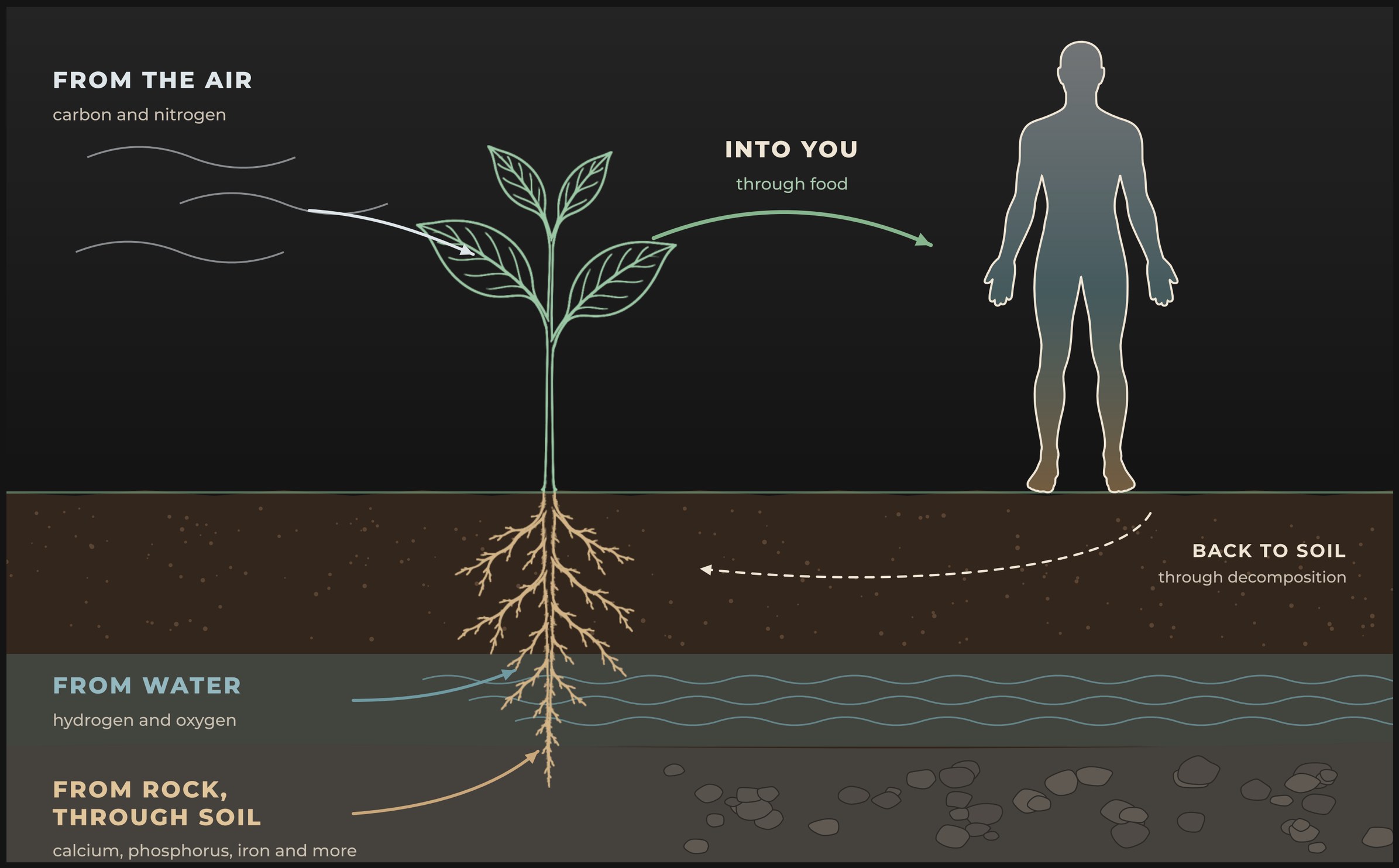
AQUARIAN ALCHEMY · THE EARTH ELEMENT

# A BODY MADE OF GROUND: HOW EACH ELEMENT IN YOUR BODY REACHES YOU

Most of you began as air and water. Earth is where they became a body.




| ELEMENT | APPROX. SHARE OF BODY MASS | MAIN ROUTE INTO THE FOOD CHAIN |
|---|---|---|
| **Oxygen** | ~65% | Water and air, via plants |
| **Carbon** | ~18% | Air (carbon dioxide), via plants |
| **Hydrogen** | ~10% | Water, via plants |
| **Nitrogen** | ~3% | Air, via soil microbes or fertilizer |
| **Calcium** | ~1.5% | Rock, through soil |
| **Phosphorus** | ~1% | Rock, through soil |
| **Potassium, sulfur, sodium, chlorine, magnesium** | under 1% combined | Rock and seawater, through soil and food |
| **Iron, zinc, iodine, selenium and others** | trace amounts | Rock, through soil and food |

Percentages are rounded textbook values and vary from person to person. Your skeleton is built mostly from minerals that began as rock. Minerals are weathered from rock; nitrogen arrives via soil microbes or fertilizer; everything returns through decomposition.

SOURCES

OpenStax, Anatomy and Physiology, section 2.1: elements of the human body.
Erisman et al. (2008), via Our World in Data: synthetic fertilizer and nitrogen.

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