

# **Mineral Depletion of the Soil and the Importance of Minerals for Man's Longevity.**

## **Important Longevity Health Information**

In **1936** the *Cosmopolitan Magazine* published an article which contained the following:

"Most of us today are suffering from certain dangerous diet deficiencies. The alarming fact is that foods - fruits and vegetables and grains - are now being raised on millions of acres of land that no longer contain enough of certain needed minerals. No matter how much of them we eat, these foods are starving us!... It is bad news to learn from our leading authorities that 99 percent of the North American people are deficient in (vital) minerals, and that a marked deficiency in any of the more important minerals actually results in disease."

(Webmaster's comment: This situation is far worse today, the top-soil is now severely depleted and our vegetables and fruits are "empty". *To the human body vitamins without minerals are useless.* It is a proven scientific fact that mineral deficient food leads to disease).

Most likely the above mentioned article was based on **Senate Document No. 264, 1936, 74th Congress, 2nd Session**