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NEWS FROM THE WONDERFUL WORLD OF SOIL AND PLANTS

By John Ferguson

With summer around the corner many of us have planted peppers in our gardens. A meta-analysis of the nutritional benefits of peppers found many reasons to grow and eat peppers. The study of 570,000 people were compared to those whom never eat peppers to those whom regularly eat a lot. *Annals of Medicine and Surgery* (2020).

Those whom ate a lot of peppers had:

- 26% reduced risk of dying from cardiovascular disease
- 23% reduced risk from dying from cancer
- 25% reduced risk from dying from any cause

Other studies have found that capsaicin which gives peppers the burn also reduced total cholesterol and triglycerides and was associated with improved aortic function.

Maybe this is why I love a good spicy guacamole salad, a chili con queso dip loaded with jalapenos or a good stuffed pepper.

A study published in the *Journal Progress in Nutrition* found that 81% of the women with breast cancer had low levels of vitamin-D. Another reason that getting out in the sun while gardening is good for our health.

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An article in the publication Life Extension (2022) found that researchers studying populations of people over 90 years of age and especially those over 100 years of age had one thing in common. They had the highest levels of the trace element selenium (Se).

The reason selenium levels are connected to longevity is selenium is required for the proper function of cellular enzymes.

“Past studies have shown that selenium containing proteins provide defense against DNA damage, facilitate the removal of toxins from the body, support thyroid function, and maintain immune system activity.”

Another paper in the Journal of Clinical Investigations (2022) found that proper levels of the element lithium (Li) helped protect against kidney decline. Lithium has been shown to inhibit the production of enzymes harmful to the kidneys.

Recently in other animal studies it was found that adequate amounts of lithium extended their lifespan.

Last year we looked at all the 79 elements (minerals) found in the human body. What they do for our health and for our gardens and soils.

<https://www.natureswayresources.com/minerals.html>

We found that artificial fertilizers only have 16 elements at best, and most only have 3 or 4 as compared to a good organic fertilizer that may have 50 or more.

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Even though organic fertilizers have more elements than the artificial fertilizers, they may not be at high enough concentrations to provide maximum benefits.

This is another reason to use trace mineral supplements like Re-mineralizer when growing our fruits and vegetables and all our plants from turf grass to roses.

More and more studies showing the benefits of trace and micro nutrients (minerals) are being published every year.

Remember the old gardening proverb:

“Healthy soil = healthy plants = healthy people.”

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