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RE-MINERALIZE THE EARTH

I discovered about 3 odd years ago the importance of re-mineralizing the earth meaning for practical purposes, our gardens and lawns. There are about 90 odd elements that are naturally available from ocean water which is normally about 95% sodium chloride (salt) and the other 5% being the rest of the elements in perfect balance and interestingly, in the right ratios for all the plants we cultivate.

There are also two other important natural sources of elements being rock dust and Humate & Fulvic acid preparations. Rock dust can be obtained from various types of rock including lava deposits and a mix of different ones will give a wider range of elements.

Humate and Fulvic acid is also mineral rich as it is derived from lignite which was formed in prehistoric times when the planet was mineral rich. I liken it to prehistoric compost tea.

The question arises as to how important these 90 odd elements are to the plants we grow? In conventional agriculture we place between 3 to about 16 man produced elements into our gardens in the form of fertilisers. These fertilisers of which the main 3 are nitrogen, potassium and phosphorus, certainly make plants grow (or better described as forcing plants to grow).

Quality of food is forgotten and the main concerns are how fast the crop will mature along with yield and disease resistance.

You buy a commercially grown tomato that has been given about 12 to 16 elements and it is relatively tasteless. It is now known that a tomato requires 56 natural elements. If you provide your tomato plants with all of these elements it will be very disease resistant and will provide your body with the ultimate taste it can produce, along with the 56 elements your own body needs.

Too many commercial growers have forgotten why we grow food and turned conventional agriculture into a mass production line that is sadly lacking in nutritional values.

Most people are nutritionally starved, eating foods that are mineral deficient and resulting in the numerous health problems that have become common today.

The only reason that people are living longer is because of medical intervention, many living the last 10 or 20 years in a bad state of health, kept alive with the pills and potions the chemists produce.

That is not life; it is instead a miserable state of being with nothing to look forward to. Every day millions of your body cells are replaced, these new cells require a wide range of elements to be perfect, if they do not have these elements available then they are inferior cells and this leads to sickness and accelerated aging. This is so logic that it has been hidden from us to the benefit of the pharmaceutical and the agrochemical companies along with the processed food manufactures.

Even then much of the Organic movement has not fully grasped the need for using all the available mineral sources as they consider that these sources may contain heavy metal elements and thus they are banned. The Organic growers don't use chemical rescue remedies in their cultivation which is great but they need to use some of the readily

available sources of minerals such as the ones found in the ocean or rocks. (Mind you some organic producers do)

The next step in obtaining a healthy return from the crops you grow, that have been given all the possible minerals, is to eat as much as possible raw or place your greens into a high speed blender along with a banana (for better flavor) and make green smoothies to drink.

For instance there is more nutritional value in the tops of carrots than in the root that we eat. We throw the green tops away considering that they are not eatable, but in a green smoothie they become invaluable to our health.

I have found three natural sources of natural minerals; **Magic Botanic Liquid (MBL)** which is your prehistoric compost tea and this liquid can be drenched into the soil and sprayed over the foliage on a regular basis. From the ocean we have **Ocean Solids** which is the un-refined salt from the ocean.

For rock dust there is **Simalith** which comes from Germany but more recently I have sourced a commercial rock dust called simply, **Rok Solid**. I obtained a sample of this rock dust some months ago and trialled it in my wheat grass growing and found it better value than Simalith.

Rok Solid contains over 60 minerals and elements and is specially selected for its natural energy (paramagnetism), this energy is what gives the soil its vitality assisting in the nutrient uptake of plants.

The high silica content (43%) helps in plant formation.

Rok Solid is blended with Organic 100 liquid fertiliser concentrate made from fish and seaweed, which contributes a further array of minerals, together with microbial stimulates.

These organisms being necessary to hold soil balance, regulate nutrient to the plants, build humus and help detoxify the soil.

Rok Solid is used at 100 grams per square metre for new plantings.

Alternatively about a level teaspoon into each planting hole for seedlings or a sprinkling along a row of seeds, with the seeds at planting time.

Larger plants; about a level tablespoon in the planting hole.

For existing gardens with plants; 100 grams per square metre twice a year (spring and Autumn) for fruit trees, shrubs, vegetable and flower gardens and lawns.

Roses; an application of one to two teaspoons per rose spring and autumn.

Analysis of Rok Solid (Averages) Nitrogen [N] .15%: Phosphorus [P] .8% : Potassium {k} 1.4%

Sulphur [S] .14% : Calcium [Ca] 4.4% : Magnesium [Mg] 5.69% : Sodium [Na] 2.95% : Silica [Si] 43.0% : Iron [Fe] 39,000ppm : Manganese [Mn] 1,100ppm : Boron [B] 55ppm : Copper [Cu] 90ppm

Zinc [Zn] 142ppm : Cobalt [Co] 59ppm : Molybdenum [Mo] 2ppm : Selenium [Se] 3ppm
Plus many other trace elements.

That is far more elements than you will get out of any commercial fertiliser.

Rok Solid should be applied to the soil with an equal amount of calcium (garden lime)

Use a soft garden lime such as **Rapid Lime** but around acid loving plants use either Dolomite or Gypsum. This also applies to tomatoes and potatoes that prefer a slightly acid pH.

Rok Solid is now available by mail order from Garden Gloves

If you have concerns about your health, want to look and feel younger, then grow your own vegetables and insure their goodness by using these mineral rich products.

A number of farmers and orchardists have been using **Rok Solid** and not only are they saving money, they are producing healthier produce and animals.

Problems ring me at 0800 466464 (Palmerston North 3570606)

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