

## A McCarrison Society Conference

# The Elements of Health and Disease in the Soil

20<sup>th</sup> November 2003 (Thursday), 13.30pm - 7.30pm  
The Institute of Physics (76 Portland Place, London W1)

### Chairperson: Professor Michael Crawford

(Institute of Brain Chemistry and Human Nutrition, London Metropolitan University)

The importance of trace elements to the human body has largely been ignored. However, they are vital for our internal defence against oxidative cell damage (copper, manganese, zinc, iron, selenium), the maintenance of energy metabolism and the brain (iodine) and the translation of the genetic code (zinc). Deficiencies in the food we eat put these systems at risk. Loss of trace elements have been linked to the MMR debate, obesity, insulin resistance, heart disease and mental illness. Plants can only obtain these elements from the soil so our foods contain only what minerals the soil, through good husbandry provides. Sussex nutritionist, Dr David Thomas is giving the Cleave Award Lecture which will present his analysis of government statistics that detail the trace element content of foods we eat.

### Program

1.30 - 1.55 pm	Registration & Tea
2.00 - 3.00 pm	<b>Cleave Award Lecture</b> by <b>Dr David Thomas</b> 'The loss of minerals in our foods between 1940-1991. Is there need for concern?'
3.00 - 3.40 pm	<b>Mr Tom Stockdale</b> 'How the use of high nitrogen fertilizers depresses the mineral content of crops?'
3.40 - 4.20 pm	Tea
4.20 - 5.00 pm	<b>Dr Margaret Raymond</b> (University of Surrey) 'Nutritional aspects of selenium.'
5.00 - 5.40 pm	<b>Mr Jay Rahman</b> 'Arsenic pollution in Bangladesh'
5.40 - 6.00 pm	Discussion
6.00 - 6.30 pm	Press conference
6.30 pm	Aperitifs
7.00 pm	Buffet dinner & Informal Discussion

### Tickets

Places must be reserved, as space is limited. Please contact Mr David Marsh to make reservation. [Email: david@plasticheredity.co.uk]

Cooperate and Business	£50
NGOs and Charities	£30
McCarrison Society Member	£20
Concessions	£15
Students	£5 (excludes the buffet)

### Acknowledgements

This meeting is sponsored jointly by the McCarrison Society and the Mother and Child Foundation.