



Wellness Update April 2017

by Susan Hanly - Naturopath

Zinc – can't live without it

Essential For Health

You may currently take zinc (Zn) when you have a cold or flu. However, did you know that your cells need zinc on a daily basis? The adult body contains approximately 2.0 to 3.0 g of zinc, mostly stored inside your cells. Zinc has far-reaching actions which affect the health of your whole body.

Are Your Zinc Levels Low?

If you experience any of the following symptoms, your zinc levels may be low:

- Recurrent colds, flus and/or infections
- Poor appetite, reduced taste and/or smell
- Sluggish digestion
- Slow growth and development
- Slow healing, acne and other skin conditions
- Infertility
- Sugar cravings
- Stress, anxiety, and depression.

The Low-Down on Zinc Deficiency

Many people are deficient in zinc. Inadequate dietary intake, increased physiological needs, or a diet high in sugar or alcohol and profuse sweating are common causes of zinc deficiency.

A Simple Taste Test

I can do a simple taste test to determine if you have a zinc deficiency. The test involves holding a zinc solution in your mouth for 10 seconds and assessing your taste response. The test relies on the presence of gustin, a zinc dependant enzyme. A lack of zinc reduces the activity of gustin, thus altering your taste perception.[1]

Nourishing Your Body from A to Zinc

Zinc protects your cells from free radical damage, providing **antioxidant defence**. Zinc's actions include supporting **healthy immunity**, and improving **appetite** and **digestive function**. Its ability to increase the healing rate of **acne** and **wounds** makes it indispensable for **skin health**. Zinc also plays a key role in blood sugar metabolism, for greater **blood sugar control**.

Zinc aids **growth and development**, and is an important nutrient during **pregnancy** for both mother and baby. Zinc is also important for **male health, fertility** and **sperm production**, increasing sperm motility concentration, therefore enhancing the chances of conception.



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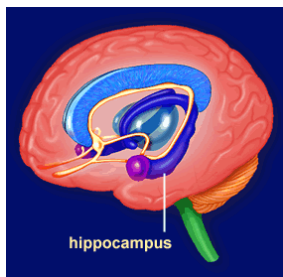
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Zinc is found in high concentrations in the hippocampus area of the brain which controls thought and memory. Recent research has shown zinc to be good for the brain, reducing **stress** and having a positive impact on **mental function** and **mood**.



likely to interact with other minerals, including copper, calcium and iron. The more zinc your body can absorb, the greater benefits it will deliver in improving your health.

Remember

You can find many past newsletters and information on the web site:

www.suehanly.com.au

You Don't Just Have to Eat Oysters!

You can top up your zinc levels by increasing the intake of zinc-rich foods:

- Oysters are a rich source of zinc, but if you are not a fan; beef, pork, chicken and lamb all contain zinc.
- Non-animal sources include nuts, whole grains, legumes, yeast and ginger.



Meta Zn® For Greater Absorption

If you need more zinc, talk to me about taking the highly absorbable Meta Zn®, or zinc bisglycinate. With its enhanced cellular uptake it increases the availability of zinc to your body. Meta Zn® is less



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