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MINERAL REQUIREMENTS IN HEALTH

By

Preston Kline Caye, Ph.D.

It is most significant that medical text books pay very little attention to the presence of mineral elements in the body. Although the organic salts constitute only a comparatively small amount of the make-up of the body (about 5 percent) normal and healthy development of the organism primarily depends upon an adequate supply of ORGANIC salts.

Organic salts enter the system as fully oxidized compounds and therefore furnish no heat nor energy. BUT they hold the key to nearly all the material manifestations of life. They are the builders of sound and normal cells and tissues. They are conveyors of vital electricity and magnetism constantly recharging the human dynamo and they are the carriers of the life giving oxygen to all parts of the body.

They are essential in regulating the osmotic exchange between lymph, blood and cells and are indispensable for the proper functioning of all the glands of the body.

A human being weighing 144 lbs. consists of the following elements. Each of which are absolutely essential to health and life and each must be replenished daily: 500 grs. phosphates of potash and soda. This is especially required by the brain and nerve cells, from which arrive the vital life force. 75 grs. phosphates of magnesia. Then nerves, muscles and spinal marrow are especially rich in magnesia. 9 ozs., 15 grs. phosphate of iron in the blood. Lack of iron interferes with the oxygen carrying properties of the blood. 3 grs. of silicea which is important to the connective tissue of the skin, hair, finger nails and toenails. 5 lbs., 13 ozs., of phosphate of calcium which makes up the most part of the bones and teeth. 1 lb. of sulphate of calcium which is also found in the bones and teeth. 376 grs. Chloride of potash required by connective fibers and tissues. 1 oz., 17 grs., chloride of soda needed by the blood cells and the bones. 3 ozs. fluoride of calcium found in bone shafts and tooth enamel. 1 oz, 1 grs., sulphate of soda, generally distributed in the tissues and fluid of the body. 400 grs. Sulphate of potash, required principally by the blood and serum of the body. 111 lbs. of water. (These mineral requirements were copied from a folder issued by the Standard Homeopathic Company.)

In the normal man weighing 150 pounds there is approximately 3 ½ pounds of calcium. We should however draw a sharp line of demarcation between ORGANIC and INORGANIC salts. Chemically the elements of the salts are always the same, whether they are found in the air, the earth, a plant or animal. BUT it is only through the LIFE process of a plant that the constituents become VITALIZED and this property of vitality alone distinguishes vitalized salts from those forms of salts known as “tissue salts” or any other artificial combination.

The chemist will find in the elements of the so-called “ash” of the salts, the same properties found in the elements of soil, but that imponderable force VITAL ELECTRICITY has escaped him. It is intangible but nevertheless real. It cannot be isolated by the chemist, who is thus dealing with the “body” of the salt minus the “life”. No laboratory process known can distinguish this characteristic.

Calcium and other salts have certain duration of life, during which they have vital functions to perform. But soon or later these molecules lose their electromagnetic strength according to the degree of purpose, are no longer an active part of the human organism and must be supplanted by other material of the same nature, which is essentially the law of all life.

We can only hope to understand this when we realize that these salts are constantly changing and changeable bodies, which the slightest influence will cause to disintegrate into more STABLE COMPOUNDS OF INERT AND INORGANIC matter.

Calcium, combined with magnesium, phosphorus and silicon, make up more than half the bony processes of the body and the textile strength of the tissue. It also serves as a neutralizer and eliminator of poisonous acids. Sodium is the chief constituent of the blood and lymph. It is necessary for the transmission of the electric induction current which is generated in the nerve spirals by the iron of the blood and which current vitalizes the body as a whole. The normal blood serum contains sodium. Sodium further serves to make lime and magnesium in our blood MORE SOLUABLE AND KEEP THEM IN A LIQUID STATE FOR PERFECT ASSIMILATION AND ELIMINATION. LIME AND MAGNESIA IF NOT KEPT LIQUID BY SODIUM ARE SOON DEPOSITED IN VARIOUS PARTS OF THE BODY, obstructing the capillaries, causing gallstones, bladder stones, arthritis and OTHER DEPOSITS.

Sodium therefore is most essential for the purification of the system from poisonous carbonaceous waste product, but it is only of value to the system WHEN SUPPLIED IN THE ORGANIC FORM as contained in vegetables and fruits. The use of common salt is most unnecessary and injurious to the human system and is one of the widespread perverted habits of civilized man.

In order to retain health and strength food should contain the necessary amount of lime salts and calcium. Arteries and capillaries are continuously transporting new material for the repair of all parts of the body and the veins are constantly carrying away some of the worn OUT LIME SALTS for excretion. If these worn out salts of the body, causing hardening of the arteries, calcareous deposits, arthritis and the like.

It is often asserted that foods rich in lime tend to ossify arteries and cause calcareous degeneration of tissue. This occurs only in those cases in which the food does not contain SUFFICIENT SODIUM TO KEEP THE PHOSPHATE OF LIME AND CALCIUM IN SOLUTION.

The usual meat and cereal diet, especially white flour products, is wholly inadequate in these organic salts.

Magnesium, as well as calcium, iron and sulphur takes part in the formation of the albumen of the blood, but magnesium salts can only EXIST IN NOURISHING QUANTITIES IN THE PRESENCE OF CALCIUM SALTS. <u>In the absence of the latter</u> SALT, Magnesium may have an injurious effect.

These two highly important elements are contained in the following vegetables, the figures representing percentages contained in 1000 parts of water-free substance.

CALCIUM		SODIUM	
Water cress	35.25	Celery	65.25
Oranges	27.75	Lettuce	62.70
Lettuce	26.10	Spinach	57.42
Cows milk	25.85	Tomatoes	32.10
Spinach	22.70	Beets	21.60
Celery	14.70	Strawberries	18.53
Onions	10.65	Asparagus	14.75
		Carrots	14.63
		Cabbage	11.68
		Eggs	9.56

428 Bartlett Bldg.
Seventh & Spring St.,
Los Angeles, California

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