

Submission to TGA by Terry Wall

Our medical / health / disease based specialists have largely been hijacked by large corporations peddling symptom suppressing pharmaceuticals. They are taught in medical school that health through nutrition is junk science and it is not likely to change any time soon. Hence it is vital that government should ensure that the population has access to alternatives. Remember, the FDA is NOT God. It is polluted with members who have vested interests in pharmaceutical corporations.

The TGA in Australia must control the quality and safety of alternative products. At least that will be an improvement over the current situation for both pharmaceuticals and alternative medicines.

Life got Started

By way of background, we are reminded that life began and evolved in a mineral soup we call the ocean. It wasn't just the salt or the water that was so creative, but the minerals and oxygen in it. It contains every mineral and trace element that ever existed, leached over millions of years from the mountains and plains into streams and rivers and finally the sea. Sea water is the perfect representation of the sum of all minerals that have accumulated in our environment over time. Even today after millions of years, we are so compatible with sea water that it has been successfully diluted and used as a blood substitute, when saline or blood supplies ran out. ^[1]

These often ignored core health nutrients are both synergistic (they require the presence of one another to be effective) and vital to every function in every living being on the planet. They are critical to the creation and assimilation of vitamins, enzymes and fatty acids. While the role of at least some of these 80 plus nutrients, have been, at least in part verified by scientific trials, the influence of most of them is less well known. Being freely available in nature, but not able to be patented, their role in life does not receive the research, nor the publicity and recognition that they so deserve. For purposes of simplicity I shall refer to macro minerals, minerals and trace elements, as minerals.

Animal's Cannot Lie

In the same way that pharmaceutical companies sometimes test their new drugs on animals, much of the initial evidence of our current mineral deficiency was revealed to me in the same way. The validity of using animals is well accepted because scientists assure us that our DNA is virtually identical. This is confirmed when it is remembered that we are, on occasion, able to switch organs with animals. Another important advantage to working with animals is the fact that due to their lesser intelligence, we do not have to carry out double blind trials to remove the confusion created by the "placebo" effect.

In some parts of the world, pasture fed or free range animals cannot be farmed successfully or economically without supplementing with particular minerals. ^[2] It is especially true for animals raised on impoverished sandy or pumice soils and also those animals unfortunate enough to be fed corn or sorghum in feed lots, or indeed commercially supplied pig and chicken feeds, where experience has proven time and time again that added minerals are necessary to make the animals or birds healthy and productive. ^[3]

Signs of mineral deficiency can range from severe, which produce visible symptoms such as swollen thyroid glands or hair falling out, to least; where the symptoms are so subtle that most would be unaware of their existence. By correcting these micro deficiencies, it is possible to restore the integrity of, and re-energize immune systems, increase natural disease detection and reactivate stem cell activity which is so necessary for healing.

Some of my early awareness of the importance of minerals came from watching my father visually identify and solve cobalt, zinc, copper and selenium deficiencies on the sand country farm where I was raised. His became so good at doing this, largely without the support of laboratory tests, that his stock regularly topped the sale prices for both sheep and cattle.

Then nearly 40 years ago, while working as a Farm Consultant, I initiated a series of livestock trials aimed at testing the effectiveness of supplying multi minerals to overcome a problem in the foot hills of Canterbury New Zealand. Called 'foothills Ill thrift', young stock

were particularly difficult to raise and were usually sold unfinished to a down country property with better quality soil, where they would be grown out to prime grade and then sent for processing. [\[4\]](#) In the first trial we provided half of a mob of 200 lambs with a especially commissioned multi mineral mix (fed with granular salt) and half without. The recipe contained every mineral that a veterinarian thought could have a possible effect on wellbeing. Within just a few weeks a visible difference between the two mobs was clearly evident. After 3 months all the lambs were sent to the works in two separate mobs to check if our observations were indeed measureable. These results were spectacular and were subsequently verified in follow up trials. While these results stimulated my interest, it was far from the only work that I carried out and or read about. Humans of course eat a much wider range of food grown in usually richer soils, so the question has to be; "is there any evidence that humans are actually deficient in minerals and if so, just how deficient is our food?" What is wrong with the recommended 5 servings of fruit and vegetables, if they are indeed eaten?

We Were Warned

Humanity was warned over 70 years ago, that new threats to the quantity of dietary minerals did not bode well for the survival of mankind. This warning was presented to the US Senate [\[5\]](#) at a time when oil had recently been discovered and made possible the manufacture of acidic petro-chemical fertilizers. Unfortunately this warning was ignored in the face of the commercially valuable boost in physical crop yield that these NPK fertilizers initially provided. Since then and for over 70 years, grower prices, field trials and plant selection have been judged on easily measured bulk (dry matter) yield. Mineral content or nutritional integrity never had a chance as food production became the new gold for agri-business corporations. There were no rules regarding nutritional integrity. None! Zip! In a short seven years only, we have seen what this type of hands off approach did to a vital service such as banking. The food industry has had over 70 years to refine its destructive techniques. That should be evidence enough, but there are more compelling reasons why most of us live deficient of minerals.

First: Sixty years of carbon dioxide induced acid rain melting the amount of organic matter in the surface regions of the soil, leading to the reduced output of minerals and facilitating their leaching beyond the reach of plant roots. The loss of organic matter in the world's food producing soils will prove to be devastating to food production as weird weather events increasingly test the durability of these now highly vulnerable soils.

Secondly: The loss of food diversity and nutritional integrity due to the dominance of corporate / commercial farming, with its subsidy inspired obsession with corn, soy and rape seed (canola). To illustrate the point China, working with the soil, feeds 30 people per hectare with nutritionally dense food versus USA feeds 4.1 people with mostly genetically engineered NPK reliant rubbish. Europe is about 10 per hectare. [\[6\]](#)

Thirdly: Historically, cultivation techniques have been dominated by the use of the plough, which has in principal the advantage of preparing a relatively clean seed bed. The modern plough has unfortunately become way too efficient at burying organic matter down to an oxygen depleted zone, from where the micro flora/ organisms cannot convert soil particles to plant useable nutrients and has been described as a "Weapon of Mass Destruction" because of it. [\[7\]](#)

Fourth: The fine art of food refining or processing has had a free run and has gained such acceptance that Universities provide degrees in the art of turning food into industrial waste. Food stock such as grain, pulses, beans and even dairy products are taken to factories, liquidized, heated, filtered and treated with acids and chemicals, effectively disassembled so as to extract everything that could be sold for a profit. The leftovers are again heated, hydrogenated, re-colored, re-flavored using cheap oils, engineered fats, refined sugar (fructose et al) and various chemicals. This concoction is then emulsified and dried and finally packaged to look like a child's birthday or Christmas gift. [\[8\]](#)[\[9\]](#)

Fifth: A further depletion occurred when salt companies decided to get on board with the modern trend of everything white sells better. They worked out how to liquidize salt brine, filter out the discoloring minerals and rebuild the sodium chloride into shiny white crystals. Most of us now accept this is what salt is. However this white powder is actually dangerous to our health, as it no longer contains the catalysts minerals needed to safely absorb the salt. Further, since the birth of refrigerators, natural salt is no longer used as a preservative, further reducing our intake of minerals. [\[10\]](#)

Sixth: An equally important loss of minerals came when the sugar companies extracted the discoloring components of natural sugar. These vital nutrients are also fed to animals to make them healthier. The unfortunate side effect of losing the supportive minerals from sugar (mainly zinc and chromium) is both type I and type II diabetes or to be more specific, the amputation of legs. [\[11\]](#)

The above are by no means a complete list of depletive influences on the levels of minerals in our food today. One other worth mentioning is the mineral draining impact of pharmaceuticals, which leads one to understand a “catch 22” trap. Suffice to say, a **1992 Earth Summit** reported that the mineral content of the world's farm and range land soil had decreased dramatically:

North America	85%
South America	76%
Asia	76%
Africa	74%
Europe	72%
Australia	55%

As long ago as 1993, the World Health Organization (WHO) reported that the United States soil was 95% depleted of *essential* minerals.

Do Humans Really Need Minerals?

It is pertinent to ask “Would humans have a better life outcome if consuming food grown from particularly mineral rich soils?” With our genetic similarity to animals, the likelihood of this occurring is high, but to convince the naturally skeptical, more proof is offered. My own experience and that of many others, while personally convincing, would be unlikely to ‘cut the mustard’. Because of cost it was impractical to go down the laboratory trial or ‘double blind trial’ road, so I decided to look for places where people’s food was grown in exceptionally mineral rich soils and see if these people had better life outcomes.

One of the standout examples is Senegal. Located in West Africa, this country’s unique geography includes an area that was once part of the ocean. This low lying land dried up millions of years ago, leaving a soil richly loaded with sea minerals. So rich is the soil that the Senegalese export it as fertilizer and of course grow much of their food in it. But first I have a story that is interesting in its own right. A friend’s son happened to travel down the West African coast on his way back to New Zealand. He had no knowledge of this unique aspect of Senegal but was so impressed with the country, in particular the general attitude and happiness of the people that he remarked accordingly to his father, who in turn mentioned it to me. He was pleasantly surprised to find out that there was a very good reason why this was likely to be true.

I decided to see if there were any health statistics that might confirm this casual observation. As it happens, World Health statistics for Senegal are very conclusive. [\[12\]](#) [\[13\]](#) [\[14\]](#) Not only do Senegalese

mothers, tested at post natal clinics have only a tenth of the amount of HIV infection, 3,000 per 100,000 (3%) instead of 30,000 per 100,000 (30%) as compared to neighboring countries, their life expectancy and health outcomes are also significantly better. What is going on here, healthier and happier and much stronger immune systems, because of a few extra minerals?

Next consider the well-known reports of longevity amongst people living high in the Andes and Himalayan Mountains. While some sources state that these claims are unverified, these populations do have a high mineral intake due to the glacial milk (ground up rock) that they and their animals drink as well as irrigate their food crops. Perhaps this reported wellbeing and longevity is not only the result of a less polluted environment?

I personally observed the difference between tribes in East Africa, some of whom live on a coastal diet dominated by fruit and seafood, and worked with the pastoralist peoples living almost exclusively on untreated milk with a little meat; both high mineral diets. These people were quite obviously healthy being tall and slim, smiling faces and great teeth. When compared to tribes living on a diet dominated by corn meal the difference in wellbeing and stature is obvious, but there is also a perceptible difference in attitude.

Now Laboratory Science Agrees

Then I came across the results of a trial comparing the outcomes of 200 heart patients placed either on an American style medically recommended low fat, low sugar diet (low mineral intake) or others who were put on a mineral rich Mediterranean diet. [\[15\]](#) [\[16\]](#) The latter was so much more successful that the trials were stopped prematurely so everyone could be placed on the more successful Mediterranean diet.

The evidence, circumstantial or not, appeared to be confirming that livestock responses were appearing to be just as true for humans, as we already knew. But there is more. Recent research has now produced evidence that literally makes the link between nutrition and wellbeing, an absolute ‘no brainer’.

The first of these breakthroughs was revealed while looking into just how did a hive of honey bees, make a new queen. It turns out that most pupae wanted for normal workers and drones are fed Royal Jelly for two days, then on a diet of honey. Whereas when a queen is deemed to be needed, the hive will select one pupae and then continuously feed it on Royal Jelly. The result is a new queen, but added to that, the researchers found that the DNA of the queen bee had changed as compared to identical DNA of matched

siblings. [\[17\]](#) This is not supposed to happen. DNA was thought not to change after creation; it was thought to be locked in. Keep your mind focused on that.

The second breakthrough, confirms that a mother's diet during pregnancy can alter her baby's DNA, while still in the womb. If the mother eats poorly and is overweight, her child has much increased risk of obesity, diabetes and heart disease in later life. [\[18\]](#) This has to forever change any thought that "health through nutrition is junk science" and it provides further evidence that the day when junk food is regulated and taxed to offset the damage it does to humanity is getting increasingly closer. We will watch with interest just how long lobbyists will be able to hold it off.

Certainly these findings also reduce the validity or excitement that anyone might have concerning benefits accruing from laboratory managed genetic modification of our DNA. Wouldn't it be smarter to educate would be parents that food really does matter? Like schools could make the viewing of Morgan Spurlock's "Super Size Me" documentary mandatory. Anyway, it now seems that any so called wonky DNA might have the capacity to fix itself and by reactivating our stem cells, fix a lot more as well? As I have detailed in my book, there appears to be little value criticizing our DNA until we find out exactly what environmental stresses exist for the patient.

What of Commercial Science

You might imagine that there would be considerable interest in asking patients to fill in easy tick box forms (provided in Doctors waiting rooms), computer analyzing them to determine historical and current dietary choices, known environmental exposure to electromagnetic radiation, residential proximity to known toxic sites, mercury fillings, life's emotional hurdles and so on. But you would be wrong. The fact that this common sense collection of important health data, is NOT even collected, nor have our health officials or ourselves demanded that it should be, shows just how duped we have all become.

Before we go any further I would like you to reflect on a point which is often used by current medical professionals to create fear of natural supplements. Whether this is out of ignorance or whether they are protecting their patch, is something that you can decide. This is how it works: It is commonly known that some trace elements if taken in a non-organic form and on their own, and if the amount taken is excessive, then toxicity can be a problem. That is a lot of ifs and we should remember that oxygen and water can be very toxic if taken alone and in unnaturally high doses. We must remember also that it has been an awfully long time since anyone has died of any natural

remedy overdose. Certainly I have not heard of such a thing happening and if it did, it would be nothing compared to pharmaceutical and other medical related accidental deaths that were running just behind heart disease and cancer as the most common cause of death. [\[19\]](#) Recent statistics appear to have merged this data into other forms of accidental deaths. Strange really, hard to imagine why.

President Obama got it right when he said in his inaugural speech: *"We will restore science to its rightful place! We have watched as scientific integrity has been undermined and scientific research politicised in an effort to advance predetermined ideological agendas!"* What he is saying is that much science has been so influenced or corrupted by corporations and a lot of what you have been told on supposedly good authority, is actually rubbish.

Further, we would do well to remember that we have been living with these naturally occurring elements for several million years and have developed a natural ability to expel excessive amounts. On top of that, the body needs some method of ridding itself of unwanted and destructive viruses, bacteria or even fungi. I suspect that given time we will discover that the immune system uses some of these biologically active minerals to complete this task. A good example is the expression "being born with a silver spoon in his or her mouth" making a lot more sense as people have increased awareness of the durable power of colloidal silver.

Occasionally I hear reservations expressed, about how the planet will sustain a human population that suddenly starts to extend its life expectancy. It is I believe a largely unjustified concern. In the culture of developing countries, large families are culturally desirable in order to offset uncertainty of survival. As soon as living standards improve, which it will if people are healthier and better educated, population growth slows. In addition, as developed countries hit new budgetary limits, they will increasingly be forced to adopt preventative health techniques, [\[20\]](#) which will release the needed financial muscle to transition towards sustainability and retirement. Further wealth will be generated from better work productivity and less sick days.

A New Supplement Was Born

About 10 years ago I decided that I had done enough self-trials using a selection of commercially available mineral supplements. While the effect of the four supplements had got me quite excited, I felt the cost and lack of convenience could be improved. It was time to put my money where my mouth was. Not being a cellular biologist with billions to spend, I relied

heavily on two principals: keeping the ratio of one mineral to another as found in nature and using as much as possible natural (organic) materials. That has now happened and apart from the odd change in the recipe, it has remained the same capsulized mixture [\[21\]](#).

In designing the formulation, I had become convinced that the average dose rate would need to contain considerably more than the Recommended Daily Allowance (RDA). This conviction came from research showing that naturally occurring dietary intake of trace elements varied enormously from region to region around the world, to the extent that some areas, populations were ingesting 15 times the RDA of an organic mineral, without ill effect. This and other experiences with animals and myself, gave me the confidence to increase the amount of organic active ingredient of the best known minerals, to about three times the RDA.

The recipe also includes sea weed (kelp) concentrate to ensure that glandular activity is not compromised through a lack of organic iodine. In 1999, global health experts announced that iodine deficiency continues to be a serious threat to global health. Insufficient iodine is, in fact, considered the most common - yet also most preventable - cause of brain damage throughout the world, with 2.0 billion people at risk. [\[22\]](#)

Summary

Having learnt of the importance of minerals and the fact that most of us live in an environment that is chronically deficient, the question has to be asked, at what time in the evolution of humanity, did we reach a stage where we no longer need these core health nutrients? The answer of course is that we never have. In my book I explain in relatively simple but more detailed terms, the substantial evidence for this conclusion and present what I know is an affordable alternative to living deficient of these vital nutrients. [\[23\]](#) For those of you who have a passion for life and desire to maximize your life experience, this really is core health information. There are some additional lifestyle recommendations, which include eating whole foods, removing trans-fat, white sugar and refined salt from your diet, walking a bit each day and for at least the medium term, taking a natural broad spectrum mineral supplement.

Change is better to start at home, one step at a time. A journey of a thousand miles starts with a single step. If we only start by ensuring that our children and grandchildren are born into this world without deficiency and all their wonderful potential optimized, we can all say "It is a grand job that we have done!"

References

- [1] The Use of Seawater as a Blood Substitute
<http://www.oceanplasma.org/documents/mysterious.html>
- [2] Mineral deficiencies in Domestic Animals
<http://www.teara.govt.nz/en/diseases-of-sheep-cattle-and-deer/14>
- [3] Mineral Additives in Stock Feeds
http://www.dpi.nsw.gov.au/_data/assets/pdf_file/0019/304912/Assessing-stock-feed-additives-and-mineral-supplements.pdf
- [4] Foothills Ill Thrift in Canterbury New Zealand
<http://www.lifestyleblock.co.nz/the-basics/article/488-ill-thrift.html>
- [5] Warning to US Senate (Doc. 264)
<http://in-syncminerals.com/cms/Senate%20Document%20No264.pdf>
- [6] How to React to the Food Crisis – Tom Stevenson
<http://in-syncminerals.com/cms/Food%20Crisis.jpg>
- [7] Weapon of Mass Destruction – Dr Tim Flannery
<http://in-syncminerals.com/cms/Flannery.jpg>
- [8] Trans-fat, the Danger Revealed (Sydney Morning Herald)
<http://in-syncminerals.com/cms/Transfat3.jpg>
- [9] Sean McNary Carson writing in the Campaign for Truth
<http://in-syncminerals.com/cms/THE%20SHADOW%20OF%20SOY.pdf>
- [10] Sea Salt's Hidden Powers - Jacques de Langre
Available worldwide on [Amazon.com](http://www.amazon.com) ISBN: 0916508420
- [11] Refined Sugar: Sweet Poison
<http://www.betterhealthresearch.com/special-report/refined-sugar-sweet-poison/>
- [12] WHO 2006 Senegal Health Fact Sheet
<http://in-syncminerals.com/cms/WHOsenegal2006a%281%29.pdf>
- [13] WHO 2008 Senegal v Neighbours Death Rates
<http://in-syncminerals.com/cms/WHO%20Death%20Rates%202008%281%29.jpg>
- [14] WHO 2009 World Death Rates Map
http://in-syncminerals.com/cms/Global_LifeExpectancy_2009_bothsexes%281%29.png
- [15] The French Paradox – Nutrition and Coronary Heart Disease
<http://in-syncminerals.com/cms/Cardiovasc%20Res-2002-de%20Lorgeril-503-15%5B1%5D.pdf>
- [16] Lyon Heart Disease Trial
http://circ.ahajournals.org/cgi/content/abstract/99/6/779?ijkey=725af0eed1841ba f82510800a5d407fe145f10f5&keytype=tf_ipsecsha
- [17] The Honey Bee Epigones: Differential Methylation of Brain DNA in Queens and Workers

<http://in-syncminerals.com/cms/Bees%20DNA.jpg> or
<http://www.plosbiology.org/article/info%3Adoi%2F10.1371%2Fjournal.pbio.1000506>

[18] Baby's DNA is altered by mothers diet during pregnancy
<http://in-syncminerals.com/cms/BabysDNA.jpg>

[19] Medical Deaths – FDA Independence
<http://in-syncminerals.com/cms/Medical%20Errors%20-%20A%20leading%20cause%20of%20Death.pdf>

[19] Medical Accidents Resulting in Deaths
<http://www.medicalnewstoday.com/releases/11856.php>

[20] Unsustainability of Current Health Costs
<http://www.healthpolicy.ucla.edu/NewsReleaseDetails.aspx?id=100>

[21] In-Sync Minerals
www.in-syncminerals.com

[22] Iodine Deficiency 2007 – WHO
<http://www.who.int/nutrition/publications/micronutrients/FNBvol29N3sep08.pdf>

[23] Nature's Power and In-Sync Minerals (Further information)
<http://www.naturespowerbook.com>