

Health from the Ocean Deep

A New Approach to Holistic Healing with Sea Minerals & Herbs



Gerry Amena

There is an industry in Australia that is virtually unknown in the United States. It relies on nutrients from the ocean. Although some aspects of ocean mineral fertilization were made a matter of record in Fertility from the Ocean Deep, we believe this interview enlarges the subject enough to warrant interview status.

The Australians create shallow ponds with a floodgate to the sea. When the tide rolls in, the gates are opened. As it goes out, water is trapped and held for evaporation. Through various procedures most of the sodium chloride salt is removed and the

mineral payload harvested.

Enter Gerry Amena, a farmer who disdains the label scientist, even though his work runs circles around the dysfunction of pharmaceuticals. Our questions and his answers define the subject and its ramifications. Amena lives in Queensland, grows most of his own herbs and now reaches around the world with a message, “No minerals — no health.”

ACRES U.S.A. How did you connect ocean solids with the investigations you're pursuing?

GERRY AMENA. Twenty-two years ago I was crippled with rheumatoid and osteoarthritis. My vertebrae had taken a lot of punishment when I was working in the building industry, using cement. In those days there was no Redi-Mix available to the public. The three vertebrae at the bottom of my spine were completely worn — they were grinding along on each other, all the cartilage was gone. They wanted to fuse them together and I didn't like that idea, and then sea minerals came on the market for agriculture. I bought a 44-gallon drum of it and I started using it on my plants. After three weeks I could see an enormous difference in the plants and then one day I was spraying the tomatoes and imagined them urging me, “Take some, take some!” I get very close contact with my plants, and so I started taking the sea minerals. In three weeks I noticed a difference, after 12 months I went to the

doctor again and had another X-ray, and he found all that cartilage between my vertebrae that had been worn away, is now all restored.

ACRES U.S.A. This was just plain seawater?

AMENA. No, sea minerals. They are reduced to 1 percent of the original solution's weight, most of the salt is taken out, and the water is evaporated by the sunlight — it takes about three months. One gallon of these sea minerals is equal to the minerals and base elements of 100 gallons of seawater. Very potent, very strong. Most of the salt, which is crystallized on the top layers, is taken out and used as cooking salt and things like that — but those minerals, I've never seen anything like it. It's unbelievable.

ACRES U.S.A. Let's look at the base raw material, ocean water.

AMENA. Ocean water is the richest life sustainable and life enhancing source of ionic — water soluble — minerals, both macro and trace. Just look at the abundance and variety of life forms that it supports! Ocean water is the perfect catalyst for life. Oceanographers and other scientists estimate that there are some 2 to 10 million life forms yet to be discovered. A fetus, the wonder of life, develops in a mother's uterus, suspended in a solution not unlike ocean water. Blood plasma — the fluid of blood, minus the red cells — is chemically almost identical to ocean water. These similarities are not a coincidence. Ocean water is truly the means for life.

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ACRES U.S.A. So the trace minerals are what make ocean water so important for nutrition and health?

AMENA. Yes, and especially the concentration and balance of elements suspended in it. This incredible balance of elements in our oceans is governed by nature and is perfect, and as such, supports life. Waters like the Dead Sea and the Great Salt Lake contain elements so concentrated that you could count the number of life forms these bodies of water support on one hand.

ACRES U.S.A. Then the full range of minerals is essential?

AMENA. All creatures require a balance of both macro and trace minerals to function. The levels and balance of minerals in man is not governed by nature. The minerals are either present or not in our foods, including the water we drink. The advent of modern agriculture and food processing has led to a severe decline in the levels of vital minerals in our food, causing a deficiency of minerals in our bodily fluids. Even organic food is not exempt from this, as our topsoil now is almost barren of minerals. Our drinking water has also been affected because of water purification and filtering. Although these methods are viable ways of removing harmful pathogens from our water, the processes also remove the already low levels of minerals and trace elements.

ACRES U.S.A. For this reason you've turned to the ocean?

AMENA. Yes, for nourishment. In a closely guarded, pristine location off the Great Barrier Reef, ocean water is collected in specifically designed ponds where it is allowed to slowly concentrate. By utilizing solar evaporation and precipitation, a dense solution of rich macro and trace minerals slowly starts to develop. At this point, excess levels of sodium in crystalline form are gently removed from the solution, and the remaining liquid is transferred to another pond where it is allowed to concentrate even further.

ACRES U.S.A. You rely on the sun to do the evaporation?

AMENA. Absolutely. After many months of solar concentration, a dense mixture rich in all manner of minerals is formed, remarkably low in sodium (about 2 percent). This mineral-rich, antimicrobial and antibacterial solution is then tanked and shipped to our facility, where it undergoes a special proprietary process to

ensure its efficacy and suitability for human consumption. Throughout this time-consuming procedure, the solution is constantly monitored, and samples are repeatedly collected for analytical testing in a NATA-accredited laboratory, to ensure the consistency and concentration of minerals are within an acceptable range. In fact, this 100 percent ocean-derived, ionic-minerals liquid solution is naturally balanced, and that is not a loose term that we use. As the minerals are slowly concentrated, excess levels of minerals such as sodium are *naturally* precipitated out of the solution. This is not the result of human processes — it is the natural result of solar evaporation and gravity.

ACRES U.S.A. Are those commercially available or were they at the time you needed the help?

AMENA. Yes, they had just started to come in and someone gave me a sample. I bought it for my garden, not for myself. But I could hardly walk anymore and after I tried the sea minerals, it started getting better and better. I gave some out to other people for free — I have a big organic garden, and they used to come and buy vegetables from me and they would say, "Hey, you look a lot better. What happened?" I told them, and they would try it and found they got better. From there on it started to develop. After three or four years, I started making creams as well that have the minerals in.

ACRES U.S.A. Are you a chemist?

AMENA. No. I'm a farmer.

ACRES U.S.A. You're a farmer, but you learned something about chemistry to make these preparations, didn't you?

AMENA. No, they just come to me. I was in the Dutch army from 1947 until 1950 in Indonesia — I was in the medical service. I worked with smallpox, typhoid, cholera and all those big diseases. I was never overly impressed by the way medicine approached the disease — shove chemicals into your body and you'll get better . . . but you don't. The chemicals might get rid of the symptoms for a bit, but it's put other things in your body that should not be there either. What we do is totally nat-

ural. All the herbs in the minerals — they are plain minerals but there are also herbs in it — are all organically grown on our farm. The process of adding them to the minerals takes eight to ten weeks, like a fermentation process more or less, and then it's put through a cold-processing machine. We do not use any heat at any time in the preparation of those minerals. The minerals intercept on the plant and become one, more or less. It cannot be contaminated by bacteria.

ACRES U.S.A. What kind of preparations do you have?

AMENA. One we call Supa Boost, which has six different herbs in it. I've had people with staff infections, gangrene, bacterial infections, and it wipes out the problem in 24 hours.

ACRES U.S.A. Viral?

AMENA. Yes. Hepatitis C, for example — you've got about 6 or 7 million cases in the United States, all incurable. For A and B they have a vaccination — reasonably effective — but for C, they don't have anything. After using our stuff — even with AIDS, HIV — from four weeks to three months, depending on how old you are and how bad the condition is, there is no detection. Quite a few specialists in the United States are using it now on their clients.

ACRES U.S.A. What about bird flu, which is making the headlines nowadays?

AMENA. That would take about six hours — half a teaspoon every hour of the Supa Boost and there's no bird flu left. You'll wipe it out totally. Now, there's no money in it for pharmaceutical companies, so they would not like this idea, would they?

ACRES U.S.A. Let's back up a little bit. Do you deal directly with the ocean or do you have some other source for your minerals?

AMENA. No. Ocean only.

ACRES U.S.A. You go out in the ocean and collect the water?

AMENA. Yes, there's a pump house and it's pumped up on the land, or in some areas there are tidal flats 20 or 30 acres in size around which they construct little dikes around it, they're about 4 feet tall with gated openings. As the tide comes in, these flats fill up and they close the gates

Functions of Selected Minerals & Trace Elements

Calcium: Critical for many biological functions, including nerve transmission, fat and protein digestion, muscle contraction, healthy teeth and bones, blood clotting, nerve functions and more.

Sodium: Muscle contraction, fluid balance, cell life and potential, and numerous other functions.

Potassium: Nerve transmission, fluid balance, blood pressure, muscle contraction and many more functions.

Phosphorus: Bone formation, assistance in the breakdown of fats, protein and carbohydrates.

Magnesium: Muscle contraction, nerve transmission, calcium metabolism, enzyme cofactor — absolutely essential to all known life forms.

Boron: Calcium metabolism — an inadequate level of boron is also suspected in negatively influencing the bodies uptake magnesium and calcium, possibly resulting in bone density loss and elevated blood pressure.

Chlorine: Digestion, blood pressure.

Cobalt: Essential for formation of vitamin B₁₂, metabolism of fatty acids, and synthesis of hemoglobin.

Sulphur: Protein synthesis, collagen cross linking, bone and ligament structure.

Copper: Immune system, artery strength, helps form hemoglobin from iron and assists in metabolizing vitamin C and the oxidation of fatty acids.

Chromium: Insulin action, cardiovascular health, glucose tolerance factor.

Iron: Blood formation, immune function.

Selenium: Immune stimulant, certain brain functions, acts as antioxidant.

Nickel: Immune regulation, brain development, DNA synthesis.

Iodine: Thyroid function, aids in upkeep of immune system.

Molybdenum: Enzyme action.

Silicon: Enzyme action, connective tissue.

Tin: Enzyme action.

Manganese: Bone development and growth, metabolism of fat and energy, reproductive system.

Zinc: Enzymatic reactions, reproductive health, growth and development, immune functions.

For more information, visit <seamaterial.com>.

on the dikes. The seawater stays inside and then the separation process starts with the sunlight. Eventually the salt starts floating to the surface, and then the minerals that have settled to the bottom are pumped out into another pond. The remaining salt is gathered and used as cooking salt or for caustic soda, those sort of things. Quite a big business with them.

ACRES U.S.A. This is your raw material then, the mineral part?

AMENA. Yes, and the raw material *stays* raw material. We don't alter it.

ACRES U.S.A. You said you use certain herbs in conjunction with these raw materials. Can you tell us what you do?

AMENA. You know nasturtium flowers? They are the best antibiotic in the world. Traditionally, if you got sick you would get nasturtium leaves and put them in a salad or make a tea or other preparation from it, and within a couple days, you're completely better. They didn't have antibiotics in those days. After you cut the plant, though, within half an hour there are no antibiotic properties left. The substances oxidize and are completely

destroyed by nature. That's why we emulsify it, and in 10 minutes it goes straight to the minerals, which stabilize it totally. It's been tested in the United States the beneficial properties of the nasturtium do not alter at all. I've had some that's six, seven years old, still just as good as the day it was made.

ACRES U.S.A. Do you encapsulate that material?

AMENA. No. No. It would melt the capsule in 30 seconds. It's potent.

ACRES U.S.A. So you take it as a liquid?

AMENA. One teaspoonful during the evening meal. That's the dosage I take and it has been enough to alleviate my arthritis totally. And a scar on my arm from a smallpox vaccination when I was in Indonesia — even that has disappeared! I've had people with Parkinson's Disease who have been in a wheelchair for years, could hardly walk, shaking like anything, and depending on how old they are, after three months to six months, there's no sign of Parkinson's left. The same has been true for Alzheimer's, after about six to eight weeks.

ACRES U.S.A. How about Lou Gehrig's disease, or lateral sclerosis?

AMENA. That, too. I haven't yet struck anything it does not work on. It's incredible. It's really unbelievable when you see what's happening. Diabetes is another condition where we've seen results, with a hawthorn berry preparation. Hawthorn berry has long been used for heart health. It's very effective, usually prepared as a tea. When combined with Supa Boost, our Hawthorn preparation appears to work not only on the heart, but also on an over- or underactive thyroid. For diabetes, you take half a teaspoon of the Hawthorn during the evening meal and half a teaspoon of the Supa Boost. People with Type 1 diabetes who have spent 10 years on insulin, after six months to two years, depending on their age and how bad the condition is, their pancreas is again producing its own insulin. Sometimes people have to change their lifestyles. Get off red meat, no soy products, alcohol, etc.

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ACRES U.S.A. How many different preparations have you figured out now with the sea minerals?

AMENA. We've got three. The Supa Boost, the Hawthorn for the heart, thyroid and the brain — it appears to work very well with brain tumors as well, and the Stinging Nettle. That's for the menopause. We also have the Pure Aussie — the mineral as it comes from the ocean.

ACRES U.S.A. Are any of these animal products?

AMENA. Yes. Animals are not essentially different from us.

ACRES U.S.A. You know they're killing birds by the millions in order to control this avian flu. That's the big approach to disease in veterinary medicine — depopulate the herd, kill them, in other words. How would you administer this to chickens or other fowl?

AMENA. You put it in the food. But the treatment would probably be too expensive for poultry producers, unless they had really rare, expensive breeds. When money's involved, life doesn't matter much, unfortunately. To me it does, but . . .

ACRES U.S.A. Is there any hydrogen peroxide in these preparations?

AMENA. No, only the minerals and the various herbs. Speaking of which, another herb we use is sheep sorrel, which is known as a cancer remedy — they dry it and make tea from it. That's also in the Supa Boost.

ACRES U.S.A. You don't make a tincture or tea out of it then?

AMENA. No, with a tincture — alcohol destroys all the herbs. But in our experience, sheep sorrel — when rendered fresh the way we do it — appears to kill any virus, Hep C, AIDS, and all other viruses. I've had quite a number of ex-soldiers here from Vietnam, and they get a skin disease, a psoriasis, as a result of Agent Orange exposure. Nothing will fix it. But they use the Supa Boost and the cream — we've got the Supa Boost in a topical cream as well — and in three months the problem was gone. This cream will take some spots of skin cancers off, take melanomas out. Four years ago we were at Dr. Alexander Shelfs' cancer clinic in Los Angeles. He's a very knowledgeable man with minerals and he had a look at

the sea minerals. He'd never heard about them and he was very impressed. He gave my partner who was in Los Angeles one of his books, *Minerals in Human Health*, to give to me. When I read it, I phoned and complimented him on his ability to write in a way that normal people could understand it, not scientific rubbish, but I pointed out that he had made three mistakes. Two were minor points about trace elements, but I took issue with his statement that patients with osteoporosis need calcium. That's the worst thing you can give to people with osteoporosis because it's not lack of calcium, it's the lack of the ability to *absorb* the calcium from the blood. For that you need magnesium, vitamin B₁₂, lithium and fatty acids such as butter.

ACRES U.S.A. But everybody prescribes calcium for these people. What happens to them?

AMENA. It cannot be absorbed into the system. Cells cannot take it up, so they take it from the bones.

ACRES U.S.A. Then what happens to the calcium?

AMENA. In the blood, it sets in your joints and spurs begin to grow, along with kidney and gallstones. I explained that to him. Oh boy! He was fuming. I said, "You've got something from another book and you did not check it." He said he would get his scientists — he's got a big laboratory — to check it out immediately. He called me four-and-a-half weeks later. He said, "Gerry you were right — my scientists told me after researching it that you were totally right. You don't give calcium when you have osteoporosis." Three weeks later, he flew over from the United States with a couple of his friends, they hired a film crew, came over here and talked to me for quite a number of hours about natural health and they filmed it all. He was impressed. He said, "No one in the world can make a product like you have — no scientist can do that." That's right, I agree. I'm not a scientist — I'm a farmer who lives with the creative forces of nature and that's what I use.

ACRES U.S.A. I wrote a little book called *Fertility from the Ocean Deep*, which describes how farmers were using

sea solids and diluted ocean water as fertility for pastures, among other things.

AMENA. Oh yes! We've used it in Australia for 20 years. For cotton pests they spray with chemicals, which are not very good. Instead they've learned to use seawater, diluted 10 to 1, spray it once a month over the cotton, and it kills all the grubs. It also drops on the ground, where it fertilizes the soil and the plant — they get 50 percent more in crop yield. They have the crops sold for 10 years ahead — Germany buys a lot because it's all organic. The government and the chemical companies warn cotton growers not to try it, that they might lose a crop and lose their whole place. Chemical companies don't like natural things. Two years ago, a gent came here from Sydney, and he wanted to buy my formula — offered me \$2 million. Turns out he was with a multinational pharmaceutical company — he said he wasn't allowed to tell me which one. I said, "Well, for a little bit like that, why should I do that?" He said, "How much do you want? Start at \$2 billion. Will you sell it?" I said, "No, I'll kick you off the place. Get in your car and go and don't come back. This is for people."

ACRES U.S.A. It wouldn't be for people if they got hold of it — they'd shelve it.

AMENA. They'd bury it, yes.

ACRES U.S.A. How much trouble are you having getting this product into the United States?

AMENA. No problem at all. No problem whatsoever.

ACRES U.S.A. You say you're a farmer. What kind of an operation do you have?

AMENA. I've got 174 acres, with about three acres under cultivation — herbs, such as the sheep sorrel. I've got them all here. Now sheep sorrel does not usually grow in warm climates and we have a warm climate here, but I grow it because I use the sea minerals in the soil. It's unbelievable what they do. Nasturtium, the flower we use for its antibiotic properties, I grow all year round. With the minerals from the ocean it's unbelievable how much more product you can grow — you can double your crop on the same area.

ACRES U.S.A. How do you apply that?

AMENA. You must dilute at least 10:1. We had a dealer, bought the property years ago, and we sprayed his citrus fruit

trees — they had become quite black, they hadn't been looked after in a long time. One application of the sea minerals, and the soot never came back. Five years later I had the trees growing, the fruit is excellent, unbelievably tasty. No minerals — no health for our bodies. No minerals — no health for plants. All these minerals are the basics of nutrition and health. Seawater and our blood plasma are 98 percent identical. The only difference is, the blood plasma collects the molecule iron, and sea minerals have an extra molecule of magnesium. Otherwise they're the same. But the only place you find every mineral and trace element of this world is the ocean. You don't find it anywhere on land. You'll find some here, you'll find some there, you never find the whole lump in one place.

ACRES U.S.A. You know down in Florida they're cutting down citrus trees, literally clear-cutting them because they've gotten certain funguses in the wake of the hurricanes. And you say that's not necessary at all — all they need to do is treat those trees with diluted seawater once?

AMENA. Yes. Hit them once, if necessary hit them again. If there's an excess of fertilizer the leaves take it up, and what they don't take up will wash off with rain, runoff to the soil and be absorbed by the roots.

ACRES U.S.A. Back to your farm. You grow all the herbs you use in your preparations?

AMENA. All except hawthorn berry. That's grown in higher elevations — it doesn't grow in a hot climate. Sheep sorrel doesn't grow in hot climates, either, but I grow it successfully.

For more information on sea minerals and Gerry Amena's remedies, contact Seamineral.com, P O Box 3707, Grand Junction, Colorado 81502, phone 1-877-835-5555, fax (970) 245 7024, e-mail <info@seamineral.com>, website <www.seamineral.com>.

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