

How Chemical Fertilizers Are Destroying Your Body, The Soil, and Your Food

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For about seventy years, people have been assured that poor quality soil is no longer an issue, so long as they rely on synthetic fertilizer products. Synthetic fertilizers are believed to infuse nutrients into soil, enabling all plants to prosper. However, synthetic fertilizers tend to replenish only nitrogen, potassium, and phosphorus; awhile depleting the other nutrients and minerals that are naturally found in truly fertile soils. Modern farming ironically leads to nutritionally deficient foods. Most produce is also laced with chemicals; and most troubling, pesticides. Conversely, organically-grown fruits and vegetables have significantly more anti-oxidants, polyphenols, and enzymes. It is not just the soil that is losing out: it is our health. The nutrients that are found in the plants that we consume have a vital impact in maintaining our well-being.

Omega-3 oils are one of many nutrients which are rapidly declining in our foods. A lack of omega-3's is known to lead to heart disease, [cancers](#), mental disorders such as Attention Deficit Disorder, and [Alzheimer's Disease](#). In earlier times, most of these conditions were rare and merely occurred in society's most elderly.

Another reason behind our nutritional deficiencies is that fruits and vegetables are now being picked prematurely. For instance, non-organic tomatoes are now being made to look red using synthetic ethylene instead of sunlight.

"Synthetic nitrogen fertilizers increase the amounts of toxic nitrates in dietary intake. According to the National Research Council, 6 of the top 7 and 9 of the top 15, foods with oncogenic [cancer causing] risk are produce items with high nitrate content from pesticides or nitrogen fertilizers. A 12-year study comparing organically grown versus chemically grown showed that chemically grown foods had 16 times more nitrate."

-- natureswayresources.com

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.

Studies have proven that synthetic fertilizers kill a large percentage of soil's naturally occurring [microorganisms](#). These bacteria would normally break down organic matter into plant nutrients, and help convert nitrogen from the air into a plant-usable form. Other useful soil bacteria are "disease organisms" which keep cutworms, chinch bugs, grubs, and other parasites in check. It takes almost six weeks for soil to partially recover biologically from a poisoning by synthetic fertilizer. Considering many fertilizer producers advise the reapplication of their synthetic fertilizers every three months explains why so many potentially fertile areas of soil are merely wastelands, in which the essential microorganisms are dead from either fertilizer run-off or direct application. Soil deprived of its microorganisms undergoes a rapid decline in soil structure, and it loses its essential ability to retain water, air, and nutrients. Plants grown in such depleted soil are extremely susceptible to damage from diseases, insects and drought. Healthy soil, which is rich in beneficial microorganisms, encourages the natural immune systems of plants, limits the population of plant disease organisms, resists parasitic insects, and creates the ideal conditions for growth.

There are many additional reasons to grow organic crops that have not yet been mentioned. For instance, organic crops are generally far more flavorful, since they contain many more nutrients. A person's mouth can actually taste the difference between God's goodness and man's sorcery. For the environmentalists out there, growing organically embraces the ideal that agriculture should meet the needs of the present without harming future generations.

Unfortunately, switching to an organic fertilizer is not a quick fix for soil; especially when the soil has been bombarded with synthetic poisons for years. It can take several years before the soil regains the fertility that it once had, and this may lead some growers into the false belief that organic farming is less productive. Hence, fertilizing with chemicals has become like a drug addiction to farmers.

Organic fertilizer is most often manure from cows, horses, poultry, pigs, and sheep. The problem with manure is that the animals can only make nutrient-rich manure if their food source is also nutrient rich.

Because of this, grass-eating animals raised on depleted soil will likewise produce inferior manure. Many organic garden advocates encourage others to travel to local farms for manure instead of the gardening sections of retailers. This is because the people who sell their products to large stores are likely to be using synthetic products on their fields and crops, because they hope to achieve a quick and easy profit, but their semi-starved animals will only yield depleted manure. Of course, purchasing directly from a farm is not always an option, and taking a risk with retail manure is far better than using chemicals for the best long term results and stewardship.

For those who cannot grow their own crops for practical reasons, farmer's markets are usually the next best option. Many of these farmers grow their crops organically, but cannot afford the cost of certification. Ask to find out.