



Mineral Resources International

Mineral Resources International Phone (800) 731-7866  
1990 West 3300 South (801) 731-7040  
Ogden, UT 84401 Fax (801) 731-7985

Mailing Address:  
P.O. Box 190  
Roy, UT 84067

## MINERAL DEFICIENCIES – AND THEIR FALL OUT



*Dr David Thomas DC is a chiropractor who believes fervently in the importance of minerals and trace elements to the bio-chemical health of the body. His researches have taken him from the depths of the British Library to the expanses of Lake Utah where he discovered a remarkable mineral supplement.*

**M**y background is as a geologist and I worked for several years in the Mineral exploration field looking for gold, uranium, copper, cobalt, lead and zinc. 20 years ago I retrained as a chiropractor and became totally sold on its philosophy and practice. However, I soon recognised that a person's bio-mechanical health is very often compromised by faulty bio-chemistry. I found myself exploring the world of dietary exclusion and guidance, together **with** supplementation, in particular mineral supplementation. (1)

Prior to 2000 the vast majority of nutritional practitioners and the more aware public repeated, like a mantra, that the 'foods that we eat today are not as nutritious as they were in the past'. However, no hard science really backed that statement up. I therefore undertook some research comparing the official MAFF statistics for the mineral contents of foods in 1940 with those in 1991. The figures, which supported similar work undertaken by Paul Bergner in the USA (2), clearly showed a deterioration in the mineral content of our food - in particular the trace elements. (The full details of the research are to be found on my website -[www.trace-minerals.co.uk](http://www.trace-minerals.co.uk))

Chiropractic philosophy states that 'there is an innate awareness of every innate need'. In other words the intelligence that runs the human body - those life processes over which we have no conscious control - is constantly adapting, compensating and adjusting to our ever changing environment in order to keep us alive and if possible, symptom free. That's its job. If this is not possible to achieve then its only recourse is to 'speak to us' by expressing itself as a symptom. However, due to our own unique genetic make up the same environmental challenge (a food intolerance, mineral deficiency, exposure to a toxic substance etc) may affect one person very differently from another. Today we certainly have a number of environmental challenges that were not there just a few generations ago. The quality of every essential component that enables us to function at an optimum level has been compromised: the sunlight, the air, our water and our food.

Opposite are two case histories, one of an elderly lady, Joan, one of a young child, Emma-jane, both of whose systems seem to have been seriously deficient in one or several of the minerals and trace elements that are present in ConcenSea®, the supplement which both of them have been taking. [For details of ConcenSea see (1)]. Once their bodies were provided -with these vital nutrients, previously compromised chemical pathways were able to function correctly and their symptoms were either eased or completely resolved. This seems to be the only explanation for the dramatic changes that have taken place in both their conditions since the addition of ConcenSea® to their diets, as this is the only change that has been made in their treatment. In Joan's circumstances it is reasonable to hypothesise that her mineral deficiencies had become more marked - and their results more evident - over a number of years. In Emma-jane's case, I would suggest that for a variety of reasons, she was born deficient in certain minerals, a situation only made worse by her extremely restricted infant diet.

And does that sound so preposterous? Historically we know that sailors were 'cured' of scurvy by eating limes and that, once this cause and effect situation was understood, they were prevented from developing scurvy by being given rations of limes during their voyage. For Emma-jane and Joan their improvement is no more 'miraculous' than that of the lime-eating sailors. I am very happy to have assisted, by the introduction of a simple mineral supplement, in such a change in both their lives. I am only sad that the minerals and trace elements that they found in ConcenSea® are not, as they should be, an integral part of our food chain.

**For a full-text copy of this article, call (800) 731-7866 or e-mail your request to:  
[kariae@mineralresourcesint.com](mailto:kariae@mineralresourcesint.com).**



Mineral Resources International

Mineral Resources International Phone (800) 731-7866  
1990 West 3300 South (801) 731-7040  
Ogden, UT 84401 Fax (801) 731-7985

Mailing Address:  
P.O. Box 190  
Roy, UT 84067

---

(!)The supplements I used were Blackmore's Celloids, Beres Drops Plus and a number of other modalities. Then a colleague of mine in South Africa, Homeopath Dr Phillip Sherwin, introduced me to a remarkable product called ConcenSea®. ConcenSea® is **derived** from the Great Salt Lake in Utah,

USA. Water is taken from the lake and placed in an evaporation dam where it becomes a progressively more super saturated solution. The sodium chloride crystallises out and after two years the resultant liquid (3% of the original volume) is harvested. This liquid is a concentrated 'soup' of all

the minerals present within the periodic table, some in minute quantities, in an ionic, balanced, readily assimilated form.  
**(2)** The Healing Power of Minerals, Special Nutrients & Trace Elements by Paul Bergner published by Prima Publishing USA (1997) [www.primahealth.com](http://www.primahealth.com)

---

**DAVID THOMAS** PRACTICES in SUSSEX.

HIS PRACTICE NUMBER IS 01342 822802.

---

FOR **CONCENSEA®**/ CALL:-

01342 824684 OR CHECK [www.mineralresourcesint.co.uk](http://www.mineralresourcesint.co.uk)