



A NEW BODY LIFESTYLE PROGRAMS

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“Can You Dig It?” ~ Part 3

Creating Edible Landscapes: HISTORY of SOIL

“A nation that destroys its soil, destroys itself!” President Franklin D. Roosevelt

“You can trace every sickness, every dis-ease and every ailment to a mineral deficiency.”

Dr. Linus Pauling, Two-time Noble Prize Winner

“Mental illness, wars, racism, cannibalism ... is due to mineral deficiency.”

Dr. Llalila Afrika African Holistic Health & Nutricide

“Over half a century ago, 50% of Americans grew their own food and without synthetic fertilizers. During the Great Depression, 18 million died of starvation. Today, less than 1% of American grow their own food.” www.getseeds.net

“Good food is a right, not a privilege.” Alice Waters Art of Simple Food

“Humanity is dependent upon the first foot of top soil, the earth’s skin a living entity that must be nourished.” Bill Hancock

“Americans must consume five times the amount of fruits and vegetables than our Great-Grandparents ate because our soil has been depleted of major and trace minerals, along with beneficial organisms.”

Dr. William Albrecht, Ph.D.

“Always leave the soil better than you found it.”

Rupert Stephens, pioneering organic farmer & father of Arran, Nature’s Path® founder.

The www.NutritionSecurityInstitute.org reports 85% of North American soil is depleted of essential minerals and nutrients for plant, microbial and human health. Deficiency in **any one** mineral can lead to dis-ease. Industrial agriculture and monoculture obsession with maximum yield and growth of products shows short-term profit based on market dynamics, resulting in poor soil mineral content. Your conventional fertilizer through intense chemicalization depletes soil mineral content affecting plants’ ecosystem, whereby the soil becomes dependent on future synthetic fertilizers via “Better Living Through Chemistry.” Given that the U.S. is import dependent, many of our food agricultural products are mineral deficient due to monoculture practices, excluding the Genetically Modified Organisms (GMOs).

Your longevity is correlated to the health of the soil. With less than 1% of American growing their own food today, given rising unemployment, rising food prices, the stressed economy, our food continues to decline in vitamin and mineral content while heart dis-ease, dental caries, immune deficiency, and mental illness has risen.

There’s been an 80-year decline of the apple’s mineral content. In 1914, the amount of Calcium (Ca) was 13.5 mg. In 1993, it decreased to 7 mg, and today it’s even less at –48.15%. Phosphorus (P) 45.2 mg → 7 mg. Δ –84.51%. Iron (Fe) decreased 4.6 mg → .18 mg Δ –96.09%. Potassium (K) 117 mg. → 115 mg Δ 1.71%, and Magnesium (Mg) 28.9 mg → 5 mg Δ –82.7%. Today’s apple will not keep the doctor away!

There's a direct correlation of dis-ease(s) increasing from 1980 – 1994 with the continual diminishing of the soil's mineral content. From 1914 to 1990, heart fatalities increased 120 –360 per 100k. Bronchitis, asthma, bone deformities, tinnitus, and mental illness increased. Fruits, vegetables and meat are mineral deficient to the point where we must consume several portions more than our ancestors to equal the same nutritional quality.

The **banned** U.S.D.A. Public Health Report 72, States, “deficient soil leads to an increase in obesity, diabetes, alcoholism, cardiovascular dis-ease, mental illness, heavy metal toxins, etc.” Texas' soil levels lack Selenium (Se), Ca and Mg and P. In 2005, 4.8. million Texans were diagnosed with a mental dis-ease that now includes PREGNANCY! In 2008, that value is approximately 10 million prescribed with some type of Selective Serotonin Reuptake Inhibitor (SSRI) – Zoloft, Prozac or Analog causing instability, irrational behavior and suicide.

Soil re-mineralization and remediation are necessary to correct dis-ease and restore one's health. The ocean's nutrient rich, bio-available source of quality supplementation thrives in a salt-water based environment similar to the make-up of 70-80% of the human body. Studies show that “soil exposure is a natural antidepressant” improving mental well being. Duke University and Southwest Medical Center in Dallas, TX have replicated and confirmed these studies of putting your hands in the soil and working it, that serotonin is stimulated and natural mood calming compounds work similar to biochemical pathway of antidepressants. Observe employees working in the garden departments being calmer, relaxed and less stressed. Individuals on SSRIs were able to reduce their drug dosages. School gardens, A.C.W.B., Inc.'s “**Art ~ 4 ~HEALTH®**” **Experience Projects**’ ~ “**Growing with Gardening** SM” Outdoor Learning Centers promote better learning with improved standardized test scores while decreasing inattentiveness and delinquency.

The Permaculture (**Permanent Agriculture**) Design Principles of “Care of the Earth” and “Care of People”, are forms of reciprocity as investments in healthier soil!”

REFERENCES:

Empty Harvest Dr. Benard Jensen and Mark Jensen ISBN#0-89529-416-8

Soil Biology Primer Soil and Water Conservation Society www.swcs.org

Contact the authors at (713) 639-3571 or mail@acwbinc.org with “*Can You Dig It?*” in the **SUBJECT HEADING**. **Maisha Tianuru** and **William Hancock** are Alternative Wellness Specialists, coordinating activities for the www.ACWBInc.org Health Network established in 1994 to disseminate **Natural “WHOLISTIC WHEALTH”** care information for the spiritual, mental, emotional, physical, financial and legal well being of humankind.