

Minerals: allergy & health connection

Minerals are naturally occurring inorganic (w/o carbon atom) crystalline substances. They are spread throughout Earth's crust, in rocks and sediments, in the soil, and dissolved in waters. As they are absorbed by plants, minerals enter food chain, becoming body constituent of animals, including humans.

Strictly talking, minerals are only the carriers of what your body really needs: pure substances in their simplest form, called chemical elements. Most of the elements can be found in the human body, but only a portion of them - we can call them dietary minerals - is beneficial. They cannot be synthesized by the body, hence we need them supplied in their specific forms through diet or supplementation.

The 22 elements that are considered essential for health are **calcium** [Ca](#), **chloride** [Cl](#), **cobalt** [Co](#), **chromium** [Cr](#), **copper** [Cu](#), **fluoride** [F](#), **iron** [Fe](#), **germanium** [Ge](#), **iodide** [I](#), **potassium** [K](#), **magnesium** [Mg](#), **manganese** [Mn](#), **molybdenum** [Mo](#), **sodium** [Na](#), **nickel** [Ni](#), **phosphorus** [P](#), **sulfur** [S](#), **selenium** [Se](#), **silicon** [Si](#), **tin** [Sn](#), **vanadium** [V](#) and **zinc** [Zn](#).

Not all the elements are beneficial: some of them, like [lead](#), [mercury](#), [cadmium](#), [arsenic](#), [aluminum](#), and others, are inherently toxic to the body.

Minerals' body functions

Unlike proteins, fats and starches, dietary minerals have zero caloric value. **They make only about 4% of the total body weight. Yet they are vital for literally all functions of the body.**

Mineral elements are functional part of many [enzymes](#), cellular membranes, muscular and nervous tissue; they are essential for proper acid-alkaline balance and water metabolism (fluid balance), as well as functioning of the glandular system.

Practically all of body's mineral weight comes from **macrominerals** - **calcium, phosphorus, magnesium, potassium, sulfur, chloride and sodium.** **They are constituents of body's musculoskeletal, tissue and cellular structure.**

Microminerals - also called *trace minerals*, or *trace elements* - zinc, iron,

manganese, iodine, copper, selenium, and a number of others, make only about 0.01% of body weight. However, they are as important for maintaining health as macro minerals.

All 22 essential mineral elements need to be present in the body at the near-optimum level. Excess minerals - especially in the form of individual mineral excesses - can be as detrimental to health as deficiency. Thus the optimum [diet](#) needs to provide sufficient and balanced intake of all mineral elements, preferably from natural sources - food, mineral-rich water and dietary mineral salts. Natural sources, however, may not be sufficient these days; mineral supplements are usually necessary to achieve the optimum intake.

Mineral supplementation

Your current individual need for any nutrient - including minerals - can vary significantly from the DRI value, depending on your genetics, health condition, lifestyle, nutritional imbalance, intake of medications, herbal and other preparations, and so on.

While a broad, balanced mineral [supplementation](#) is beneficial, it is not likely to correct significant mineral imbalances, or ailments and diseases resulting from them. This requires supplementation tailored to your specific mineral profile. **From consultation and a mineral assessment questionnaire we can assess your mineral requirements for a personalised mineral prescription.**

Magnesium and zinc are very often prescribed because these are lost in the urine in large amounts due to stress and drinking caffeine or alcohol. Other contributing factors are poor diet or lacking of dark green leafy vegetables daily.