



Why is Our Food Nutritionally Depleted *Part 1*

Our body needs 90 key nutrients on a daily basis to maintain proper function. Without them our bodies would move to “dis-function” and then to “dis-ease.” Dr. Linus Pauling, a two-time Nobel Prize winner (he was to chemistry what Albert Einstein was to physics), said about the lack of these key nutrients that, “You can trace every sickness, every disease and every ailment to a mineral deficiency.” He didn’t qualify the statement, he said “every”, he didn’t say “some.”

It seems logical to me that our Creator would give us everything we needed in order to have “function” in our bodies and then “ease.” He has given us everything.

Healthy top soils are living environments that perform a vital function.

It’s in this environment that minerals from the soils are converted from a rock form into an organic form to be uplifted into the plant. Thus, the best way to obtain the vital 60 minerals we need on a daily basis is through fruits and vegetables because they are in a pure organic state.

Elaine R. Ingham, Oregon State University said, “An incredible diversity of organisms make up the soil food web. They range in size from the tiniest one-celled bacteria, algae, fungi, and protozoa, to the more complex nematodes and micro-arthropods, to the visible earthworms, insects, small vertebrates, and plants. As these organisms eat, grow, and move through the soil, they make it possible to have clean water, clean air, healthy plants, and moderated water flow.

What happens when the equilibrium of this ecosystem is disturbed? Who on earth would want to disturb what our Creator already made perfect?

According to Dr. Ingham, “Growing and reproducing are the primary activities of all living organisms. As individual plants and soil organisms work to survive, they depend on interactions with each other. By-products from growing roots and plant residue feed soil organisms. In turn, soil organisms support plant health as they decompose organic matter, cycle nutrients, enhance soil structure, and control the populations of soil organisms including crop pests. If the ecosystem is disturbed, many of those “interactions” would fail.

There are many different soil organisms.

Some are vital to the production of the transference of soil nutrients to organic plant nutrients. One of the organisms that make up a healthy ecosystem is called root-feeders. They consist of nematodes, macro arthropods (e.g., cutworm, weevil larvae and symphylans). Without these, the result would be a potentially significant crop yield loss. Another organism is fungal-feeders; nematodes and micro arthropods whose function is to graze. This helps release plant-available nitrogen and other nutrients when feeding on bacteria, control many root-feeding or disease-causing pests and stimulate and control the activity of bacterial populations. All in all, there are 10 main categories of organisms all working together under the direction of our Creator to deliver to us the 60 minerals we need on a daily basis.

How are these interactions frustrated?

Simple answer; man thinks he knows better than our Creator.

Farming Secrets says: The Less We Interfere With Nature; The Easier And Healthier Farming Becomes