



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of ***Your Body Can Talk*** & ***Your AGING Body Can Talk***

[facebook/YourBodyCanTalk](https://www.facebook.com/YourBodyCanTalk)

YourBodyCanTalk2@Gmail.com

www.YourBodyCanTalk.com

Enhancing the Soil

Phosphorus is germane to all plants, so it is available in fruits and vegetables but less concentrated than is found in the proportionally higher protein foods. Selecting foods that were naturally grown with care also assures a higher natural phosphate content in your diet. Chemical-free growing methods and natural soil amendments in your personal garden or that of your chosen grower will yield more phosphorus in any crop.

Phosphorus deficient soil may require some detective work to identify. However, there are some obvious signs such as increased occurrence of disease, and delay in crop maturity and yield. Soils with deficiencies also produce plants with smaller-sized leaves, smaller seeds, fewer seeds, and a diminished germination rate. The leaves of corn and tomatoes that are lacking sufficient phosphorus may develop an abnormal purple color.

Guano (manure from birds and bats) is a rich source of phosphorus for your garden. Zoos often sell bags of guano to gardeners. Adding compostable kitchen and garden waste will also increase the phosphorus and trace mineral content of your soil.

Rotating the crops in your garden and working the dead foliage into the soil are other simple ways to promote consistent phosphorus in the soil content. Corn, soybeans, and alfalfa are crops that pull greater amounts of phosphorus from the soil.

*Taken from Pages 74-75 of **Your AGING Body Can Talk**.*