

REMINERALIZING

Our Soil, Our Food & Our Bodies!

David Ronniger

The truth about our health in this country is a phenomenal disaster in itself. Diseases we hadn't even heard of have become typical, cancer has grown at an unprecedented rate, and the quality of our food has been greatly diminished. Is there a correlation here? What causes disease? In my book, accumulated toxins and undiagnosed nutrient deficiencies are behind every disease.

It all started to plummet downhill in 1954, when the US Government mandated a switch from organic-based fertilizers and minerals to a super-fast-acting group of three main elements: nitrogen, phosphorus, and potassium. These will grow just about any plant and it will look beautiful to the eye, but contain little or no nutrients. Yet farming became a big industry and we produced one heck of a crop! Profits (and subsidies) increased for the farmers. And who else did well but the petroleum

industry. In the process, we broke the sulfur cycle, thus eliminating one of the most important elements in our diets. It has been 56 years since this change, the results are right in front of us and have been escalating for all these years. Will we take notice into where we are emptying our pocketbooks? Will we change the quality of our diets? Will we demand better and cleaner foods? A simple method of prevention and a change in diet would improve our lives, our health and our well-being. It's easy and simple.

A perfect example of this scenario is the country of Finland. Back in 1954, like us, they took on the petroleum-based fertilizers, but by 1985, they declared their nation's health was declining. Addressing the situation, they found that the American fertilizers were the cause. Since Finland has socialized medicine and it was costing a huge amount for the health-care of their people, they stopped using these chemical fertilizers and returned to organically based, mineral-rich fertilizers. In the past



26 years, they've brought their health back by 80%.

Would we do that in our country? So far, not a chance! It's all about big money, big corporations, big Pharma, and a government that thinks more about themselves than the health of their people. But the people have their voices also, and slowly we are getting heard. We have our organic food stores and small farms that have mushroomed since I got into this movement in the late 60s. This is now a multi-billion-dollar industry and growing. Why? Because the people are waking up to the situation and demanding better nutrition. It's basic common sense.

Sulfur is one of the four most important elements your body needs, plus trace minerals of all kinds; the other three being potassium, sodium and magnesium. But sulfur cannot be stored in the body for too much over 12 hours, thus we must ingest sulfur through mineral-rich foods. We must know our garden's soil by testing it in a certified lab and see just what we are high and low on, then add these appropriately and eat this food. Whole, live foods like fresh fruits and vegetables, grains, beans, nuts, seeds and flours are the best for us. Fresh fish and meats are good in moderation, but we must know their source. One of the other things we should strive to do is learn to maintain a simply diet

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that works for each one of us, and stay with it.

Years ago, in our little town of Hot Springs, Montana, there were people who came from all over the world for the 21-Day Cure. It involved soaking in the mineral-rich waters, eating a balanced, simple diet of health-giving foods, and exercising daily. After 21 days, each of them went home with a new habit and a good one at that!

So the choice is ours now to improve our health, to strengthen our immune systems, and to reverse the depletion of our physical bodies, our mental clarity, and our spiritual well-being. Begin gardening, or help someone else with their garden, and then share the rewards.

I have been involved with organic farming for the past 34 years. Before that for seven years, I was building and working in an organic natural food store with my mother, brother and sister. I understand the situations we are facing, and it is both challenging and exciting to be part of this movement.

I came across this quote the other day: **"If we don't pay attention to our health now, someday our health will get our attention!"** To maintain its health, our soil needs these all-important minerals and trace minerals, as well as the plants that grow in it. So do our living bodies. These are the basic practices of the organic farmer:

- 1) Test your soils.
- 2) Get them in balance with supplemental essential and trace minerals, and organic matter.
- 3) Know your pH, with 7.0 being neutral, and most vegetables liking the 6.7 pH range. All farmers and gardeners should be testing yearly.
- 4) Rotate,
- 5) Rotate,
- 6) Rotate your crops! ■



David Ronniger (soaking at a local hot spring) is a pioneer in the organic and natural food movements beginning in the late 1960s. He loves to introduce people to entrepreneurship in organic farming and marketing, alternative energy, and well-being. Along with some of his friends and neighbors, he is the builder and creator of Hot Springs' first natural food store. Contact David at 406-741-2148 or e-mail dronniger@gmail.com.

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