that animals will waste away and die if they are given food rations or grazed in areas that are deficient in certain minerals or trace elements.

On the other hand, animals are more productive, fertile, relaxed, resistant to disease and parasites, and live longer if they are grazing on, or fed, rations that are well mineralised. This is why many of the useful nutrients that are commonly stripped out of human food by increasingly sophisticated technology find their way into livestock feeds. The animals so fed generate enough income to easily pay for these vital nutrients.

It was this knowledge that stimulated my interest in minerals and whether humans might also benefit in a similar way. Incidentally, I make no apology for introducing this story with evidence based on experience with animals. Animals cannot read or understand to a higher level like humans, which eliminates any need for double blind trials or placebos. This is very significant as it removes the possibility that the mind may be contributing to any noted advantage seen in comparative mineral trials.

My interest in well-being was stimulated about 20 years ago. I woke up one morning after a rather heavy night, looked in the mirror and was shocked at the apparently sudden signs of my premature aging. Thirty years of smoking and a fondness for alcohol were killing the illusion that I was bullet-proof. I promised myself I would reduce my indulgent lifestyle and life went on. But it wasn't quite the same; the seed of an idea had been born.



Motivated by some uniquely relevant childhood and professional work life experiences, I got involved in carrying out a series of multi-mineral trials to overcome a problem called 'foothills ill thrift' in lambs. This was a common problem for young stock being raised in the foothills of Canterbury, New Zealand. They simply did not thrive, requiring very light stocking rates and frequent worm drenches, and they were invariably sold off unfinished to down country finishing farms at much less than prime lamb prices.

I commissioned a veterinarian to make up a mixture that contained every mineral and trace mineral that he thought might have anything to do with animal well-being. The mineral concoction was prepared with instructions to mix it with bags of agricultural salt and offer it to half of a group of 200 lambs. They were allowed to consume as much as they liked.

After only a few weeks, the results were so significant that it was quite easy to visually identify those animals that had access to the minerals. After three months, both the treated and control lambs were sent to the processing works to ensure an accurate measurement of any benefit. Based on the killing sheets, we had a response of over 25% improvement in carcass weight. The lambs with access to the minerals had easily reached prime grade. This made me wonder whether these inexpensive, widely-available nutrients might be of some advantage to other mammals, in particular to humans.

In another trial where a farm suffered the same 'ill thrift' problem, we carried out a number of remedial preventative actions, one of which was to add a few grams of a trace mineral to the annual early spring top dressing. Again, these actions worked miraculously. All the lambs were sold two months earlier than normal and all went prime grade. For me as a Farm Management Consultant, there was one problem. We had made several management changes and I was unsure which of them were responsible for the improved productivity.

The following year, we did virtually nothing extra, reasoning that there should be a residue of the applied trace element still in the soil, as well as an overflow effect of the other applied techniques, and this should be enough. However, we injected all the new season lambs with vitamin B12, as recommended by the farm's veterinarian, who told us it was a derivative of the mineral that we had applied to the soil.

Disaster! All the new season lambs were sold off two months later and worse, very few reached prime condition. The good news (for me) was that our immediate neighbour had seen what we achieved the previous year and applied cobalt (one trace element) with his top dressing. He totally replicated what we had experienced the year before. In effect, it was this mineral that totally outshone vitamin B12 and all the other management techniques that we had used (more on this interaction later).

At about the same time, a series of experiences and observations suggested to me that the so-called Recommended Daily

**RDA levels were mostly set over 50 years ago by people who are by now either dead or were probably taught that 'health through nutrition is junk science'.**

Allowances (RDAs) for minerals were exceedingly conservative. In all fairness, most RDA levels were set over 50 years ago. The people who set most of them are dead and those who would possibly criticise them were probably taught that 'health through nutrition is junk science'!

On top of that, it is nutrition 101 that minerals, being synergistic, should always be taken together as a package, with the widest possible range of supportive minerals - never one at a time. It is also reasonable to expect that if the RDAs were reviewed and updated today, they would be significantly increased. After all, there have been an awful lot of increasingly negative influences on their availability (see chapter on The Balance of Evidence)

In a nutshell, this book is a story that shows - and hopefully proves to your satisfaction - that it is not just animals, plants or fish that thrive amid a generous supply of minerals and trace element minerals, but humans too. It will allude to the fact that these vital nutrients are not just the building blocks of our physical selves, but also make up a vital component of our mental, moral, spiritual and emotional strength. Even more than that, they are a vital fuel that we need every day for our energy and immune well-being. (Appendix 2)

This is not a story about two or 10 minerals, it is about all of them. It is not about taking the RDA every day, but taking three times or more of the RDA every day. It is not about fatty acids, enzymes or vitamins, as either they cannot exist or they have no role to play without minerals. What this story reveals is a massive shortage of minerals in our daily lives. Without them, we cannot manufacture enzymes or fatty acids or even utilize vitamins. They provide not only the foundation for disease prevention, but also the core nutrients to lift your abilities from the ordinary to top shelf. Whether you are an athlete or a banker, a philosopher or a parent, we all have more potential to achieve.

This book will lead you through a series of events and facts that demonstrate just how truly deficient our diets have become. You will learn that what was thought to be a potential problem in the 1930s with the discovery and widespread use of petro-chemical fertilisers, has become a real problem, hugely exacerbated by acid rain (in itself the product of increased carbon in the atmosphere) and the increased sophistication of industrialised food processing.

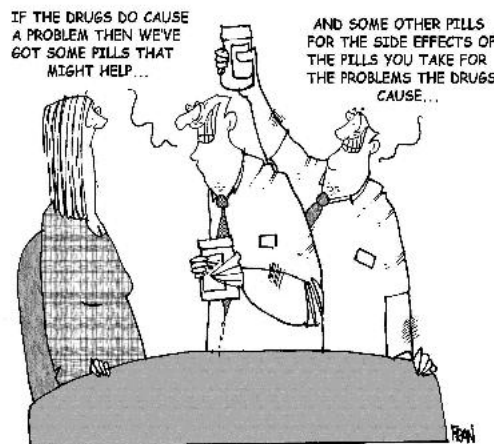
## Where We Are At

*"To accomplish great things, we must  
not only act, but also dream, not  
only plan, but also believe."*

**- Anatole France**

Feeling healthy and youthful can be rather elusive, yet it is everyone's dream. Conflicting media stories of what is good for you and what isn't promote fear and confusion, and for many disenchantment and a feeling of loss of control. The vast majority of us have given up, leaving their health care to others. Side effects brought on by cocktails of pharmaceutical remedies add to this distrust and an increasing interest in natural alternatives. This mind-blowing range of miracle juices, enzymes, gizmos, treatments and remedies for this disease or that, confuse all but the most dedicated. The number of people who have given up trying to afford or understand grows by the day. It is these people that this book aims to assist.

With the increasing pace of life and more transient lifestyles, there has been a decline in traditional family togetherness, and simple common sense life skills fail to be being handed down from one generation to another. They are becoming lost or ignored amid a climate of ignorance and fear often propagated by big businesses.



Health is not about fixing this problem or that. Life skills, born and tested over the years, are being replaced by an acceptance of the unpleasant but enormously

profitable 'fire brigade' health industry. Pharmaceuticals are polluting the very water that life depends on. Some people suggest that water drunk in London has been consumed nine times before it is again consumed by a Londoner and then outflows to the sea with every chemical consumed still on board.

In fact, disease prevention has been equated with early detection. 'Breakthrough research' announcements camouflage an industry that would wither and die without disease. Professional lobbyists foster confusion and fear among decision makers, ensuring this industry receives the public funding it wants. For example, the World Health Organization (WHO) declares swine 'flu was a pandemic, when it was significantly less dangerous than the usual winter 'flu. Taxpayers, frightened by the supposed wisdom of the 'white coats', continue to ignore the futility of giving 100% of their health spend to professionals and multi-national corporations that make a living out of disease.

**Breakthrough research announcements camouflage an industry that would wither and die without disease!**

On top of this hopelessness, people are encouraged, through glossy mega-advertising, to consume food that is effectively industrial waste. Officials seem paralysed. Over 10% of children are born with significant health issues and 20% of children in rich, developed countries like the UK now need special education assistance. *How long will it be before half the population is tied up looking after the other half?*

Over 75% of retirees are significantly disabled one way or another by the time they reach retirement. Ninety eight per cent of diseases have no known cause. Our prisons, hospitals and mental health facilities are straining to cope with what appears to be an ever-increasing demand. Is this the world you want to live in or leave behind for your children?

It is not as though we were not warned. Over 70 years ago, a wise scientist submitted a paper to the US Senate ([see Appendix 2](#)) warning of the dangers of widespread use of artificial fertilisers, the acidity of which could reduce the quantity and range of minerals available in our diets. This advanced thinker warned of the potential threat, not just to our mental and physical well-being, but to moral and spiritual well-being. It is becoming increasingly obvious that this man's dire predictions are on course.

He did this at a time when he had little idea that within 50 years of the discovery of oil, petro-chemical fertilisers would destroy 95% of the vital organic matter from most of the world's rich food-growing soils. A good example is the Urals in Russia,

where a layer of over 12 metres of rich organic matter has been reduced to less than 30 centimetres.

So what is so important about soil organic matter? It is the home for billions of micro-organisms that turn dirt or rock particles into plant-absorbable nutrients (colloidal minerals). Without these vital organisms, plants would die of starvation and animals and humans would eventually follow. Organic matter is also the glue that holds the fertile topsoil from being washed or blown away; witness the dust bowls of mid-west USA in the 1930s.

Unfortunately, there was even worse to come. At the time, it was the beginning of the oil age and now as everyone knows, the widespread use of oil as a fuel has massively increased the quantity of carbon in the atmosphere. Unfortunately, when carbon dioxide mixes with atmospheric moisture, it converts to carbonic acid. The common name for this is acid rain, easily measured in the oceans where its deadly effects can be monitored with a simple pH test, but far harder to detect on land.

When it comes to soil, we humans have burnt it with fertilisers, washed it with acid rain, dumped on it with the plough and sent the harvest to a factory for stripping or refining. You

**...you can live with confidence  
that your life potential is just a  
fraction of what it could be!**

can live with absolute confidence that your life potential is just a fraction of what it could be. Not only that, but you live as part of a society suffering emotionally and financially from the stress of experiencing, watching or paying for the treatment of unnecessary disease.

We know the current mantra: 'eat five serving of fruit and vegetables per day and you will be pretty much OK'. While this has been standard 'avoid disease' advice from our health advisors for decades, it ignores the fact that there has been a massive downgrading of the mineral content of our soils and subsequently our food over the last 70 odd years. It also ignores the fact that this advice has had little or no effect. The time is well past where that 5+5 advice has any validity.

There is so much smoke and so many mirrors in this industry that I have intentionally avoided entering the arena of comparing one scientific trial against another. Statistics can easily be manipulated as will be demonstrated, so I have considered only data trends from such organisations as the World Health Organization and work from holistic writers. This book presents evidence of different environmental conditions that provide hugely varying levels of minerals in the diets of those living in such areas. You will learn of the varying health status of these populations. Hopefully, it will allow you to decide for yourself whether you

need to take any personal action to improve your and your family's life experiences.

Every one of us needs to think twice before we openly accept advice about taking the first little pill. Offered to us with the aim of treating an apparent elevation in blood pressure, sugar levels, cholesterol levels, or joint pain, feelings of depression, or whatever, these offers need to be given careful consideration. Apart from yourself, think of our poor planet, increasingly wrapped in vast oceans that contain every pharmaceutical ever manufactured. Once you get on this pill popping life altering merry go round it becomes extremely difficult to regain the confidence to get off it.

As one doctor freely admitted to me while discussing this problem, he suggested that not only do doctors have to be re-trained, "they must first be un-educated". No one said Doctors weren't intelligent.

Next we will have a quick look at whether your DNA or your immune system are really mucked up, or is this just a trick, a tactic to get you to accept that first little pill.

## There is Nothing Wrong with Your DNA

*"You have to believe in yourself  
when no one else does.*

*That's what makes you a winner."*

**- Venus Williams**

Humans have been evolving under Darwin's theory of evolution for at least five million years. What is more, evolution tends to be very un-PC. Only the best survive! Faulty design does not win. Death is normal. Humanity in general is the product of this undeniably proven and ruthlessly successful selection process.

You can be sure there is very little wrong with our DNA or immune systems. They are actually rock solid, having endured the widest possible range of tests under the widest possible range of conditions. So don't be fooled into accepting the idea promoted by many so-called experts that the human genome has significant DNA faults, or that families have weaknesses etc. Perhaps after some genuine interest and diligent comparative analysis of nutritional and simple lifestyle habits during a patient's or a family's formative and even later years, the idea might gain some validity. Currently there is no validity in this claim at all.

**Don't be fooled into believing that there is much at all wrong with your immune system. Five million years of evolution says it is good to go!**

Two items of recent research have now established that nutrition is so powerful, that not only has it the power to improve life outcomes but it also has the ability to alter the life potential of future generations:

The first one, published in the PLoS Biology journal ([1](#)) shows that feeding honey bee pupae an elite diet not only altered the bee's behaviour but also its DNA. The research, led by Ryszard Maleska of the Australian National University (ANU) College of Medicine, Biology and the Environment, has implications for humans too. Two groups of identical female bees developed from differently-fed larvae were studied at the ANU and the German Cancer Institute facilities. One group was fed continuously on highly nutritious royal jelly and the other group was fed on honey after three days on royal jelly. The bees that were fed on honey became workers while those fed on better quality food became queen bees. The most

significant discovery was that the DNA of the well fed bees changed. There are implications for human health here because the enzymes that mark the DNA of the honey bee are the same ones that mark DNA for human brains

The second discovery [\(1\)](#) by Dr Peter

D. Gluckman et al, suggests a substantial component of metabolic disease risk has a prenatal developmental basis. Perinatal

**New research indicates that high quality nutrition can change / upgrade your DNA, leading to elite families!**

epigenetic analysis may have utility in identifying individual vulnerability to later obesity and metabolic disease. Or to put this in easy to understand language, Dr Gluckman's research has shown that if a mother eats poor food during pregnancy, her child will be prone to obesity as well as common sickness. Damn all to do with DNA and a lot to do with nutrition. Common sense really.

These discoveries are massively important for humanity. The changes come about because the brain's development is affected according to the nutrition available. In other words, elite nutrition can not only improve your life outcome, but also the outcome of your offspring and their future generations. This breakthrough discovery changes the way that the world will look at evolutionary history and condemns forever the current 'laissez-faire' (leave alone) attitude to food manipulation.

This research, as well as common sense tells us that if a parent or caregiver has been brought up on junk food they are likely to feed it to their children. In other words, people with few life skills will be likely to bring up kids with even fewer life skills. The day we are shown survey data from independent analysis concerning the dietary habits of those populating our prisons, asylums and hospitals, then hell is likely to have frozen over. In the meantime, the paucity of such information speaks for itself. The statistics departments of most governments will not even publish the variation in life expectancy by people's professions. That would be just too transparent; after all, it could well throw light on some potentially toxic industrial environments (asbestos, plastics, electromagnetic exposure) or it could even prove that doctors don't live as long as their patients, heaven forbid!

In this new age of dispersed and often dysfunctional families, we would all be better off for making life skills a primary and compulsory part of education. Even this idea faces a challenge, and that is to find people capable of educating the teachers. There is no point in just propagating the current medically based unsuccessful mantras. This suggestion is worth fighting for, as it appears to be the only way we can avoid the currently unsustainable downward slide towards a broken world that we will soon no longer be able to afford. (25)