

Abstract

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Lifestyle, minerals and health.

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OBJECTIVE: This paper proposes that most poor health and behavioral conditions are related to a deficiency of essential minerals or an excess of toxic ones.

METHODS: Clients requesting a hair mineral analysis were required to complete a questionnaire including lifestyle, health status and diet.

RESULTS: Most prevalent health conditions in order of frequency were: depression, allergies, low back pain, arthritis, cardiovascular disease and poor digestion. Most deficient minerals were chromium, magnesium, zinc and calcium. Aluminum was the most frequent toxic mineral.

CONCLUSION: It is proposed that such mineral abnormalities were caused by an over consumption of nutrient-poor, highly processed foods such as white flour, sugar and harmful fats. Such a diet promotes poor lifestyles such as smoking, drug abuse, alcoholism and criminal activity. Poor diets and dangerous lifestyles precedes the development of most prevalent diseases. The most common one is cardiovascular disease which increased at an alarming rate in the last century.

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