



## **The case for regular drinking of small amounts of sea water.**

### **The Missing Link in Nutritional and Most Other Therapeutic Modalities**

When I mention to people about drinking sea water a frequent response goes something like this ‘I thought that drinking sea water drives you mad’, to which I reply ‘I was mad before I started drinking it, but now I’m sane!’.

As any homoeopath should know, and also some of the ‘lay public’, a small amount of a substance taken can have an opposite effect to a large amount. This principle is taken a step further in the principles and practice of homoeopathy; e.g. the effects of a poison, such as a snake bite may be ameliorated by a higher dilution of the same. An excess, or a problem dealing with common table salt, sodium chloride, will produce a whole range of symptoms, these often include a tendency to fly off the handle at the least provocation, mental and physical tension, and fluid retention, regular sleepiness in the day, often with depression and insomnia. (These symptoms can also be due to other mineral imbalances)

It should be noted that there are many more symptoms than the foregoing related to sodium chloride, and that different individuals demonstrate some symptoms and not others. It takes someone who is deeply familiar with the symptom picture of this salt to even make an educated guess that it is involved in the patient’s health/disease picture.

Taking salt in dilute form, such as a sprinkle (50 milligrams is adequate) in a glass of water, can rapidly begin to resolve the imbalance. Adding the same amount onto food will not. There are at least two reasons for this. The first is that as a substance is dissolved in water the molecules are better able to express their charge: e.g. sodium chloride is made up of a positively charged sodium and a negatively charged chlorine. The greater the dilution the further apart are the molecules (once dissolved all the molecules remain the same distance apart, by a mutually repulsive charge). This changes the way the charge is expressed, and explains why a more dilute solution can have a greater effect on the body’s electrical system ( the electrical and magnetic ‘system’ that coexists with our body chemistry is, I believe, an integral core of what has been referred to as the ‘vital body’, or the ‘life-force’

as studied by homoeopathy and all long-standing systems of healing). This also explains somewhat how homoeopathic potency works. The higher the dilution, the higher the potency and the longer lasting effect of each dose. It should be noted however that the higher the dilution the more important it becomes to 'succuss' i.e. shake vigorously (the practice being to strike the diluting bottle firmly on a medium firm object such as a thick book, to produce a jarring effect on the solution). This process strengthens the electrical information pattern of the substance, and therefore makes it have a stronger effect on the person. (It has been postulated that rapid accelerations and decelerations of the water molecules along with the ions of the dissolved substance, within the earth's magnetic field generates a stronger stored charge or field within the water molecules, thereby reinforcing the energetic information pattern)

In the nineteenth century William Boericke M.D., highly regarded homoeopath and writer, in his book 'The Twelve Tissue Remedies of Schussler' made some interesting comments about common salt or 'Natrium Muriaticum', as it is referred to, in homeopathic potency. He commented how taking ounces of salt daily fails to provide any of the essential benefits of salt in the body (toxic at these amounts) but that taking very small amounts in 'potency' can relieve some of the symptoms of this excess consumption, but it would have been better not to have taken the excess in the first place. All that was required was to take the minute, homeopathic dose. He also observes that 'the importance of this cell salt cannot be too highly estimated, for it is one of the chief 'antidotes', seeing that whenever it, or any of the other cell-salts are thrown out of the blood, etc., owing to some irritating drug or other cause, the watery fluids of the body are called into play, and as Nat. Mur. is the regulator of the distribution of such fluids, a dose thereof will set matters right so far as the fluidic disturbance is concerned'. The 'other cause' he does not expand on will form one of the main themes of this article.

I have observed many times over the last few years, in myself, and others, that therapy becomes blocked, and often does not even begin, due to an imbalance or inadequacy of salts in the correct form, sodium chloride being one of a number of essential salts or ionic minerals as they are now sometimes referred to.

The longer, or more broad acting, or potent is the therapy (or 'health regime') the more likely is this typical block to manifest itself. I myself, and others have observed it to occur with the following:- broad spectrum nutritional programmes, 'Celloid Mineral' therapy (tissue salt therapy, using larger doses, yet still relatively small doses, but excluding sodium chloride), herbal therapy, (especially if using potent broad acting herb's or combinations of herb's designed to give a balanced effect), various energy therapies such as 'orgone beam', 'chi lamp' (Dr. Johanna Budwig's 'biological electron'), crystal and gem therapies, bipolar magnetic and negative magnetic therapies, 'superfoods' such as pollen, spirulina and chlorella. In short any energy or nutritional/herbal substance that carries with it the potentiality of re-establishing a higher state of order and functioning within the human system is sooner or later blocked from completing its noble task by the original or engendered salts imbalance.

In practice this is the most common, most overlooked block to all methods of improving all the required nutrients are delivered to the cells of the body, health will result (obviously provided there are no great ongoing stresses such as great overeating, drug use, extreme stressful circumstances, overwork, lack of exercise etc.) Supplying all the required nutrients has to be done in a form that is balanced, and in the form that nature has provided, as much as possible. To date, in my opinion, there is no synthesised nutritional product that fulfils this need.

However, there are several naturally occurring 'super-foods' as they have been dubbed, chlorella and spirulina are examples of blue green algae that appear to have the potential to fulfil this role. Many people attest to the health benefits of these. Chlorella is well researched at the clinical level and taken by millions of people daily, world-wide\*1. It contains so many complex nutritional factors, it has the potentiality to upgrade every cell, organ, gland and system of the body. Some people do well on it, it has literally saved lives, and repaired many,

yet like its cousin spirulina I have seen the majority of people who take these products to begin to go 'into healing' for a few days or weeks and then to 'lose it'. (Thereafter, an extended period of use, e.g. many months failing to have any noticeable benefit, e.g. poor sleep, fatigue, poor digestion continuing unabated.) In some cases the length of time of therapy is extended by reducing the dose to a few hundred milligrams daily, but eventually the block arrives. (These products are food and can be taken in much higher doses than generally recommended, e.g. 50 grams a day. or in the case of my healthy kitten 30 x 250 mg tablets daily and pleading for more!)

So, when such potent foods are taken, I believe, it is the sheer richness, and the complexity, of the nutritional ingredients that engenders every cell in the body into a state of better functioning. Blocked metabolic pathways are opened up, and the process of moving towards a general state of better functioning occurs. The most obvious way to ascertain if the process is moving in the right direction is the quality of sleep. Sleep should be deeper, of a more healing nature, and possibly longer, as long as the therapeutic process continues. Overall one should feel better emotionally and mentally at an early stage, although for intermittent periods, there may be some mental aberrations and adjustments due to the detoxification process, these will generally be intermittent and relatively brief. The reason for the foregoing is that in order for the body to reach a higher level of general and total health, the nervous system must begin to heal first. So, if generally on a day by day or at least, a week by week basis these (foregoing) conditions are not met, if quality of sleep has deteriorated, if you are more stressed, or more obsessive, or more anxious, then you are not undergoing a therapeutic process. You are not benefiting from your nutritional or herbal programme in an overall way, that will progress your general health, though some specific imbalances may be improved .

Almost invariably such reactions are put down to a side effect of the therapy, such as a detoxification process, not realising, least of all understanding, that there is a fundamental block in the physiological process. Detoxification should occur without stress in a way that is not generally uncomfortable, and usually involves a freer movement of fluids, such as a productive head cold, or loose catarrh, more frequent urination and or bowel movements, and an increased need and desire for water, an essential aid to the healing process. Pains/neuragias may occur briefly during the healing process but unremitting pain, obstinate inflammation, are generally signs that the healing process has been blocked.

It has taken years of frustration with my own attempts to optimise my health and seeing the same blocks occurring with patients and friends alike, (using all the various therapeutic modalities mentioned earlier), that has lead to my understanding of the essential role of sea water. The first clue came a few years ago when I found that I prescribed Nat. Mur. or sodium chloride homoeopathically more frequently than any other remedy. I began to think it was my own bias until I read that this was the most frequently prescribed homoeopathic remedy. A further clue arrived when I spoke to a David Brownie of the Institute of Geopathic Stress. He had come across a form of energy therapy called 'orgone beam'. This device supplied a basic type of energy that the body requires to function, and the device had many enthusiastic followers, with some impressive anecdotal healings. Being very interested in the field of 'energy medicine' as it is now being called, I purchased one of these devices. Trying it on myself I found that this supposed balanced energy produced a state I labelled as over stimulation or trapped energy, rendering sleep of a poor quality. Since I had only a brief exposure to the device, and had not overused it, I felt the implied claims of it being a universal healing device had fallen flat. I rang David a told him its effect on me. He said this was quite common and that he felt my brain frequency had speeded up, rendering healing, consequently, out of reach. He had found that many patients, 'M.E.' (sometimes refereed to as chronic fatigue syndrome) patients in particular, responded in the same manner. He had found that a combination of sea salt and iodine would rectify the situation. He advised the method of rubbing a couple of drops of iodine solution (This used to be known as Lugols' Reagent) anywhere on the skin daily and taking a teaspoon of sea salt twice daily.

Having studied mineral therapy and homoeopathy I did not feel right about the consumption of such a large amount of salt, if this had to be extended into a regular use, and I would not feel easy about recommending this to others since there is good evidence that the potassium to sodium balance must be kept in favour of potassium, especially as a possible preventive of high blood pressure, strokes and cancer to name a few. So, I dissolved about half a pea size of sea salt in a glass of water, and sipped a couple of these glasses a day over the next three days, along with the iodine application.

I became progressively more relaxed, less 'hyper' (a feeling of being hyperactive is usually related to a preponderance of the higher Beta brain frequencies or above) with better sleep each successive night. On day four I had my second 'Orgone Beam' session for about one hour. The distinct feeling of this energy was again experienced but this time it was well integrated with a good sleep and no feeling of mental over activity. According to David Brownie this scenario has been repeated many times, i.e. is quite reproducible. It is interesting to note that the addition of salts to water considerably reduces the electrical resistance. This effect is much more marked with iodine solution, just one drop to a glass of water considerably reducing the electrical resistance. The body is as much an electrical and magnetic creature as it is a chemical one. 'Natural energies' in the body referred to in the past as Chi or Prana etc. are now widely accepted to have an electrical and magnetic component. Direct current and low frequency pulsed direct currents are measurable in and on the surface of the body. It seems reasonable to assume that mineral salts in the body not only work in the chemical organisation but also are part and parcel of the electrical system and facilitate the conduction of electrons within the body fluids. This fact is implicitly recognised in the term 'electrolytic minerals'.

It is of further interest to note that the mineral composition of the extra cellular fluid, which in a typical adult is about 26 pints, or over 3 gallons, has a composition very similar to sea water. During world war two, due to shortage in blood plasma, the use of sea water as a substitute was authorised. Looking at the mineral composition of sea salt, a typical sample contained over 99 % (dry weight) of sodium chloride, with the next most abundant mineral at a measly 0.6% (calcium sulphate). Sea water contains much higher proportions of other minerals and trace elements, magnesium at around 3.7%. Other minerals found in relatively large amounts are sulphur potassium, lithium, bromine. Minerals and the trace minerals (or trace elements as they are also referred to, the words minerals and elements being interchangeable) have many roles, each capable of performing multiple functions within the body. For example, lithium deficiency is linked to manic depression, and bromine acts as a nervine, i.e. a natural tranquilliser. It is not surprising then that along with the general role of facilitating electrical flow, administration of sea minerals, just half a teaspoon in a glass of water, has been found to rapidly calm the mind and for example, render overactive and attention deficit youngsters sufficiently reordered, to be able to learn and concentrate when all previous educational intervention had failed. 2

Sea water has a history of therapeutic use. Its application to the body, warmed and usually combined with massage, is referred to as Thalassotherapy, originating from the Greek word thalassa. Both the Greeks and the Romans recognised the therapeutic effects of sea water. The immediate general effects of warm sea water application (it can penetrate the skin more easily when warm, and enter into the blood) is relaxing, regenerative and stimulating.

The American Indians who resided in the Utah area near the Great Salt Lake regularly drank small quantities of the inland sea water. They discovered that this practice enhanced the effect of their herbal remedies. It was based on this folk use that Hartly Anderson set up a company to extract the exceptionally pure and concentrated form of sea water and to market it for health purposes. That was over 30 years ago, and many people testify to the therapeutic properties of these mineral rich waters and the beneficial effects when combined with herb's and

other nutrients. The famed Poznan School of medicine in Poland found after years of research that herb's acted synergistically with minerals and vitamins, providing a superior therapeutic modality, than when minerals are not included

Visual indication that something very important is happening, and rapidly, when a small amount of sea water is drunk, has been revealed by the latest high power microscope. The microscope is a Nikon Opithat with a Naessens condenser, working at 15,000 x's magnification. The results were filmed on video camera. A drop of blood from a test subject was thus filmed. It showed clumping and stacking of the red blood corpuscles, rendering the blood cells poor distributors and collectors of oxygen. It is a condition that occurs more in older people, i.e., part of a typical health deterioration process, and also more in sick and unhealthy individuals. The individual in question then drank a small quantity of the 'inland sea' water. One hour later a fresh drop of blood was examined exactly the same way as the first one. Each blood cell was now floating independently, so that they were no longer stacked together.<sup>3</sup>

It was later discovered, using this technique, that a diet with an abundance of fresh fruits, vegetables and juices could eliminate the clumping of the red blood cells. The benefit could usually be seen within several weeks along with an increase in feeling of vitality and well-being. I personally was impressed to note an improvement in vitality within a couple of hours of my first consumption of the sea minerals or 'ionic- minerals' as they are sometimes referred to. However, it would be another three years before I more fully understood how to use sea water and the potential scope for its use as a health supplement.

The role of sea water in the conduction of the body's energies/electrons and chi has been discussed but of equal importance is to understand the role of sea water from a nutritional perspective. This generally falls outside the scope of the 'mainstream' nutritional doctrines, is ahead of it, as current nutritional knowledge is yet to catch up with the complexity of nature. I hope the following discussion will throw some light on these matters.

I remember a period of a few years when I tried one mineral and or vitamin supplement after another. I had a few books on the subject, and as my vitality and general health was below par, I carefully studied these books and took note of my symptoms. But the result was always the same. Each mineral or vitamin I introduced led me from one particular imbalance to another. Since that time about ten years ago I have met several individuals who have travelled the same path. Later I was to learn about a Dr. Plasket<sup>4</sup>

who had done some pioneering work on nutrition. He had found the same thing, that you cannot in practice, based on symptoms, apply nutritional therapy successfully by supplying individual nutrients. He found they had to be given in a group, beginning with calcium and magnesium, the ratio of these two being crucial, and a few associated vitamins. Only after a period of time should the trace minerals of zinc, selenium, iron, chromium and manganese be introduced to the average patient. This system has had some moderate success, but I found I obtained better results with the 'Biochemic Tissue Salts'. This was probably the first nutritional therapy developed which was based around minerals. It was developed by a Dr. Schussler in Victorian times; today much of his work has been proved to be correct. It is based on analysis of the ash remains of the body after cremation. All that remains are the minerals. An analysis of these minerals led to the identification of the 12 tissue salts. This analysis showed that the bulk of the minerals in the body are in the form of salts, that is they occur in pairs e.g., potassium occurs in 3 main forms i.e. with sulphur and oxygen as the sulphate, with chlorine as the chloride and with phosphorus and oxygen as the phosphate. Potassium takes up a positive charge and is referred to as the cation and the other half of the salt such as the phosphate has a negative charge, referred to as the anion.

It took Dr. Schussler many years to classify the 'symptom pictures' of each tissue salt, and much of his work has been proved this century by the work of an Australian, Dr. Blackmore, who improved on the system by

supplying somewhat higher doses, since the tissue salts of Schussler were homeopathic potency, and delivered exceptionally small amounts, working probably more from the 'information' of potency than actually delivering meaningful quantities. This method of giving actual 'pharmacological' doses of the tissue salts is referred to as 'Celloid Mineral Therapy'<sup>5</sup>. This has been in clinical use for about 50 years, and has proved a consistent therapy, often giving results where other therapies have failed. It has been well established both scientifically and in clinical practice that the cation/anion pair are the physiologically preferred form of minerals. I can personally testify to this, both in my own, and my patients' reactions. By administering minerals that are in the incorrect form, i.e. magnesium without its phosphate partner, imbalances will be created. It has also been found that in any 'celloid' mineral prescription taken for any reasonable length of time magnesium and sodium (both as the phosphate) must be prescribed, otherwise imbalances will occur.

The draw-back with the celloid mineral therapy is that it is based around a practitioner diagnosing the patient's need, and this will change as therapy proceeds. It has been found that one cannot just give all the celloids, as found in the body, and expect to get results. The maximum number that have been found to be effective are 5, or in some cases, less. So this is not a self help method we can use to optimise our health.

So, is nature so mean it will not supply us with a simple method of raising up our level of health towards our genetic potential, towards the 5 groups of peoples who live to typically 110-140 years? (i.e. those living adjacent to mineral rich mountain streams such as the Hunzas, Georgians and Villacambes of Ecuador)

One thing 'mainstream' nutritional research has established in the last 20 or so years is that there are an increasing number of trace elements that 'need' has been established for. It has also been established that the minerals and trace minerals work in close relationship to each other, for example, just giving one, such as Zinc will create imbalances related to manganese and copper, since these need to be supplied and work together. The problem with all this research has been the separative analytical approach, which can only result in partial solutions, and often creating new imbalances. It is obvious the tissue salt or latterly the 'celloid' approach lacks the trace minerals, and the mainstream nutritional products available, 'over the counter' lack the correct form (anion/cation pair, and therefore exclude the sulphate, phosphate, chloride). Looking at food in its natural state, especially plant juices; are these not sufficient for our needs? The short answer is no. A plant can only extract what minerals are available in the soil. Virtually all agricultural soils are mineral deficient. One thing is agreed amongst nutritional researchers: mineral deficiency is the most fundamental cause of all chronic disease, including the degeneration that occurs with ageing. Dr. Linus Pauling, twice Nobel prize winner, said: 'You clue to this was revealed with animal growth and development studies. A trace mineral complex has been produced by growing a micro-organism on coal. This method enabled all the minerals from the earth's crust, over 80, showing up on analysis, to be integrated into a 'food state' supplement. Most of these are in minute amounts, micrograms and even picograms (a picogram is one thousand millionth of a gram). In terms of the current nutritional doctrines there was insufficient quantity of any one mineral in this supplement to render benefit as a nutritional supplement. Yet young rats, fed on a poor quality diet lacking in adequate amounts of the major minerals, when also given the trace mineral product grew and developed very well, even slightly better than the rats fed a 'high quality diet'. These studies were later borne out on mink, horses and cattle.

So, the conclusion that can be drawn is that a broad spectrum of over 80 minerals present in the earth's crust are required for the assimilation and utilisation of the major minerals, such as calcium, magnesium, potassium etc. These are the broad spectrum of minerals and trace elements that are ground into fine powder by mountain glaciers before mixing in the mountain streams that supply the soils of the healthiest, longest lived people on earth.

There are three types of broad spectrum trace mineral supplements which could potentially fulfil this role. The first is colloidal. There has been quite a lot of aggressive marketing, of colloidal broad spectrum mineral supplements in the last year or so. They are fossilised remains of ancient vegetation, but unlike coal all the carbon

has been removed by unusual set of geological circumstances. They are mainly composed of sulphur and aluminium, but as colloids; apparently the aluminium does not bind with the tissues and is not toxic. Since the colloids have a history of use, and have been found to be safe they have an area of therapeutic application. However, they do not appear to resolve the problem of electrical flow in the body. This is hardly surprising since it is the soluble 'ionic' salts they serve this role. Also ionic minerals enter into the cell chemistry; they are as Dr. Schussler found in the last century, the main form minerals occur in the body. There is controversy concerning this subject, since much still is to be learnt. However, false information is being given out by proponents of the colloids, such as the fact they are organic, when in fact organic minerals are those that are bound to carbon, via the proteins (otherwise referred to as chelated) as found in food. The colloidal minerals have had all carbon, all protein removed by an unusual set of geological circumstances, and are very rare in this form in nature.

Foods do contain some colloidal minerals. Colloidal minerals are composed of single large molecules or groups of smaller molecules (very fine particles) in a solid, liquid or gaseous suspension. Colloids do not dissolve in true solutions and are not capable of passing through the cell wall as in dialysis. They do not take part in the main bioelectric processes of the body.<sup>6</sup>

The second form of broad spectrum minerals/trace elements is, as mentioned, the coal-derived variety. I spent about nine months taking these on an almost daily basis. They do seem to enhance the value of food, and a quite different effect depending on what food/juice they are taken with. They seem to be 'deep acting', in homeopathic terms, i.e. enter deeply in to the life force. I found that a course of a few months was enough, and did not provide long term benefits, did not normalise the bioelectric processes as does that most common commodity, sea water, the third of the broad spectrum mineral/trace element sources.

The analytical method of identifying particular remedies for particular disorders, is in some ways, a naive and isolated way of looking at symptoms of health disturbance. As an example: in an infective crisis the natural 'antibiotics' such as propolis and grapefruit seed extract have their role, but any chronic health problem, is merely a manifestation of nutritional imbalance in its various guises, and this includes toxicity, poor immune function, parasitic infestation and so on. I firmly believe higher success can be obtained with the broad acting measures discussed in this article than using individual herb's, homeopathic remedies, or any other form of therapist based diagnosis. Get the whole right, and all the parts will respond; nature is not such an awkward fellow after all.

Alternative or complementary therapy has suffered, in a way, like conventional medicine from specialisation. Different schools of thought, and different healing modalities, while having value in their own right, do not, as a rule, provide for the optimum basis in restoring the person's own natural healing ability. This, I believe, can only occur when all the essential nutrients and healing energy (to be discussed in a later article,) are in place at the same time. In this situation any specific remedies that are given will stand the best chance of working. Prescribing specific remedies, no matter how natural, even a mixing of balanced herb's with pulse diagnosis, is always hit and miss, and increasingly so as the population becomes ever more minerally deficient and electromagnetically stressed. Giving a specific natural remedy is like taking one shot at goal. Supplying a totality of all the required nutrients, as discussed in this article, can be likened to rebuilding the team. Success, eventually, is almost guaranteed.

Prescribing drugs or other conventional medicines for a specific symptom is often merely a removal of a symptom. Symptoms of all kinds are part of the process of the body's attempt to restore correct functioning; merely knocking them out, in the long term is an assault to the self regulatory mechanisms of the body. Dr.

Hannahmen (the 'founder' of homoeopathy) stated that the suppression of a symptom with a drug resulted in two 'diseases'; the original one, still there, residing below the surface, and the new one introduced by the drug. Rather like beating a disturbed child! In the last few weeks the press has announced that progress has been made in treating cancer, with far higher success than the previous suppressive methods, using the body's own immune system. Dr. Johanna Brandt and many other distinguished researchers into natural healing methods have known this for many years. Nature has the power to heal anything, blood, tissue and bone. After all, the body is completely rebuilt every few years, at least when we are younger; it is merely a failure in some of this natural rebuilding process that results in degenerative disease. Our bodies have their own unique history. We are all born with genetic weaknesses and taints to a greater or lesser degree, and the health, habits and diet of the parents greatly effect the outcome. Added to this are acquired assaults to our health, such as immunisations, although offering some protection to some acute infectious diseases can, many health care professionals believe, and as many observant mothers know, have long term damaging effects. The rate of 'cot-death' syndrome has dramatically reduced in Sweden since raising the age of immunisation by a few months

Added to these problems are processed foods, chemicals in the diet, lack of fresh fruits and vegetables, the suppression of the acute diseases of childhood with antibiotics. The natura paths of the past recognised the importance of allowing fever to proceed, since this clears away toxins, and builds the immune system.

The iris of the eye shows several kinds or marking and 'stainings' that display the condition of the organs, glands and tissues. As we go through life these features build up in the iris, coincident with the gradual degenerative processes taking place. Weak organs and tissues tend to act as a focus for the deposition of metabolic waste products and environmental toxins etc. It is in these areas that infection can take hold or actual disease conditions. Since the iris fibres are an actual 'map' of the body, a skilled iridologist can determine with a fair precision where the focus of a health problem is, or is liable to occur in the future. Iris diagnosis has been found to be generally far more reliable than signs and symptoms diagnosis. Of particular interest to the discussion in hand, is that a concerted health programme can reverse some of the iris markings. Cloudy and stained areas can be cleared and dissolved. Black areas, indicating where actual tissue destruction has occurred, fill in with fine white healing lines.

In short, our health is not a random process waiting to be cruelly attacked by the next virus or disease surfacing for no reason. Our bodies have a history, it can be traced in the iris of the eye, and through regenerative therapies we can 'turn the clock back' as our tissues and organs are gradually repaired and revitalised. Iridologists have noted that as this century has progressed, the typical iris is showing a greater degree of damage and toxic encumbrances. The good constitutions of the healthy 'peasant stock' are becoming rarer. Features that used to be typical in the elderly iris are now more common in the young. This coincides with, historically, a rapid increase and dramatic lowering of the ages that the killer 'chronic' diseases strike, especially cancer.

Many health care professionals feel that if this process continues along current trends the very survival of Homo-Sapiens is in doubt. Environmental pollution, both chemical and electromagnetic, food processing and latterly genetic modification of food, depletion of minerals and trace elements in the soil upon which our food is grown, are, many believe, the main threats.

I believe we can reverse these effects, both individually and collectively. From the therapeutic standpoint it seems to become increasingly more difficult to heal our patients, and ourselves, at least with single or isolated therapeutic modalities such as homeopathy or herbalism or nutritional therapy, as discussed earlier. However, I believe that if we use broad spectrum healing and regenerative methods, instead of prescribing isolated groups of



nutrient, herb's, or any other remedies, if we really do take a holistic approach, and recognise the basic broad spectrum ingredients the body needs to restore itself, then the deleterious effects of our history and environment can be reversed. Hopefully then, and along with this process, we as individuals and as a race, realising how far we have been corrupted from our genetic potential, instead of wanting to manipulate and interfere with nature's bounty, will begin to help restore the planet, the flora and fauna, the forests and the oceans to regain dynamic health, diversity and vibrancy.

To return to the theme of the role of sea water as a regenerative and healing substance, all, or almost all therapeutic agents supplied to try to engender the healing process, such as herb's, 'superfoods' e.g. algae, pollen, 'energy' therapies such as reiki, crystal or gem frequencies, orgone beam, magnetic therapies etc., are all to a greater or lesser extent biased toward the activating and catabolic processes of the body. This is, sooner or later, the end result. This is not necessarily the inherent nature of the applied agent. The herbal blend, or the algae, or negative magnetic energy in their essence supply a balanced package, to promote both energy, cleansing and activity (catabolic or 'yang') and on the other hand healing, repair and rest. But in practice, sooner or later, the repair side needs additional support.

In his own way Dr. Samuel Hahnemann observed the same problem occurring. The therapeutic process would get stuck. Remedies that worked on a patient would no longer work. Often patients respond well to a remedy at first but then relapse. He identified constitutional reasons for this that he called the 'miasms'. He stated that disease, such as the venereal ones in previous generations caused a 'taint' within the life principle. (Nowadays we can understand these as genetic taints.) These taints pervert the very life processes, eventually dominating health, and in practice overcame any dedicated health measures or regimes the person would adopt. The three main miasma he identified pervert the 'life principle' thus: (1) Under functioning (The psoric miasm) (2) Destructive energy (The syphilitic miasm). (3) Tendency to overgrowth (gonorrhoeal miasm). He eventually established the 'anti-miasmatic' remedies, many of them being minerals, especially for the latter two. The psoric miasm is the easiest to treat, and is generally cleared, by stimulating remedies such as sulphur in homoeopathic potency, or more recently by superfoods such as the algae or pollen.

Many individuals are quickly, and easily activated out of any straight forward under functioning by any common therapeutic modality as listed above. But sooner or later the destructive energies manifest themselves and healing is lost. In this situation the person can spend years trying many approaches, often wondering from therapist to therapist trying to get well, usually to no avail. They react badly to everything that is tried. Even with pulse diagnosis before herb's are prescribed, or acupuncture is given, progress is still thwarted. The nervous system is usually weak, and sleeps are never sufficiently healing. This represents the typical, difficult M.E. case, but is by no means limited to this. I believe there are two main reasons for this, even when geopathic and electromagnetic stress are taken into account, as well as all the individual reasons one may analyse, such as bowel disbiosis, candida, parasitic infection. If the body is in possession of its own integrity it will infallibly resolve every symptom, factor or specific problem, that has, mistakenly been the target of our attention.

The first reason, or missing ingredient is, I believe, sea water (The major minerals such as calcium, magnesium, potassium, phosphorus, sulphur also being high in priority, this much is well known.) Genetically, our basic structure is the same as fish. Life is thought to have originated in the sea, as single-celled creatures. Then as life became more complex, more individual cells grouped together forming teams with various specialised functions and structure. Each cell has a thin wall or membrane surrounding it. Inside the cell is a chemical environment rendered suitable for the survival of the cell. Outside the cell membrane is the sea, with a different chemical/mineral composition. 'I am me', says the cell, 'I am different to you, the sea ever surrounding me, but I

owe my life to you, I will absorb some minerals from you and other substances as it suits me, and in return I will let you have some back, the substances I do not want.' This assertive relationship of the cell is what maintains its life. It maintains homeostasis across its membrane, and is kept alive and nourished by its 'mother', the sea, all around it. The situation, as far as our body cells are concerned, is basically the same, billions of cells surrounded by a sea of extra cellular fluid, of a very similar composition to the original sea from whence we came. In terms of mineral balance this is easy to see. The sodium inside the cell is low and the potassium high. The situation is reversed in the surrounding fluid, as it is in the high sodium sea. We now have to manufacture our own internal sea, to manufacture our own nourishing 'mother,' and our separate cells. However the plants and other foods we eat, unless we eat a lot of bread, does not provide us with much sodium chloride, the most plentiful mineral salt in the sea/our sea i.e. the extra cellular fluid. Plants do provide us with sodium, mainly, as the phosphate. Chlorine is supplied mainly bound to potassium as potassium chloride. Dr. Leslie Fisher who has carried on the work of Dr Blackmore in his study and clinical use of the tissue salts, as given in celloid mineral therapy, states that the body combines sodium phosphate and potassium chloride to produce, in abundance, sodium chloride. Taking in sodium chloride in large amounts is toxic to the body, and also toxic to most plants. So we have evolved to accommodate what plants provide us with. We have to do some of our own chemical manufacturing to reproduce our internal sea, which in the past was provided free of charge. So nutrients are supplied from plants to feed our cells' chemistry. We have to convert this, as described, to produce our extra cellular fluid.

There are many creatures, including us, that seem to need a little help, or reminder, with the salts, especially sodium chloride; For example elephants are known to seek out salt deposits, to satisfy an obvious need. And possibly the human desire for salt with food is actually based on a need, but as discussed earlier in this article, I believe, it should be as nature provides, with an abundance of trace elements, only adequately supplied by sea water. (Sea salt is not sufficient in this respect.) When therapies are applied they tend to encourage cellular activity. Even when no 'energy healing' is applied, it appears that all fresh cellular activity from remedies supplied such as herb's and superfoods also produces a corresponding electrical activity. This is hardly surprising since every chemical reaction involves electron exchange.

We cannot now separate the nutritional and energetic domains. (It is my experience to date that nutritional and herbal substances promote electrical exchange in the body, but do not supply chi or biologically available electricity any where near as much as do energy sources, a) frequencies. So a situation is encouraged of poorly processed electricity and associated cellular over activity, especially of the brain. Drinking a little sea water soon resolves this situation, in a few minutes or hours if the algae doses have only been for a day or so, or over a few days if the dosing has maintained the over stimulated situation for longer periods.

So, we can categorise the effects of herbal, superfood, and energy therapies (when unchecked by the soluble minerals and especially sea water) as:- promoting activity, catabolism (breaking down worn out cells and food, and releasing energy from them), dehydration. These actions may be classed as 'yang.' On the other hand supplying sea water promotes:- Relaxation, rest, sleep, anabolism, (growth, repair) rehydration, healthy thirst.

It is only by providing a balance of these two main aspects, that health can be optimised. Any therapy 'worth its salt' must encourage both these aspects. By understanding the dominance of either the catabolic (yang) or the anabolic (yin) we can realise the need for the counter – balancing effects of each. For in reality the two opposites support each other: yin supports the yang and visa versa. The body cannot maintain proper catabolic activities, we cannot experience vitality and energy in the day, if there has not been a sound anabolism at night. And conversely there cannot be a healing sleep if the yang energies of the body are insufficient. So a person who has excess cellular energy, excess 'trapped' electrical energies will end up feeling worn out. (Being 'worn out' even

when there is insufficient activity or stress to promote it implicitly indicates a failure of repair.) Failure of the healing, anabolic side is a common reason for much human misery, as Dr. William Phillipott<sup>7</sup> puts it. (Typically with the weak, M.E., neurasthenic and sensitive types; whereas the strong constitutions, more often presenting the more serious under functioning metabolic disorders such as cancer and diabetes to name but two conditions, respond better to stronger measures, as they are more yang or catabolic deficient) I feel most of us are in this position today. Each day, our bodies deteriorate a little faster than they repair, and our 'batteries' never sufficiently recharge.

Although I do not recommend the use of sodium chloride on its own, but included in balance as in sea water, there follows some interesting information about the benefits of increased sodium chloride consumption. Common salt has been given a bad press in recent years, but if we look more carefully at what is known, and has been discovered, it becomes obvious that low sodium chloride diets can do more harm than good.

Professor Vijay Kakkar has conducted studies on persons suffering from chronic fatigue syndrome (some of these cases could also be justifiably be labelled as suffering from 'M.E.'). He found many of the symptoms are very similar to low blood pressure, i.e. fatigue, day time drowsiness, impairment of short term memory and concentration, light headedness, increased sensitivity to light and noise, stiffness and pain in joints, muscle pain which becomes worse after exertion or standing for a long period. Feelings of dizziness, or even fainting, and feeling worse in the morning, better lying down, can be confirmatory symptoms that the blood pressure is low. Increasing salt intake often dramatically eliminates these symptoms. The theory is that in a healthy individual salt loss via the kidney's into the urine is checked by a hormonal network involving the hypothalamus, pituitary and adrenal glands. If this regulatory system is not working (it has been postulated that this functional failure could have been caused by previous infections) then salt loss is excessive. One of the roles of common salt is to hold water, hence increasing blood volume, allowing blood to be pumped up to the brain and into the tissues in a sufficient volume to carry oxygen and nutrients to the cells. The most sensitive blood pressure test relevant to this issue is the 'tilt table blood pressure test'. The patient is strapped to a tilt table, blood pressure taken with the patient lying down, and the suddenly the table is tilted upright and immediately another blood pressure reading is taken. If the second reading is significantly lower, then this could be an important issue to resolve. Personally if I had this problem I would find out through trial and error how many glasses of sea water a day I required, (and take a more holistic approach to bring all the regulatory systems into balance, supplying, along with the sea water, broad spectrum nutrition as discussed in this article.) The frequency of repetition, i.e. little and often is another approach, rather than larger quantities, and as discussed earlier, the use of solutions provides an electrical 'ionic' input that has a definite enhanced action than just adding to food and as discussed is more assailable. Quoting from a Mrs N. Apley of Deal. "A year ago my husband and I were feeling thoroughly unwell and exhausted. We decided to top up our salt intake. We start and finish each day with a saline drink. The effect of this has been quite miraculous. We now have much more energy and can easily walk at least two miles without pausing for a rest. We have been free of colds and flu this winter, for the first time". If you want to try this but do not have any clean sea water available, try about a pea-sized piece of sea salt dissolved in a glass of water one to three times daily.

Is sodium chloride addition to the diet only useful for those with low blood pressure and is there still a case for salt restriction for those with normal or high blood pressure? The short answer is that excessive addition of common salt to the diet should be avoided, but deliberately restricting sodium intake may be counter productive, even if you have high blood pressure.

Dr. Robert Kark, chairman of the department of medicine at Rush St. Luke Medical centre in Chicago, points out that the relationship between sodium and high blood pressure is not as clear cut as "common knowledge"

tries to make it. He explains that although there is a strong evidence of a link between sodium intake and high blood pressure in part of the population, it is not a direct cause and effect relationship. Another segment of the population reacts in the opposite way. A study by Dr. John Laragh, a cardiologist at Cornell university, of over 100 patients with high blood pressure produced some interesting results. He found that severe salt restriction reduced blood pressure in about one third of the patients. In about half the cases the low salt diet had no effect on blood pressure, and in about one in five the already high blood pressure actually rose higher. This was confirmed by Dr. Lawrence Krakoff, chief of the hypertension division of the Mount Sinai hospital in New York who stated that restricting salt intake can actually make blood pressure rise.

As mentioned previously, potassium and sodium play mutually interdependent roles in mineral chemical and electrical processes. Potassium is the most water soluble of the major minerals, and since it is not added to food like sodium is, it tends to be relatively deficient. This is especially the case with processed foods, and incorrect cooking methods. Boiling vegetables, then discarding the water, will also discard much of the potassium. Potatoes contain most of their potassium in the first one eighth of an inch under the skin, possibly why potato-peel soups are a folk remedy for arthritis and a general tonic. There is a real need to raise potassium levels in the diet, by adjusting our cooking methods, avoiding processed food and consuming plenty of fruits and vegetables. Drinking one or two glasses of grape juice daily is an elegant way of introducing more potassium and a wealth of other nutrients. There is more evidence linking some cases of high blood pressure to the balance of potassium to sodium.

Magnesium deficiency has been linked to high blood pressure, since magnesium allows for correct tension of the small involuntary muscles that line our blood vessels. Heart attacks, and other cardiac problems are often partly due to spasm of the arterial wall muscles and the heart caused simply by a lack of magnesium and other nutrients.

A few more facts about sodium chloride are worthy of note before widening out the discussion again. The adult body contains over 100 grams of sodium, about 30% in the bones, 10% in the cells and 57% in the extra cellular fluid (internal sea). The main roles are (1) maintaining osmotic equilibrium i.e. the difference in ionic concentration between the intra- cellular and extra cellular fluid (the battery effect). (2) Regulating extra cellular fluid volume. (3) Nerve impulse transmission (many other minerals such as potassium, magnesium, calcium etc. are also required for this) (4) Muscle tone. (5) Nutrient transport. Typical diets contain two to seven grams sodium daily. Some populations are known to consume up to 40 grams daily. Processed foods contain quite a lot of common salt, meat products typically about 2 grams, and baked goods 1.8 grams. It is surprising, for example that bread contains, typically, half a gram (500 mgs) per slice. I found that one glass of diluted sea water, made by adding half a teaspoon of the concentrated 'Inland Sea Water' from the great salt lake of Utah, contained the amount of sodium in two and a half slices of wholemeal bread. By taking, for example two glasses of the inland sea minerals a day, in the dilution's just described, we are only consuming a fraction of what we may obtain in processed food, e.g. a few slices of bread.

So, I hope all of this helps to dissolve the prejudice against sodium chloride. It has its place, and a valuable one at that. It is unfortunate that the discovery of its therapeutic role as part of the greater package of sea water has been downplayed by the very company that introduced Inland Sea water to the health supplement market. Marine minerals have gone along with the low sodium prejudice, and sell the bulk of the filtered inland sea water with the bulk of the sodium chloride removed. As discussed earlier all therapy, all supplemental regimes will block when sodium chloride exchange comes under stress, either by excess or deficiency. I hope, after reading this article that the founders of the otherwise excellent company will re-evaluate their stand, i.e. sea water with the sodium chloride removed is never as good as the real thing, as nature provides, from whence we evolved. Towards a Truly Balanced Nutritional Regime Incorporating Sea Water.

As has been mentioned, the mineral composition of the fluid surrounding our cells (extra-cellular fluid) is similar to sea water, and of a complementary-opposite profile to the minerals inside the cell. Analysis reveals that this is a similar situation to sea water on one hand and the fluids of fruits and vegetables on the other hand. Fruits and vegetables contain potassium as the major mineral, and smaller amounts of sodium mainly in the form of the phosphate. Calcium is usually about twice the magnesium level. In short, fruits and vegetables contain much more phosphorus, potassium and calcium than sea water. The major 'cation' of minerals in sea water is chloride, as opposed to phosphorus in fruits and vegetables.

If we eat plenty of fresh fruits and vegetables, this should logically provide a counterbalance to sea water. However, most of us do not eat sufficient fruit to achieve proper mineralisation. I have come across many individuals that are eating a so-called healthy diet, whilst still presenting health problems and associated symptoms of mineral deficiency. As mentioned earlier, this can be partly accounted for by lack of trace minerals in the diet, which would otherwise improve the major mineral uptake at cell level. However, I am forming the opinion that the main source of minerals that we have evolved to receive are raw plant juices. We are basically fruit and vegetable eaters, from an evolutionary standpoint (our ancestors resorting to meat when climatic and geographic conditions failed to provide enough fruits and vegetables. True carnivores have shorter gastrointestinal tracts, possibly to prevent auto-intoxication.) Minerals and other plant nutrients are most easily absorbed in liquid form. So, in practice, unless we consume a pound or more of fresh fruit daily we may not be obtaining the nutrition we need.

Raw juice therapy has developed to cover this need. However, the most convenient method of consuming a sufficient quantity of juice daily is to drink one or more glasses of grape juice. The common type found in shops has been sterilised, to prevent spoiling, so is not raw. However, it can still be an exceptionally potent therapeutic substance!<sup>8</sup> The grape is the most nutritionally balanced fruit, the red being a little more beneficial than the other varieties. A glass or two of grape juice a day, best taken on an empty stomach, best in the morning (it has been found that allowing it to mix with food in the gut, especially meat, detracts from some of its benefit) is the single best 'nutritional supplement' to complement sea water drinks. Pineapple juice is also recommended, but not as frequently. Of vegetables, the carrot (they should be organic due to the propensity of root vegetables to pick up relatively large amounts of pesticides) is the most nutritionally balanced and acceptable to the sensitive digestion. If your diet has been very low in fruits, and especially if you are frail or unwell you may need to introduce the juices slowly, e.g. just half a glass a day for the first week or so.

However beneficial pasteurised grape juice is, it must lack some factors available in the fresh raw juice. The extra 'vitality' in living plants can be revealed by sophisticated electronic measuring devices. Generally referred to as the 'aura' or bioplasmic field if you happen to be a Russian scientist, this field, interpenetrating living cells, and radiating out from them, contains some electrostatic and subtle magnetic characteristics. Does this 'vital energy' affect the efficiency of incorporation of nutrients into our cells?, and if so, can this energy be added to sterilised juices to render them more beneficial?

The author is currently investigating a simple device that improves the efficiency of nutrient absorption of, for example, grape juice. This information will form the basis of another article when and if these investigations prove valid.

#### Summary of a balanced Nutritional regime incorporating Sea Water

(1) One or two glasses of red grape juice daily, best on an empty stomach, and if practical before breakfast. Best sipped, and if taking more than two glasses to be consumed over a period of at least 2 hours.

(2) One glass of dilute sea water daily (a level shallow tea spoon, or two and a half mls. of sea water concentrate from the Great Salt Lake, equivalent to about 4 tea spoons of ordinary sea water, mixed with one glass of water.) This should be kept a least one hour apart from the grape juice or other fruit juices, since when mixed the effect is quite different and needs more research. If you have been taking regular herbal, nutritional or superfoods such as the algae or grasses, it is suggested you stop these for about 3 or 4 days and drink a couple of glasses of sea water daily to relive any stress (or dyscrasia as a homoeopath would say) built up by your regime. This may produce a variety of symptoms as 'decompression' takes place. Sea water relieves 'energetic' and physiological stress like taking the weight off a pressure cooker. The symptoms 'coming out' can be likened to the steam. Often there is a state of relaxation engendered by this release of 'pressure'. It is best to sip the glass of dilute sea water over a period of at least a few minutes.

(3) A superfood such as Chlorella or Hawaiian Spirulina. (wheat grass, barley grass, pollen are examples of other superfoods.) These are best taken in divided doses e.g. two or three times a day. It is important to find the best dose level to suit you. If weak or frail start with minimal doses and increase gradually. If reactions are too strong, usually due to the detoxification process, stop for a day and resume possibly at about half the dose. Usually it is best to only take one superfood at a time. (Mixing superfoods with herbs will also produce powerful synergistic reactions; care and monitoring is suggested) This is because mixing superfoods often produces over stimulation and subsequent loss of benefits of all superfoods being taken. Whilst the algae may be mixed, even in this case, I feel, it is better to give the body the 'luxury' of a change. For example, if you wish to obtain the benefits of both Spirulina and Chlorella, a better result will generally be obtained by alternation e.g. one week on one and then a week on the other.

Pollen has been found to have a powerful amplifying effect on other superfoods. So when taking pollen it is best not to mix with other superfoods or broad spectrum herb's unless you are being closely monitored, or are very much in touch with your needs. In this situation the quantity of pollen and the other superfood that needs to be taken is far less than if either item were taken singly.

Propolis mixes well with other superfoods, but there will still be the amplifying effect to a certain degree. Even when separating superfoods e.g. in the morning and the evening, they will still mix in the body after a d tes sufficiently. However, there is a group of individuals that need an extra 'reminder' of the major minerals specifically attached to the phosphate radical. These include most neurasthenic (nerve and energy) types and chronic fatigue types (M.E.) Blackmores' Phosporus Compound provides an elegant intermediate solution. However, Blackstrap Molasses, will provide sufficient phosphate along with all the other major and trace elements required. (See my article The essential health benefits of the electrolyte minerals and trace element in a 'food state' and in sea water)

(5) Vitamin D is relatively rare in common foods (Found in oily fish such as mackerel and kippers, cod liver oil, salmon and sardines, kelp) but is present in abundant amounts in algae, e.g. spirulina and chlorella, at higher levels than found in cod liver oil This vitamin is required to help the proper utilisation of calcium, and when deficient a person can suffer from many of the states associated with calcium deficiency even whilst taking supplemental calcium, in balance with the other minerals. Calcium has such a major role in the bodies functioning and restorative processes that without its adequate supply or utilisation the healing and regenerative process can be limited or blocked. Vitamin D is produced in the skin as a result of sunlight. Living in areas away from the equatorial zones, combined with lack of an outdoor life, especially over the winter period can therefore result in marked vitamin D deficiency. It is therefore advisable, in this situation, to supplement with a source of vitamin D. Ten micrograms daily i.e. 400 I.U. is a typical supplemental dose. It is best to stop taking a supplement e.g. in

the summer or when receiving regular sunlight, as excess vitamin D can cause metabolic imbalances.

(6) Essential fatty acids. These are now recognised as being widely deficient in modern diets. The two main food sources are oily fish and nuts and seeds. Oils that are derived from seeds which are heat treated or processed during manufacture should be avoided since the essential fatty acids become damaged and tend to create free radical damage. This will increase the tendency to circulatory disorders and other diseases linked to free radical damage. This includes margarine, made popular by the false claims that it is better for you than animal fats. Any fat, animal or vegetable tends to be destructive once heated or processed (e.g. hydrogenated.) However, olive oil appears to suffer less damage when heated. It is advisable then, when frying, to use olive oil and cook at low temperatures. Use cold pressed raw oils daily and preferably eat moderate amounts of nuts and seeds daily. Personally I find, with the smaller seeds such as sunflower and linseed, it is better to grind them, e.g. with an electric 'coffee' grinder, and mix them raw with other foods, or add olive oil and use (within a day or so if covered and cool) as a nut spread or butter/margarine substitute. Essential fatty acids, as the name implies have a crucial role in well-being and cannot be obtained in quantity in the 'superfoods', although Hawaiian spirulina does seem rich in many of them.

### Summary of Reasons For Classifying Sea water as an Important Health Tonic

- (1) It contains a wealth of minerals and trace minerals/elements, around 90, that as a group, even though many are in minute amounts, help the body to function more effectively.
- (2) The form of the minerals, i.e. soluble or ionic, is the form required to pass through the membrane of every one of the billions of bodily cells. In so doing the vitality and electrical processes are rapidly normalised.
- (3) The balance of minerals is as required to harmonise with the many gallons of extra cellular fluid, or inland sea. We evolved from the sea, our lymph fluid has an almost identical composition to sea water, and sea water was authorised as a substitute for blood plasma in World War Two. Sea water is therefore the most natural supplement, in small amounts, e.g. equivalent to 4 to 8 teaspoons a day as a rough guide.
- (4) The daily recommended dose of sea water provides the same amount of sodium as contained in a typical one and a quarter slices of wholemeal bread. Taking common salt in a glass of water, due to ionisation potential, or electrical charge at the molecular level, will have a different effect than taking the same amount in powder form on food. Taking small doses of daily sea water is more liable to reduce high blood pressure, tension, and depression than to raise it. Taking large amounts of crude sodium chloride on food can, with some persons be part of the cause of these aforementioned problems. Clinical studies have shown that low sodium diets can actually increase blood pressure in a proportion of individuals. There is more quality evidence to indicate that an insufficiency of magnesium and potassium are factors contributing to high blood pressure and related cardiovascular problems than the levels of sodium in the diet (at moderate levels of sodium chloride in the diet.)
- (5) The use of herbal remedies, superfoods, 'energy medicine' and any therapy or new regime that opens up previously closed or sluggish metabolic pathways, nervous connections, or on the energy level, the meridians, will tend to place a demand on the processing and distribution of the minerals, especially the electrolyte minerals, i.e. the salts. Sodium chloride, being the major salt of the body is placed on demand, and sooner or later will need to be supplied, balanced, as sea water, in small amounts in solution. Failure to do this is, in my opinion one of the major reasons a therapy either blocks, or is in some cases unsuccessful from the beginning.

1. 'Chlorella Natural Medicinal Algae' by Dr. David Steenblock (ISBN 09618268-0-0) Pub. Aging Research Institute is recommended reading. It also lists 185 research references.

2. Ionic Minerals – Missing Link of A.D.D. and Other Bioelectric Dysfunctions. An audio tape by Dr. Robert

Anderson. Pub. by Marine Minerals, Monroe, Utah, U.S.A.

3. From an article by Dr. Robert V. Pontius DVM, Pub. Marine Minerals.

4. Dr Plasket developed the Basic Formula range as supplied by G&G Food Supplies

5. Celloid Mineral (TM) therapy is the application of the 'tissue salts' in pharmacological doses as developed by Dr. Blackmore.

6. Dr. Alexander G. Schauss Ph.D. Cell Biologist U.S.A. Atape recording of a lecture, available from Marine Minerals, P.O. Box D. Monroe, Utah 84754.

7. Dr. William Philpott, Choctaw, OK. U.S.A.

8. Article on F. Wortmans method of using Grape Juice therapeutically available-Nutrition News.

Tags: [Benefits](#), [Health](#), [Sea Water](#)




### About Victoria Whitehead

Victoria is a Yoga Teacher, Reflexologist and holistic health & Raw Food enthusiast. She is also the administrator for Harmonik Ireland.

## Comments

### 4 Responses to “The Essential Health Benefits of Sea Water”

1.  [Dr. Jose A. Soto, MD](#) says:  
[July 25, 2010 at 10:55 pm](#)

Author of the Book “Marine Therapy Health Benefits of Sea Water Minerals”

Excellent work.

2.  [Ana](#) says:  
[May 1, 2011 at 3:27 am](#)

Where could I buy deep sea water (to drink myself in small amounts for health related reasons)?  
Thank you,

Ana