

Download File PDF Trace Elements In Health

#Jenny



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#Rio



Cool! I'am really happy

#Markus Jensen



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My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

Trace Elements and Your Health

- Sources:** iodine, alcohol, iodized table salt, seafood, kelp & other seaweeds (raw or processed in items like kelp cream)
- Benefits:** helps metabolize fats, produce energy, and keep thyroid glands healthy
- Hazards:** too little can result in hypothyroidism, causing weight gain, lack of energy, reduced mental focus, and in some cases Goiter
- Estimated 10-20% of women over age 50 have a thyroid disease.**

Trace elements are those which we encounter in small quantities, typically 10 to 100 ppm

- We absorb them into our bodies through all means of contact
- Our bodies need small amounts of trace elements to remain healthy, but excessive doses of the same element can harm us
- The right dose for healthy living depends on a person's locale and habits
- The FDA tries to regulate the dosages we encounter in foods, soaps, and other commodities
- Three of the trace elements which we best understand are Iodine (I), Fluorine (F), and Selenium (Se)

- Sources:** meats, seafood, brewers yeast, broccoli, grains, chicken, garlic, onions
- Benefits:** strong antioxidant, produces antibodies, maintain tissue elasticity, the pancreas, and the heart
- Hazards:** deficiency linked to leukemia, rheumatoid arthritis, and fibrocystic breast disease; overdose may cause loss of teeth and hair, painful swelling of fingers, fatigue, and nausea

Trace Element	Estimated Daily Requirement	Physiological Functions
Calcium	1000 mg	Essential element, builds bones
Phosphorus	700 mg	Bones and enamel
Potassium	4000 mg	Active metabolism
Sodium	5000 mg	Water & acid-base balance
Magnesium	350 mg	Essential element, builds bones
Iron	10 mg	Metabolism, energy
Zinc	10 mg	Metabolism, energy
Copper	1 mg	Metabolism, energy
Manganese	2 mg	Metabolism, energy
Molybdenum	0.01 mg	Metabolism, energy
Selenium	55 mcg	Metabolism, energy

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