

# OCURRENCE AND REQUIREMENTS OF MINERALS IN MAN.

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The constituent minerals are important because they compose the major part of our physical body and because they play a cardinal role in all human functions, and are the primary underpinnings of physical biochemistry. Both the exact quantity present in the body and the requirements for different minerals varies from person to person and from time to time, and are particularly affected by our inherent physiological constitution. Health problems in any given constitution can often be traced to an imbalance or a deficiency in the required elements, therefore the understanding of the Constitutional Minerals and their application provides a fundamental system which enables us to deal with the most common cause of chronic disease, namely long term anomalies in the uptake of the elements required for proper function. Additionally, clear understanding of the 'Starstuff of which we are made', the constitutional minerals, will also provide us with an insight into how diet may affect health, physical structure and mental and emotional function. The following pages will provide an overview of these minerals, and their relationship to the inherent constitutions.

**Mineral constituents of a person weighing 72 Kg.** Oxygen 44.80 Kg. Sulphur 0.10 Kg. Carbon 12.95 Kg. Sodium 0.07 Kg. Hydrogen 6.76 Kg. Magnesium 0.04 Kg. Nitrogen 1.87 Kg. Silicon 0.03 Kg. Calcium 1.75 Kg. Iodine 0.01 Kg. Phosphorus 0.70 Kg. Manganese 0.01 Kg. Potassium 0.25 Kg. Iron 0.006 Kg. Chlorine 0.12 Kg. Fluorine 0.001 Kg.

### The Chemical Elements in various Physiological systems.

**Protein:** Carbon, hydrogen, oxygen, nitrogen, phosphorus, and often sulphur and iron.

**Body Fat:** Carbon, hydrogen, oxygen.

**Muscles:** Potassium, magnesium, chlorine, manganese, calcium, phosphorus, selenium.

**Bones:** Calcium, phosphorus, magnesium, fluorine, silicon, copper, manganese.

**Cartilage and Ligaments:** Sodium, iron, silicon, manganese.

**Skin:** Silicon, sulphur, sodium, manganese, copper.

**Hair and Nails:** Silicon, calcium, iron, sulphur, zinc, chlorine.

**Nervous system and Brain:** Phosphorus, magnesium, potassium, sodium, iodine, sulphur, silicon, calcium, manganese.

**Blood:** Iron, copper, zinc, sodium, potassium, calcium.

**Blood vessels:** Magnesium, silicon, sulphur.

**Heart:** Magnesium, iron, potassium, calcium, phosphorus.

**Spleen:** Iron, copper, fluorine, sodium, potassium, magnesium.

**Pancreas:** (Excluding the Islets of Langerhans) Carbon, sodium, potassium, copper, magnesium, zinc.

**Liver:** Carbon, zinc, selenium, sulphur, iron, potassium, magnesium.

**Kidneys:** Potassium, chlorine, fluorine, manganese, magnesium, calcium, iron, silicon.

**Lungs:** Phosphorus, manganese, silicon.

**Digestive system:** Sodium, potassium, hydrogen, chlorine, fluorine, iodine, calcium, iron.

**Anus:** Silicon.

**Bladder:** Silicon, fluorine.

**Pituitary:** Iodine, phosphorus, sulphur, manganese, bromine.

**Pineal:** Phosphorus, sulphur, manganese.

**Adrenal Medulla:** Phosphorus, sulphur, manganese, iodine.

**Adrenal Cortex:** Calcium, sodium, fluorine, iron, silicon.

**Thyroid, Parathyroids, Thymus:** Sodium, potassium, chlorine, magnesium, iodine.

**Islets of Langerhans:** Zinc, manganese, potassium, chromium.

**Ovaries:** Silicon, manganese, magnesium, phosphorus, zinc.

**Uterus:** Silicon, iron, magnesium, potassium, manganese, calcium, fluorine, selenium.

**Testes:** Silicon, magnesium, phosphorus, zinc.

**Prostate:** Zinc, silicon, magnesium.

**Inner Ear:** Magnesium, fluorine, iron, chlorine.

**Eyes:** Sulphur, fluorine.

**Cell Metabolism:** Iron, phosphorus, sodium, potassium, calcium, magnesium, sulphur, manganese, copper.

**Percentage water in tissues:** Fat-20%, Blood-80%, Bone-25%, Kidneys-80%, Liver-70%, Muscle-75%, Skin-70%, Brain-85%, Nerves-70%.

## 4.i. The Constitutional Minerals.

### **Constitutional Mineral: CARBON.**

**Nature:** Carbon is the basis of life on earth. Is found in carbohydrates. It is most active in the muscles and creates heat with oxygen. Carbon is Negative sleepy, depresses the mental functions.

**Constitutions Active:** Carboferic, Lipopheric, Myogenic.

**Constitutions excessive:** Carboferic, Hydripheric, Lipopheric, and Pargenic.

**Constitutions deficient:** Nervi-Motive, Neurogenic, Marasmic, Calciferic, Sillevitic, Atrophic, Medeic.

**Temperaments excessive:** Phlegmatic.

**Temperaments deficient:** Melancholic.

**Health effects:** Excess: fatigue, poor immunity, flatulence, dullness. Deficiency: hardening, sclerosis, calcification.

**To Increase Carbon:** Eat sugars and starches.

**To Decrease Carbon:** Eat calcium, iron, potassium and sodium foods.

### **Constitutional Mineral: HYDROGEN.**

**Nature:** Hydrogen is part of water, and combines readily with oxygen; it is inflammable, expansive, diffusive, penetrative, and the transporter of life; soothes nerves, purifies and cools.

**Constitutions excessive:** Carboferic, Hydripheric, Lipopheric, Nitropheric, Oxypheric and Pallinomic.

**Constitutions deficient:** Marasmic, Calciferic and Medeic.

**Temperaments excessive:** Phlegmatic.

**Temperaments deficient:** Melancholic.

**Health effects:** Excess: spongy tissues, slow wound healing, puffiness, acuteness of senses. Deficiency: desiccation, insomnia, aggression, glandular stasis.

**To Increase Hydrogen:** Eat watery foods.

**To Decrease Hydrogen:** Eat high calcium, silicon and chlorine foods.

### **Constitutional Mineral: OXYGEN.**

**Nature:** Oxygen is the most abundant element in our environment. It is associative, restless, active, unstable, impulsive, spontaneous and transmutative. It stimulates circulation, metabolism and the mind.

**Constitutions excessive:** Oxypheric, sometimes Myogenic.

**Constitutions deficient:** Atrophic, Neurogenic, Desmogenic, Marasmic, Carboferic and Nitropheric.

**Temperaments excessive:** Plethoric (Sanguine).

**Temperaments deficient:** Phlegmatic.

**Health effects:** Excess: excessive temperament, appetite, heat etc.; skin diseases, plethora, insanity; deficiency: pale face, blue veins, sterility, toxaemia, low and poor metabolism, pain, oedema, anaemia.

**To Increase Oxygen:** Eat foods high in oxygen, iodine, iron, potassium.

**To Decrease Oxygen:** Eat foods rich in nitrogen and fluorine.

### **Constitutional Mineral: NITROGEN.**

**Nature:** Nitrogen is strong, independent, non-associative, cooling, preserving and negative; it is opposite to oxygen. It vitalises and builds tissue.

**Constitutions excessive:** Functional: Nitropheric, Pathetic; Organically: Calciferic, Desmogenic, Myogenic.

**Constitutions deficient:** Functional: Oxypheric, Lipopheric, Exesthetic, Sillevitic; Organically: Nitropheric, Pallinomic, Pathetic, Nervi-Motive.

**Temperaments excessive:** Phlegmatic.

**Temperaments deficient:** Melancholic.

**Health effects:** Excess: cold skin, dark complexion (Nitrogen increases pigmentation), pride, difficult character. Deficiency: impulsive, enthusiastic, exaggerative, does not assimilate albumen.

**To Increase Nitrogen:** Eat nitrogenous and alkaline foods.

**To Decrease Nitrogen:** Eat foods containing sulphur, potassium, sodium, calcium, silicon, oxygen and ferrum.

### **Constitutional Mineral: SODIUM.**

**Nature:** Sodium is a constituent of salt. It is electrically positive, alkalising and drying; it dissolves calcium and holds it and albumin and fibrin in solution; it plays an important role in digestion.

**Constitutions excessive:** None.

**Constitutions deficient:** Desmogenic, Nervi-Motive, Marasmic, Atrophic; all fat retaining constitutions, old people, infants and children.

**Temperaments excessive:** Choleric, Melancholic.

**Temperaments deficient:** Phlegmatic.

**Health effects:** Excess: cannot carry oxygen, slow metabolism, sugar craving, toxicity, infections. Deficiency: nervousness, poor mental performance, fear of the dark, tearyness.

**To Increase Sodium:** Eat high sodium foods.

**To Decrease Sodium:** take in more potassium and calcium.

### **Constitutional Mineral: FERRUM.**

**Nature:** Ferrum is the most common metal in the universe. Iron has a strong affinity to oxygen; it is astringent, magnetising, animating, tonic, youthful and strong.

**Constitutions excessive:** Myogenic and Oxypheric.

**Constitutions deficient:** Neurogenic, Pathetic, Desmogenic, Carboferic.

**Temperaments excessive:** Sometimes Sanguine.

**Temperaments deficient:** Phlegmatic.

**Health effects:** Excess: mind, emotions and senses dull, plethora, haemorrhages, headaches, sleepiness. Deficiency: lack of energy, dullness, cold extremities, weepy moods, mental dullness.

**To Increase Ferrum:** Eat foods with iron, magnesium, chlorine, potassium, sodium, calcium, silicon, oxygen and iodine. **To Decrease Ferrum:** Eat foods containing sulphur, carbon, hydrogen and nitrogen.

### **Constitutional Mineral: CHLORINE.**

**Nature:** Chlorine is a constituent of salt. It is electrically negative, has an affinity for hydrogen, is drying, increases metabolic heat, increases digestion, aids urination, and makes tissues dense and elastic.

**Constitutions excessive:** Marasmic (especially), Nervi-Motive, Medeic.

**Constitutions deficient:** All lean individuals (due to high chlorine metabolism).

**Temperaments excessive:** Choleric, Melancholic.

**Temperaments deficient:** Phlegmatic.

**Health effects:** Excess: emaciation, ulceration, poor muscle, power, curvature of limbs, neurasthenia, bowel problems; deficiency: slow digestion, low urinary specific gravity, much mucous formation, bone pain, starvation.

**To Increase Chlorine:** Eat high chlorine foods.

**To Decrease Chlorine:** Eat high carbon, hydrogen, nitrogen, and oxygen foods.

### **Constitutional Mineral: CALCIUM.**

**Nature:** Calcium is an important part of bone, nerves cannot function without it, it enhances intelligence, gives courage and conviction. It is ductile and associative.

**Constitutions excessive:** Nervi-Motive, Calciferic, Atrophic organically, sometimes Medecic, old bony people.

**Constitutions deficient:** Neurogenic, Pathetic, Carboferic often, Hydripheric, Lipopheric, Atrophic.

**Temperaments excessive:** Sometimes Choleric or Melancholic.

**Temperaments deficient:** Phlegmatic.

**Health effects:** Excess: hardens arteries, scarring, epilepsy, stiffness, obsessive philosophies, stubbornness, melancholy, vengefulness. Deficiency: poor blood clotting, scarring, spasms, nocturnal cramps, poor memory and intellect, spinal curvature, timidity.

**To Increase Calcium:** Eat high calcium foods, no sugar, starches or sodium.

**To Decrease Calcium:** Eat starches, sugar, and sodium.

### **Constitutional Mineral: POTASSIUM.**

**Nature:** Strongly alkaline, promotes growth, prevents disease, is cooling, drying and antiseptic. Gives food a bitter taste; helps wound healing; facilitates correct metabolic functions.

**Constitutions excessive:** Myogenic.

**Constitutions deficient:** All constitutions except Myogenic.

**Temperaments excessive:** Sometimes Choleric.

**Temperaments deficient:** Phlegmatic, sometimes Sanguine.

**Health effects:** Excess: hyperkinesia, poor reflexes, flatulence, poor coordination, melancholy, impulsiveness. Deficiency: baldness, digestive fermentation, oedema, cancer, diabetes, sensitivity to pain, foot odour, muscle atrophy.

**To Increase Potassium:** Eat high potassium foods.

**To Decrease Potassium:** Eat high chlorine and sodium foods.

### **Constitutional Mineral: SILICON.**

**Nature:** Strongly electrical, holds alkalis, is firm and elastic. Constituent of ligaments, hair, nails and skin. Imparts vigour and makes the body more alkaline.

**Constitutions excessive:** Sillevitic, sometimes Nervi-Motive.

**Constitutions deficient:** Neurogenic, Pathetic, Carboferic, Hydripheric, Lipopheric, Nitropheric, Atrophic, sometimes Pargenic.

**Temperaments excessive:** None.

**Temperaments deficient:** Melancholic, sometimes Choleric.

**Health effects:** Excess: excess appetite, weight loss, mania, hyperactivity, exaggerations, enlarged lymph glands. Deficiency: hysteria, anxiety, impotence, drug addiction, stiff joints, mental fatigue, pus formation, catarrh, excessive perspiration.

**To Increase Silicon:** Eat high silicon foods, do mental exercises.

**To Decrease Silicon:** Eat foods high in carbon, hydrogen, nitrogen and oxygen, do meditation.

### **Constitutional Mineral: MANGANESE.**

**Nature:** Manganese is a purifier, it is antiseptic and germicidal, counteracts toxicity and malignancy and is strongly tonic. Manganese is the element of affection.

**Constitutions excessive:** None.

**Constitutions deficient:** Almost all.

**Temperaments excessive:** Choleric (rarely).

**Temperaments deficient:** Melancholic, sometimes Phlegmatic.

**Health effects:** Excess: anxiety, changeable emotions, poor coordination, hyperaesthesia, excessive appetite, cold food disagrees. Deficiency: poor memory, organ spasms, confusion, stammering,



sleepiness, sense delusions, oily skin.

**To Increase Manganese:** Eat foods rich in manganese, fresh air exercise.

**To Decrease Manganese:** Cut down on manganese foods, work at night.

### **Constitutional Mineral: FLUORINE.**

**Nature:** Fluorine has a strong affinity with calcium. It gives hardness to bone and elasticity to tissues. It is anti-toxic, anti-aging and antipyretic.

**Constitutions excessive:** Perhaps: Exesthetic, Nervi-Motive, Calciferic or Sillevitic.

**Constitutions deficient:** Neurogenic, Pathetic, Marasmic sometimes, Carboferic, Lipopheric, Atrophic, Pargenic.

**Temperaments excessive:** Melancholic (rarely).

**Temperaments deficient:** Phlegmatic, sometimes Choleric.

**Health effects:** Excess: hypersexuality, unreliability, excessive appetite, craving for junk food, thirstlessness, red bloated skin. Deficiency: fevers, infections, soft tumors, prolapse, motion aggravates, schizoid tendencies, falling hair.

**To Increase Fluorine:** Eat high calcium and fluorine foods.

**To Decrease Fluorine:** Omit high fluorine and calcium foods.

### **Constitutional Mineral: IODINE.**

**Nature:** Iodine is important for thyroid function, and hence for the reduction of metabolic toxins. It stimulates brain function, is germicidal, and assists in the break down of proteins and fats.

**Constitutions excessive:** None.

**Constitutions deficient:** Almost all, except: Calciferic, Oxypheric, Myogenic.

**Temperaments excessive:** Sometimes Melancholic.

**Temperaments deficient:** Phlegmatic, sometimes Choleric.

**Health effects:** Excess: Neurosis, nervous problems, protrusion of the eyes, hyperopia, faintness, tachycardia, restlessness. Deficiency: thirst, stiff neck, clumsiness, restlessness, palpitations, left sided symptoms.

**To Increase Iodine:** Eat iodine rich foods.

**To Decrease Iodine:** Avoid iodine rich foods, eat a high protein diet.

### **Constitutional Mineral: SULPHUR.**

**Nature:** Combustible, very acid, drying; sensitive to air currents, electricity, heat, cold and moisture. Stimulates the liver, nerve regulator yet slightly narcotic, depuritant, powerful alterative, agitative, expulsive, compulsive.

**Constitutions excessive:** Exesthetic, Nervi-Motive.

**Constitutions deficient:** Calciferic, Carboferic, Nitropheric, Pargenic; Exesthetics use too much sulphur.

**Temperaments excessive:** Choleric.

**Temperaments deficient:** Phlegmatic, sometimes Sanguine.

**Health effects:** Excess: moody, changeable emotions, temper outburst, fermentation, bloating, sodium craving. Deficiency: Hysteria, very emotional, changeability, dizziness.

**To Increase Sulphur:** Eat raw sulphur foods.

**To Decrease Sulphur:** Eat high magnesium, manganese, sodium, potassium and iron foods and avoid cooked sulphur foods.

### **Constitutional Mineral: MAGNESIUM.**

**Nature:** Alkaline, cooling, tart or pungent, laxative, flexibility producing, nerve calming, antispasmodic, anodyne, promotes brain action, purifying, cools liver, antipyretic.

**Constitutions excessive:** None.

**Constitutions deficient:** Almost all, especially Exesthetic, Nervi-Motive, Neurogenic, Pathetic, Desmogenic, Marasmic, Calciferic, Isogenic, Sillevitic, Carboferic, Oxypheric, Atrophic, Medecic and

Pargenic.

**Temperaments excessive:** None.

**Temperaments deficient:** All.

**Health Effects:** Excess: dulls nerves and brain, sleepiness, ill tempered, menstrual abnormalities. Deficiency: mental exhaustion, restlessness, poor eyesight, weather sensitivity, nervousness, neuralgia, cramps on exertion, pica.

**To Increase Magnesium:** Eat magnesium foods, avoid sugar, do meditation.

**To Decrease Magnesium:** Avoid magnesium drugs, do mental work.

### **Constitutional Mineral: PHOSPHORUS.**

**Nature:** Electrical, luminous, nerve nutrient, increases bone density, helps immune function, involved in higher mental functions, component of lecithin. Most important form: Sodium Phosphate.

**Constitutions excessive:** Neurogenic, due to excessive phosphorus consumption.

**Constitutions deficient:** Carboferic, Atrophic, all children, adults with mental impairment.

**Temperaments excessive:** None.

**Temperaments deficient:** Choleric, Melancholic.

**Health Effects:** Excess: excitability, restlessness, fantasy, idealism, esotericism, fatty organ and tissue degeneration. Deficiency: changeable appetite, sexual weakness, nervous collapse, neuralgia, localised numbness, premature aging.

**To Increase Phosphorus:** Eat phosphorus rich foods.

**To Decrease Phosphorus:** Avoid phosphorus rich foods, starches, fats, sweets, meat. Eat magnesium, calcium, fluorine, silicon and potassium foods.

### **Constitutional Mineral: CHROMIUM.**

**Nature:** Electrical, facilitates energy utilisation and sugar metabolism, component of G.T.F. (Glucose Tolerance Factor).

**Constitutions excessive:** None.

**Constitutions deficient:** Desmogenic, Marasmic, Atrophic, all Vital constitutions.

**Temperaments excessive:** None.

**Temperaments deficient:** Phlegmatic and old people.

**Health Effects:** Excess: skin problems; deficiency: loss of weight, fatigue, yeast infections, nasal polyps, slow wound healing, arthritis, hyperglycaemia, diabetes.

**To Increase Chromium:** Eat foods high in chromium, low in iron and carbon.

**To Decrease Chromium:** Avoid foods high in chromium. Eat high iron and carbon foods.

### **Constitutional Mineral: COPPER.**

**Nature:** Electrical, conductor of heat, acid, enters into respiration.

**Constitutions excessive:** Myogenic, Oxypheric. May become excessive in all Other constitutions if intake is high.

**Constitutions deficient:** Isogenic, Hydripheric, Atrophic.

**Temperaments excessive:** Melancholic, sometimes Sanguine.

**Temperaments deficient:** Phlegmatic.

**Health Effects:** Excess: anaemia, colic, mania, spasmodic conditions, weakness, psoriasis, skin ulcers, skin sores, shocks of body when sleeping. Deficiency: poor blood quality, cyanosis, dyspnoea, sagging skin, poor bone growth, fractures do not heal, osteoporosis, loss of hair and skin colour.

**To Increase Copper:** Eat foods rich in copper, avoid processed foods.

**To Decrease Copper:** Avoid foods rich in copper, eat processed foods.

### **Constitutional Mineral: SELENIUM.**

**Nature:** Protective, immune system nutrient, reproductive system nutrient, prevents chromosome damage and slows aging. Most important form: Sodium\Selenite.

**Constitutions excessive:** None.

**Constitutions deficient:** Exesthesic, Desmogenic, Marasmic, Atrophic, all elderly people and those with weak immune systems.

**Temperaments excessive:** None.

**Temperaments deficient:** Phlegmatic, Melancholic.

**Health Effects:** Excess: debility, alopecia, garlic breath, painful liver, black nails, nails are brittle, eruptions in the palms. Deficiency: debility, sexual weakness, lascivious thoughts with impotency, hydrocele, melancholy, hoarseness, incontinence, acne, oily skin.

**To Increase Selenium:** Eat foods high in selenium, eat whole grain foods.

**To Decrease Selenium:** Avoid selenium rich foods, and tuna. Eat refined starches and sweets.

### **Constitutional Mineral: ZINC.**

**Nature:** Electrical, a blue-white lustrous metal, healing, enters into the composition of bones, teeth, hair and skin; involved in growth, sugar metabolism and production of male hormones. Most important form: Zinc sulphate.

**Constitutions excessive:** None.

**Constitutions deficient:** Calciferic, Desmogenic, Marasmic, Atrophic, Pargenic, all children.

**Temperaments excessive:** None.

**Temperaments deficient:** Phlegmatic, Melancholic.

**Health Effects:** Excess: drowsiness, light-headedness, staggering, restlessness, difficulty in writing; deficiency: loss of taste and smell, poor growth in children, hair loss, skin rashes, glossitis, stomatitis, sterility, poor wound healing, enlarged liver or spleen, recurrent infections, swollen lymph glands, weight loss and fever.

**To Increase Zinc:** Eat foods rich in zinc, oysters and pumpkin seeds.

**To Decrease Zinc:** Avoid zinc rich foods; Eat refined foods.

## **Acid and Alkaline reactions of the Constitutional Minerals.**

Minerals have, apart from their nutritional and supportive action, also an Alkaline or an Acid reaction in the body. Minerals normally rarely manifest this reaction in any prominent way, because they interact closely with each other in the human organism. This reaction can however become clearly manifested when they are ingested in amounts that are relatively large compared to their requirements and compared to the normal intake of other minerals, such as might take place through special diets or by means of supplementation. In this case the consideration of the alkaline/acid reaction of a mineral may become important or even of vital significance in determining its overall effect on the human metabolism.

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