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.
Vitamins and minerals are as essential for living as air and water. Not only do they keep your body healthy and functional, they protect you from a variety of diseases. Try book clubs and volunteer groups in your area for mental and emotional stimulation. Related Topics: Staying Healthy. Receive special offers on health books and reports. Plus, receive your FREE Bonus Report, “101 Tips for Tip-Top Health”. E-mail Address. Great book for quick reference of different Vitamins and supplements. It lists what type it is, main uses, and other useful information. I purchased this book to help build my nootropic stack and this is perfect to help me quickly look up what supplement I need information on. The book only delves into uses of vitamins. It makes a small brief sections on the uses of just a few herbs before attempting to expound upon a variety of assorted illnesses and supposed causes of the same. Bad book for folks looking for chemical in depth knowledge of herbal constituents. Read more. 2 people found this helpful. “Trace minerals,” on the other hand, are types of minerals that your body only needs small amounts of: iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium. The Vitamins and Minerals Your Body Needs, and Why. Let's now look at the most important vitamins and minerals for your body. First, a quick explanation of acronyms: RDA stands for Recommended Dietary Allowances, and this refers to the average daily intake required for good health. If you like my articles, then you'll love my bestselling books. They'll show you exactly what you need to do to build muscle and lose fat without hating your diet or living in the gym. If you're a guy, check out Bigger Leaner Stronger, and if you're a girl, Thinner Leaner Stronger is for you.