# (Continuation)

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"Life on our planet is founded on water and minerals," says Dr. Jackson Stockwell, American physician, author and clinic director in Salt Lake City, Utah. He considers a lifespan of 100 to 120 years and far more to be normal.

Dr. Stockwell became very well known for his research and lectures on health, particularly regarding the importance of minerals for the human body. Here is one of his most famous statements: "Adequate mineral supply is fundamental for health and many diseases could be prevented through optimal nutrient intake. Our organism requires 60 different minerals daily, along with 15 vitamins, 12 essential amino acids and 3 essential fatty acids."

In his lecture, Dr. Stockwell states that at least five cultures are known on earth in which people have a lifespan of 100 to 120 years. These include the Russians of Georgia, the inhabitants of Azerbaijan, the Armenians, a people in the northern Urals, a small people in eastern Pakistan, a group in West Tibet and two peoples from South America. They all live far beyond 100 years and the men remain fully fertile even after their 100th year of life. What do these peoples have in common besides their longevity?

Each of these peoples live secluded from any civilization high up near the tree line in the mountains, in a dry climate, with clean air. "Their drinking water as well as the water for irrigating the fields is glacier water. As the glaciers slide about 10 cm per year, they grind the rock beneath the ice. During the warmer times of the year, when the glacier melts down to the rock, the glacier water carries ground rock particles with it and deposits it on the fields of the farmers who live there. These minerals accumulate in the soil of these people.

Plants reduce minerals a millionfold. They take them in metallic (inorganic) form from the soil and convert them into an organic form that humans can absorb. A plant functions like a chemical factory, so people naturally obtain all the necessary nutrients that must be supplied as dietary supplements in modern societies," says Dr. Stockwell.

Why must minerals be sublimated? Dr. Stockwell says: "You could eat every day in the best

food departments of the best grocery stores and would still starve due to lack of minerals, because the foods that grow on our depleted soils hardly have any nutritional value anymore." Minerals must therefore be sublimated." On the question of whether mineral water could serve as a supplier of minerals, Dr. Stockwell answers with these words: "Try this experiment: Take one liter of mineral water and boil it until no liquid remains. For solid components, you will find less than a tiny pile the size of a pinhead. Why is this water even called mineral water?"

In addition to the relatively low amount of minerals in most mineral waters comes the problem of low bioavailability. The body can only metabolize a very small portion of the minerals from mineral water.

It's good.
**to be truu.**