

TWO FORMS OF MINERALS

There are two distinct forms of minerals: **Organic and inorganic.**

Inorganic minerals have not gone through a plant life, thus human organisms **CANNOT ABSORB** them.

They lie in deposits in weakened or injured parts of the body, to later give side effects. The kidneys have to get rid of them (Ref: John Christopher, a worldwide renowned herbalist).

The reason? Man is 'heterotrophic', meaning: **Man takes his food from other living forms**, he cannot absorb inorganic minerals; as opposed to the plants which are "autotrophic" meaning they take their food from non-living forms and can absorb inorganic minerals.

Organic minerals have gone through a plant life, this is why human organisms **CAN ABSORB** them.

Organic mineral means coming from a living source.

Organic minerals (alive, derived from living matter) are found in vegetables, fruits and other food from living sources.

The minerals have to be first digested by a plant in order to be assimilated. (Ref Adelle Davis: Let's Eat Right to Keep Fit).

This issue has been deeply studied by Professor Maurice Aubert (1997) of the University of Nice, in the framework of the International University of the Sea (former CERBOM). It takes the term Biocenosis to explain the transformation of minerals by marine phytoplankton and zooplankton. **This converts them into the form of organic salts and thereby makes them bio-available (organic).**

When we say **organic minerals** we mean **Bio-available** minerals made by plants or animals.

The plants and some animals which are autotrophic metabolize the minerals they have ingested from the sea or the ground. By this process, these minerals became organic (Bio-available).

An important part of the minerals we find in the sea comes from the phytoplankton absorbing minerals and converting them into **a bio-available form.**

Then, the zooplankton eat the phytoplankton converting more inorganic minerals into a living form, **a bio-available form.**

Zooplankton release large amounts of converted minerals into the sea.

These can be absorbed by other living forms such as the baleen whale, some fish and man.

Another important part of the minerals we find in the sea comes from the remains of the plants and animals which, while they were alive, had converted inorganic minerals into a Bio-available form.

After they have died, these remains are dispersed into the sea.

Seawater contains a very high percentage of bio-available minerals (up to today the exact figures are not known).

This is why seawater sustains life.

Minerals and trace elements contained in seawater have been DIGESTED by micro-organisms. They are organic or Bio-available, therefore we can ABSORB them.

Inorganic Minerals are Petrified.

(of organic matter) changed into a stony substance; ossified)

The minerals extracted from a mine are inorganic rocks. We cannot grind a rock and eat it. A chicken can, we CANNOT. **Man IS NOT A CHICKEN. Man takes his food from living sources.**

If we grind an egg shell (calcium carbonate), dissolve it in vinegar/hot water and drink it, our body WILL ABSORB it.

If we grind a piece of chalk (calcium carbonate) dissolve it in vinegar/hot water and drink it, our body WILL NOT absorb it.

The difference is the first one WENT through a life process, which made it ORGANIC and we can ABSORB it.

The second DID NOT go through a life process, it is INORGANIC and we CANNOT absorb it.

Simple!

The progression of events of how organic minerals become inorganic:

The sea at first was a living element and the minerals contained in it were organic. With time, the sea dried out and became a dead sea. Then with the movement of the Earth's crust, that sea was buried and became a mine.

This slow process takes millions of years.

All these original organic minerals from that sea became **inorganic, they fossilized** and therefore cannot be absorbed by the body.

It is easy to understand that a living organism is likely to be dead after millions of years. This is what they are, millions of years old inorganic minerals.

SALTS

In order to have some understanding of the importance of salt, it should be known that the etymology of the word *salary* is: *Salt*.

In Ancient Rome salary was the soldier's allowance for the purchase of salt.

At that time Salt was as valuable as gold –true. And true too, life without salt would cease. “Your muscles would not function, your ability to think would be impaired your memory would fail and your heart would stop beating.” Ref: Pat Thomas.

Salt is the result of a base neutralizing an acid, for example: Sodium neutralizes Chloride.

Most acids form a salt when combined with a metal.

There are more than 900 acids and more than 55 metals. You can easily imagine the number of salts. There are hundreds if not thousands of salts: Magnesium Chloride, Calcium Chloride, (which is also used in cooking), Zinc sulphate, Magnesium Bromide...

Some are simple in their properties:

- Potassium chloride is used in food.
- Potassium Fluoride is a poison.
- Magnesium Bromide is used as medicine for the nervous system

Some have are very peculiar in their use:

Calcium Bromide is used as a food preservative, in medicine to treat stress and is also used in photography.

Salts are **BROADLY** used in medicine let's take a few examples:

calcium carbonate is used in the treatment of osteoporosis.

calcium chloride used as a treatment adjunct in cardiac arrest and in magnesium poisoning.

calcium citrate used in renal osteodystrophy (defective bone development).

calcium glubionate used to provide calcium, as a nutritional supplement and for the treatment of hypocalcemia (not enough calcium).

calcium gluconate a calcium salt used to treat or prevent, hypercalcemia (too much calcium).

calcium polycarbophil used as a laxative.

We can see with these examples that there are more salts than just Sodium Chloride which will benefit the organism. There is a forest of salts and sodium chloride is a tree.

When we study this short list we understand:

- A. Salts are used to solve pathologies.
- B. Not enough of a mineral or salt can create pathology.
- C. Too much of a mineral or salt can create pathology.
- D. Unbalance of minerals or salts CREATE pathologies.

This leads to the conclusion that we have to **KEEP OUR MINERALS AND SALTS IN BALANCE IN OUR ORGANISM.**

Everybody should know and understand this when we talk about salt, it **MUST** be **several salts mixed together with bio-available minerals and trace elements**, one salt taken alone can be poisonous for health. This has been discovered and proven by countless scientists.

Jacques Loeb MD and Biologist 1854-1924, discovered this amazing fact, I quote: “Sodium Chloride at the concentration in which it exists in seawater is poisonous to marine organisms”

Sodium Chloride sustains life BECAUSE it is MIXED with other salts, minerals and trace elements!

An element alone in too big quantity can be poisonous, it is the mix with other elements that makes it good for life.

Salt must be Salts.

We are all born in amniotic liquid which is a salty solution. The first thing a MD does when a person is in a life threatening situation is to put him, or her, on drip of a physiological solution, which is a salty solution.

Salts are essential to life.

Common misconception: Salt is responsible for high blood pressure.

The truth is:

If you do not take enough salt your kidneys will produce renine (an organic substance that will create a special protein which will raise the blood pressure). This is one of the reasons a diet without salt does not CURE hyper tension, (ref Satoriz mag info).

There is even a MD, Jacques De Langre (1925-1993) who used Celtic sea salt to CURE high blood pressure. Ref : “Seasalt’s Hidden Powers.”

Rock SALTS (Salts from a mine)

The minerals contained in a Rock Salt (salt from a mine) come from a dead sea.

A mine is a millions-of-years-old dead sea, which was buried.

In the process of a dead sea becoming a salt mine, all the original organic minerals became **inorganic** and therefore the human organism CANNOT absorb them.

Composed usually of, 98% of Sodium Chloride.

White Sea Salt

It has been physically and chemically processed then, chemical additives have been added to it in order to facilitate the sprinkle (anti- caking agent) and to make it pure white.

It has been ‘washed’ with water and has therefore been ‘cleaned’ of all the organic minerals and nutrients from the sea.

It contains very small quantities of organic minerals and trace elements.

Important note:

Sea salt produced and labelled "sea salt" from the US **might not** actually **come from the sea**, as long as it meets the FDA's purity requirements.

Composed usually of, 98% of Sodium Chloride.

Atlantic Grey Sea Salt or Celtic Sea Salt™

It comes from the sea that contains organic minerals and salts in the same balance as the internal human liquids.

Atlantic Grey Sea Salt is harvested by hand on the Atlantic coast of France, it is a nationally preserved area and registered as World heritage since 2002.

It is obtained by sun and wind evaporation and it is **free of pollutants from mechanical and chemical processes.**

It is obtained with no alteration of the original content of the seawater.

Seawater is virtually the same liquid as our extra-cellular liquid, “Man is a living aquarium” (ref; Dr Jean Jarricot).

This salt is composed of **only 71 to 74% of sodium chloride** (for comparison most of the other salts are 96-98% sodium chloride), (ref: Dr Brian Clement).

This salt is the dry residue of the seawater with **Bio-available minerals, trace-elements AND several different salts.**

It contains **a high percentage of Bio-available minerals and trace elements** (calcium, potassium, magnesium, iron, manganese, sulphur, zinc, plankton, algae, iodine and other nutritive elements). **This is why it is grey.**

The **minerals and trace elements** in Atlantic Grey Sea Salt are **ORGANIC**. Human organisms **CAN ABSORB** them.

All these organic minerals **are the basic food** for the cells and **the glandular system.**

This salt contains **natural iodine** and is the food **for the thyroid gland.**

The thyroid gland plays an important function of detoxifying the organism.

The thyroid gland also controls the growth of the body and builds the central nervous system. **This is very important for CHILDREN.**

This salt will nourish the organism.

In the United State of America, this salt is for sale under the brand name of Celtic Sea salt™ and it is recommended, for decades, by medical doctors.

Extracts from the book: A New Understanding on Sea, Minerals and Salt by Andre Delamare ISBN 978-0-9928298-0-3 foodaliveltd@gmail.com 01342 458 259 - 079 51 144 122