

## **Humus - Bar Far, The Most Valuable Commodity on this Planet:**

### **Natural Health & Nutrition:**

The information in this section was in part graciously provided by the founders of "Super Organics™ Natural" food production and marketing methods and offers a full explanation of what Natural Foods really are. For another great information source on related topics, you might visit the "**Soil and Health Library**", found at: <http://www.soilandhealth.org/index.html>

In our modern world, we are even NOW, living in the nutritional "famine" that Yahweh promised mankind would suffer, as an aspect of His punishment for universal disobedience!

Natural Agriculture is a complete ecological production management system that fully utilises nature's biodiversity, naturally occurring biological cycles and soil biological activity.

It is premised on the use of natural soil management, and on management practices that restore, maintain and enhance natural ecological harmony, as well as facilitating the use of natural off-farm inputs to nurture harmonious interaction with our urban markets.

### **Natural Health and Nutrition Education:**

To begin with, we must all do our best to enjoy proper physical health. Natural production methods recognize the natural Nutrient Ratio Regulators ("NRR") found in all plants to ensure that Nature's perfect balance of nutrients is both complete, and intact. All plants grown using Natural production methods are found to be 100% nutritionally complete with an exceptionally high resistance to traditional 'pestilence'.

In turn, these totally balanced, nutritionally complete, disease free plants are a direct cause of nutritional wholeness, and disease resistance in both the animals and humans that consume them.

Traditional organic food production methods have helped us to remove chemical and other contaminants from our food, but have done little if anything to ensure a proper balance of macro, micro and trace nutrients within those same food products. Research proves that traditional and most organic production methods can cause a serious 'tricking' effect on the NRR operating in plants.

This tricking of the NRR results in a serious imbalance of nutrients by distorting the natural ratios within the plants' makeup. These nutrient imbalances within the plant are the direct cause of plant disease and plant susceptibility to pests (*moulds, fungi, bacteria, insects, etc.*). In turn, these imbalanced, deficient and diseased plants are the direct cause of nutritional deficiencies and disease in both the animals and humans that consume them.

When man 'fertilizes' his plants, by adding two or three macro components such as nitrogen, phosphate or potassium to his soil, whether in chemical or 'organic' form, man immediately causes a serious imbalance in the available nutrient balance in that soil.

Research proves that when such an imbalance in the soil nutrients available for plant uptake occurs, that there is a universal 'tricking' of the NRR within all of the plants grown on that soil.

This traditional or even the conventional organic method of fertilizing is basically an 'artificial stimulation' of the plants' NRR. Even 'certified organic' fertilizers can act as artificial stimulants because they are often typically a combination of the same three macro nutrients used by conventional farmers.

Naturally occurring plant nutrients in soil are made up of hundreds and thousands of macro, micro and trace elements including a myriad of enzymes, all of which work in an harmoniously balanced ratio and mutually

interdependent manner to support healthy plants.

The temptation to add these macro component style fertilizers is overwhelming due to the increased plant yields that it will cause. Such fertilization has for many years proven to dramatically increase yields and in many cases, even improve the 'appearance' of plants grown. Recent nutrient analysis methods have also proven that these increased yielding plants suffer from serious nutrient deficiencies and imbalances due to their NRR having been tricked by the macro component fertilizers.

What has been produced is 'hollow' food, with too much emphasis placed on the 'size and appearance' while not giving due consideration to the nutritional 'substance' of this food.

What constitutes Natural production methods? Only Nature is capable of properly regulating itself. This is vitally true within the makeup of all plants. Natural production methods are beyond simple organic farming.

All artificial stimulation of plant growth is eliminated with Natural production, and the plants' NRR are allowed to regulate their growth function naturally.

Only 100% natural humus components and/or naturally 'digested' organic wastes can be added to soil without compromising Natural production methods.

Nothing can be done to 'stimulate' plant growth aside from the building up of naturally healthy, humus rich, living soil, as evidenced by the workings of Nature itself.

### **Humus in Soils Managed Naturally:**

*Selman Waxman*, one of the world's foremost microbiologists, stated: "The importance of humus in the human economy seldom receives sufficient emphasis. Suffice it to say, that it probably represents the most important source of wealth on this planet!"

*Sir Albert Howard (Knighted for his work in organic agriculture)*, wrote: "Nature [*Yahweh*] has provided a marvellous piece of machinery of conferring disease resistance on the crop [*and on livestock and people that consume it*]. This machinery is only active in soil naturally rich in humus; it is inactive or absent in infertile land and in similar humus-rich soils fertilized with chemicals...I have several times seen healthy, well fed animals [*or people*], on diets grown on naturally fertile and humus-rich soil react to exposure to disease exactly as suitable varieties of crops, when properly grown, did to insect and fungus pests - no infections took place [*even when deliberate contamination of soils, plants and animals was attempted*]. Nothing was done in the way of disease prevention beyond good natural farming methods and the building up of a fertile, humus-rich soil."

Extensive research conducted by world-renowned experts, has proven unequivocally, that only those plants grown on naturally humus rich soil, without any artificial stimulation will produce a naturally disease free, totally nutritionally balanced food.

Roughly speaking, there are some sixty to seventy known macro-elements in healthy soil, plus some several thousand micro and trace elements. These nutrients are derived solely from the activities of microbial soil life that cause the decay and breakdown of dead and dying vegetation - humus. Soil types, climate, historical land use and naturally occurring plant, animal, soil insects, and soil macro and micro-organisms, all play a part in this array of soil nutrition - humus.

Soil nutrients from this humus are available and identifiable in all soils in varying quantities; however, by necessity of design, that proportion of these nutrients that can be utilized by plants, must all be in a very precise ratio of freely available form, for intake by these plants.

Add or remove 40% of any one of the macro or micro-nutrients and you will find that the plants grown will naturally regulate their growth by about 40% of what they would have been if the element was not added or removed. In other words, the limiting factor to naturally regulated, healthy plant growth, is the plant's own internal measurement (*NRR*) of the least available nutrient within the total spectrum of nutrients found in the soil that are required for that plant.

Man has discovered that by adding three basic fertilizer components; the macro-elements of nitrogen, phosphate and potassium, he can often double and triple plant growth and crop yield.

What man has concurrently failed to appreciate however, is that in so doing, the plants' *NRR* have been tricked by this artificial stimulation, and the resulting plants are seriously deficient in most every other macro-nutrient and almost every micro or trace element by volume; the very things necessary to provide properly nutritionally balanced food.

These deficient plants are also very susceptible to disease. Animals that eat these plants are also very susceptible to disease because they do not have the nutritionally balanced intake of macro and micro-elements to resist disease. Humans that eat these plants or these animals are likewise deficient in their nutritional intake and susceptible to disease.

Long term financially viable agriculture, purposefully designed to enable self-sufficiency, together with good, natural farming practices are tantamount to the improved disease resistance and sustainable health of our citizens. Even most farmers do not recognize the overwhelming significance of the forgoing statements.

Most urban North Americans either do not know or do not care that the fundamental driving force for the health and wealth of our nations is our farmers and their farming

methods. They also are not generally aware that in the past two decades, the prices received by farmers for most of their agricultural produce have dropped by about forty to sixty percent, whereas the costs of almost every aspect of production have risen by well over two hundred and twenty per cent!

During this period, "consumer" demand for "cheap" food has forced the farmer to find ways to become more "efficient" in order to survive. As a result, there has been a corresponding increase in the use of chemical and organic macro-component fertilizers to increase plant yield, herbicides and insecticides to protect the imbalanced and fragile plants, growth hormones and genetic engineering to increase production volumes of animals and plants, and massive amounts of antibiotics and pharmaceuticals to protect the imbalanced and fragile animals.

"Quantities" of production have indeed increased. "Quality" however, has decreased in direct proportion to the decrease in our overall physical health (*as evidenced by statistical increases in numbers and severity of new diseases and disease epidemics in developed countries*), both of which are also in direct proportion to, and in perfect co-incidental timing with the increase in our immense health care costs, as borne out by current statistical data.

Our plants, our animals and our people are all suffering from nutrition deficiency diseases simply because there is no naturally balanced humus rich soil left to support them. Many would like to believe that eating only "organic" food is the answer. Others feel that by relying on "health-food supplements"; herbs, vitamins and minerals, that they will be healthy and disease resistant.

Again, statistical data proves they are wrong! Infectious diseases including common colds and influenzas have increased across the board, with no significant difference in

frequency in those segments that regularly consume vast amounts of these supplements. Sadly, almost 97% of all organic food grown for the herbal, vitamin and mineral supplements, has also been grown under conditions where the NRR has been artificially stimulated (*tricked*) with the three macro-nutrient fertilizer components of nitrogen, phosphate and potassium.

This unnaturally growth-regulated organic food, including most of what is produced for our herbal and vitamin supplement market, is all devastatingly nutritionally deficient, imbalanced in its nutrient make-up and disease promoting just like the other commercial foods. We are unhealthy and ailing from the ground up!