

# How to Get *Whole-Food* Minerals

Marlenea La Shomb, N.D., LMT, P.Tr.



**Just Ask Dr. Ma**

Dear Dr. Ma,

*I was told I need more minerals, but the tablets recommended constipate me. What are my options?*

— Susan

best way from which to get all your minerals. The body easily recognizes minerals in this form.

Throughout the centuries, ancient cultures have known this about mineral salts and plants. Here are some of my favorite books on this subject.

In ancient India, we had the Ayurvedic, and in the orient, the Macrobiotic eating systems. "The Macrobiotic Way" by Michio Kushi, has excellent charts on minerals with their function in the body and the foods that contain them. For instance, some food sources for calcium are: almonds, dandelion greens, parsley, sesame seeds, leafy greens, and watercress.

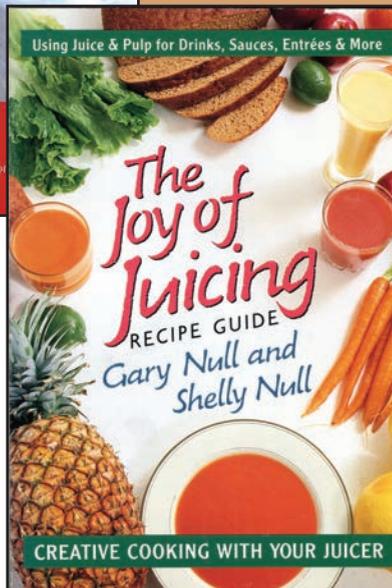
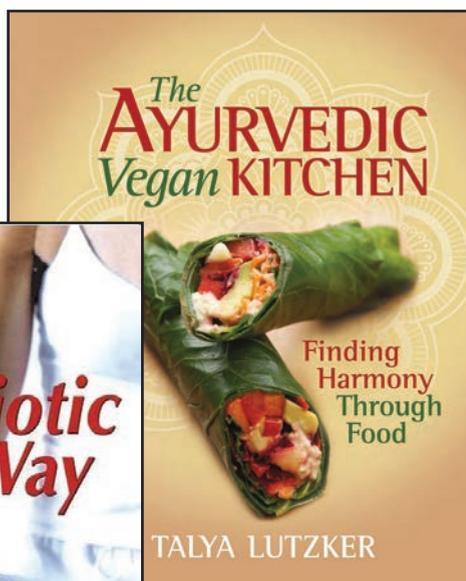
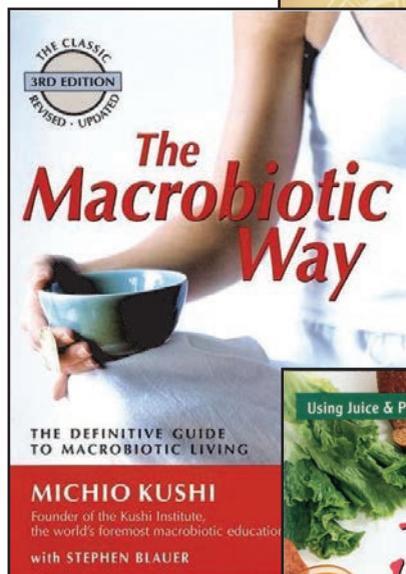
Dear Susan,

Great question! I was just reading the other day a statement that struck me funny: "If we could get all our minerals from the earth's crust, we would have eaten it away to nothing." Yet, as you are experiencing, our bodies don't digest and process minerals straight. All plants, whether growing in the sea or on land, are made to do this job for us. Simply put, the roots pull the minerals out of the soil, we eat the plants, and receive the benefits of easily digested, assimilated, utilized, and eliminated minerals. Whole-food minerals, or balanced mineral salts, as they are called in the body, are needed in every interaction and process in our body's systems.

The main minerals we hear about, such as calcium, magnesium and zinc, need the trace, complementary minerals in proper balance and proportion to be most effective. Man-made tablets are missing this whole-food balance. In fact, minerals added to foods or found in pills do not come from food sources, but rather from mines and quarries (via laboratories). Minerals occurring in plant-based foods are always combined by Nature to balance one another, maintaining their proper ratio. Eating a whole-food diet is the safest and

Calcium's important functions in the body include: Builds healthy bones and teeth, helps blood clotting, and regulates the heartbeat. Some vital food sources for iodine are fish, leafy greens, sea vegetables, and organically-grown vegetables. Iodine stimulates the thyroid gland, which regulates the rate of digestion, is important for growth and development, and is converted to be used in virtually every system of the body.

The chart on the next page, from "The Macrobiotic Way," illustrates how the sea vegetables are high in minerals. "The Joy of Juicing" has more charts on the nutrient composition of foods, showing that the main minerals are in ALL plants—just in different proportions. Talya Lutzker's book, "The Ayurvedic Vegan Kitchen, Finding Harmony Through Food," discusses how food affects you emotionally. It offers 120 recipes showing how the unique chemistry of that recipe



**Table 6.3 Mineral Content of Various Sea Vegetables**  
in milligrams per gram

Sea Vegetable	Calcium	Phosphorus	Iron	Sodium	Potassium
Agar-agar	567	22	6.3	—	—
Arame	1170	150	12.0	—	*
Dulse	296	267	—	2085	8060
Hijiki	1400	56	29.0	—	*
Irish moss	885	157	8.9	2892	2844
Kelp	1093	240	—	3007	5273
Kombu	800	150	—	2500	*
Nori	260	510	12.0	600	*
Wakame	1300	260	13.0	2500	*

can be used to balance the body's unique constitution. For more, go to [TalyasKitchen.com](http://TalyasKitchen.com).

### RECIPE: Quick & Easy Vegan Mineral Broth

*"No bones about it!"*

Heat water or veggie stock or chickpea miso just to drinking warmth (as cooking would destroy vital enzymes and nutrients). Remove from stove. Juice 3 carrots, one stick of celery, a quarter onion, and one dash of cayenne. Add to warm liquid. Optional, yet highly recommended, since sea veggies are our best source of balanced minerals, you can tear up one sheet of nori into bite-size pieces and stir into your broth. Enjoy daily, as I do!

A NOTE ABOUT CHICKPEA MISO: Fortunately, Miso Master now offers an alternative to soy-based miso, since today, it's impossible to get any soy that has NOT been GMO'd. I think this chickpea miso is the best in the world. You can get it in Bozeman at Rosauer's, and in Livingston at FoodWorks, among other places. ■

— Dr. Ma

Send your questions to Dr. Ma La Shomb, N.D., LMT, P. Tr., by text, along with your name and phone number, to (406) 224-5425. She passionately works as a health coach and writer for all who are ready to find harmony and balance in body, mind and soul through natural therapies and education.



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