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Written Paper

The complete book of minerals for health [1981]

Faelten, Sharon;

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Minerals are essential to good health, although the general public seems to know little about them. Descriptions of 22 minerals (e.g., calcium, zinc, copper, chromium, and vanadium) include their role in the body, food sources, and interactions with other substances. Methods for avoiding hazardous levels of harmful minerals, such as lead, are explored. Mineral-vitamin interactions such as zinc's regulating effect on vitamin A metabolism are analysed. Recipes using foods high in various minerals are listed; efficient cooking methods which preserve mineral content are described. Twenty-eight body disorders are individually examined showing their mineral treatments, e.g., leg ulcers--zinc; acne--zinc; muscle cramps--calcium; and kidney stones--magnesium. Answers to frequently asked questions about minerals are presented in a question and answer format. Mineral contents of more than 200 common foods are presented in chart form. (cs)

Bibliographic information

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Other: "Includes index. *US (NAL QP533.F3 1981 F and N B-2980)"

Eating a healthy diet remains the best way to get sufficient amounts of the vitamins and minerals you need. Essential nutrients for your body. Every day, your body produces skin, muscle, and bone. Vitamins and minerals are considered essential nutrients—because acting in concert, they perform hundreds of roles in the body. They help shore up bones, heal wounds, and bolster your immune system. They also convert food into energy, and repair cellular damage. The most complete, researched, comprehensive, and unique guide in print. This book explain all the elements necessary for better health and longer life. All illnesses and medical conditions are due in part to mineral deficiency. All of us are deficient in some of the vital elements we need.