

Trace Minerals & Health

Reviving a Lost Legacy

Gerald Olarsch



Before he passed away, the late George H. Earp-Thomas, possibly the world's greatest expert on trace minerals, constructed a book for publication. After his untimely death, his estate failed to recover the manuscript from the typist. This has complicated our trailing of the Earp-Thomas story, but it has led us to Gerald Olarsch, the subject of this interview.

Dr. I. Gerald Olarsch is a retired naturopathic physician who has practiced for close to 40 years. Among his many accomplishments, he has worked and studied at the oldest nutritional

research laboratory in the United States, Earp Labs. He is the inheritor of the Earp-Thomas legacy, but he has also studied advanced nutrition under Dr. Bernard Jensen, considered by many to be the world's leading expert on nutrition and iridology, and also under Dr. Carlton Fredericks at Pace University. In addition, Dr. Olarsch has worked with patients at several holistic health clinics throughout the world. He has written widely and been published in many prestigious journals including The Townsend Letter for Doctors, Remineralize the Earth, The Sarasota ECO Report, and Acres U.S.A. to name but a few.

Dr. Olarsch started his own journey as a sickly child. His seeking out true natural health alternatives was born out of necessity many years ago and ultimately gave him a new lease on life. His sharing of his many years of research and accumulated wisdom is perhaps the ultimate gift he can give.

ACRES U.S.A. The late George H. Earp-Thomas once suggested that almost all degenerative metabolic diseases are a result of either a shortage of, or a marked imbalance of, trace nutrients. Can you elaborate on that insight?

OLARSCH. He firmly believed, and later proved, that the human body could not sustain itself unless it had all these nutrients, which are minerals from the earth, in the proper proportion in the body. He proved this time after time in tests on all kinds of people. He discovered that, true enough, as his theory originally suggest-

ed, the lack of trace elements in the body produced deficiency diseases and predicted that these diseases would in the future be unlike anything the Bible ever described. I believe we have seen this come to pass in our country.

ACRES U.S.A. He passed away in the early 1950s, but he suggested that by the end of the 20th century we would begin experiencing all kinds of disease anomalies that we had never heard of before.

OLARSCH. That's right. He was very interested in cancer. It is well documented

that he saved many individuals from cancer by the utilization and reintroduction of trace elements into their diets plus the inclusion of wheat grasses. He also developed an acidophilous culture that further took care of the bacteria in the body by creating the proper balance of the right bacteria in the body. He was interested in the acidophilous cultures because around 1910 he spent two years in Paris with Pasteur and he brought back these strains, which he later developed commercially.

ACRES U.S.A. Which came first, the innoculate for legumes or the human health aspect?

OLARSCH. I think the innoculate for legumes came around 1904 or 1905. He began to work with inoculation for legumes and some of the early pictures that we have, I think from 1906, show him standing with long stalks of corn that had grown 7 or 8 feet high.

ACRES U.S.A. In our work with the late Dr. William A. Albrecht, there was always a little interplay between him and Earp-Thomas, because Albrecht was ratifying a lot of what Earp-Thomas had found regarding the trace nutrients.

OLARSCH. That is the case. They interacted with one another on occasion. They were not great personal friends. They were each doing their own things and were tied up with their individual research, but when they did get together it was like two brothers getting together and talking over the problems of the soil, the lack of minerals, and on and on.

ACRES U.S.A. How did Earp-Thomas go about researching how plants took in their nutrients. He had a rather unique system, didn't he?

OLARSCH. He had a unique system that incorporated a better microscope (for

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those days) and getting the innoculate into the seeds initially. Then he caused what we call a “sprouting situation” and then buried these sprouts within the earth with a mineral solution around them. Later they grew them into the product itself coming up out of the ground and kept them well nourished.

ACRES U.S.A. Weren't some of his earliest findings regarding the shortage of trace nutrients, such as cobalt, in New Jersey?

OLARSCH. Absolutely. Cobalt goes back to his beginnings when he bought a small farm just over the New Jersey border in Pennsylvania. This was sometime around 1900. They were digging a new road past his farm. The cows were straining their necks through the barbed wire in order to lick the overturned earth. This fascinated him, and when he finished his research at that time, he discovered that it was cobalt that the cows were after. The amount of cobalt that humans need would fit on the head of a pin, yet without it, we are dead. These animals knew better than any humans what we were lacking.

ACRES U.S.A. And yet the research that came out of Iowa in the '30s and '40s seemed to indicate that our hybrids were not picking up cobalt, for which reason we were having a great deal of brucellosis, Bang's disease, or what is undulant fever in humans.

OLARSCH. Dr. Earp-Thomas knew this long ago. The research he did proved that these ailments were due to things such as the lack of cobalt. I can tell you, to bring this up to date, that relatively recently we took a herd of goats in California and found that half the goat herd got the trace elements and half did not. The half of the herd that did not get trace elements ended up with lung disease.

ACRES U.S.A. What other animal research did he do?

OLARSCH. He did research with mice, chimpanzees, lots of different animals. For his day, his research was quite widespread, and he just kept his nose to the grindstone, so to speak. He really was a self-driven, hard-working individual who was not happy unless he was doing research all the time.

ACRES U.S.A. Yet the Food and Drug Administration brought him down, didn't they?

OLARSCH. Yes. Dr. Earp-Thomas proved that electrolytes helped cure cancer. He was very outspoken about it. In those days there were no health food stores, and he mailed his research — in synopsis form — out to doctors across the country. He was pointing out the value of minerals in both stopping and getting rid of cancer. Along came World War II, and everything slowed for a while, but after the war he resumed his research, writings and the mailings to doctors. The FDA came after him and asked him to stop sending this research out. There were a lot of people under the same gun in those days. They used a unique but simple method to bring him down. They took him to Federal District Court in Newark, New Jersey, in 1948.

“It is well documented that Earp-Thomas saved many individuals from cancer by the utilization and reintroduction of trace elements into their diets plus the inclusion of wheat grasses.”

ACRES U.S.A. They tried to shut him down through the courts?

OLARSCH. It was a long process, but he actually won in court. As he was walking out of the courthouse, coming from the judge's chambers, along came the FDA representatives. The head guy congratulated Dr. Earp-Thomas on winning his case and said, “I assume that you are going to try to continue to advertise your minerals as a treatment for cancer?” Earp-Thomas answered, “Of course — I won in court, didn't I?” The FDA representative said to him, “Well, you won in court this time, but can you afford to do that year after year? How much did it cost you?” Earp-Thomas said that it had cost him \$100,000 — which is like a million dollars today. The FDA Representative said, “Can you afford to do that every year, Dr. Earp-Thomas?” — and with that they walked out the door, they didn't even wait for an answer. This kind of broke his back, and Earp-Thomas died not too many years

later, a very disappointed, brokenhearted individual.

ACRES U.S.A. His laboratory went up in flames, didn't it?

OLARSCH. Yes. There was a big fire of unknown origin at his laboratory. It happened in the middle of the night when no one was there and much of his research was destroyed at that point. This was around 1949.

ACRES U.S.A. One question that occurs to us is this, is cancer the common denominator for all these metabolic disease conditions brought on by trace nutrient deficiency or imbalance?

OLARSCH. I would have to say, it is the bottom line. In other words, while we may be fighting other diseases, as we get in bad enough shape we develop cancer. The form of cancer is influenced by genetics.

ACRES U.S.A. Isn't there a genetic component in all disease conditions?

OLARSCH. Yes. But we can stop it anywhere along the line by taking trace elements, that's for sure. If the trace elements are not there, then there is all hell to pay sooner or later, whether it starts out as a simple skin rash, or a minor problem with the eyes or lungs, or what have you.

ACRES U.S.A. The health food stores are full of trace minerals. They are usually in a gluconate or some *a-t-e* form, such as calcium carbonate and so on. Are these really easily assimilated by the body?

OLARSCH. In most cases, no, and in most cases it is overload, too, on top of it. Not only is the form of the trace minerals not right for the human body to accept, but in addition, it is too high a dose for the body. If you are taking 50 milligrams of zinc, you may as well not take any, because 50 milligrams can do as much harm as good. That is why we say *trace* amounts, trace elements, trace minerals. We are talking about them in their essential form and in very minute quantities.

ACRES U.S.A. Are you talking about size as well — is that a micron size?

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OLARSCH. Yes. With the electrolytes we are down to the crystalloid size almost.

ACRES U.S.A. What does that mean?

OLARSCH. *Crystalloid* means it is the stage beyond colloidal. Colloidal minerals cannot penetrate the cell walls, according to any medical dictionary; therefore, they can either do more harm than good and/or slowly wash out of the body. Most of the time these minerals in colloidal form can create problems along the way. Crystalloid-form minerals are accepted into the body and go immediately across the cell barrier to do the most good. This is a very important distinction from your standard minerals. You cannot accomplish much with these larger minerals. It is as though you see you have an iron deficiency and you chew on a nail. You need the minerals in their assimilable, microscopic, crystalloid form.

ACRES U.S.A. Would that be synonymous with "ion?"

OLARSCH. Yes, but the ion itself is a stage between colloidal and crystalloid. Ion is kind of in the middle. Crystalloid is more refined, because in ionization you take a colloidal mineral and give it an electrical charge, which in most cases means nothing.

ACRES U.S.A. How did you become heir-apparent to the work, philosophy and findings of Dr. Earp-Thomas?

OLARSCH. To begin with, I worked in the lab itself and helped develop long-range plans for product production such as the acidophilus culture that they produced at that time, and the wheat grasses and trace elements themselves — that is, the electrolytes. I got more involved as time went on, in talking with people

regarding these elements. I remember one of my early lectures was with Adele Davis up in upstate New York. We had a heck of a lecture, and the turnout was much more than expected. I lectured about the lab, the products, and why trace minerals were important, and then she came out and spoke. It was a wonderful evening that really has stayed in my mind all these years.

ACRES U.S.A. What did she have to present?

OLARSCH. She wrote a book called *Let's Get Well*. She wrote about vitamins and what they accomplished through

Principal Elements in the Human Body

Element—Symbol	% Atoms	% Weight	Uses
<i>Organic Elements</i>			
Hydrogen — H	62.00	9.70	water & most molecules
Oxygen — O	26.00	65.00	water & most molecules
Carbon — C	10.00	18.60	all organic molecules
Nitrogen — N	1.50	3.20	protein, nucleic acid
<i>Major Elements</i>			
Calcium — Ca	.21	.80	bones, teeth, nerve, blood
Phosphorus — P	.21	.00	bones, teeth, nucleic acid
Potassium — K	.06	.40	membrane, nerve, muscle
Sodium — Na	.06	.20	membrane, nerve, muscle
Sulfur — S	.05	.04	protein
Chlorine — C	1.00	4.20	membrane, water absorption
Magnesium — Mg	.03	.06	enzyme cofactor, ATP
<i>Minor (Trace) Elements</i>			
Iron — Fe	.0005	.007	oxygen transport
Iodine — I	.0000003	.0002	thyroid hormone
Silicon — Si	n/a	n/a	membrane
Fluorine — F	n/a	n/a	calcium migration
Copper — Cu	n/a	n/a	iron absorption, blood regulation
Manganese — Mn	n/a	n/a	bone, tendon, nerve enzymes
Zinc — Zn	n/a	n/a	enzymes, insulin, endocrine
Selenium — Se	n/a	n/a	vitamin E, detoxification
Cobalt — Co	n/a	n/a	vitamin B ₁₂
Molybdenum — Mo	n/a	n/a	detoxification enzymes
Chromium — Cr	n/a	n/a	glucose metabolism
Tin — Sn	n/a	n/a	[unknown]
Boron — B	n/a	n/a	[unknown]
Nickel — Ni	n/a	n/a	enzyme activation
Vanadium — Va	n/a	n/a	cholesterol, fat metabolism

nutrition. It didn't offer any long-term cure because it did not discuss the trace elements and how they rebuild the body, but it did help people with their problems immediately. That was very important for that time. It made the connection between nutrients and health. Anybody who had a real product, or an idea that worked — people like Moxie or Earp-Thomas — were just shut off from the public by the FDA.

ACRES U.S.A. This would include people like Victor Irons and so on?

OLARSCH. Victor Irons actually studied at the Earp-Thomas lab in the 1903s, and so did Ann Wigmore. They got most of their ideas out of that lab.

ACRES U.S.A. Ann Wigmore is the one who promotes wheat grass?

OLARSCH. Yes. She came out of the lab with the idea that wheat grass could cure the world. Victor Irons was infatuated with the products and came out, roughly speaking, with his own versions. They both did fine, and they both did a lot of good helping people.

ACRES U.S.A. This brings us to the anatomy of grass. What is it about grass? Is it able to pick up the trace nutrients in a small form that human beings can assimilate?

OLARSCH. That is the main thrust. There are other nutrients and factors in grass that make it an exceptional nutrient for the body, including the presence chlorophyll, which is very helpful to the body. Everything that they are discovering lately, we already knew in the 1930s from the grasses themselves and the research we had done on them. We knew of the phytonutrients. The basis of our research is that the grasses are an essential part of human health for rebuilding, not just cleansing, and they do play a role in detoxifying and cleansing the body, but their major role is in rebuilding. The wheat grasses do a wonderful job.

ACRES U.S.A. Then grass in the pasture would be essential for the herbivorous animal, wouldn't it?

OLARSCH. Absolutely. Animals that are penned up and not allowed to go out into the yard are not healthy. Let's use the case of a chicken. If a chicken can't go out into the yard and scratch for bugs and eat some of the grass and flowers, they are missing

out on everything good that the chicken can give back to us. This goes for any animals, for that matter. I read recently how chickens are kept in confinement, they are debeaked, they are packed tight in little metal cages where they can't even turn around, and they suffer from diseases — it is a shame.

ACRES U.S.A. That's cruelty to animals.

OLARSCH. It certainly is. I understand that one of the big companies recently promised to do away with confinement for the chickens they purchase from growers. So it is getting a little better, but, my God, it has taken all these years to begin to bring back our senses.

ACRES U.S.A. Of course the most prominent grass that we have is corn. The work that was done back in the '40s, covering 10 states with 4,000 samples, indicated that the nutrient or the mineral uptake was literally demolished by the hybrid seed.

Important Electrolytes in Body Fluids

Sodium chloride	NaCl Na ⁺ Cl ⁻
Potassium chloride	KCl K ⁺ Cl ⁻
Calcium chloride	CaCl ₂ Ca ⁺⁺ 2Cl ⁻
Magnesium chloride	MgCl ₂ Mg ⁺⁺ 2Cl ⁻
Sodium bicarbonate	NaHCO ₃ Na ⁺ HCO ₃ ⁻
Disodium phosphate	Na ₂ HPO ₄ 2Na ⁺ HPO ₄ ⁻
Sodium sulfate	Na ₂ SO ₄ 2Na ⁺ SO ₄ ⁻

OLARSCH. Hybrids are incapable of taking up nutrients or trace elements from the soil.

ACRES U.S.A. Let's fast forward now. We've got the Bt corn, which is producing fusaria mold. It is corn without trace minerals and also transports a mold to the animal — what do you anticipate will be the consequence?

OLARSCH. The consequence will be that these animals actually will wind up with cancerous conditions, as humans now do, if they live long enough. If not, their genetic pattern is set for it, so that they carry the cancer, but it is undiscovered, and the animal is then slaughtered for food.

ACRES U.S.A. You have picked up on what Earp-Thomas did. What are you doing now?

OLARSCH. To begin with, we are challenged on our own level to inform a lot of the local farmers of the difference in the production of animals. This is especially true here in Florida, where the sun bakes the soil, literally, and where you have mostly sand. Dr. Earp-Thomas proved that you could grow good crops and good grass by adding back the right nutrients over a period of several crop seasons. In fact, here in Florida, he grew cabbage, and the leaves were so big that I don't think you could see the ground below. It was so plentiful, and it was all organic. In the winter, when growing citrus crops, frost did not ruin the crops that were organically grown by Earp-Thomas. We've continued with this work because there is a quality there that people are willing to pay a premium for. It tastes better, it looks better, it's absolutely fantastic.

ACRES U.S.A. How did he return trace minerals to a deficient soil?

OLARSCH. There were several methods, but probably the most common one was in a spray tank filled with water. They sprayed it out over the crops because he found out that the leaves ingested a fair amount of the elements right there, plus the plant took what ran off into the soil below.

ACRES U.S.A. Did he develop this formula, and is it still available?

OLARSCH. It is available in large quantities for the farmer who wants to grow crops. We don't advertise it a lot because we work so much in the human area now.

ACRES U.S.A. What are you doing in the human realm?

OLARSCH. We are working with people here at the lab who come in for their nutrients, especially the minerals. They are people who are sick with anything from lung diseases to various forms of cancer. It works out very well. We work with a local naturopathic physician. In fact, our physician and I are working with a woman right now who was diagnosed with lung cancer about seven years ago. She's about

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82 years old. She is doing quite well. She's perky, and she is still alive. That's the bottom line, she is alive and doing well. We owe a great deal of this success to the trace minerals.

ACRES U.S.A. There are trace minerals, and then there are trace minerals. Science tells us there are eight essential, 14 essential, 22 essential, and so on, depending upon who you read at what stage of the game. How many are essential? Are they all essential?

OLARSCH. In reality, they are all essential. The ones that we utilize, of which there are 11, are drawn from a combination of elements that we find in nature. They are exact, and we can blend them together. For instance, we use cobalt, but we do not use iron.

ACRES U.S.A. Why is that?

OLARSCH. Because the iron is not basically an organic mineral in itself, but the cobalt is. The cobalt will bring back both the iron in the body and the B₁₂ factor. The iron becomes available once the cobalt is where it should be.

ACRES U.S.A. What are the minerals that you zero in on?

OLARSCH. I don't have them all in front of me, but off the top of my head: copper, zinc, selenium, cobalt. It is as I said with the cobalt and iron, certain minerals make others available. When the original formula was put together, certain minerals would not take as electrolytes. They were opposite and opposing in nature of magnetic force. We found that the electrolytes, once we got them in our bodies, would absorb the opposing minerals, just as we had found that plants would.

ACRES U.S.A. How do you process the trace minerals, and how do you select the ones that are essential for bringing in the rest of them?

OLARSCH. The essential minerals are the trace elements that will work as a magnetic energy force, and these will help us absorb the other minerals that are not part of the trace light spectrum, that is the liquid, crystalloid electrolytes. Part of the process is, once we have those minerals — and they must be exact and in the right proportion to each other — they are poured into a vat over a period of days in order to come together. Certain minerals are added on certain days and at certain times. If you try to rush the process of

making these trace elements by putting together all the minerals at once, you don't wind up with an electrolyte formula. That's number one. The second thing is that these minerals go through both an electrical process and a vortex-type of process before they are finished and come out as electrolytes. It is a complex process, but it works very well. Once we have it down pat, it is easier for the scientists in our lab to keep the electrolytes flowing.

“If a chicken can't go out into the yard and scratch for bugs and eat some of the grass and flowers, it is missing out on everything good that the chicken can give back to us.”

ACRES U.S.A. You don't just dump them in and mix them, then?

OLARSCH. No. If you do that, you don't end up with electrolytes — even though they may be proportioned correctly, which is half the battle.

ACRES U.S.A. You used the term *vortex*, which takes us back to Rudolf Steiner and his approach in his biodynamic exercises. Is there a relationship there?

OLARSCH. I would say so. Within nature there is a relationship of magnetic energy force. We know that the earliest people walked on the earth barefoot in the grasses, which brought up an electrical charge, because the earth is constantly being recharged from lightning. In those days, people generally remained healthy — between eating properly and their barefoot energy flow. The magnetic force from the earth is in relationship to the magnetic force from the moon and the stars; it is a whole interplanetary methodology of interacting nutrients that really carries us out into the space field.

ACRES U.S.A. Do the trace minerals in the form that you prepare them go directly into the bloodstream, or do they go

through the digestive system? What happens?

OLARSCH. They do not go through the digestive system. The trace elements go directly through the bloodstream and are filtered off into the different areas of our bodies where they are needed. Most of us need these nutrients heavily in the pancreas and the liver, but also some go to the brain. You know all of the problems we have been having with the cell phones and the EMF waves, all of this is due to the electrical energy produced in a negative manner from portable phones.

ACRES U.S.A. Are you saying that standing in a restaurant talking for 20 minutes on a cellular phone may not be the greatest thing for people?

OLARSCH. Definitely not. The only thing that we know that will help with some of the damage from EMF waves and the like are the electrolytes, because they restrengthen the good cells in the body. This becomes a very important factor in the long term for all of us. We just cannot handle the kind of waves coming from stray electrical wires, from cell phones, whatever it may be. The only thing we know that can help properly keep cells in good order are the electrolytes themselves.

ACRES U.S.A. What about microwaves?

OLARSCH. Microwaves are *very* bad. I have some reports — one in particular from Switzerland — about a very brilliant scientist who pointed out how bad microwaves are, and how people then tried to discredit him.

ACRES U.S.A. Microwaves are bad for our food, for the people in the room, or what?

OLARSCH. Both. It is bad for food, in terms of changing the molecular structure of the protein in the same way that people have been talking about the genetically modified corn and soybeans. The same thing happens with foods that are microwaved, as the genetic structure is changed, the protein factor is changed completely, and you wind up with something that may play a role down the line in giving you cancer, among other things.

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ACRES U.S.A. Is food digestible after it has been microwaved?

OLARSCH. As far as we are eating it, it is digestible, but it does not work in the same manner as food in its natural state. In other words, the balance is upset by the food. You are better off without the microwave — instead, wait the extra few minutes it takes to prepare your food in the stove. It will come out better tasting and more healthful.

ACRES U.S.A. These trace minerals that you are talking about, they are available on the market, aren't they?

OLARSCH. Yes, under a product name of Trace-Lyte. We sell that product for human beings, and we advertise in *Acres U.S.A.* We have a powdered version that we sell wholesale for those who would like to add our electrolytes to a product they are making. They have been used very successfully in a number of good products on the market. Everybody benefits from this.

ACRES U.S.A. Why couldn't a person use the powdered version and shake it up in some water?

OLARSCH. Because it is not quite as powerful as the liquid itself. The nice thing about the liquid is that there is no taste, no odor, it is like water in a bottle. It works exceptionally well. You just put a teaspoon in a glass of water 30 minutes before you eat, and you have the perfect tonic, so to speak, for your pancreas to

produce more enzymes and acids to break the foods down much more effectively.

ACRES U.S.A. How important is it to stay within that 30-minute time frame?

OLARSCH. Fairly important. I tell people they can go as low as 20 minutes before a meal, but any less is going to interfere with the production of acids, and the food won't be digested properly.

ACRES U.S.A. What if you take it an hour before?

OLARSCH. It is not quite as effective. It will still be effective, but not as effective as that perfect half-hour time.

ACRES U.S.A. Did Dr. Earp-Thomas produce any books in his lifetime?

OLARSCH. He had almost finished a book toward the end of his life. It was in the final stages of production, but somehow it was lost. That's the best I can tell you. There are some booklets that I am trying to get reproduced right now. But that manuscript was lost and has not turned up. I've looked for it over the years but have not been able to locate it. It is a shame, because he was a great man, and he deserves to be heard.

ACRES U.S.A. He did, however, write a series of articles in *Nature Path* magazine, and *Eco-Farm* cites Earp-Thomas in the last chapter, but at the time it was written, there was not too much information available on him.

OLARSCH. There is enough available to get people started. If people want more information on Earp-Thomas or the electrolytes, they can contact us at our website <www.naturespathinc.com>, or call 1-800-950-1929, and we will send them free literature about the electrolytes or related topics. It is very important that we keep spreading the word, and we don't mind doing this. It's a costly process, but we are glad to do it.



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