In the Beginning Was the Gene

Tracking Down the Roles of Trace Nutrients

Richard Olree

Dr. Richard Olree has obeyed the insight of people like Eric Hoffer, who believe the best-educated people are self educated. Although a practicing chiropractor, he has spent 25 years on the genetic pathway to health.

A few years ago, it was commonly agreed that unless the pace of history was quickened, it would take 400 years to learn all the roles of the trace nutrients.

Happily, Olree has annihilated that projection. By sequencing the amino acids in the process of constructing proteins, he has traced all the elements to their participatory function in the life process. The result has become the Olree Standard Genetic Chart. It speaks for itself, even while Olree speaks of it in this interview.

Olree is a mix of a man, a practitioner with many success stories to his credit, a bush pilot with a cabin in the unaccessible Canadian wilds, a hockey referee — even a hockey player long after others his age have hung up their skates. But chiefly, he is a pioneer. He lives and practices in Hillman, Michigan. In the Beginning Was the Gene, *scheduled for publication by Acres U.S.A. in the coming months, will tell his full story and the story of the traces upon which life depends. Meanwhile, the discussion that follows provides an introduction and overview of Olree's incredible discoveries and insights.*

ACRES U.S.A. Dr. Olree, what is the standard genetic chart?

RICHARD OLREE. The standard genetic chart is a way of viewing the arrangement of simple amino acids that are used by DNA to construct proteins within the human body. The Standard Genetic Code has been universally recognized within the field of genetics since 1962. And when the geneticists analyze or breakdown and subsequently come to a conclusion as to the sequence of the individual amino acids it is expressed through the use of the Standard Genetic Code Table, which is a chart that uses four letters — U (for RNA, or "T" for DNA), C, G, and A — and this chart is constructed with the coordinates where you have these four letters across the top and multiples of the same letters down the side. Each letter represents one of the nucleotide bases — uracil (or thymine), cytosine, guanine and adenine — used to construct amino acids and proteins.

ACRES U.S.A. They describe the DNA, right?

OLREE. Yes, it's an expression of the DNA code.

ACRES U.S.A. Dr. Henry Schroeder in his book *Trace Minerals and Man* says that unless the pace of discovery is increased, it will take another 400 years before we understand what the role is of all these various trace nutrients on Mendeleyev's Periodic Table — yet you seem to have discovered every one of them. Can you explain how you did it?

OLREE. With the sequencing of the human genome, which was done by two separate entities, they've basically have got approximately 98 percent of the human genome decoded or deciphered, and they know how these amino acid sequencings are now put together. While studying this, it came to me that through the use of a mineral chart produced in 1926 by Dr. Walter Russell — in which where he had predicted the existence of 22 sub-atomic particles — I had a source of mathematical expression that could be overlaid on the standard genetic chart.

ACRES U.S.A. Each of these aminos, when you sequence it, leads you to the key trace nutrient for each of the enzymes, is that correct?

OLREE. Yes. It came to me that DNA, which is basically four minerals — carbon, hydrogen, nitrogen and oxygen, attached to a phosphorus molecule, which is the backbone — have to be arranged and rearranged in such a way that the proteins developed from these basic minerals have the ability to come in contact with

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every mineral known on the Periodic Table and either utilize it and excrete it, utilize it and store it for future use, or immediate expulsion if it's not a mineral that the body or the living organism can handle.

ACRES U.S.A. Which we've always said was under homeostatic control.

OLREE. That is correct, and homeostatic control has some very narrow limits. When the construct of DNA through messenger iron A is being expressed, for example, these proteins have to take on a three-dimensional structure within a gravitational field. The Earth provides the gravitational field, but the amino acids must have certain unique characteristics in terms of electromagnetic energy. Thus, the DNA extracts the various frequencies from the minerals to allow the DNA construct to have a three-dimensional structure.

ACRES U.S.A. Agronomic science has always held that there were certain minerals that were key, or what they called "essential," but as we examine your standard genetic chart, we find that probably *all* of the minerals have a role. This leads us to the question — which are the most important?

OLREE. There are some minerals we use a lot more than others, but any mineral found attached to an amino acid on the new standard genetic chart are important. There are some key ones that you just simply cannot do without. Magnesium would be a good example. If you don't have magnesium, you can't make chlorophyll. If you can't make chlorophyll, you can't get the bottom of the food chain fired up. When the sun hits the earth and creates the chlorophyll molecule, the center of that molecule is magnesium. Without magnesium you don't have chlorophyll. Without chlorophyll there isn't anything else that really can exist other than a few nano-bacteria that live in the bottom of the ocean — they live off of sulfur instead of sunlight as a source of energy. Another key mineral is selenium. Up until 1980 selenium was generally thought of as a toxin. In early research with vitamin E they kept coming up with an "unknown factor." They knew there was a factor out there that triggered the use of vitamin E and allowed cows with mastitis to become much healthier and their somatic count would come down, but it wasn't until 1973 that the World Health Organization actually rubberstamped the use of selenium as a vitamin E activator. At that point, only cows were getting selenium supplements — it wasn't until 1979 or so that selenium hit the scene in the health food stores and people started taking it as a supplement. When it first came out, I already had quite an understanding of it through my study of minerals and subatomic particles — I knew its importance. In fact, I was sometimes accused of poisoning people because they had told their medical doctor that I recommended selenium supplementation. The doctor would look it up in one of the 1960 dictionaries where it was listed as a toxic, hazardous mineral. I was doing my best to doctor people, yet being accused of poisoning them by using something as basic as selenium. Another very important mineral is iodine. Iodine has a tremendous impact on the metabolic rate of all human beings. Any variation of an iodine problem via the thyroid can quickly produce very serious health effects in any life form — and long-term effects, as well.

> "In the entire table of elements, including subatomic particles, there is only one mineral that is capable of accepting and ionizing radiation that never changes the innards or the nucleus of the cell — boron."

ACRES U.S.A. What happens if you don't have selenium in your diet at the appropriate levels?

OLREE. The symptomatology is not like that of other vitamins and minerals where you can see that a patient is totally deficient. Selenium deficiencies are very subtle: chronic viral infection and dandruff (the hair shampoo Selsun Blue, as in "selenium blue," uses selenium sulfide as its active ingredient) are examples of a person low on selenium. Fluid on the inner ear is an example of a selenium deficiency. Maintaining adequate selenium levels throughout your life means you probably won't get cancer. There are tumor-suppressing genes in our bodies that seek out and try to eliminate any cell that mutates during replication, and the chances of having a few mismatched pairs of chromosomes and abnormalities are very great because the body makes over 20 million cells every day to replace dead cells. The tumor-suppressing genes, in particular P53 and P76 and P36, are scanners of our internal environment to make sure that any newly made cell is an exact copy of what it has to replace. When these genes do not do their job and cells that are mutated slip under the radar and get put to work, they'll eventually turn into cancer cells. The other critically important relationship for selenium is to the mineral we previously spoke of, iodine. Your body cannot make the necessary thyroid hormones using iodine alone. It recruits selenium to do the job, and many people who show "normal" thyroid conditions on a blood sample can have serious thyroid problems strictly from lack of selenium.

ACRES U.S.A. What's the role of fluorine as a halogen-governing iodine? Wouldn't that inhibit the uptake of iodine?

OLREE. That's correct. Iodine and fluorine operate on the same electron valence, except that fluorine is kind of like the mouthy little brother and the baby of the family who wants his way. When he gets his way, it's usually wrong. The fluorine molecule is attracted to the thyroid, and the body does attempt to utilize the fluorine molecule in the production of thyroxin, but it does it very unsuccessfully and shuts down most of the thyroid's chemical pathways when fluorine is introduced in excessive levels in iodine deficiency conditions.

ACRES U.S.A. How many pathways does fluoride actually inhibit?

OLREE. As I understand it, there are more than 72 known chemical pathways that get shut off when the administration of fluoride is high enough to interfere with thyroid metabolism.

ACRES U.S.A. Which would be at the level of one part per million?

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OLREE. I think that one part per million — which is currently allowable in drinking water — is a crime. I don't really believe that one part per million is an accurate assessment for total body health. It's an accurate assessment for the fluoride industry to sell fluoride to water systems — to get rid of the stuff. As we both know, the fluoride that's used is a byproduct of the phosphorus industry.

"Boron and selenium . . . those two minerals are of the utmost importance for DNA maintenance."

ACRES U.S.A. We have the danger of radiation gradually drifting out of Iraq because of the metals they're using in the war. We're told that this toxic depleted uranium is going clear around the envelope of air over the Earth. What can people do to protect themselves from this excess radiation that we're experiencing?

OLREE. The standard way of protecting yourself from a nuclear blast is to make sure you have potassium iodine pills. If the big one goes off, you eat all this potassium iodine and it just drags the radiation right through your system. The backup system to force-fed potassium iodine in severe, acute radioactive poisoning is a mineral called boron. In the entire table of elements, including subatomic particles, there is only one mineral that is capable of accepting and ionizing radiation that never changes the innards or the nucleus of the cell — boron. The protons and the neutrons do not change under any conditions in the boron molecule. Boron can take radiation and release it without upsetting this very delicate balance. That makes it an excellent candidate to have into your system, whether the radiation be from excessive sunlight or spent uranium that's being ionized and released into the atmosphere. When that mineral is present in your system, your DNA creates a much better buffering system to ward off radiation. Even when chromosome breaks do occur, they are much more easily repaired and maintained by the system.

ACRES U.S.A. The chemicals that many people farm with are what they call *radiomimetic,* meaning they ape the nature of radiation. They are ionized chemicals that have a terrible effect on the human system when exposed. Would boron be of assistance to people who endure that kind of exposure?

OLREE. Definitely, we would want to use boron and definitely selenium. Those two minerals are of the utmost importance for DNA maintenance.

ACRES U.S.A. What other minerals have you encountered in working out your standard genetic chart?

OLREE. Some of the lesser-known minerals would include cesium, a much heavier metal than sodium and potassium. When I've done sequencing in the ability to make these tumor-suppressing proteins and wake up the body's immune system, cesium seems to have quite an important role in the production of immune-enhancing protein storage in that genetic code. Using the overlay in comparison to the standard genetic code chart, as I explained earlier, cesium seems to have quite a profound affect on the function of the kidneys, along with sodium. I also believe that if you have enough cesium in your system, it prevents sodium from getting out of control. Many people have to avoid salt because it causes hypertension, but cesium is like the big brother to sodium — it allows it to do its job but helps keep it manageable. When we eat too much table salt — which is a very inorganic form of sodium — we tend to get hardening of the arteries, which drives blood pressure up. This isn't the case with sodium that's from an organic source, say from goat whey.

ACRES U.S.A. Would cesium lower blood pressure, is that what you're saying?

OLREE. Cesium will have a stabilizing affect on the kidneys, and any problems that you have with the kidneys can be lessened. One of my patients was using the cesium Eniva in excess of two years to stabilize some faulty kidney function. The kidneys healed just fine, and she's been off the cesium now for a year and a half. Another trace mineral, one that I think will be recognized in the next 10 to 15 years as being just as important as selenium, is called yttrium. There's only one book on it in terms of a database of knowledge — *Biochemistry of Scandium and Yttrium,* by Dr. Chaim T. Horovitz. He lays out a very compelling case for taking a look at your yttrium and scandium levels. I had to wrestle with this mineral for a couple of years because when I was developing this biological chart, I thought I'd be able to do my research on yttrium through an Internet search. I was very sadly mistaken — there really wasn't anything other than two or three articles in the public medicine library. A very interesting one described some Chinese geneticist who had put a form of yttrium in the water supply of their favorite lab animals — rats, I believe. When they later analyzed these rats, it wasn't yttrium they found in the body — instead they found much higher concentrations of selenium in the brain, the testicles, the kidney, liver and spleens. I found that to be a very interesting little tidbit of information. On the standard genetic chart we have placed yttrium at the UGA termination code, whereas some geneticists are currently under the impression that the UGA is occupied by selenium. This, I believe, is an inaccurate assessment. Selenium is the only mineral that current geneticists have been able to tie to a standard genetic chart. Our chart has all 64 — the geneticists' table has only one, and it's my contention that it might not even be in the right spot, since they haven't explored this enough yet.

ACRES U.S.A. This yttrium administered to the test animals in China — how long did they live?

OLREE. They didn't measure lifespan. But the research of Chaim T. Horovitz on scandium and yttrium uncovered that test animals given a daily injection of yttrium in the same location on the belly never produced redness, never produced soreness, never appeared to be sick from it in any way. But they had to wait quite a long time to do full analysis on the lab animals, which lived three times their normal lifespan. One of the findings was that this yttrium wasn't expelled through the skin or through the lungs — such as, say, trillium with the smell of garlic — it wasn't expelled through the kidneys, either. *All* of this yttrium, they discovered, was shuttled to the intestinal tract. I had to wrestle with this finding. If this yttrium is such an important molecule on the standard genetic chart — and it's an extremely important metal in terms of RNA direction to the cell to make individual proteins. When DNA instructs messengers to copy a piece of some chromosome, to push it out into the cell and make something, there's always one starting point, and that's methionine. There are three stopping points called ter-

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mination codes. The genetic code chart lays out that hydrogen would govern one termination code, sulfur which would govern another termination code, and yttrium governs the third. Since those lab animals lived three times their normal lifespan, it became apparent that the administration of yttrium allowed for more complete DNA expression. When proteins are to be made and the yttrium's termination code is called for, or the UGA termination code is called for, but you don't have yttrium or yttrium byproducts, then this would relate to what's called incomplete protein synthesis.

ACRES U.S.A. Where does this yttrium come to rest?

OLREE. I like to call this a fishing expedition. I say to myself, "You've got to find out what's in that intestinal tract that would be using this yttrium." After having a computer program written that would take the protein sequences and reanalyze them and give a quantitative amount of how many times each different mineral from the standard genetic chart is used in a protein sequence, I was able to analyze which genes were needed and what the genes need — which type of minerals and how many. In some of these genetic sequences, yttrium seems to be an extremely, *extremely* important termination code. I began examining the intestinal tract, and found that there is apparently no such thing as a list of probiotics. You can find a list of all the bacteria that can be killed by an antibiotic, but there is no really workable, concrete "probiotic list." I looked up the word *probiotic* on the Internet, and I got a list of all the prominent bacteria. Then I took this list, went into the databases, and found which ones had been genetically sequenced. When I ran these protein sequences through my computer program, I found that most of the bacteria in our stomachs that we call probiotics are hydrogen based. Two of them, however — *Bifidobacterium longum* and *Bifidobacterium bifidum* — utilize virtually no hydrogen in their termination codes — instead, they utilize a 95 to 99 percent yttrium-based termination code system.

ACRES U.S.A. Does that mean that yttrium is an important factor in maintaining digestion?

OLREE. More precisely, yttrium is an important factor for maintaining the lifecycle of two of our many probiotics, which are *essential* to digestion. When we feed ourselves, we chew our food into small bits and pieces. We add saliva to it, and our stomach juices mix it up. We have pancreas juices and bile juices. Finally, all the slurry of food that we've thrown all these digestive enzymes at goes into our intestinal tract. All we're doing is feeding a very large population of very hungry bacteria that live off of our food. These bacteria have a life cycle, respiration, intake and excretion — basically, we absorb our bacteria's excretion. So although yttrium is not absorbed by the human body per se, its primary role is to support the right type of bacteria in our intestinal tract.

ACRES U.S.A. Isn't this tantamount to saying that it's giving a signal, an assist to digestion?

OLREE. That's correct, and I would say that if you don't have the right type of bacteria growing in your system, you can experience selective starvation.

ACRES U.S.A. Let's move off of that particular line of thought for a moment and pick up on degenerative metabolic diseases. Things like Parkinson's disease, Alzheimer's, Lou Gehrig's disease (ALS) — what is causing these things and how do the trace nutrients figure in it?

OLREE. The research that I've done started with multiple sclerosis, and if it wasn't for a dear friend of mine, I might have been still groping in the dark in trying to understand the bacterial action of the intestinal tract in relation to yttrium. My friend is suffering severely from multiple sclerosis. He staggered into my office one day and said, "Richard, read this. You've got to talk to this guy." He showed me a 2002 article written by a geneticist whose research had shown that multiple sclerosis was actually nailed down to just two genes that weren't working right. In the article he says that although we can stick all the raw ingredients into a test tube, we just can't get this stuff to wrap around a nerve — and of course demyelination, or the loss of the coating of your nerve, is the hallmark of MS. In the article he had listed the two genes in the human genome that were faulty. I nailed down the protein sequences for these genes, I converted them, and to my surprise the number one termination code that was needed was yttrium. I said to myself, "They're never going to figure this one out because they don't know what yttrium is." After that, I started looking at other genetic sequences. Alzheimer's got my attention because it's always in the media. Parkinson's and Lou Gehrig's disease, they all seem to be very closely related. In terms of research, you find that many of the same broken genes appear in all of these various diseases — it's just a matter of which combination of genes is broken that determines the type of disease process. When I started running the protein sequences for all of these genes, I found that the most needed termination code in the sequences was always yttrium. As a matter of fact, yttrium always fell in the top 10 (out of 64) minerals in terms of need. The body has a priority system. Yttrium falls on the heart meridian, and any yttrium-based polypeptide or amino acid sequences produced by bacteria in the stomach or the intestinal tract is probably going to be used by the heart or the circulatory system before it can be sent to the brain.

ACRES U.S.A. Is it the absence of yttrium, or the presence of something else, or a combination?

OLREE. I think it's a combination. Boron is the mineral that controls all the positive three valences (that is, ions with a positive three charge) on the whole chart. Yttrium is a positive three mineral. Our food is saturated with another positive three mineral that also happens to be the third-most-abundant mineral on the crust of this Earth (in some places it's the fourth), and that's aluminum. Aluminum has crept into our diet over many years. Aluminum seems to be one of the most overabundant contaminant minerals within our diet. Morton table salt, for example, for many years contained sodium chloride which is salt, sodium silico aluminate, which is another salt. This aluminum source would be sprinkled onto all of your food at three meals each day. In the United States, the third leading cause of disability and death among senior citizens is Alzheimer's, and I think it's a direct result of the application of aluminum on their food three times a day. Take into account that aluminum is added to many, many municipality water treatment plants because it makes the water clear and sparkly. Add to that the fact that there's a society that grew up eating out of aluminum pots and pans, and that the majority of the underarm deodorant that we use as a society is an aluminum-based product.

ACRES U.S.A. We also have aluminum in baking soda, don't we?

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OLREE. Yes, it is. In fact it is very hard to consume foods that don't contain some form of aluminum.

ACRES U.S.A. Especially processed foods.

OLREE. Insects won't eat this processed food because I believe that they can sense the aluminum is there.

ACRES U.S.A. They may be smarter than we are in this area.

OLREE. Aluminum toxicity is a serious problem. The number one contaminant falling from the sky is sulfur, a sulfur trioxide compound that comes out of our cars and our catalytic converters. In the clouds this sulfur trioxide turns to sulfur dioxide, which rains down on the ground, where the sulfuric acid mineral takes aluminum from a solid state — a state in which it's been locked for millions and millions and millions of years — to a liquid. As a result we have what's called acidic lakes, and the aluminum gets into the tiniest of life forms. If you're a crawdad living in a lake, for example, and a blast of liquid aluminum comes into your water supply, the crawdad suffers hypoxia because the nerve from the gills to the brain are neutralized and respiration stops — much like the way your underarm deodorant kills the nerves to your sweat glands. Any living organism from the bottom up that comes into contact with this liquid aluminum suffers a heavy toll on its life process. As with other minerals in the body, an excess of one leads to a deficiency in another — for example, if you increase your potassium, your sodium drops, and vice versa. There's a see-saw effect with these minerals. The addition of excessive amounts of aluminum into your system will promote the growth of bacteria that require aluminum — and there are many bacteria that do require aluminum. Remember that aluminum is the third- or fourth-most-abundant element in the soil, and one tablespoon of soil has over 10,000 different species of bacteria. Our bellies are growing many of these bacteria, as well, and excess aluminum means overproduction of aluminum-based bacteria and consequently — yttrium and boron being alternate positive three minerals — the scale tips and it will suppress, if not eliminate, the growth of yttrium-based bacteria. The final result is neurodegenerative disease.

ACRES U.S.A. And nursing homes that are warehouses for all kinds of people whose bodies are still fairly good but whose minds are gone.

OLREE. The circulatory system functions just great, but there's nobody home because the body has gone into a preservation mode to keep it working — the circulation system. Yet there are not enough of the yttrium-based polypeptides or proteins to spare the brain continuous regeneration, so the brain goes into deterioration.

ACRES U.S.A. Before we close this down, maybe you could share a word of information on subatomic particles. Most of us like to think in terms of things that are seen and unseen, yet here are particles that really don't have a physical presence as we understand it.

OLREE. Subatomic particles got my interest when I was first introduced to the Walter Russell Periodic Chart in 1977 while attending chiropractic school. I just had a gut feeling that this man was right and that these subatomic particles existed.

ACRES U.S.A. What was his work entitled?

OLREE. He wrote a book called *Atomic Suicide?* (1955) in which he used his chart that he had developed in 1926. It was his goal to explain to the world what the atomic age meant — what the use of all this radiation was going to do. He tried to explain it to the people who were in cancer institutes using radium and cerium and these extremely heavy metals to try to cure the carbon molecule of its problem. They thought the answer was at the heavy end of the spectrum instead of the light end of the spectrum, and Russell wanted to let people know that when you put leaded gasoline into your tractor, you are then putting lead in the field, and that lead will end up in the food chain. He wanted to stop the proliferation of nuclear power plants and stop the proliferation of the atomic age. He didn't want to see people annihilate themselves, either on a daily basis or in a sudden mass extinction. He includes his periodic chart that theorized the existence of 22 subatomic particles. As time went by more and more research was done by CERN, the European Organization for Nuclear Research, at their particle physics laboratory in Chicago, where they discovered their first subatomic particle. That was in 1984, and then the discoveries just kept occurring.

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Now they've got it nailed down that the smallest particles next to light, or photons, are products called *quarks* — the smallest individual bits of matter there are. The stuff that holds the quarks together are called *gluons.* There are various types of quark — there is an up quark, a down quark, a top quark, a bottom quark, even a strange quark. These can double up, giving us a second level of energy, and then they triple up. There's a single quark system, a double quark system, a triple quark system, until you finally get to the mineral hydrogen.

"As with other minerals in the body, an excess of one leads to a deficiency in another — for example, if you increase your potassium, your sodium drops, and vice versa."

ACRES U.S.A. That's the first one on the Mendeleyev chart.

OLREE. Right. But Walter Russell said that there are 22 subatomic elements or minerals lighter than hydrogen. These minerals exist in a magnetic state. For example, there are three subatomic minerals that have a positive two charge. They arise as a result of a ratio of barium, strontium, calcium, magnesium and beryllium in our system, which then creates these magnetic forces that are subatomic. Each of the electron valences that we deal with have a set of minerals that will create a set of subatomic particles. When you vary your ratios of minerals, you vary the ratio of subatomic particles or the use thereof. DNA is the sequence that locks into place all of these minerals that create electromagnetic structure.

ACRES U.S.A. That's the reason that if the chicken gets some sunlight it can lay an egg. In other words, there is energy in that sunlight. There are vitamins in that sunlight. There is food in that sunlight.

OLREE. That's right. Now, I look at all this and say, "There's electromagnetic

energy." Going back to the book written by Chaim T. Horovitz, *Scandium and Yttrium in the Biological Process,* what I found fascinating was that scandium, which is one of the rarest minerals on Earth, is the 12th most abundant element on the sun. I thought, "My God, all I have to do is go out and get in the sunlight, and I'm going to get my daily dose of scandium!" Well, it turns out that I might have been correct. I went into the public medicine library and found the vitamin D receptors for *Homo sapiens,* I filtered these protein sequences out, and I concluded that the most important mineral in terms of vitamin D function is scandium.

ACRES U.S.A. Which is a gift of the sun.

OLREE. Right! Now, do I need to go find a plant with scandium? Maybe under extreme cases of complete sun deprivation for long periods of time you may have to provide a little jump start of some scandium to allow the sunlight to do its job correctly. But under normal conditions, that's an example of a mineral not necessarily having to be consumed in the traditional sense; instead, it's provided by the electromagnetic radiation of the sun.

ACRES U.S.A. To sum up what we've been discussing here, considering our present environment, our present state of the food supply, our present state of nonperformance by the Food and Drug Administration, what would be your assessment of supplements everybody almost universally needs?

OLREE. I take magnesium and selenium daily. I make sure I get some sunlight. I sometimes consume supplementary fatty omega oils. I sometimes take in some vitamin A. I cook with olive oil every day. And I attempt to get every bit of aluminum out of my life. I try to keep myself and my family away from noxious fumes which can be inhaled and cause damage. A lot of this stuff the body can regulate its own, but there are a few basic metals that it needs in order to do so. I take sea kelp for my iodine once or twice a week — not just one pill, but 10, 15, maybe 20 at one time, just like sitting down and eating a meal full of sea kelp. It's interesting that the women of Japan, with 10 percent of their diet being sea kelp, have the lowest incidence of breast cancer in the world. Seawater has blessed the earth with all the necessary minerals, we just have to know how to use them.

ACRES U.S.A. What is the purpose of the other suuplements?

OLREE. Magnesium and selenium keep the genetic structure flowing. Selenium keeps the viruses out of your system. Selenium keeps your brain working. Selenium keeps your thyroid working. Magnesium keeps the electricity in the heart going. Magnesium keeps your kidneys regulated. Magnesium keeps the arteries from allowing calcium to penetrate into the arteries causing hardening of the arteries.

ACRES U.S.A. What keeps the brain secure in its pan up there?

OLREE. Actually two minerals. Silicon is the glue that holds the brain together, and selenium and magnesium allow the function of calcium to allow the neurons to fire.

ACRES U.S.A. On a scale of one to ten, what is the prospect of getting what you require from the food that you can buy at the supermarket?

OLREE. Two. You've got to know what you're looking for. The more man has messed with your food supply, the more it has been processed, the worse the supply is going to be. The closer to the ground and the fresher it is, the better — if you could eat only foods that were not cooked, you wouldn't have to make digestive enzymes. All the vegetables and fruits we eat contain all the digestive enzymes necessary for their digestion. The more man processes the food, the more man has to make the digestive enzymes to extract whatever good the food has to offer.

ACRES U.S.A. What do you do about water? We've got credentialed scientists running around selling the proposition that it's absolutely essential we fluoridate the water supply, for example.

OLREE. I think we established that fluoridation is just ludicrous, almost to the point of mind control, yet most people don't know it.

ACRES U.S.A. Do people know that so many of their pharmaceuticals are fluoride based?

OLREE. Absolutely not. When I get clientele in, the first thing I do is grab the PDR, the *Physician's Desk Reference.* I pop open the page, the first thing I'm looking for is the chemical makeup. They've got pretty pictures in there of what the chemical looks like, but I don't really care — I want to know the actual makeup. Has it got carbon, nitrogen and oxygen? Do they throw a sulfur in? Do they throw phosphorus in? Do they throw fluorine in? What mineral is it they're using to alter DNA?

ACRES U.S.A. Or do they throw aluminum in?

OLREE. Aluminum sneaks in there most of the time in the form of food coloring. They have all kinds of food colorings added to these preparations, and I'm sure it has a lot to do with the preservation and shelf life of the drugs. Aluminum is snuck into so many things that when you hear this next statement you're going to have to sit back and wonder why they're doing this and who's sleeping at the switch. The day after Halloween my children dump all the candy on a table. They're trained to look for the food colorings that have aluminum — food colorings that have aluminum always have the word *Lake* associated with them, Red 40 Lake, Yellow 10 Lake, etc. When we're done sorting the candy with aluminum-based food coloring, we're left with only 10 percent of the candy that I would allow the children to eat. We throw 90 percent of Halloween candy away because it has aluminum in it.

ACRES U.S.A. Last question: What about microwaving food?

OLREE. Microwaving is the destruction of water in the food, and when you take the water out, you don't have much left. I'll put it this way: my microwave was moved seven years ago, and it makes a real nice vitamin shelf.