The Main Chemical Needs of the Brain and Nervous System Are Phosphorus and Manganese

Even if you only have one or two of the symptoms described, and not necessarily all of them, listen inside and consider if you are moved to experiment by adding some of the suggested foods, and notice if there is any improvement. (Don’t let your mind talk you out of it by saying you don’t have all of the symptoms, and so you don’t need the additions to your diet.)

Choose the ones you naturally like, fit your budget, and are seasonally and area available. Don’t let the mind sabotage this by picking foods you either don’t like or are too expensive or unavailable in the community where you live and/or shop.

**Phosphorus Sources** (The Light Bearer)- Phosphorous is found in and needed mostly by the nervous system and is a brain and bone element. This is a nerve builder and nourishes the brain; it **builds power of thought, stimulates growth of hair and bone, and helps thinking processes.** Indications of deficiency are loss of patience, neurosis, craving excitement, psychosis, fears, and anxiety.

Phosphorous and sulphur foods need to be eaten together at the same meal, and also require natural **iodine** foods. Phosphorus also needs **oxygen. Both iodine and oxygen foods need to be eaten in the same meal with phosphorus food, to be effective.**

An excess of phosphorus will cause weak kidneys and lungs.

**Principle sources of phosphorus are seafood, milk, raw egg yolk, parsnips, whole wheat, barley, yellow corn, nuts, peas, beans, lentils, goat’s milk, raw (unprocessed) cheese, keifer, lecithin, and cod roe.**

Examples of how you might add phosphorus-rich foods easily to your diet might include meals with whole wheat burritos* (without honey, malt syrup, or corn syrup) or corn tortillas filled with kidney or pinto beans and grated unprocessed cheese,* a dinner

*Found in your local Health Food Store

at a Greek restaurant starting with taramasalada (a delicious appetizer dip made with cod roe and mayonnaise), a lentil-bean dish, milk-based clam chowder, feta cheese crumbled over a salad, or on top of zucchini or ratatouille (simple Italian dish with zucchini, tomatoes [I like low-acid yellow ones] and onions). I often keep a bottle of Health Food Store Caesar salad dressing in my fridge. It’s great on steamed vegetables like brussel sprouts, peas, and green beans, as well as on salads, including the traditional Caesar salad.

Some people simply take 1-4 1000 mg lecithin capsules a day with their meals, and find it very useful. Others put liquid lecithin in a blender juice drink (it has a pretty strong taste) every day, or put lecithin flakes on cereal. The main point is to eat
some phosphorus-rich food daily or at least every other day. If you have a noticeable deficiency, you may want to eat phosphorus-rich foods three times a day until you build up your resources in your body, and then find a maintenance diet, just as you would with adjusting vitamin dosages.

List some phosphorus-rich meals you can eat that you like and/or are willing to experiment with.

**Sulphur Sources** (The Balancer) - Sulphur is a brain and tissue chemical element and is found and needed mostly in the nervous system. Sulphur tones the system, purifies and activates the body, intensifies feelings and emotions.

Sulphur needs iodine to work properly.

**Driving force for goals and achievements are stimulated by sulphur foods.**

**Indications of sulphur deficiency are fretting, pouting, retiring late and rising early, poor appetite in the morning, extremes of variety and change, and anemic-looking skin.**

Indications of excess sulphur is the face burning, and an excess indicates a need for chlorine and magnesium foods.

**Principle sources of sulphur are cabbage, cauliflower, onions, asparagus, carrots, horseradish, shrimp, chestnuts, mustard greens, radish, spinach, leeks, garlic, apples, turnips and beet tops, plums, prunes, apricots, peaches, raw egg yolk, and melons. Biological Sulphur tablets** are useful to ensure sufficient daily dosage of sulphur in the diet.

This is specific Heart food found in bitter foods and most herbs.

Sulphur-rich meals might include steamed cabbage, cauliflower, or asparagus, a tossed salad of fresh spinach, grated carrots with Caesar Salad dressing, and a glass of peach-apple juice, or steamed shrimp served with a dip of Health-Food Store tomato ketschup, fresh lemon juice and a bit of bottled mild horseradish, or a meal out at a local Chinese Restaurant of shrimp with asparagus and a glass of plum juice.
(Take your own and ask for a glass). Another option might be a peach-apple juice shake with a raw egg yolk and a tablespoon of spirulina flakes or protein powder for breakfast. Some people love stewed prunes or plums for breakfast, or fresh plums for a snack.

List some sulphur-rich meals that you like and/or are willing to experiment with:

**Iodine Sources** (The Metabolizer) - Iodine is one of the chemical elements most necessary for proper glandular activities, especially those of the thyroid gland.

Metabolic disorders can include **cold feet, poor circulation, digestive disturbances, and emotional disturbances, all** *

*found in Health Food stores which usually arise from a chemically imbalanced thyroid gland. Iodine is necessary for the proper functioning of the thyroid gland and good calcium control in the body. When hands tremble, goiters develop, the skin gets rough, and the hair gets dry, the mouth gets dry and water does not quench the thirst, and/or when we cannot ride in elevators or stand in high places without distress, or when we cannot stay in a room with the windows closed, or have anything tight around our neck, we are short on iodine. Much of our irritability, lack of mental stability, and fatigue come from lack of iodine.

Most restaurant foods lack iodine. Cooked foods have very little iodine left in them, as it is a water-soluble element that leaves with the steam and is washed away in the liquid we throw away. Some geographic areas are called “iodine free” because there is no iodine left in the soil, and so none in is the vegetation grown there. People living in such areas are subject to goiters, and that land is called “goiter belts.” Iodine has been washed out of our soils by the rain, and carried out by the rivers to the oceans, as in the Hunza Valley, India, and Switzerland. That is one reason there is such high iodine content in ocean vegetation and ocean fish.

When we lack iodine, we can best get it from sea grasses, sea plants such as sea weed, white-fleshed fish that have fins and scales such as ocean bass, and foods grown close to the ocean, such as pineapple and its juice. Onions are high in iodine, as are egg yolks. There is a small amount in all of our raw vegetables. The iodine must be biochemically prepared for us, and come from plant or sea life.
Taking Dr. Bernard Jensen’s Nova Scotia Dulse tablets* will replenish the iodine in our body.

Anyone living on a heavy starch diet and cooked foods is usually short on iodine. An iodine-deficient body can become flabby, and have a frothy, running saliva, and awkward movements. Shyness, inferiority complex exes, moodiness, and mental confusion all can come from iodine deficiency.

*found in Health Food stores

List some iodine-rich foods you like and/or are willing to experiment with:

**Oxygen Sources** (The Vitality Element) - Oxygen infiltrates every individual cell in the body, influencing building and demolishing processes. It effects each individual differently, according to the other chemical elements present in the body. An ample supply of oxygen is needed to supply the lungs, blood, and tissues; it keeps the arteries elastic, eyes glowing, heart active and agile.

Some high-oxygen foods are liquid chlorophyll, green juices, iron tonics (Floradix Liquid* is an excellent one that is non-constipating; make sure that you don’t take Vitamin E at the same meal that you take an iron supplement), red juicy meats, beets, grapes, tomatoes, onions, leeks, wild cherry juice, etc. The best oxygen “food” for the respiratory system is fresh clean air, as found in the mountains. Iron attracts oxygen to the body.

List some oxygen-rich foods you like and/or would be willing to experiment with:

**Iron Sources** (The Oxygen Carrier) - Iron is essential in the blood as the oxygen carrier, prevents anemia, promotes vitality and ambition.
* found in Health Food stores

Indications of deficiency are weakness, lassitude, skin errruptions, leukorrhea, tendency to cry, personal magnetism often fails, asthma problems, bronchitis, and hemmorhages.

Principle sources are all green leafy vegetables, wild blackberries, black cherries, egg yolk, liver, oysters, Potato Peeling Broth, whole wheat, parseley, parsnips, spinach, Swiss chard, brown goat cheese, artichokes, asparagus, nettle tea, leeks, lamb’s quarters, white onions, rice bran, whole rye meal, and vegetable tops.

Examples of iron-rich foods are green salads, black cherry juice, thawed frozen black cherries for breakfast, steamed asparagus, Caesar salad dressing, Leek soup, tabouli (Middle Eastern dish of fresh parsley, chopped white onions, mint, and bulgar [soaked whole wheat]), vegetable soup.

List iron-rich foods you like and/or would be willing to experiment with:

Manganese Sources (The Love Element) - Manganese is a memory element, tissue strengthener, for linings of body structure, increases immune resistance, improves memory, coordinates thought and action, and is needed mostly in the nervous system.

Manganese is dependent on iron and phosphorus.

Indications of manganese deficiency are facial neuralgia, angry and silent moods, and rectal cramps after meals.

Principle sources of manganese are nasturtium leaves, raw egg yolk, almonds, black walnuts, watercress, mint, parseley, wintergreen, endive, and pine (pinon) nuts, and/or manganese tablets.

Examples of manganese-rich foods include Caesar Salad dressing, tabouli (see previous category), pine nuts sprinkled on soup, salads, vegetables, stews, or eaten raw by themselves, almonds or black walnuts in food or raw by themselves, tossed salad with endive, parsley, and/or watercress. Some people like nasturtium leaves in their salads.

List some manganese-rich foods you like and/or you would be willing to experiment with:
The bulk of this material comes from *A New Lifestyle for Health and Happiness*, Dr. Bernard Jensen, 1980, Route 1, Box 52, Escondido, CA 92025, which can be ordered through your Health Food store. The minor editing for understanding and the menu examples are done by Grace Love.