



Iron & Its Sandcastle Effect

by Charles Walters

Hemochromatosis!

The term sounds almost as sinister as the instrument once used to treat this iron overload condition, a term that survives as the name of a prestigious medical journal, *The Lancet*. It was the lancet to which Benjamin Rush turned when he treated patients before and after signing the Declaration of Independence.

Strange as it seems, it wasn't the iron that made the lancet a prime instrument, yet it is the needle counterpart to which physicians still turn to when treating hemochromatosis.

A recent call jarred me out of the reverie that comes with writing an editorial under the auspices of inspiration. The caller was the recipient of veterinary advice that a milk cow had para-T, or Johne's disease. Para-T is so common in confinement dairies, milk inspectors have apparently decided to ignore it.

The condition is an iron-monger. It asks for and gets a surplus of iron in the system, this because the area is iron heavy (no pun) because of that Big Bang 14 billion years ago, or it is soaked out of the terrain by water, or delivered by the farmer in the salt he buys, or salt in minerals for the lick or box.

Iron depresses other minerals. It inhibits the uptake of copper and enables ironmonger bacteria to proliferate, as is the case with bovine tuberculosis, brucellosis and variants that hide under other very scientific names. When iron is high in the grass or water or supplements, the great essential called iron sets up the very domicile that anaerobic agents of disease like. That is why anthrax, black leg, all the clostridial problems, para-T, bovine

TB and Bang's disease are stimulated by essential iron under conditions of failed homeostatic control. (For an in-depth explanation of homeostasis, see *Eco-Farm: An Acres U.S.A. Primer*.) Too much iron, and the metabolism goes insane.

Will Winter, the Thousand Hills Ranch vet, puts the iron problem into focus when he says, "It's time to start pounding on farmers to fix their soil and stop looking for a silver bullet."

As William A. Albrecht put it during one of my visits before his passing, "It's

per 1,000 pounds bodyweight in *Grass, the Forgiveness of Nature* (see box).

STRANGE EQUATION

It seems strange to indict a mineral that is so essential. The late Lee Fryer and I used to spend table time at motels during conferences trying to figure out how many tons of organic iron the people of New York City required. Animals and human beings cannot use inorganic elements directly. Ordinary table salt is the only inorganic compound we consume

with relative impunity — yet salt is toxic. Ancient Chinese judges once sentenced losers in the legal game to death via mandatory salt consumption. Plain sodium chloride causes mischief physicians hope to avoid for their heart patients because of this negative usability factor.

Just the same, sodium chloride hooked up in carrot juice or the juices of many other vegetables can be ingested without harmful effect. It is a common medical practice to administer potassium chloride in a salt form. Here, the iodine has the opposite effect than when it is tied up organically. If the patient consumes organically tied-up iodine, it steps up

metabolism. If a toxic factor is present, take potassium salt to step down metabolism, organic iodine prevents certain types of goiter, a consequence of microbial activity in the intestines.

Animals can tolerate large doses of inorganic salts because the protozoan bacteria in their stomachs tie up the salts and in effect make them organic. Human beings do the same thing with iron. Ferric chloride delivers no benefit before it is absorbed by bacteria in the intestines. Failure to achieve the "organic factor" can result in hemochromatosis,

Criteria for Trace Elements

The criteria for the use of manganese and other trace elements by animals is now firmly established by the dosage required for combating brucellosis, mastitis and breeding troubles, and they amount to:

- One ounce per 1,000 lbs. body weight per day of:
 - 200 parts manganese sulphate 65 percent feed grade
 - 20 parts copper sulphate powdered
 - 3 parts cobalt sulphate monohydrate
 - 1 part zinc sulphate monohydrate, plus suitable doses of iodine and magnesium according to local conditions.

The above concentrations are well within toxic limits; in fact, toxic amounts are so high that they have not been ascertained. Experiments with manganese in blood injections on rabbits showed that when related to cattle, the average cow would have to consume two pounds manganese sulphate at one time to be fatally toxic.

desperation when the animal turns too much to the mineral box." When animals turn up their noses at a mineral box, it's either because the minerals are substandard or they're already getting the minerals they need from the soil.

The formula that the cowman must turn to when animals exhibit signs and symptoms of para-T, bovine tuberculosis, brucellosis, and many other iron-sponsored disease conditions was revealed by Ira Allison, M.D., in the 1930s. It is described together with measures

also known as Wilson's disease. Animals and human beings require organic elements, either organic outright or made organic in the stomach or gut.

DUALITY

The inorganic iron in processed food is not easily assimilated. That is why the worst-case scenario is development of hemochromatosis, often a fatal condition. Much the same takes place when inorganic copper gets into the bloodstream. It seems to partner with iron in causing Wilson's disease, the Jekyll and Hyde syndrome schizophrenia and enzyme shut-down digestive failure. Copper and iron are not usable copper and iron if they are not organic. The role of organic copper in cases of aneurism is legend.

THE ANATOMY OF IRON

We can never be satisfied that magnesium, manganese, cobalt, copper, zinc, iodine and selenium will feed common cattle conditions out of the para-T and bovine TB animal if iron is allowed to overpower Allison's formula. For this reason, we now digress until the flow of narrative permits the reentry of iron, savior and nemesis.

There is an interrelatedness that lives with minerals. The full picture is presented by Richard Olree in *Minerals for the Genetic Code* (page 120), under the chart heading #48, cobalt.

Why cobalt? Cobalt is the guidon, the flag that leads minerals into the battle of life the way a 7th Cavalry guidon led Custer to death. The mineral cobalt guidon is iron. Olree's cobalt rundown is an exciting biography of causes that link up like a tug of war team. When he goes to iron, the plot thickens. He speaks of its shortage as a precursor to anemia.

It is up to cobalt to give iron permission for entry into the body, human or animal. Yet iron without copper is much like a soldier missing battle dress. That is why Certs candy has those green dots of copper glutonate, as an invitation to iron absorption.

Withal, iron is the magnet for oxygen. It partners with other elements to produce blood protein. It helps enable food metabolism. In short, it is permission for life. Signs of deficiency include anemia, brittle nails, fatigue, irritability, confusion, inept decision-making, fragile bones, anorexia and constipation.

It was demonstrated some few years ago that, injected into the bloodstream, iron produced a definite reaction. Blood became excited, frustrated. A decade later that same dead iron, anchored and unassimilated, refused to obey the law of homeostasis and become eliminated. It was also routinely demonstrated that organic iron easily passed into the bloodstream. You can't eat a shingle nail and expect it to become body nourishment, not this year, not in 20 years. The debate rages because business has learned how to synthesize solubility, whereas organic nutrients depend on agriculture. Plants are the final arbiter of the organic-inorganic debate.

Still, the live iron out of a plant cannot be formed into a nail. It will not melt. No art of science can return it to its inorganic state. Here we have to plug in that interrelatedness of mineral nutrients.

When foods lack enough calcium, various respiratory diseases are on the upswing, pneumonia, bronchitis, sinus trouble. "The truth is," wrote the physician George H. Earp-Thomas, "the germ is rendered harmless when there is enough calcium in the body." His example from almost a century ago is that the agent for tuberculosis uses an acid to prepare a proper launching site for its assault. That launching site is aided and abetted by iron. Calcium helps neutralize pH.

Bovines are alkaline animals. Should the system become acid, debilitation and death result. Death equals acid. This law is as immutable as gravity.

When blood becomes unfit food for the bacteria, they die off rapidly.

SCIENCE

Science is science only if the investigator asks the right questions. The business of setting up protocols on a reductionist basis is much like playing god without a capital G.

The fiction that tuberculosis has strains so virulent that even proximity means infection harkens back to Louis Pasteur and rejects the insight of his contemporary Antoine Béchamp. It was Béchamp who asked for recognition of the body terrain, the terrain Earp-Thomas said denied entry for diseases that, in agriculture, call for annihilation of the herd. Cobalt, copper, zinc, iodine, selenium, magnesium and manganese must not be compromised if the so-called infectious diseases are to be kept at bay.

But in the wings stands iron, like a victim of the sand castle effect. It builds up the body, but it also stands ready to help tear it down, like a child who kicks over a beach creation the minute it is finished.

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