

Rubidium: The Sleeper Mineral

by Charles Walters

According to geologists, astronomers and people with credentials and standing in a number of professions, there was a Big Bang some 14 billion years ago. In the process of kicking planet Earth into its orbit around a nebular sun, the event itself gifted the sea and land with an inventory of minerals, one of which is the topic of the above headline.

About 9.5 billion years later, God created life, or life created itself, or — more accurately — we haven't the foggiest notion about the details that so enchant and confuse.

We do know that as of last week, the Earth's crust to a depth of 10 miles contains 0.031 percent rubidium, chemical symbol Rb. In the thin film that covers dry land, the percentage is 0.005. In terms of parts per million, the load in ocean water is 0.12.

These data tell us of the inventory available to life, but they tell us little about life's requirement for this element or how it fits into the grand mosaic of a watery planet with its come-lately plants, animals and man.

Rubidium was discovered by a German scientist named Gustav Kirchhoff with Robert Bunsen in 1861. It was a soft, silvery-white metallic element that seemed to ask more questions than the two could answer, and science is still awaiting more answers.

As is often the case, plants extract more of this element from earth and sea than the most gifted mining engineers. The latter extract it as a by-product when recovering lithium. It may be of marginal interest to readers to know that rubidium is used in fabricating photocells and in the fast-fading vacuum tube application.

The Mendeleev Chart assigns it the number 37, atomic weight 85.47. These numbers hint at its penchant for rapid

oxidation, which in plain language can mean "fire hazard."

THE NUTRITION CONNECTION

Industrial physics is not human psychology, for which reason the above may hardly hint at the importance of rubidium or why it should tower over lesser nutritional elements that have become poster children in the health food, vitamin and mineral trades. Richard Olree, whose preliminary studies on minerals backbones *Minerals for the Genetic Code*, has assigned rubidium slot number 53 on his Standard Genetic Periodic Chart. His updated studies reveal that rubidium is the 16th most abundant element in the human body. It has been denied the title "essential" for decades, largely because of pontifical pronouncements from experts who were content to bless 12, then 14, then 18, even a few more minerals as the only essential elements in the diet. Revision comes slowly when reputations are at stake, yet the pendulum of history's eight-day clock is past its midpoint and swinging this way.

"This way" is refurbished and refurbished by research that tells us the average human being has about 350 milligrams of rubidium in the system.

Rubidium competes with potassium ions for entry into the body. Recall the relationship of rubidium and lithium in nature, then add the fact that the two are +1 minerals on the Standard Genetic Periodic Chart. The two have opposite effects in a wide range of biological and behavioral experiments. Recall how calcium and magnesium have opposite effects.

Lithium, of course, figures in the treatment of bipolar manic depression. Rubidium activates and mobilizes lithium. The suggestion that low lithium and a bipolar syndrome go together has not escaped alert analysts.

Human beings like to handle objects under study in isolation, although this

is rarely possible. But we can say that rubidium has a high affinity for the pancreas, the spleen and the liver.

Most human beings get their rubidium shotgun style, hit and miss. It's a bit like a plant being overfed nitrogen. This attempt to paint a plant deep green often results in nitrogen calling on minerals that aren't there. Substitutes are called in off the bench, and the program for the plant becomes confused, a bit like recombinant DNA. It ends up mucking around with cell construction in a way that makes little sense in the evolutionary scheme of things.

That is why in a pathologically altered thyroid, rubidium and selenium function poorly. Rubidium chloride accelerates cyclic energy synthesis in the cortex of a rat brain. Rubidium chloride changes circadian rhythms — sleep rhythms, in short.

The mother-child relationship during pregnancy and breast-feeding calls on rubidium, which must be transported from mother to child. When mother fails to get rubidium in her diet, the unborn child or young infant is deprived.

The above requirements are met with high absorption and secreted by the digestive tract. It resembles the patterns of absorption encountered with potassium. This seems quite easily understood. Rubidium and potassium share the same transportation system in the body. The latest research tells us that all human bodies have rubidium concentrates that are quite high when compared to minerals usually called trace.

IMBALANCE

Very high rubidium partnered with low potassium can put muscles into a state of semi-paralysis. Rubidium will take the place of potassium in the sodium-potassium pump.

The distribution in ocean water at 120 ppb does not affect human metabolism. In terms of ppb, this element

averages out a 100 in the Earth's tillable crust, based on conservative agriculture. We must pause here because even 100 years ago George H. Earp-Thomas failed to find cobalt in New Jersey soils, and it can be stated that many of the traces we now learn about have been "farmed out," including molybdenum, organic silicon, selenium, copper, zinc and iodine. The status of available rubidium in row crop lands has yet to be determined.

Recent research reveals that 40 percent of missing skeletal muscle potassium was replaced by rubidium in rabbits on a potassium-free diet. That much of a load to the muscles is too much.

The absorption data are clinical. This function best takes place in the jejunum of the small intestines. That's normal. Cancer is never normal. That is why brain tumors uptake a near-lethal rubidium load, from six to 19 times normal. We are required to reach for oxygen and new understanding. In the absence of oxygen — say, atop Everest — rubidium uptake in soft tissue (in test animals under 10 percent of regular atmospheric conditions) reaches levels in excess of the same element housed under any other form. In other words, during oxygen deprivation, rubidium enables cells' survival.

DEPRESSION

The mere mention of depression suggests a near-epidemic in America. Its link to rubidium and mainstream medicine's preference to rely on pharmaceuticals rather than nutrition for treatment may one day be seen as a medical tragedy on par with the ignorance of vitamin C that condemned generations of seamen to die of scurvy.

In *Minerals for the Genetic Code*, it becomes transparently obvious that cobalt allows the absorption of some 10 minerals, but now we have to add that rubidium partners with cobalt in guiding a broad spectrum of traces that make the functioning biological system possible. Test animal results reveal that absence of rubidium in the diet results in higher urea nitrogen in the plasma, lower rubidium concentration in the tissue, low sodium in the muscles, high potassium in the blood, kidneys and tibia bone, low potassium in the testicles, low phospho-

rous in the spleen, low calcium in the spleen, high magnesium in the muscles and tibia, high iron in muscles, low zinc in plasma and testicles, low copper in the heart, liver and spleen, and excess copper in the kidneys. The translation is a system no longer able to function with resultant stress so pronounced it has a term all its own. The word is *depression*.

Pharmaceutical medicine expects depression to be answered with a plethora of antidepressant drugs, results uncertain.

Rubidium has a long half-life, for which reason providers of this supplement rely on medical physicians and natural health providers to counsel patients, package directions being absolute.

Extensive research approves administration of oral rubidium. As with many if not all traces, it can become toxic, albeit only if concentration in muscles reaches 30 percent of the potassium levels.

The medical literature stacks up like cordwood when it comes to fleshing out the findings and consequences of disciplined research. The journals are foreign and American, and they have titles that aren't even words for most people. For the technically minded, it is enough to state that rubidium enhances the release of norepinephrine. Lithium has the opposite effect.

Simply stated, the researchers have nailed to the wall of medicine's church the fact that major depression can be significantly improved based on the Zung Scale and anxiety on the HAMA Scale, two of many scales that few people ever hear about. In truth, victims of depression rarely care. They want *relief*, and relief is hard to come by in the absence of the mineral nutrition the ocean provides mankind.

The signal words that emerge from our adventure into the medical literature are "a marked and rapid anti-depressive action which was particularly evident in relation to mood, anti-conservative ideas, work occupational interest and psychomotor slow down!"

OLREE'S FINDINGS

In *Minerals for the Genetic Code*, Richard Olree explains the anatomy of rubidium in terms of amino acid relevance and protein construction, always

exhibiting the charge of the nutrient. Rubidium affiliates with the amino acid methionine. Methionine appears only once in the Standard Genetic Periodic Chart, at position number 53. Olree goes on to explain how the messenger RNA — usually written as mRNA — starts off 99 percent of all DNA and RNA sequences in connection with rubidium. Methionine is sold in health food stores combined with selenium, not rubidium, albeit as selenomethionine. The full text for number 53 appears on page 113 of the book.

Here Olree enlarges his discourse to explain broken chromosomes, a precursor for a trip into the underground bunker.

SOURCING THE ELEMENT

You hear the declaration, "I get my vitamins and minerals from food," end of discussion, as two slices of white bread encase processed turkey. In the case of rubidium, better to reach for some Brazil nuts.

Well-disciplined research tells us that the Finnish diet usually contains 4.5 micrograms of rubidium per day. The English seem to consume 1.4 milligrams a day, and Americans have a 2.51 milligram intake of this vital element.

The best source of rubidium is unprocessed Brazil nuts.

Plants are boron dependant for maximum health. If that nutritional element is absent from the soil or fertilizer mix, plants simply stop absorbing rubidium.

Here are a few sources of rubidium, as listed in *Minerals for the Genetic Code*: shagbark hickory shoots, spinach leaf, parsley, billberry fruit, rhubarb, dandelion leaves, white oak stems, asparagus beans, cloudberry fruit, cashews, giant knotweed, rowan berries and beets (all styles).

Rubidium is not available in health food stores, and as far as I know, only one producer of organic rubidium has a supplement retailed through health providers. Contact Dr. Richard Olree at Olree Chiropractic Center, P.O. Box 550, Hillman, Michigan 49746, phone 989-742-4242.