

BRIDGING THE GAP BETWEEN MENTAL & PHYSICAL

PHOSPHORUS

“The Light Bearer”

The element phosphorus is found in the nucleus of each cell, in bodily fluids, and in solid tissue as potassium phosphate. As calcium phosphate, it enters the bony structure. Its Greek root is: *phos-*, meaning “light,” and *-phoros*, meaning “carrier, bearer.”

One of the major non-metals in the body, a negatively-charged ion, it performs a great variety of chemical reactions. It usually combines with four oxygen atoms to form the phosphate ion. It is a major part of ATP (adenosine triphosphate), an energy-transfer catalyst. Your B Vitamins are only effective when phosphorus is present—a necessity for the brain and nervous system to function.

Without phosphorus, we could not study, memorize, read, reason, create, visualize, or comprehend! With each thought, phosphorus is used up. Phosphorus is synonymous with intelligence and consciousness—the medium for coupling the soul with matter. It appears luminous in the dark and burns with a white flame!

Fireflies are so named because they have much phosphorus. If we had abundant phosphorus, like the aurora borealis, we too would shine in the dark. This luminescence is known as the aura—the light sphere around your body that makes you phosphorescent!

People with a great deal of phosphorus are highly evolved. Evolution depends on the gray brain substance. The more “gray matter” you have, the more of a philosopher you are, and the more interest you’ll take in other people. In *The Chemistry of Man*, Bernard Jensen, Ph.D. states that the “pig is of low order, with a small brain, and a lot of pork,” thus low in phosphorus. Symptoms of phosphorus deficiency include: loss of patience, neurosis, craving of excitement, psychosis, fears and anxiety, constant fatigue, sensitivity to noise and to criticism, and a lack of confidence—in short, *a lack of light!* Phosphorus has three main functions to perform:

1) *Brain Function*— We cannot think, talk, cultivate emotions, or experience passion without burning up phosphorus—“it’s the candle of intelligence, the lamp that burns all the time, the oil that supplies soul-light.” Burn it all up and we’re like idiots in the dark.

2) *Body Function (Muscles, Bones and Tissue)*— If the brain is too active, phosphorus goes to the brain;

if the body is too active, the brain is robbed. Where do we want our phosphorus to go? All in balance. Exercise that part of the body and that’s where it will go.

3) *Regenerative Functions*— If a man leads a wild life, the more phosphorus he will burn up in his passions. For that reason, we should remember that it depends on our activities where this precious element will go.

How to get more phosphorus in your life? Exposure to sunlight increases phosphorus metabolism. So take off the hat, let the sunlight in, and enjoy the great outdoors!

Raw egg yolk is your best source of phosphorus, a compound of the greatest value to the brain, containing phosphorus and vitelline, a nucleoprotein. All raw egg yolks contain these creative principles necessary for reproduction and proper growth. So blend a raw egg yolk into your protein smoothies, or whisk it with your favorite salad-dressing recipe. Consume eggs raw, if you can, or sunny-side up, over-easy, or soft-boiled—not fully cooked.

Other good sources for phosphorus include: homeopathic cell salts (*cal-phos*, *mag-phos*, *ferrum-phos* and *natrum-phos*), seafoods and seaweeds (white fish, sardines, mackerel or herring, and kelp or dulse), bone broths, grains and legumes (millet, barley, rye, oats, lentils and beans), nuts and seeds (especially walnuts, almonds or pecans, and sesame or pumpkin seeds). The best vegetables for phosphorous are: cabbage, broccoli, cauliflower, carrots, parsnips, the greens, and sprouts. Herbs, such as yerba santa, peppermint leaf, yellow dock, milk thistle seed, ginseng root, ginkgo, fennel, barley grass and wheatgrass, all have phosphorus.

We’ve all heard the phrase, “Let your burdens be light!” Maybe now we can understand its fuller meaning. To learn more about this wondrous element, read Dr. Bernard Jensen’s book. He is a true pioneer in holistic health. ■

