

## ELEMENTS, SOURCES & FUNCTIONS

ELEMENT	FUNCTION	SOURCE
Oxygen	Cell growth, cell respiration; activity of tissues, keeps arteries elastic, heart healthy	Red meat, beets, liquid chlorophyll, grapes, tomatoes, onions, leeks, fresh air
Carbon	Element of growth, work in conjunction with oxygen, cell birth and life. Excess results in obesity, boils, anaemia, high blood pressure	High in fat – starches, seeds, fats, proteins. Low in fat – cauliflower, young carrots & cabbage, beans, blueberries, blackberries
Hydrogen	Facilitates blood flow & removal of wastes & toxins, nerve function. Present in bodily secretion, soft tissue, lymph, organs	Moisture carrying foods, fruits & juices, cabbage, tomatoes, lettuce, chard, watercress
Calcium	Wound healing, counteracts acids, builds & maintains bones & teeth, knitting element. Deficiency – blood clotting problems. Needs Vitamin F	Bran, cheese, milk, egg yolk, figs, dates, prunes, onions, kale, cauliflower, bone meal, turnip greens, kidney beans, soy beans, lentils, tops of vegetables.
Nitrogen	Balances oxygen as a restraining element, muscle builder. In tissues, muscles, skin, hair, nails. Deficiency – muscular exhaustion, numbness, tiredness. Excess – swelling, forgetfulness, headache, heart enlargement	High protein foods, almonds, beans, beef, fish, cheese, liver. Low nitrogen foods – kale, olive, parsley, apricots, artichokes, young carrots & okra, lettuce, tomatoes, turnips
Phosphorus	Nerve builder, nourishes brain, assists thinking processes, growth of hair and bone. Deficiency – loss of patience, neurosis. Excess – weak kidneys & lungs. Should combine with sulphur foods	Seafoods, milk, raw egg yolk, parsnips, whole wheat, barley, yellow corn, nuts, peas, beans, lentils
Chlorine	Body cleanser, expels waste, purifies. Deficiency – sluggish liver, glandular swellings	Raw milk, fish, cheese, coconut, beets, radishes, dried figs, cucumber, carrots, leek, all green vegetables
Sulphur	Tones, purifies, & activates system. Needs iodine to work. Stimulates goals & achievements. Excess – face burning, balanced with chlorine & magnesium.	Cabbage, onions, asparagus, carrots, horseradish, shrimp, mustard greens, radish, spinach, leeks, garlic, apples, turnip, prunes, apricots, peaches, raw egg yolk, melons
Potassium	Liver activator, makes tissues elastic, muscles supple, found in digestive system. Deficiency – desire for cold or sour foods & acid drinks. Alkaline element	Potato skins, dandelion, dill, sage, parsley, blueberries, peaches, prunes, coconut, figs, almonds

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Sodium	Gland, ligament & blood builder, aids digestion, purifies blood, forms saliva, bile & pancreatic juices, flexibility of tendons, aids intestinal flora. Deficiency - restlessness, depression, nervousness, puffiness, in face & body	Okra, celery, carrots, beets, cucumbers, turnips, strawberries, oatmeal, raw egg yolk, coconut, sprouts, asparagus, peas, fish, oysters, clams, lobsters, milk, lentils.
Manganese	Memory element, tissue strengthener, linings of body, structure, increases resistance, coordinates thought & action, nervous system. Needs iron & phosphorus	Nasturtium leaves, raw egg yolk, almonds, watercress, mint, parsley, lettuce
Iodine	Metabolism normaliser, normalizes gland & cell action, ejects toxins	Sea foods, carrots, pears, onions, tomatoes, pineapple, potato skin, cod liver oil, garlic, watercress, nettle tea
Iron	Oxygen carrier in blood, promotes vitality, ambition. Deficiency – weakness, skin eruptions, asthma, bronchitis, haemorrhages	Green leafy veggies, blackberries, cherries, egg yolk, liver, oysters, whole grains, parsley, parsnip, spinach, asparagus, nettle tea, leeks
Silicon	Needed in structural system; nails, skin, teeth, hair, ligaments. Agility Deficiency – coordination problems, fungus, diseases, parched lips	Oats, barley, corn, brown rice, rye, peas, beans, lentils, wheat, spinach, asparagus, lettuce, tomatoes, cabbage, figs, strawberries, coconut, sage, thyme, prunes, raw egg yolk, pecans, fish oil.
Magnesium	Laxative, new cell promoter, nerve mineral	Grapefruit, oranges, figs, wheat, bran, coconut, raw egg yolk, goat milk
Protein	Deficiency – retardation of growth, diarrhea, discoloration of skin and hair, skin rashes	Eggs, meat, pulses, seeds, nuts
Fluorine	Strengthens teeth, tendons & bones, diseases resist. Combines with calcium. Destroyed by high cooking temp	Milk, cabbage, cauliflower, spinach, cod liver oil, brussels sprouts, tomatoes, watercress, salad veggies, spinach.