

Lose Your Zinc; Lose Your Mind

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Lose Your Zinc-Lose Your Mind By Bess Howard NP-C ABAHP

May I blow your mind for a moment and tell you some mind boggling news: low blood zinc can cause panic attacks, anxiety, depression, anorexia, male pattern baldness, cystic acne, and unwanted hair on the face (Tarizi, Sadaghianai, Alipoor, & Ostadrahimi, 2013 and Stafford, Berger, Vickar, & Cass, 2012). Other outcomes of low blood zinc cause heavy metal toxicity, preterm delivery and increased amounts of carbon dioxide in the blood worsening incidence of asthma, allergies and pneumonia. Low zinc has also been implicated in Alzheimer's and Parkinson's disease (Brewer et al., 2010, Dutta & Godsell, 2004, and Stafford, Berger, Vickar, & Cass, 2012). Studies also find that low blood zinc and ferritin (iron) are associated with increased hyperactivity, anxiety scores, and conduct problems in children diagnosed with ADHD (Oner et al., 2010). Other clinical signs and symptoms of zinc deficiency can be white spots or lines on the fingernails, and a lack of appetite (Stafford et al., 2012).

Zinc regulates copper levels in the body, increases mental and physical resiliency regulates gastric pH and is active in over 3,000 zinc driven proteins including enzymatic pathways that regulate blood sugar, brain health, testosterone and toxic waste as well as immune response; these pathways shut down d/t low zinc (Stafford et al., 2012, Maret, 2013, and LaValle & Yale, 2004). What is the root cause of low blood zinc? You may have a genetic issue where zinc and vitamin B6 are bound up with the end products of your hemoglobin in red blood cells and albumin which can cause drug resistant depression and anxiety; a simple urine test will rule this out. Other factors include malabsorption in the gut, eating a diet low in protein and high in grains and rich in phytic acid which inhibits the absorption of zinc. Most importantly, zinc is depleted due to chronic stress leading to high blood cortisol levels (LaValle

& Yale, 2004, p. 88). Copper and zinc balance each other in the body, so when zinc is depleted, copper remains and most foods with the exception of eggs have both zinc and copper, so once zinc is lost, it must be taken as a supplement; high copper levels can lead to mercury toxicity and make you “mad as a hatter”(LaValle & Yale, 2004, p. 217). Cadmium toxicity from cigarettes, welding, battery industries, fertilizers and plastics (a known cause of prostate cancer) will also displace zinc (LaValle & Yale, 2004, p. 232). Drugs such as diuretics, corticosteroids, Cholestyramine, Pepcid, Tagamet, Axid, Zantac, and oral contraceptives deplete blood zinc levels as well (LaValle & Yale, 2004, p. 514-517). You and your children can be tested and treated for zinc deficiency as a part of our wellness testing at the Wellness Revolution Clinic 2449 Spring Creek Blvd. Cleveland, TN 37311 Make your appointment today: 423-310-5443 We also provide food allergy, and some genetic testing, pre-conception wellness testing and nutritional counseling, have a safe weight loss program, look for underlying sources of infection, and gut disturbances, prescribe medications, bio-identical hormones, vitamins, minerals, and anti-aging supplements and an evidence based breast and prostate cancer prevention program. wellnessrevolutionclinic.com

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