

*Following is an excerpt from a talk by Manfred Raunigg, a biodynamic gardener in the South Island of New Zealand. Manfred spoke about nutrition, soil deficiency, mineral deficiencies in our bodies, our nutrient-rich oceans, sea vegetation, and supplementation. The talk was given to people who are supplementing their diet with Body Balance, a liquid, organic whole food nutritional product from Life Force International:*

"I see it as my job here to explain more from the gardener's point of view, why we even need to take supplementation, because I run into the question from different people's perspectives. Nothing touches my "button" more than somebody saying we don't really need to take supplements because everything we need is in the food we eat. That really presses my button because I've done such hard physical work for the last twenty years to grow organic, fresh, biodynamic vegetables—and all the work that goes into creating fertility in a garden—and I still ended up mineral-deficient. So when somebody says, "I'm eating quite well. I don't need anything,"..... it depends on who says it, but there are some very well educated people out there who strongly believe that everything we need is in the food. And so I know all of you ... will run into those people who say, "You're just wasting your money, you don't really need to supplement, it's all in the food." And so I want to strengthen your knowing—your belief—in the products that Life Force makes, from the point of view that we do need more than just to eat the food that we can buy in the shop. And that's coming from somebody who eats the best food that is available, fresh out of the garden, in the South Island of New Zealand—it doesn't come much better than that.

I want to cover a little bit about soil deficiency, just to make you remember the truth of it, so that when somebody tries to make you doubt it, you *really* know. I'll very briefly go back to an old cellular memory that we may all hold, that when we first started migrating and settling in different places as the human race, we were still in touch with the earth, and what we were looking for to settle was **fertile soil**, because that is where it's easy to survive. And so to me the most important, the most valuable resource that this planet produces is not gold, it's not uranium or anything like that, it is fertile soil—**fertility**. It's the most valuable resource! No scientist can make it. It cannot be made quickly. And once we are losing the fertile topsoil, there is no shortcut to getting it back, and certainly not with synthetic fertilizers and all the things that we are using to try and address the issue of fertility. Originally we were looking for the most fertile places on the planet, and that's where we settled. And when we look now ... what have we done to those places? They are now covered in concrete—because they're now the cities. So over however many years that took from being fertile when we went there to grow food, to now having covered it in concrete, in that process we have moved the food growing into areas that are less fertile. So already the most fertile soils on the planet are not used to grow food. That's one very important aspect to understand. So when we then grow the food in less fertile places, whatever isn't in the soil is not in the plant; therefore, the animals who eat the

grass that's grown on deficient soil are deficient. So it doesn't matter if you're a vegetarian or if you eat meat; if the food we eat isn't complete in minerals from the soil, we will get deficient. Linus Pauling said that every disease can be traced back to a mineral deficiency. He knew that the minerals were the very bottom line of health, and therefore mineral deficiency is always the cause of disease or "unwellness."

Since we are in the wellness industry here, I don't want to even address disease or sickness, because there's a whole big industry out there that covers that. But what our job is, is to focus on wellness, and wellness comes from proper nutrition. Without proper nutrition a human being will never be well, or definitely not optimally well.

What we've done to the food we eat, by moving the farming land away from the fertility and onto less fertile land, and with the farming methods we are using now, tons and tons of topsoil every year gets blown away in the wind. [Ploughing the land with tractors contributes to this.] The fertility is actually the very top of the soil. Really fertile soil is many, many feet of humus, which comes from lots of things living and dying and decomposing, and a lot of living organisms in the soil. When you look at a common market garden place or a farmland today, there isn't much living matter in the soil. And so that means the minerals aren't really broken down and becoming available to the plants, and that's where the whole nutritional deficiency starts. So as we treat the land with the machines as we do, and with the chemicals we put on it, we've done more and more damage to the living organisms in that soil, and we've blown and washed away a lot of topsoil into the ocean. That's where everything ends up—it washes from the land into the ocean.

The ocean is getting more and more mineral-rich, at the same time as the soils are getting more and more depleted. So when we haven't got the nutrients available to the plants in our gardens, then eventually it becomes very obvious like President John Kennedy said in 1961 to the congress, that "Knowledge of the oceans is more than a matter of curiosity. Our very survival may hinge upon it." It's becoming more and more obvious that we have to go under water, to the garden that is underwater, to get those minerals that are no longer in our soil. And this is what leads to "why Body Balance," because when no longer are all the minerals available in the food we grow in the soil, then we have to look at sea vegetation, which is to me like an underwater garden. It's just like in the garden we have different plants, different herbs, and they've all got different qualities; the same happens under the sea. Because we can't see it, we don't know much about it, and most people don't know much detail about what happens under the water at all—but it's just another garden under the water. But those sea vegetation—seaweeds, sea plants—they don't live like the land plants. Land plants have roots in the soil and they feed through the soil. The sea vegetation hasn't got roots, it's only got holdfasts—it holds onto a rock somewhere or lives

on another plant and holds on. But they feed directly through their skin from the sea water. And not only has the sea water always been a **complete source of minerals and trace elements**, but also it's been enriched over the millennia from the erosion and all the minerals that came from the land into the sea. As I said before, **the sea is getting richer, the land is getting more depleted.**

When we go and study those different plants under the water, we find that they also have different—for lack of a better word, we'll call it “medicinal qualities”, because that's what we call it in herbs that grow in the garden; they cover different nutritional aspects for the body, and that is the same under the water. If you just pick one plant out of the sea, you will find a lot of goodness in it. But if we pick a few and we start looking scientifically into it, we find different substances are more in one plant than in another; therefore, it will do a different thing in the body when we eat it. (Same as different herbs will do slightly different things.)

When we look at a product like Body Balance, which is the flagship product for Life Force and has been used for well over twenty years by people now—so we can say it's been there a long time already—we have got a lot of evidence of what it has done for people over those twenty years and more. And we know it hasn't brought about any negative effects for anybody in that time. That's also very valuable, because with the newest thing you hear about, usually a few years later you hear not-so-good things about it when people have tried it. Body Balance is well-tried with lots and lots of people in lots of different situations of their wellness or sickness journey—wherever they were on that scale from being very sick to being optimally well (that's quite a scale)—and wherever people are, when you put good nutrients in the body, the body then can do some work with that, which will lead you toward being more well. And the sea plants have a very special part in that wellness journey, because they cover those nutrients that we are so deficient in, because they're not in the food we eat. Whatever isn't in the soil is not in the food.

When we look at the sea, *everything*—every mineral, every trace element, everything on that whole mineral chart—is in the sea water, and it's in the right form, it's in the right balance. When it gets absorbed by the sea vegetation, then it becomes the bioavailable form for the body, because our body can't just drink sea water. But the plants can get the nutrients out of the sea water, and then we get it in the plant form, which is **ionic**, which is the form in which our body was designed to get nutrients.

The old saying, “We are what we eat,” is not quite true any longer because we know more now. Just what we put in our mouth doesn't necessarily even get into our cells. A lot of things don't actually get digested, they don't get absorbed, and they certainly don't get activated on a cellular level. And that is what we really are

looking for.

In my simple picture, I compare the body with a power station. It's like where in a power station you shovel coal (carbon) in, and you get electricity out. Well, the food we eat is carbon-based (when you break it down) so it's like the coal, we put food in our mouth, the body has to burn it, and what we really want, what we get out of it is the **spark of life**. It's like the electricity. The more spark we have, the more **energy** we have, the more "sparkling" (bright) we are. If we eat the wrong food, there is no spark in it. Dead food doesn't give us spark; it actually takes more from the body to burn it and break it down enough to get it through the body and out again—some foods take more energy from us than they give us. And that's very depleting. That's why some people will eat and eat and eat, craving energy, and yet get less and less energy. You build up a big obese body that way, but you're still lacking the energy that you want out of food. So when you've got **bioavailable nutrients**, they will lead to that spark with the least effort. The body doesn't have to work hard to break the food down. That is the **liquid advantage**. So even if we're making juices ... Some people make the effort of getting good organic vegetables and putting them through a juicer so you can drink a lot more nutrients than you could possibly chew and digest. That's a good way of getting more nutrients; however, as I said before, what isn't in the soil isn't in the food. So if we have a juice from soil-based plants—fruits or vegetables—we're still not getting those trace elements that aren't in the soils where those plants are grown. Liquid is going to be much easier to absorb and much easier for the body to get the energy out of the food, rather than having to use energy to break it down. When we go to the sea and we get all those trace elements that aren't in the soils, then the body all of a sudden can recover from deficiency.

There are a lot of people around you who are relatively well, who wouldn't acknowledge that there's anything wrong with them—and I was one of those. I never got myself deficient enough to be really ill or have certain diseases, which are based in mineral deficiencies. But I knew from the gardener's experience, that there were deficiencies in the soil, and I wanted to cover them *before* I have the aches and pains and symptoms of a mineral deficiency. Most people who haven't got enough aches and pains will say "I'm fine," and it is amazing how the body will actually cope with deficiency. It will make up for it. It has to work hard to make up for what it ideally needs but hasn't got, and it's very good at that. By the time you have a debilitating disease—like all these autoimmune disorders and very complicated stories when we're looking at diseases—it's a sign that the body can no longer cope with the deficiency. So the sooner we can catch onto that, the easier it is for the body to recover. When it's very, very deficient already, it will be a longer journey back. So just not feeling bad enough to do something about it, that's where so many people around us are at—they're not bad enough to make an effort to be well. But from my point of view of knowing that there are less and less nutrients in the food, it does take an effort—a conscious effort—to be well these days, with the food that we are getting.

Looking at “We are what we eat, digest, absorb, and activate” ... When the whole wave of nutritional supplementation started, it started with vitamins. We knew we needed vitamins. Then scientific research said: but if you haven’t got the minerals, you can’t really use the vitamins. So people got into multivitamins and multiminerals. Then research showed that if you haven’t got the enzymes to break down those minerals, then the minerals and the vitamins can’t really be used and activated. And so on. And every year or every couple of years, science makes another breakthrough and then the scientifically-created supplements will get another ingredient that is so important.

The latest big breakthrough was on **glyconutrients**, which are the eight essential sugars that are responsible for cell communication, so that the 70 trillion cells that make up an average body actually get what they need. The communication of who needs what from the nutrients you put in your body, it needs the glyconutrients (ALL 8!) to do that.

Another big word that has come up only recently in nutritional research is **phytonutrients**. “Phyto” is the Greek word for plant, and the phytonutrients are the nutrients that the plant first of all has available to itself to grow. So the more minerals that are in the soil, the more phytonutrients will be in the plants that we grow in that soil. The phytonutrients give the plant the colour, the flavour, the healthy look. When you look at the plant and it looks kind of weak, it means it’s deficient. When it’s got everything it needs, it is a healthy-looking plant—it looks bright and energetic. It’s all due to the nutrients the plant has available, and through absorbing those nutrients through the roots and becoming part of the plant, they are then called phytonutrients. There have been 30 identified by science that have been given a name. The most famous one is folic acid, which is now common knowledge—every pregnant woman has to have 4 micrograms of folic acid a day, which is next to nothing. We wouldn’t really have a concept of 4 micrograms—it’s very, very minute—and yet it makes all the difference. It makes a huge difference to that person and to the baby’s wellness. The phytonutrients are very, very small, but very important. Very few have been recognized as essential nutrients; however, science is now saying that there will be thousands of different phytonutrients once we start looking for them. And the good thing about a **whole food** ... When you’ve got a whole food that is grown on nutrient-rich soil ... and as I said before, the most nutrient-rich environment for a plant to grow in is the sea water ... but to put the soil-grown plant from soil that is as nutrient-rich as possible, which is **volcanic soil**, which is where the **aloe vera** in the Body Balance comes from ... and putting the 9 different sea vegetation from the most nutrient-rich environment on the planet, and also the cleanest parts of the ocean—that’s also important that there’s no pollution there ... when we put that together and leave it as a whole food, then what we absorb and activate from that drink is the most powerful superfood on the planet. That’s what Body Balance is to me.

It's that combination of land and sea, because when we all of a sudden go and eat from the sea, we don't necessarily have what it takes to break those seaweeds down and actually get all the nutrients from the seaweeds. It's the combination between the **aloe vera** and the **sea vegetation** that makes Bodybalance so bioavailable and as powerful as it is. And over the last twenty years, there have been so many amazing stories that people tell.

Science says there are over 120 nutrients in the Body Balance. People often say "What's in it? How much of each nutrient is in it?" Some people will want to know exactly how much of this mineral and that vitamin and that enzyme ... and the point is, the 120 nutrients that we *know* are in it, is what science has discovered and given a name to and can measure. There are thousands of nutrients that are in Body Balance that science hasn't discovered yet and given a name to—there may be some there that are much, much more important than what we know today. As a gardener, for me that's my passion about this product: being a whole food and not a scientifically created formula, it (Nature) knows so much more than what science knows.

So every few years some discovery will be made, and once we've got that discovery and we have a name—something to look for, and we can measure it—we go to the Body Balance, and there it is. It's way ahead of scientific discovery. Like Dr. Solomon says ... **"This is the fine edge of the cutting edge of nutrition."** So people who are now already drinking it are way ahead of the masses of people who will in the near future or in the distant future find out why they should be drinking Body Balance. I hope I covered the "Why" as clearly as I could.