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.

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

Organic mineral means coming from a living source.

Only organic minerals (alive, derived from a living matter – def in Webster dict) are assimilable (able to be absorbed), ie: the minerals contained in vegetables, fruits and other living foods.

The minerals have to be first digested by a plant or have had a chemical/cooking process (vinegar, heat) 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) (21) of the University of Nice, in the framework of the International University of the Sea. 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 make them bioavailable.**

All the minerals and trace elements contained in sea water have been DIGESTED by micro-organisms. Therefore we can ABSORB them.

Inorganic minerals are petrified.

The minerals extracted from a mine are inorganic rocks. We cannot grind a rock and eat it. A chicken can, we CANNOT. It might not seem obvious FOR SOME, **but Man IS NOT A CHICKEN.**

If we grind a piece of chalk (calcium carbonate) dissolve it in vinegar and eat it, our body WILL NOT absorb it. If we use an egg shell (calcium carbonate), our body WILL ABSORB it.

The difference is the first one DID NOT go through a life process, it is INORGANIC and we CANNOT absorb it. The second GOES through a life process, which makes it ORGANIC and we can ABSORB it.

Simple.

The progression of events:

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 mine became **inorganic** 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 years old inorganic minerals.

This concept is true for ANY living food man needs and eats. Dairy, meat, vegetable, fish,... name it. When they are **fresh, they will provide us with LIFE**, when they are old, they can poison us.

This process goes very fast sometimes, some fish will turn bad within a few days!

We want and need **FRESH food**, this is true of ANY food, **minerals INCLUDED**.

Working on people's ignorance and trust, some food industries have succeeded in selling rock as food.

Understanding the process of how inorganic become organic, enable us to choice the correct food.

The food industry has always looked for means to extend the shelf life of food.

The best means of course is to sell dead food.

Another advantage of dead food is that it can be shipped across the planet with no alteration. It is dead it will not rot, it has ALREADY rotten, even more it is PETRIFIED!

Living food

We need salt from a **Living** ocean, not from a dead sea or from a mine. Celtic sea salt meets the criteria. It is a salt from a living ocean, unprocessed and unwashed, this means it has KEPT all its nutrients from the sea. **This is why it is grey.**

It is harvested by hand on the Atlantic coast of France; it is a nationally preserved area and registered as a World heritage site since 2002.

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

It is organically certified and recommended for decades by Medical doctors.

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