

As far back as 1936, the U.S. Government was already aware that American soils were nutritionally deficient. In 1936, U.S. Senator Duncan Fletcher, a Democrat from Florida, asked that a document be placed into the Congressional Record. It became [Senate Document No. 264](#), which stated:

*"The alarming fact is that foods -- fruits and vegetables and grains -- now being raised on millions of acres of land that no longer contains enough of certain needed minerals, are starving us -- no matter how much of them we eat!*

*"Certainly our physical well-being is more directly dependent upon the minerals we take into our systems than upon calories or vitamins or upon the precise proportions of starch, protein, or carbohydrates we consume...*

*"Laboratory tests prove that the fruits, the vegetables, the grains, the eggs and even the milk and the meats of today are not what they were a few generations ago (which doubtless explains why our forefathers thrived on a selection of foods that would starve us!) No man of today can eat enough fruits and vegetables to supply his system with the mineral salts he requires for perfect health, because his stomach isn't big enough to hold them...*

*"It is bad news to learn from our leading authorities that 99 percent of the American people are deficient in these minerals, and that a marked deficiency in any one of the more important minerals actually results in disease...*

*"We know that vitamins are complex chemical substances which are indispensable to nutrition, and that each of them is of importance for the normal function of some special structure in the body. Disorder and disease result from any vitamin deficiency. It is not commonly realized, however, that vitamins control the body's appropriation of minerals, and in the absence of minerals they have no function to perform. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless...*

*"One sure way to end the American people's susceptibility to infection is to supply through food a balanced ration of iron, copper, and other minerals. An organism supplied with a diet adequate to, or preferably in excess of, our mineral requirements may so utilize these elements as to produce immunity from infection quite beyond anything we are able to produce artificially by our present method of immunization. You can't make up the deficiency by using patent medicine...*

*"No longer does a balanced and fully nourishing diet consist merely of so many calories or certain vitamins or a fixed proportion of starches, proteins, and carbohydrates. We now know that it must contain, in addition, something like a score of mineral salts."*

The line, *"No man of today can eat enough fruits and vegetables to supply his system with the mineral salts he requires for perfect health"* is a good explanation for the the existence of rampant obesity. The fatter that a person is; the more his body has been starving for wholesome foods.