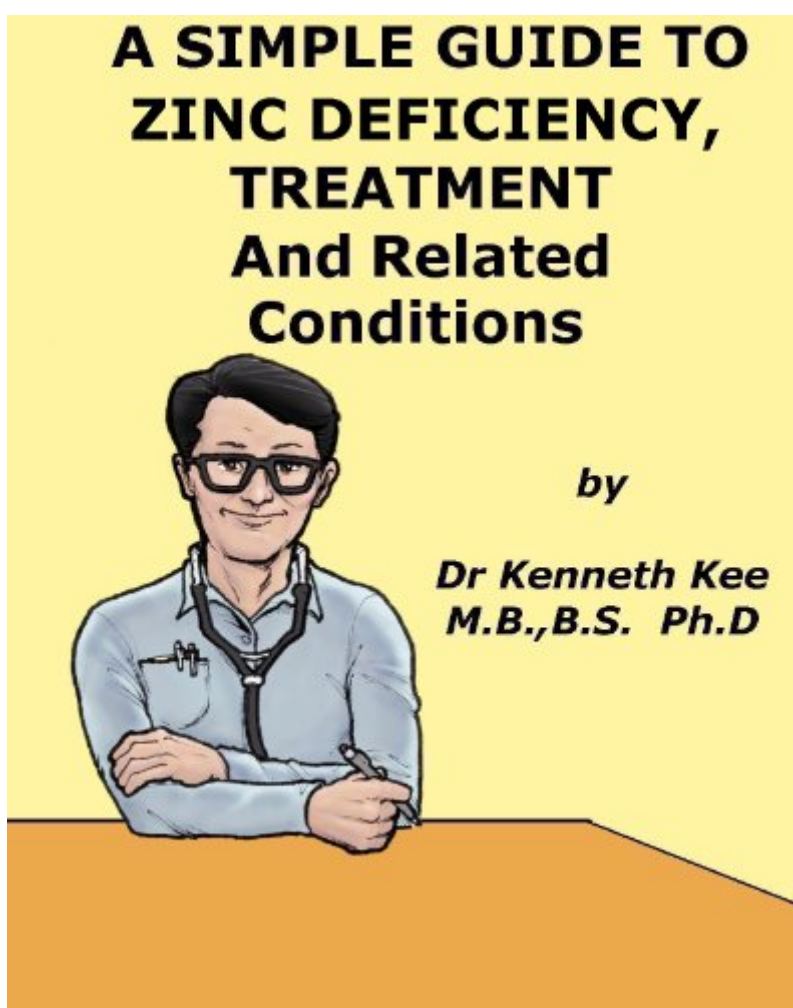


The book was found

A Simple Guide To Zinc Deficiency, Its Function And Treatment And Related Conditions (A Simple Guide To Medical Conditions)



Synopsis

Introduction
Ode To Zinc
Zinc you are used for many functions
Zinc is important for immune function
Zinc also supports normal growth and development
Zinc is a co-factor in DNA and cell division.
Zinc can stimulate white blood cell function
Zinc can defend the body against infections
Zinc deficiency causes enlargement of the prostate gland
Zinc assists in the development of the male sex organ
Zinc is a chemical essential for human function
Low Zinc is caused by poor diet and malabsorption
There are hair loss and skin lesions
Impairment of cognitive and motor functions
Treatment is by oral zinc supplementation
Or by a better zinc diet and proper nutrition
Zinc helps to keep the skin clear and healthy
And restore the body's ability to heal naturally-
An original poem by Kenneth Kee
Interesting Tips about the Zinc Deficiency
A Healthy Lifestyle
1. Take a well Balanced Diet
2. Treatment of Zinc Deficiency is based on both treatment of any underlying cause and zinc supplementation.
Zinc deficiency often coexists with other micronutrient deficiencies including iron making single supplements inappropriate
Zinc nutritional deficiency can be treated by taking zinc supplements and increasing intake of zinc through the diet.
Foods rich in zinc are wheat, oats, pumpkin seeds, eggs, milk, oysters, nuts, meat and peas.
Zinc supplements are generally included in complete supplements.
These zinc supplements are taken orally.
Zinc supplementation has a positive effect on growth in premature infants
There is weak evidence that zinc supplementation may help to heal leg ulcers in patients with low serum zinc
Excessive intake can be toxic, causing nausea, vomiting, headache and abdominal pain.
3. Keep bones and body strong
Bone marrow produces our blood
Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.
Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.
Eat food rich in Vitamins B and C such as green vegetables and fruits
Zinc and other minerals are important to the body
4. Get enough rest and Sleep
Avoid stress and tension
5. Exercise and stay active.
It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2-3 hours a week.
One way to do this is to be active 30 minutes a day at least 5 days a week.
Begin slowly especially if a person has not been active.
6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman.
Alcohol use also increases the chance of falling and breaking a bone.
Alcohol can affect the neurons and brain cells.
7. Stop or do not begin smoking.
It also interferes with blood supply and healing.

Chapter 1
Zinc
Zinc is an important trace mineral that people need to stay healthy
Zinc is second only to iron in its concentration in the body.
Zinc is found in cells throughout the body.
Zinc is an essential mineral that is important for immune function, wound healing, normal taste and smell.
Zinc also supports normal growth and development during pregnancy, childhood and adolescence.
Zinc is a co-factor in DNA and protein

synthesis and cell division. It is believed to be important in wound healing. Zinc is an essential trace element responsible for over 300 enzyme functions, can aid in normalizing the negative effects of diabetes mellitus. Many of the enzyme systems in which zinc is a necessity for are involved with the metabolism of blood sugar, and therefore make zinc a natural catalyst for insulin secretion. The beta cells that secrete insulin in the pancreas are also highly stored with zinc. Without the high concentrations of zinc, the beta cells suffer.

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