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. (cs)
One of the very best health and nutrition books I have ever read. We can only absorb ORGANIC minerals, inorganic minerals are toxic. That 90% of the mineral supplements are inorganic and therefore toxic due to greed (easier to produce) or plain ignorance. This is why some people get "headaches" when they take supplements. They are not really natural but artificial never found in nature toxic poison. Essential for anyone seeking optimum health. Only take organic (processed by a living plant or animal) supplements, all others are false. Bonemeal obliterates osteoporosis. Although this book was written in the 1970's, this is a very good and informative book on minerals. I wish they would update it! I would encourage you to purchase this book. The minerals in the book are listed according to the mineralogical system of Hugo Strunz, in his book Mineralogische Tabellen in 1978. The chemical formulae of individual minerals follow the form of Glossary of Mineral Species 1995 by M. Fleischer and J.A. Mandarine. The information is complemented in both cases with the latest knowledge from scientific literature, such as new nomenclature of amphiboles, micas and zeolites. The mineral descriptions cover the basic physical and chemical data, including chemical formula and crystal system. The origin of individual minerals is described in detail. We chose for a relatively simplified scheme because the normal complexity cannot be described here in detail. An essential mineral is any mineral required by the body for health, that cannot be produced by the body and so has to be provided by your diet. There are 21 essential minerals, often described as: List of 5 major minerals (a.k.a. electrolytes). She is a certified Wellness Health Coach, Nutritional Consultant and a Detox Specialist. She helps busy men and women identify their health issues at the root cause, in order to eliminate the problems for optimum physical/mental health and wellbeing. An excellent handbook of rocks and minerals found in North America. Numerous color pictures of minerals - many with multiple examples - of various minerals and rocks make this a very informative handbook for field collecting and as a reference guide. Rocks Minerals & Gemstones (Soft cover edition). Introduces mineralogy within a casual, relevant, and accessible approach. Rather than being dry and dull, the book is oriented to the way readers actually learn a new subject. This represents an entirely new approach to the study of mineralogy. Key Topics: Relating mineralogy to everyday life, the book introduces large, understandable topics first, then explains why the "little things" are important to show how minerals fit into the larger picture. Each month we recycle over 2.3 million books, saving over 12,500 tonnes of books a year from going straight into landfill sites.