

# Why You Need Your Own Garden of Eden



grow  
your own  
Nutrition

Jon Frank

[www.growyourownnutrition.com](http://www.growyourownnutrition.com)

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Hi...My name is Jon Frank and I want to thank you for taking the time to read this report. I hope it brings great value to your life and leads to a transformation in your health and how you view foods. This report looks at the cause and effect relationship between the proper mineralization of soil and your health with foods being the carrier between the two. Not many people take the time to really think about the soils that uphold their health. But, since we see so much sickness and physical degeneration all around us, I hope you will give this message your earnest consideration.

If you can overlook my bluntness I would like to make a suggestion; please print this report, grab a highlighter, pen, and notepad and find a quiet undisturbed location to fully immerse yourself. This report is the outcome of many years of study and contemplation to find the links between soil, foods, and human health. It is my hope that by reading this report and acting on some of its suggestions you will find increased health and vitality.

## Who is Jon Frank?



I grew up in rural Minnesota and very early became fascinated by soil. Intuitively, I knew it was the wellspring of health and vitality. One day, as a young teen I had an epiphany when I read about Noah, the biblical patriarch; "*Noah, being a man of the soil, planted a vineyard.*" Right then and there I knew what I wanted to be; **a man of the soil**. To satisfy my voracious appetite for knowledge I read every book I could find on soil, gardening, worms, and compost.

Today, I own a soil testing laboratory and consult with many growers large and small in nearly all aspects of agriculture. It has been my joy to assist thousands of gardeners with fertility recommendations all across America. As an insider in the large scale agricultural industry I am well aware of the many toxic practices being perpetrated on our food supply. **This assault on human health has to stop!** It is time to get back to the fundamentals and

back to the basics of how to grow foods that really nurture. This is why **my passion for soil and its direct impact on human health continues to grow.** But enough about me...

Before diving in, I want to ask you a very important question. Imagine being near the end of life. *Would you be content contributing to America's GDP by taking a dozen prescription medications every day and being on the receiving end of a number of surgeries before finally succumbing to cancer or heart disease?* What is your answer? I once asked this same question from a public speaking forum of about 300 people and you can imagine how many people wanted their life to end this way; Not one. Sadly, this is the fate of many people—but **it doesn't have to be yours.**

The way to change our outcome is to change our actions **now**. The way to change our actions is to change the way we think. Since you are reading this report I know you will agree with my strong admonition; **Take Your Health Seriously.**

While this report is not meant to be all gloom and doom or to invite pessimism, it must delve into the root causes of America's ever increasing healthcare crisis. **More importantly, it details the steps needed to opt-out of toxic agriculture by taking control of your food supply.**

## America is Sick

Look at your community, your social interactions. How many people do you know that have diabetes, heart disease, hypertension, cancer, severe obesity, or other degenerative diseases? For most people, every week brings news of another acquaintance



diagnosed or being treated for a disease. **Let's face it—America is sick.** In spite of a vast pharmaceutical industry, in spite of Obamacare, in spite of outstanding medical facilities, America is sicker now than at any other time in our history. Life expectancy is ranked 20<sup>th</sup> in the world. Healthcare (sick care actually) consumes a full 18% of America's economy, and is getting worse fast. **What is going on?**

Why are we so sick? We are sick because...

- ✓ The foods we eat are sick
- ✓ Foods are sick because the plants and animals that produce them are sick
- ✓ Plants are sick because the soil is sick
- ✓ Soil is sick because our agriculture is sick

Agriculture, instead of being a “culture of life” as it is meant to be, has instead, become a “culture of death.” With the honorable exception of a small segment of ethical farmers, American agriculture has become Toxic Agriculture. **Toxic Agriculture is the culprit spoiling America's health.** How did this come about? Hold on, we are about to find out...

## Current Realities of Toxic Agriculture

You've heard of the slippery slope; an allegorical word picture highlighting the consequences of a bad decision that paves the way for even worse decisions with dire consequences. Soon we are slipping down the hill. To regain lost ground is as hard as trying to climb up a slippery slope—almost impossible. This is exactly the case with much of American agriculture today. The slippery slope of American agriculture progresses something like this; industrialization, corporate greed, toxic chemicals, genetic modification, and ultimately; **a culture of death.**

## Industrialization

To find out how it all began we need to travel back in time to the Industrial Revolution. This was an exciting time in the history of manufacturing. Here

we see specialization to increase efficiency, machines to increase output, and the release of geologically-stored energy to run the machines. All well and good **when applied to widget manufacturing**. The problem comes when the principles of industrialization are carried over into agriculture, **without regard to the biological aspects of farming**. Farming always has been and always will be about **nurturing life**.

While there is certainly great gain from applying some principles of industrialization to agriculture, the biological limits set by the Creator must be respected. A good question to ask when looking at technology (a new way to say industrialization) is this: ***is this product, action, or cultural practice good for biology?*** Biology must be looked at in all its forms; soil biology, downstream river biology, plants, wildlife, livestock, and ultimately the human consumer. If the product, action, or cultural practice harms biology in any way, it is best to completely avoid it.

## Corporate Greed

Early in American history merchants began meeting under a buttonwood tree on Wall Street in New York to buy, sell, and issue stocks in various businesses. This informal meeting eventually grew into the New York Stock Exchange. It also helped birth a new entity in the economic landscape: **corporations**. While there have been many good corporations, there is also great potential for abuse. Thomas Jefferson once remarked that “**a corporation is an entity without a soul**.” Nowhere is this more prevalent than in large corporations today—especially those involved in agriculture and the so-called “life sciences.”

Large agribusiness corporations eagerly adopted a mechanical, i.e. linear, view of agriculture and relentlessly pushed industrialization. Instead of asking if a practice was good for biology, corporations asked; *Is this good for our financial bottom line?* While there is certainly room for the principles of industrialization and the products and services of large corporations, **the touchstone of biology must be referenced in order to avoid the slippery slope.**



Unfortunately, most soulless corporations have prostituted themselves before the idol of corporate greed. Here are just a few examples...

1. Almost all toxic chemicals and practices emanate from large corporations.
2. These same corporations then fund research at universities with the predetermined goal of "sanitizing" toxic substances or cultural practices. Once sanitized it now becomes "peer-reviewed" and is considered "sound science."
3. Finally, these soulless corporations offer "free" training to farmers and agronomists instructing them on the how to use and apply various fungicides, herbicides, and pesticides.

*This is not agronomy—it is marketing the culture of death and ultimately **you are the victim**.* This is just one example of how greedy corporations influence American agriculture. No wonder a recent poll found Americans trust large corporations only 19% of the time. The only institution less trusted was the US congress at 16%. Corporate greed causes a strong focus on the next quarter's financial statement—**certainly not your health**.

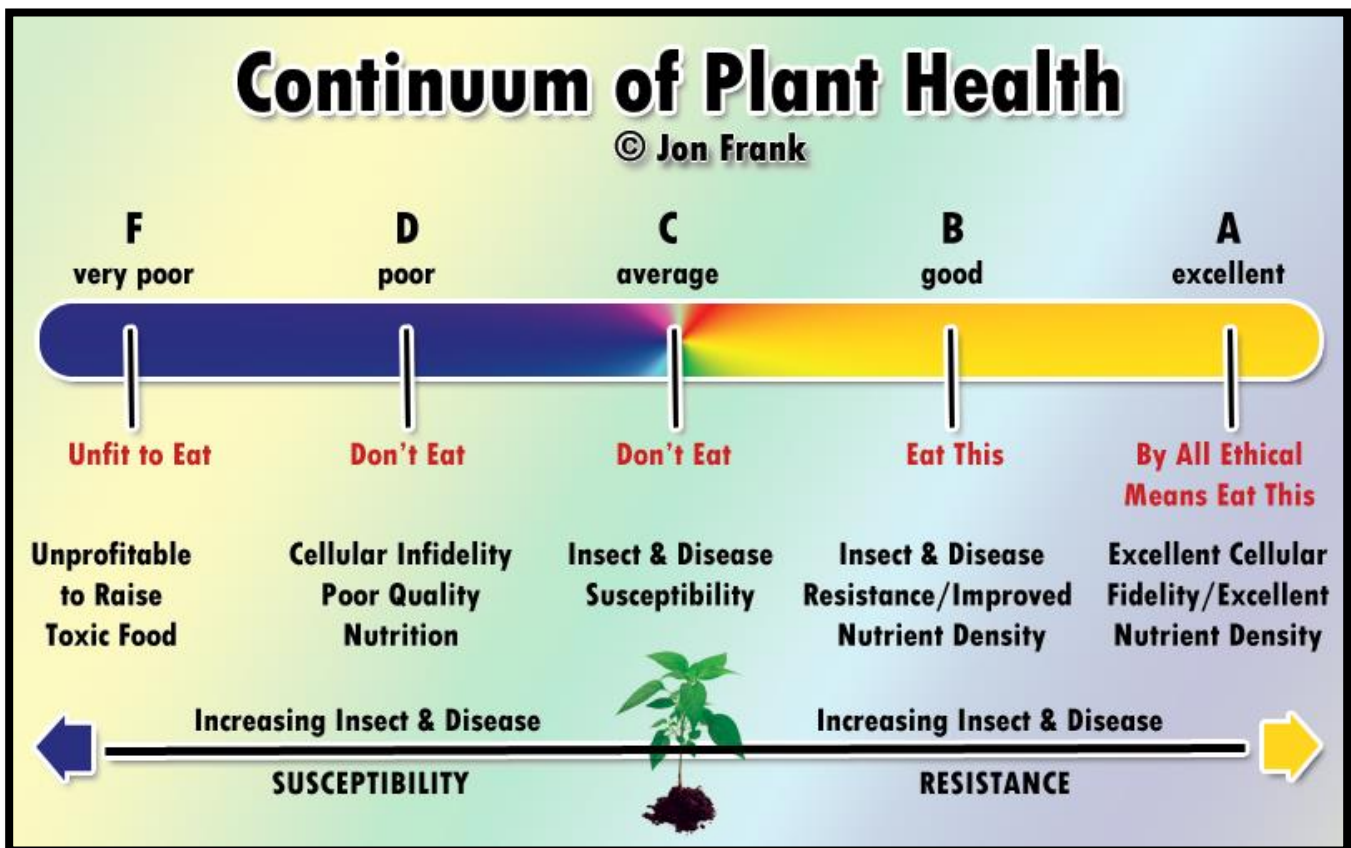
## Toxic Substances

It is instructive to note that virtually all highly toxic substances are researched, developed, patented, and marketed by large corporations. Just as the medical industry discovered that it is much more lucrative to sell products to sick people than healthy people, so too, large agribusinesses make more money from sick agriculture than healthy agriculture.



Large corporations discovered that if the nutritional profile of soil can be mismanaged then an ideal environment is created for insect and disease susceptibility. Sick plants then need "crop protection." This becomes the perfect environment to sell toxic substances such as...

- ✓ Chemicals to kill weeds - Herbicides
- ✓ Chemicals to kill fungal disease organisms - Fungicides
- ✓ Chemicals to kill ravaging insects - Insecticides



Generically these "death sprays" are termed pesticides. All of these toxic compounds fail the "*Is it good for biology?*" test. Not only do they kill their intended target they also affect life further up the food chain. Let's take an example...

In the past farmers would cultivate grain crops in order to combat weeds. With increasing acreage, farmers found it easier to spray herbicides rather



than to cultivate.

The most commonly sprayed weed killer is called Roundup®. The active ingredient, glyphosate, is a very potent chelator of metals—especially the trace minerals such as zinc and manganese. A chelator is a carbon-based compound that grabs metal ions and removes them from the solution.



When Roundup® is sprayed on plants it first penetrates the plant and is then systemically circulated throughout the entire plant. Once in the plant, glyphosate grabs hold of these metals **and does not let go**. This means the plant becomes deficient in those elements as does the crop it produces and the animal that consumes the grain. Today we see extreme rates of breast and ovarian cancer. For men prostate cancer is nearly a forgone conclusion. What elements do these organs need to maintain health? That's right zinc and manganese among others. **Is this just a coincidence???**

Some broad areas of concern with regular application of pesticides to agriculture include...

- ✓ Overwhelmed immune systems leading to ever increasing cancer deaths
- ✓ Infertility rates are rising dramatically...particularly among men
- ✓ The incidences of mental illness are going through the roof...especially hard hitting among women

While the purpose of this report is not to dwell on the negatives, we do need to get to the foundation of why America has such serious health issues.

Just when it seemed toxic agriculture had reached the bedrock of depravity, a US Supreme Court ruling, *Diamond v. Chakrabarty*, prepared

the way for an even worse assault on biology; **life forms could now be patented**. Thus began the mad rush by corporations to patent unique DNA sequences. A new day was dawning on American Agriculture. Welcome to the world of...

## Genetic Modification

Soon after Roundup® was released into production agricultural it was noted that a few weeds here and there did not die when sprayed. Why not came the query. It was later learned that some plants have a genetic trait that allowed it to resist the effects of glyphosate. Very useful, reasoned Monsanto, a leading technology company. If this trait could be inserted into a commercial crop it could be sprayed with Roundup® to kill the weeds **without killing the crop**. This is exactly what was done and so began the introduction of genetically modified soybeans, corn, canola, cotton, alfalfa, sugar beets, papaya and even some vegetables. While it seems like a dream for manufacturers and large corporate farmers, genetic modification miserably fails the "*Is it good for biology?*" test on all fronts.

Corn, the poster child for genetic modification, now comes with 8 different foreign DNA inserts. Styled as SmartStax™, it is the result of conventionally breeding 4 genetically modified parents. This far surpasses the previous record of 3 genetic inserts called Triple-Stack. SmartStax™ corn has resistance to 2 separate herbicides, and 6 *Bacillus thuringiensis* (Bt) toxins that resist a whole assortment of corn pests. **Talk about toxic soup.**

Complaints about the negative health consequences of *GMO* foods stack up a mile high and are growing rapidly. One of the most egregious assaults on the Liberties of the American consumer is the lack of simple labeling requirement on all foods processed with genetically modified components.



This incongruent juxtaposition allows genetically modified life forms to be patented because it is so unique and different from non GMO plants and yet so “substantially equivalent” that they do not require any labeling for the consumer to decide. **This is a travesty that makes my blood boil!**

How come this hypocrisy remains when more than 90% of Americans want GMO's labeled? Because large corporations have learned how to play the political game. **With no**

**backbone left in Washington it is up to The People to, once again, set things right—but I am getting a head of myself.**

## **A True Story Scarier than Fiction**

To illustrate how dangerous GMO's are to human health let me tell you a true story about Erich, a conscientious farmer I know personally who lives in the country of South Africa. To protect his privacy I am purposefully withholding his last name. Due to political instability Erich fully houses his laborers and their families to work his acreage. Erich has a pork and dairy farm and raises grains needed to feed his animals and laborers. His pork and dairy operations were suffering from one disease problem after another and were not very profitable.

Like most progressive farmers in South Africa, Erich only grew genetically modified corn. His black laborers and their families were housed and given whatever grain they needed for personal consumption. The culture in South Africa is relies heavily on corn as the main carbohydrate in their diet. In this case, they were eating GMO corn. What Erich noticed is that he would

frequently have to bring one employee or the other to the emergency room due to various medical reasons. This was a perpetual problem. Worse yet, every year a number of the sick individuals would die. He struggled with what he should do! Later he heard about the dangers of *GMO's* and with some trepidation completely stopped raising them. When his laborers and their families began eating non-*GMO* corn their nagging health problems disappeared and he has not lost a single worker since then. The disease issues in his pork and dairy operation were also substantially reduced and they are once again profitable.

Most incidents involving *GMO* foods are not so dramatic as this story. Can you reason out why this story was so dramatic? It is about proportion. The worker's diet revolved around corn in many forms. About 60% of their diet came from corn.

The major health concerns resulting from a diet of *GMO* foods include:

- ✓ Inflammation
- ✓ Allergies
- ✓ Indigestion
- ✓ Abnormal organ development in the young
- ✓ Weakened Immune systems

The ubiquitous prevalence of toxic pesticides, genetically modified seeds, and the hearty endorsement of the cash-starved University system have impacted a whole generation of farmers. From their earliest memories they have been steeped in...

## A Culture of Death

A culture of death pervades large scale agriculture with virtually no one questioning "Why?" To those held under its sway it is the most natural thing to do.

- ✓ When crops are planted **spray a pre-emergent herbicide so weeds**

### **don't sprout**

- ✓ When weeds do sprout **spray a post emergent herbicide**
- ✓ When these sprays mess up the delicate balance of the bacterial/fungal ratio and now fungal disease organisms manifest; **spray fungicides as much as needed**
- ✓ If aphids come because the plant is unhealthy **spray for aphids**
- ✓ If grasshoppers come to consume the crop unfit for higher life forms **spray them too**—then eat the crop
- ✓ If wheat is about to mature, **spray the field just before harvest so the whole field is easy to mechanically harvest**

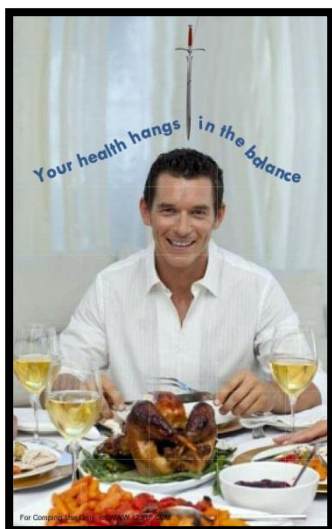
This culture of death pervades nearly all of American agriculture;

- ✓ Fruit orchards in the Northwest
- ✓ Grain in the west and mid-west
- ✓ Citrus and cotton in the south
- ✓ Wheat and canola in Canada
- ✓ Fruits, nuts, and vegetables in California
- ✓ Greenhouse production in Mexico

This culture of death is ubiquitous. It pervades the republics of higher education, it dominates trade publications, it emanates from the USDA, and it is shouted aloud by agribusiness salesmen and corporate marketing. Worst of all, it is believed as safe and benign by the vast majority of Americans. **The shambles of the American healthcare system proves otherwise.** Time for a quote from an incredibly smart guy I know. 😊

"When food is produced in a culture of death it cannot sustain life—much less rebuild it." ~Jon Frank





Here is the bottom line...**Toxic agriculture produces foods unfit for human consumption.** Like a heavy Sword of Damocles held directly overhead by a single strand of hair from a horse's tail you may find that...

### **Your Health Hangs in the Balance**

It is true that toxic food is everywhere; there is no denying its ubiquitous nature. It's also true that **only you decide what foods you eat.** Your health hangs in the balance. As the Bible says...

**I call Heaven and Earth to witness against you today: I place before you Life and Death, Blessing and Curse. Choose life so that you and your children will live. *Deuteronomy 30: 19 in the Message***

Let's be real clear about something; food—not supplements, are the fundamental source of nutrition. The quality of food you consume has a direct impact on your; level of mineralization, (*Is your body well supplied with an abundant level and spectrum of minerals?*) digestion, emotional strength, energy, the health of your organs and immune system, and overall metabolism.

**The application of this principle is only realized when we change the type of foods we eat.** This change does not occur automatically. It takes a change of heart and a commitment to change. I encourage you right now to make this decision:

***"I will begin today to eat foods that build life and avoid those grown in a culture of death."***

Say it out loud... Say it again—and mean it. Great!!

Let's recap...

✓ America is sick...this is easily proven by our ever-growing "sick care"



industry

- ✓ America is sick because the foods we eat are sick
- ✓ Our foods are sick because the plants and animals that produce the foods are sick
- ✓ Plants are sick because the soil is sick
- ✓ Soil is sick because our agriculture is sick
- ✓ Agriculture is sick because it is based on a culture of death
- ✓ A culture of death arises from chemical and genetic toxification
- ✓ **The solution to this dilemma is to change agriculture from a culture of death to a culture of life**
- ✓ On a personal level you bring about this change of culture by selecting the foods you consume; those raised in a culture of life or those raised in a culture of death
- ✓ Organic foods, overseen by the USDA, have no quality standard and won't have one, **so they can be industrially produced by large farming corporations. Buyer Beware!**

If you have read this far, take heart, we are going to turn a corner. Yes, the bad news is really bad, but the good news is just ahead. Read the next section very carefully because it lays out the cause and effect relationship between human health, food quality, and soil stewardship.

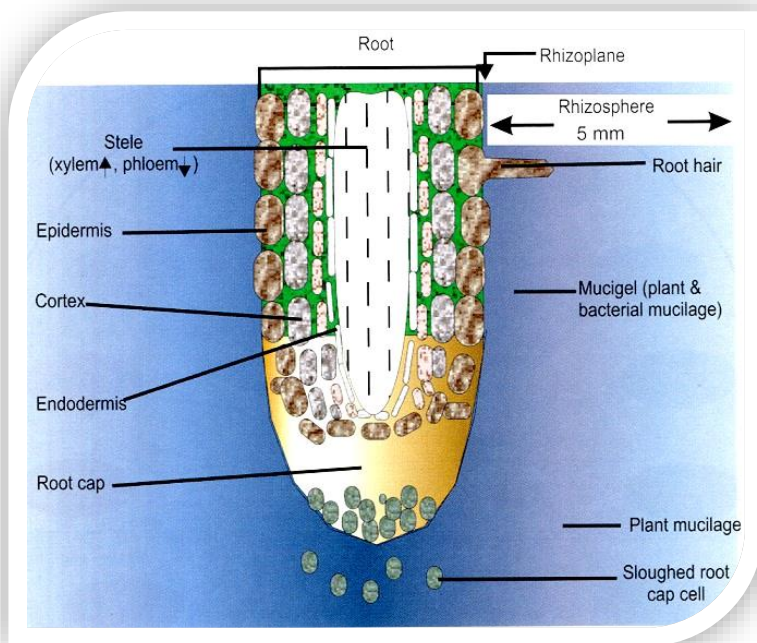
## Human Health Starts in the Soil

Have you ever stopped to think about what soil really is?

- ✓ Soil is a teeming metropolis comprised of a myriad of life forms
- ✓ Soil is really a complex community **working together**
- ✓ Soil is a reservoir of nutrients
- ✓ Soil is the foundation of our food supply
- ✓ Soil is the ultimate marketplace

Let's delve a little deeper into...

## The Rhizosphere



Plant roots secrete organic acids into soil. These organic acids feed soil bacteria around the roots. Soon a very active community of biology and soil covers the root. This root covering is called the rhizosphere. The rhizosphere is really just a very active marketplace where the producers and decomposers get together to barter with each other. Plants, the producers, offer bacteria

carbohydrates they have produced which the bacteria use as an energy source. In return bacteria, the decomposers, digest soil minerals and rock powders to obtain nutrients which go to the plants and ultimately into the foods we eat.

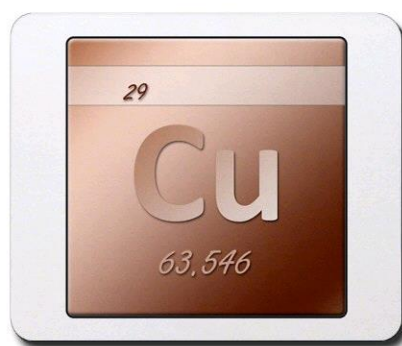
**Our role as stewards is to make sure there are enough minerals in the soil so the bacteria can access them.** When the soil is depleted of minerals there is an "economic depression" in the marketplace because the bacteria don't have anything to barter with. Plants need those minerals to produce sugars and the foods we consume. If sugar production in a plant is low due to inadequate minerals, they can't feed as much back to the microbial workforce. If the microbial workforce is not fed, the plants access to minerals become scarce and the spiral keeps going down. **The starting point to turn this around is soil mineralization.**

The primary role of plants is to use their leaves and sunlight to produce sugars i.e. carbohydrates. These carbohydrates are combined with minerals, proteins, and other phytonutrients to produce food. **When plants don't**

**receive an adequate supply of minerals from the rhizosphere, quality and yield suffers.**

Since you are the consumer of that food, think about the implications here.

1. Soil that is not well supplied with minerals cannot produce a thriving rhizosphere
2. This leads to a lack of nutrient uptake in the plant with the end result being poor quality produce
3. When you regularly consume low grade food it does not meet natures' requirement for your optimum health
4. This eventually results in physical degeneration of some form



As an example let's look at copper. You have a physiological need for copper. This element helps blood vessels and arteries remain elastic. It does the same thing in the colon. Copper also helps fight fungal imbalances. Much research from the past has concluded that a copper shortage in the body leads to increased cancer susceptibility. To put it another way; copper plays an important role in maintaining a healthy

immune system which keeps disease at bay. Consider this progression...

1. Most soils today are quite short of copper
2. Consequently most foods are short of copper
3. The result is that many people are short of copper in their body
4. An early warning sign of a copper deficiency is premature graying/whiting of hair

Soils well-endowed with minerals including copper will produce foods of the same nature. This doubling, tripling, or quadrupling of the copper content of food is in an ideal form for assimilation—food. A copper supplement, on the other hand, is far more concentrated and is much less bio available because it upsets the bodies delicate balance i.e. homeostasis. In simple terms the

more concentrated nutrients become, the more the body will reject them whereas in food form it is not rejected.

Let's step back a moment and ask a very fundamental question; what is food?

- ✓ Food is the ideal food supply to nourish the human body
- ✓ As such, food is nutrition
- ✓ Food is a transport mechanism where predigested minerals originating from the soil are combined with sugars, proteins, and other nutrients needed by the body
- ✓ With the exception of seafood and hydroponics, food is a derivative from the soil
- ✓ **The level of soil mineralization directly impacts the overall quality of the food it produces**

Time for a review...

- ✓ Soil is a reservoir of nutrients
- ✓ Soil houses a complex microbial community
- ✓ This complex microbial community, in association with plants, liberates nutritional elements that find their way into the foods you eat
- ✓ Food quality is a reflection of the mineralization of the soil
- ✓ Human health is an expression of food quality
- ✓ The role of people, as stewards of God's creation, is to make sure soil is properly mineralized

**Sadly, most soils have not had proper mineralization.** Consequently, most foods are of low quality. This is the fundamental cause of physical and nutritional degeneration. Here's the bottom line: **Human Health Starts in the Soil.** Since that is true we must move to a favorite subject of mine...

## Soil Mineralization

As mentioned earlier soil needs stewardship. Why do soils need stewardship? Because the goal of any growing operation is to move minerals out of the soil and into the produce. This is a "debit" on the soils' "checking account" of reserve minerals that ultimately requires the steward to "credit" the account by adding minerals back to the soil. **Soils need to be managed in such a way that they are optimized to produce flavorful food that truly nourishes people.** This can't be done when the "checking account" is overdrawn.

Like having a perfect child there are no perfect soils. Most soils have glaring deficiencies while others have man-made excesses, which is another form of poor stewardship. The process of soil stewardship is really very simple; stop applying what is already in excess and supply the specific nutrients that are in short supply. **The tricky part is finding out what status the soil is in and what specific nutrients are needed to achieve proper mineralization.**

That leads to the important discussion of soil testing which is beyond the scope of this report. Suffice it to say that **the correct soil test makes all the difference in the world when setting the course of soil mineralization.**

The natural pattern of most soils is a mineral deficiency particularly in calcium, phosphorus, and various trace elements. Where are these nutrients sourced? From geological deposits via mining corporations and fertilizer manufacturers. Let's go back to our example of a copper deficiency...

### Copper...From Whence Cometh Thou?

From my perspective as a soil consultant, I find over 70% of the soils to be copper deficient. Throwing some old hunks of copper tubing into





your garden will not help because there needs to be even distribution in the soil. Most copper deficiencies are addressed by the application of powdered copper sulfate, or blue vitriol in old English terminology. This product is surfaced by mining companies usually in search of other minerals such as gold or silver. Copper is a useful by-product so it is sold to fertilizer companies who refine it into copper sulfate. The process of mining copper and manufacturing copper sulfate is an industrial operation usually performed by large corporations. The result is a vital product needed to mineralize copper-deficient soils.

Thus the copper deficiency is addressed by the use of a geologically-sourced material. Other products such as broad spectrum rock powders and recycled kitchen scraps can also supply some copper but usually not enough to meet nature's requirement. Typically a more concentrated form is applied to correct the soil deficiency.

**The value of properly mineralizing a soil can hardly be overstated—it is the wellspring of human health,** but I must confess the idea did not originate with me. I am only combining and repackaging the brilliant discoveries of others. Come with me as we briefly give credit where credit is due and explore the...

## Pioneers of Soil Mineralization

**Julius Hensel** A German chemist and physician was the first to discover and write about using finely ground rock powders as a method to restore worn out soils. Julius Hensel made his serendipitous discovery while working as a miller. When the millstones were accidentally adjusted too close it produced wheat flour mingled with Granite dust. Useless as bread flour, Mr. Hensel sprinkled it around some plants and was surprised at how vigorously the plants responded. Later as a practical chemist, he wrote extensively in the late 1800's about using rock powders, limestone, and gypsum in place of newly developed chemical fertilizers. Hensel's work with soil mineralization was later published as *Bread from Stones* and was translated into English in 1894.



**Sampson Morgan** Hensel's influence quickly spread to England and found a great champion. Sampson Morgan was a practical farmer with a philosopher's penchant for writing. Through his prolific pen a whole movement known as Clean Culture was started in England. Morgan promoted the use of Granite dust from quarries plus ashes, gypsum, and limestone along with recycled plant material to build a mineralized humus loam. Morgan and his followers repeatedly won awards for producing the largest fruits and vegetables with highest quality and yield. Morgan vigorously opposed the application of synthetic and animal-derived nitrogen.

**John J. Ruegg** Originally a silk manufacturer in Switzerland, John Ruegg observed luxuriant plant growth in the vicinity of lava flows on volcanic mountains. Ruegg later immigrated to the United States and bought a worn out farm in Clifton, New Jersey. Ruegg analyzed his soil and used small amounts of manure and various combinations of powdered lava to mineralize his soil. Within three years plant health and vigor were unusually dramatic with no signs of sickness, disease, or insect susceptibility.

**Albert Carter Savage** Big hearted and driven by an altruistic philosophy, Albert Carter Savage adopted Hensel's message to the United States. He freely invited sick people to come to Nicholasville, Kentucky and eat from his garden and see the change in their health. Many people experienced amazing turnarounds in their health by simply eating mineralized food from his garden. Savage looked to find local geological resources that could be combined to create a well mineralized soil.

**Charles Northen** Based in Orlando, Florida, Charles Northen discovered the important role soft rock phosphate plays in mineralizing soil. His business, Soil Builders Inc. helped Florida growers use soft rock phosphate and other minerals to build healthy soil and healthy produce. Perhaps his greatest achievement was mentoring a young scientist named Carey Reams.

**Carey A Reams** Originator of the famous brix chart, Dr. Carey Reams

served as a crop consultant and owned a soil testing Laboratory for many decades in Orlando, Florida. After his retirement in 1969, Dr. Reams undertook his most important contribution to society; Training a new generation how to mineralize soil and keep it very productive without sacrificing quality.

**William Albrecht** Dr. Albrecht was a leading light for many decades at the soils department of the University of Missouri. His meticulously documented work highlighted the importance of calcium in soil and its health implications for animals and people.

**Maynard Murray** Dr. Murray extensively researched the lack of the trace minerals in our diet and found an ever-present source to meet this demand; ocean water. It contains over 90 elements and they are, naturally, all water-soluble.

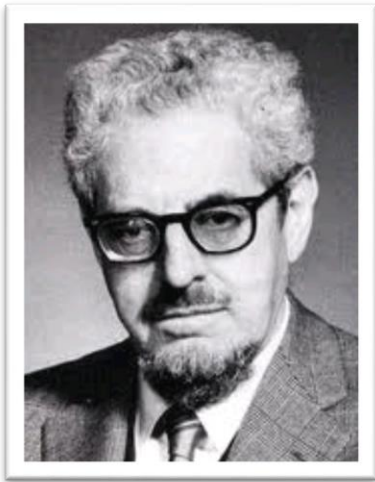
Let's review the contributions of each pioneer

- ✓ **Hensel** - Finely ground volcanic rock such as granite or basalt repairs worn out soil
- ✓ **Morgan** - Rock powders, wood ashes, limestone, and gypsum plus decomposed plant vegetation out produces chemical farming
- ✓ **Ruegg** - Finely ground lava powders in the right combination restored a worn out farm to high productivity in 3 years
- ✓ **Savage** - The right combination of local geological resources restores soil and human health
- ✓ **Northern** - Soft rock phosphate builds soil by supplying phosphates, calcium, silicon, and trace elements
- ✓ **Reams** - Soft rock phosphate plus limestone and chicken manure creates highly productive soil out of Florida beach sand
- ✓ **Albrecht** - Calcium is the main soil minerals that must be present to help all other minerals assimilate at proper levels into the foods being grown
- ✓ **Murray** - Rare earth elements from the ocean are also needed for

optimum health, albeit, in very small quantities

## Don't Be Part Smart

Astute readers may be wondering why the “undisputed father” of the



organic movement in the U.S. is not included as a pioneer of soil mineralization. J. I. Rodale was, indeed, a prolific writer with an all-consuming focus of promoting organic agriculture from the smallest garden to largest farm.

His predecessor, Sir Albert Howard, an English transplant to Indore, India was an astute observer and experimenter. Both men deserve honorable mention yet, I must repeat the admonition from above: **Don't be part smart!**

The organic movement developed as a reactionary response to industrialized agriculture. It has one glaring deficiency; **it did not define itself properly**. What do I mean? Organics is defined more in terms of what it is **not** rather than what it is. Let's take a closer look...

- Organics does not use *GMO's*, toxic pesticides, herbicides, or fungicides. ***Well and good.***
- Organics does not use chemical fertilizers. ***Okay—then what does it use?***

Since soil must be given nutrients to replace what has been sold off the farm, what do you use? The overwhelming answer from J.I. Rodale and company is compost, compost, compost, and more compost. Anything else needed? No—just add more compost. The problem with the exclusive use of compost is that the compost is derived from plant residue that was itself grown on minerally-deficient soil. Composting such minerally deficient plant residue does not “magically” produce well mineralized compost.

The problem with organics is that it was not defined by having a **quality standard**. Rather it is defined as a **procedural standard** with no requirement for food quality. In other words to be organic means that instead of using a commercial fertilizer such as ammonium sulfate use compost. This is the procedural standard.

The lack of a quality standard means the nutritional density of organic produce can be poor, excellent, or anything in between. It doesn't matter so long as the procedures are followed. The problem with this approach is that **it does matter** what quality of food you eat. **Minerally deficient organic produce is still minerally deficient.**

The pink elephant in the room that J.I Rodale and company never addressed is this: ***What nutritional standard of food is optimum for creating human health?*** The corollary to this is: ***What cultural practices lead to growing this type of produce?*** In contrast to the founders of the organic movement, the pioneers of soil mineralization did ask and answer these all-important questions. Here is their condensed response; Optimum food for human nutrition is well endowed with carbohydrates and earth minerals, i.e., nutrient-dense in today's language. To get this type of food the soil must be well supplied with minerals—preferably geologically-sourced. These minerals then need to be predigested by biology and be available to the plant at the right levels and in the right ratios with other minerals. Being “organic” is not what makes food good; being non-toxic and nutrient dense, i.e. well mineralized, is what makes food good.

With the U.S government takeover of organics in the last few years the lack of a quality standard has now become institutionalized. As long as the USDA controls organics you can safely bet your last dollar that no quality standard





will ever be promoted. Why? **It is much easier to industrialize the process** and this is exactly what we see today; large industrialized "Organic" farms without the moral compass of nutrient density. Buyer Beware!!

## Take Charge of Your Food Supply



Now we come to my favorite part of this report. **The key to improving your health through nutrition is to change the source of where your foods are grown. As more and more of your foods are grown in non-toxic, well mineralized soil you will experience the amazing difference in your health.** How can this be done? Here are 3 specific steps...

### 1) Clarify your Intent

This is important because it is the starting point to create change in your health or any change for that matter. The first thing to do is examine your

options. As I see there are really only two options:

- Keep going with the present food supply, or
- Make substantive change towards a mineralized, non-toxic food supply

The first option really isn't one. Statistics tell us exactly what to expect; diseases of some kind, physical degeneration, low quality of life, and ultimately premature death. I've been spending some time with my Dad who recently suffered a severe stroke. He was not into healthy eating and by age 71 it caught up to him with awful consequences. I can tell you plainly **living like that isn't for me.**

The second option requires intentionality and forethought. Are you willing to make the changes **now** in order to avoid degraded health **later**? By consuming an ever-increasing proportion of your diet from mineralized and non-toxic sources your health will improve.

Before starting it is good to consult your values. What do you value? Fitness, health, mobility, your figure, energy, setting of a good example, and longevity are a few that come to mind. Whatever it is that you value write it down in the journal section at the end of this report.

One of the most important values for me is longevity; living a long healthy life. My wife and I really want to spend time with our grandchildren when they arrive. **This is not the time to be croaking on our deathbed just trying to survive one more day.** Here is another idea when clarifying your intent. Look around to discern nature's pattern. Here are a few of my observations.

- ✓ Life is best lived fit and healthy coupled with longevity
- ✓ Healthy foods help make healthy bodies
- ✓ Children deserve a good start in life nutritionally
- ✓ By instinct children prefer sweeter fruit and vegetables
- ✓ By living according to nature's pattern we embody wisdom

It is important to remember we all have a free will and **today** is the time to use it so I encourage you to make the commitment to change by filling out the journal section at the end of this document. Go ahead and write down your own observations about nature's patterns.

## 2) Vote with your Food Dollars

Due to the internet and the amazing phenomenon of using technology to connect socially and market information the world is nearly drowning in information. This immense amount of information has created "information junkies"; people who spend too much time acquiring knowledge and information at the expense of **doing**. The last thing we want is to see sickly



health information junkies. It is not what you **know** that counts—but rather what you **do**.

Before jumping to action pause for a moment of reflection:

- ✓ You decide on every bite of food that enters your mouth
- ✓ The Chinese have a saying "All disease starts with the fork." Since the Chinese use chopsticks maybe they were observing our culture. Hmm...
- ✓ You decide every dollar you spend on food—or supplies to grow your own food
- ✓ Every dollar you spend influences the direction of the marketplace. This is one area where the power of **The People** resides
- ✓ Your spending can reward the honest and ethical...the farmers who are truly craftsman of nutrition and
- ✓ Your spending can punish the fraudulent...those who sell junk under the pretense that it is food that will nourish

Here is some very good news. There is a whole new generation of farmers, some of them quite young, who want to produce top quality foods. Their mission is to be at the cutting edge of therapeutic grade food. Producing quality is more important to them than getting wealth. Here is the bad news; buying all your foods from the best producers is quite expensive. For most people there is a definite limit on the number of food dollars available every month. Here are a few ideas to help you...

## Opt Out of Toxic Agriculture

Opting out of toxic agriculture really means finding alternative sources for the food you already buy.

Let's take green beans for example. Instead of buying canned, frozen, or fresh beans from the store that were commercially raised and sprayed with who knows what, **find a new supply**. Look for local or regional growers. Inquire of their

philosophy. Do they want to produce a highly mineralized green bean? If so, taste it. Is it sweet with pleasant green bean flavor? Or is the grower so



stuck on organics that there is no concern with mineralization? If so keep looking. For foods to positively impact human health they need to be both mineralized and raised without toxic "death sprays."



Once you find the producer who is growing for optimum quality you may want to purchase your entire years supply during his or her optimum growing window. For green beans that means mid to late summer. **Buying direct from the producer in bulk is one way to significantly cut down on your costs.** This not only cuts out the expense of the middleman, it also means there is much less packaging and processing costs. On the flip side you may need to have those green beans shipped directly to you. In that case shipping costs could be higher.

Once you receive your yearly supply of fresh green beans you will need to process them for future consumption. Let's say you decide to freeze the green beans. Here is where the skills of yesteryear are as valuable today as then. Important skills to learn include...

- ✓ **Cooking from scratch** - Food doesn't get any better than this. One way to speed this up is to use what you have already prepared
- ✓ **Canning** - This is still a viable option. Yes, you lose a few vitamins but all the minerals are preserved
- ✓ **Freezing** - My personal preference for most vegetables
- ✓ **Fermenting** - This is both old world and cutting edge. A great way to enhance nutrient availability of foods
- ✓ **Dehydration** - Another important method of storing foods—especially used for fruits, herbs, and spices
- ✓ **Storage** - Nothing beats a well-stocked kitchen pantry

Here are a few more ideas....

- ✓ **Join an association** focused on healthy foods such as the Western A Price Foundation
- ✓ **Network with others** - In our example of green beans does your neighbor also want some? Great! Buy it together to save on the shipping cost
- ✓ **Barter** If you put up too much green beans perhaps you can barter with your neighbor for some of her tomatoes

As you begin to opt-out of toxic agriculture always keep asking yourself this one question about every food purchasing decision; **Was this food raised in mineralized soil in a culture of life or not?**

Be vigilant to persevere...You **will** create tangible change. The next step to opting out of toxic agriculture is probably the most important...

### 3) Grow Your Own Nutrition

In our green bean example another scenario is to grow them yourself. You can't find green beans more local than your own backyard. Besides, green beans are very easy to grow. This is a lot cheaper than buying them from someone else. If you do grow your own here is a little tip.

When green beans start producing harvest them every other day. Also pick them a little on the smaller side to make sure they are tender.



A small raised bed can be very productive. Over the course of a growing season it is not unreasonable to harvest 4 lbs. of fresh produce from every square foot. Imagine the satisfaction of picking a handful of fragrant cilantro and some cherry tomatoes to spice up

your breakfast omelets—talk about fresh and local. It is important to start with a small garden because:

- ✓ A small garden is more manageable
- ✓ A well-managed garden can be incredibly productive
- ✓ With experience the garden can be expanded

When planning a backyard food system I suggest starting with vegetables because they give you a payback in the first year. From there you may want to progress towards perennial plants such as asparagus and chives, herbs such as basil and cilantro and ultimately fruit and nut trees.

**The overall strategy is to increase the amount you grow yourself in order to free up as many food dollars to purchase what cannot be grown.** This strategy leads to an ever increasing food supply that is not grown in toxic agriculture. As more and more of your diet comes from mineralized foods grown in "a culture of life," so too your life will take on added health and vitality. Your children require and deserve a nutritious start in life and it is just as important for all of us as we progress toward our golden years.

I want to again stress the importance of growing plants in well mineralized soils. The key to growing nutrient dense foods is to raise them in an environment with the right levels and ratios of available minerals. To do this requires an approach beyond guessing. **Invariably guessing leads one to supplying soil with the resources that are on hand rather than what the soil actually needs.** Over time this results in an imbalanced soil with some minerals supplied to extreme levels and others at a critical low. This nutritional imbalance carries over to the foods being produced. When this happens food quality reverts to poor and average. Yes, it is still fresh and local, and may even be impeccably organic, but it is no longer nutrient-dense. Remember a garden is a transient reservoir of nutrients. Think about the nutrient cycle in your garden...

- ✓ Nutrients are applied
- ✓ Nutrients are digested by soil biology
- ✓ Nutrients are taken up by plants that produce food



- ✓ Ultimately, nutrients are consumed by you

This means a garden soil is always in a state of flux or continuous change as nutrients are applied, digested, and taken from the soil. The best response is a yearly laboratory analysis of the soil to see which nutrients are available to your plants. This is the annual correction that allows you to supply what is deficient and very importantly, to avoid what is in excess. **The bottom line is that we should never guess when our health is on the line.**

When starting a new garden I suggest 12" raised beds with the standard size being 4' by 4'. This single bed provides 16 square feet of growing area. For those with less space consider a patio garden of 2' by 4'. For larger families or a chef's garden more garden space is required.

**The next step is critical.** What should plants grow in? Most "experts" recommend a soilless mix of peat, compost and vermiculite while others suggest a 50/50 blend of soil and compost. By observing nature we know that plants grow best in topsoil. **Topsoil is created as rocks decompose in the presence of soil biology and plant roots.** This environment is rich in rock minerals with just the right amount of organic matter.



Sifting topsoil through a quarter inch mesh will make the soil easier to manage as you work it in the future. So where can you find topsoil? My favorite place is from a hardwood forest. This type of soil is usually dark with organic

matter, rich in minerals, alive with biology, and has good structure, i.e., airspace. You'll know you've got the right stuff when you just can't refrain from putting your hands in it—it has a marvelous, dramatic feel that your hands can sense.

If such soil is not found in your area take heart. You can also buy sifted topsoil or even get some from your backyard. In many parts of the country soil is only sandy or light colored. No problem. You will create an optimum garden soil by following the program. Try to find soil that has not been sprayed with pesticides if at all possible. Now fill the bed to about 10 inches deep and gently tamp down. Leave the top 2 inches for mulching with tree leaves or grass clippings once the plants are larger. Mulching will help conserve soil moisture which keeps the microbial population active and healthy.

Don't add compost! It first needs to be tested. With soil in place your garden is now ready for testing and amending with organic minerals. If plants are already growing soil can still be tested and the amendments applied around the growing crop. Just make sure the amendments are applied **under** any mulch. Do not let the soil dry out. It must be kept moist, preferably with captured rain water.

As we close this report it is now time to reflect. It doesn't matter what you know that impacts your health, rather it is how you live and what you do!! Action is required to create change. May I suggest you create an action list of things you can do in order to grow your own nutrition? Next find an action you can accomplish today and **start opting-out of toxic agriculture**. Thank you for taking the time to read this report. If a friend gave you this please make sure you sign up at [www.growyourownnutrition.com](http://www.growyourownnutrition.com) for more information about how to **Grow Your Own Nutrition**.

To Your Health,

Jon C. Frank



## The Journal

If you have read this far it is now time to make good on your commitment to change. It is time to start.

### Clarify your Intent

Today is \_\_\_\_\_

What are my values?

Why are they important?

What principles of living can I discern by observing nature's pattern?

What actions am I willing to take to support my principles and values?

### Vote with Your Food Dollars

My commitment to myself:

**I will begin today to eat foods that build life and avoid those grown in a culture of death.**

I affirm this commitment with my signature below.

Signature:

When do I start?

What actions can I take to find foods grown in non-toxic, mineralized soil?

## **Grow Your Own Nutrition**

What actions can I take to grow my own nutrition?

Who can I find to partner with on this endeavor?

When do we start?

## Notes

## More Notes