Bio-available

The tragic mistake was to believe that only the chemical composition of an element was important.

Pasteur was a chemist, therefore Western medicine became a chemist medicine.

To the chemist the composition of an element is what counts. The concept of bio-availability is foreign to him, bio-availability is not a chemist concept.

Yet, **minerals in fruits and vegetables ARE NOT identical to the same minerals in the soil.**

Calcium carbonate of an eggshell is NOT equal to the calcium carbonate of the chalk.

One is absorbed by the body and the other not.

In terms of the human nutrition, the fact that a mineral is bio-available or not, is an important difference.

Do you think, because they are minuscule, our cells are stupid and cannot differentiate? Do you think an organism who succeed to survive through millions years is dull? I am sure you have a better opinion of your body, and I can tell you it takes a lot of cleverness to be able to survive through millions years.

Each of our cell immediately identify if a product is bio-available or not. When the product is bio-available it will be absorbed, nourish and enable the cell to perform its function.

The white blood cell (the most fragile cell of our body) will survive with ease in a seawater rich in bio-available minerals and will die after few hours in a saline solution made with mineral salt.

Our body is made of cells, a product that nourish our cells nourishes our body. All the purpose of nutrition is to nourish our body. The first quality of food is to be bio-available.

If this bio-availability quality is not important, why do not eat minerals directly from the soil?

Some people do.

They eat these non bio-available minerals from some mineral water, rock salt, or more recently from some food supplement. The food industry invests millions in advertising each year and has succeeded in convincing some men to eat stones, grits and rocks. Exactly as in the past, they succeeded in convincing some farmers to feed the cows with animal flour.

The result is diseases.

Rock, stone and grit are not food. Food must be bio-available and this quality has a cost.

Good mineral water, sea salt and good food supplement have a cost. We cannot say that they are more expensive than the other non bio-available “food”. The fact is that one is food and it has a price, the other one is rock and it has also a price.

The fact that food costs more to produce than to gather rocks from the ground, has nothing to do here.

Food products are not more expensive, it is only the price for food. It is exactly the same as vegetable oil and mineral oil. One is food and the other not. We cannot compare their prices, they are two different products.

We will **not** use mineral oil for cooking or for our salads, mineral oil is good for our car. It is the same with mineral salt (a salt from a mine), it is not good for cooking or our salads, it is good for our dishwasher.

In order to be qualified as food a product must be **bio-available**.

Rock salt is a good product for our dishwasher or to prevent ice on the roads in winter or other industrial use (the chemical industry uses 95% of the production of rock salt) and it has a price.

Unrefined sea salt rich in bio-available minerals is a good product, it is food we can use to season our meals and good sea salt has its price.

They look similar, but only one is food. **Man cannot survive eating rocks, he need food**.

The prime quality of food is to be bio-available. Ask the French, their food is so bio-available that some of their cheeses move alone out of the plate, and a good French chef will never over-cook anything.

This might be the answer of the long quest called the "The French paradox". How come with their diet of butter, cream, animal fats, vine and under-cook meat, they live so well. All these products are alive, bio-available.

The purpose of food is to nourish the organism and we cannot nourish it with fossilized food, such as mineral salt, or burned food. When they cook their food, they cook it just enough to make it edible, to enhance the flavours or to make it attractive, no more, **food must be bio-available**.

Extracts from the book: A New Understanding on Sea, Minerals and Salt by Andre Delamare
ISBN 978-0-9928298-0-3 foodaliveltd@gmail.com 01825 509 158 - 079 51 144 122