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Here are 10 essential minerals required by the body and their best food sources. It also plays a significant role in milk production during pregnancy. Apart from milk and dairy products, green leafy vegetables, broccoli, kale, bok choy, sardines, salmon, turnip greens, kelp, dried figs and oysters are a good source of calcium. Magnesium Magnesium is important for a bunch of enzyme-catalyzed reactions imperative for the normal functioning of the body. It also keeps your kidneys, heart and brain healthy. Whole grains, beans, leafy greens, nuts, soybean, legumes, bran cereals and seeds like pumpkin, sunflower and flaxseeds are good sources of magnesium. Phosphorus Like calcium, phosphorus is required to build strong bones and teeth. It helps the cells to function properly and make energy. Mushrooms, meat, poultry, eggs, legumes, nuts and dairy products to get your daily phosphorus requirement. Iron Known as the blood mineral, iron is essential for the formation of red blood cells and transporting oxygen in the body. It regulates growth and supports the immune system. Lean meat, shellfish, liver, lentils, iron fortified cereal, dried beans, peas, chickpeas, nuts and seeds, molasses and organic apricots to replenish your iron stores. Zinc An anti-oxidant mineral, zinc is vital for immunity and wound healing. It is crucial for sexual development and reproduction, maintaining healthy eyes and supporting liver function. Black-eyed peas, soybeans, lima beans, mushrooms, pumpkin and pumpkin seeds, seafood, organic eggs, brightly colored fruits and vegetables, kelp and whole grains are rich sources of zinc. Sodium An essential fluid mineral that keeps a control over your blood volume to regulate blood pressure, sodium is extremely beneficial in digestion and maintaining the chemical composition of blood. Unrefined organic sea salt, kelp, beets, okra, coconuts, carrots, and dried fruits such as apricots, figs, and raisins are sodium-rich foods. Selenium An anti-oxidant mineral, selenium is vital for the proper functioning of your immune system as well as the thyroid gland. It even protects your cells from damage. Potassium A fluid mineral like sodium, potassium is necessary for maintaining the fluid balance and regulating blood pressure. Known as the nerve tonic, it also aids the sensory function. Potatoes, tomatoes, avocados, citrus fruits, bananas, cantaloupes, fatty fish, poultry, spinach and celery. Fresh seafood, kelp, iodized salt, Swiss chard, spinach, turnip greens and summer squash. Manganese Manganese combines with other minerals and promotes a healthy immune system. Green leafy vegetables, avocados, blueberries, pineapples, kelp, green tea, eggs, fresh beetroot and wheatgerm.

2: EMILIA (@wholesome_delight) â€¢ Instagram photos and videos

*Wholesome Nutrition for Mind, Body and Microflora: The Goal of Lacto-Vegetarianism (Recipes of Udipi Cuisine Included) [Yamuna Lingappa, B. T. Lingappa] on www.enganchecubano.com *FREE* shipping on qualifying offers.*

That has changed considerably. Gastroenterology meets Neuroscience, meets Microbiology, meets Immunology, meets Psychiatry. The collaborations are new because, frankly, nobody thought to put these scientists and clinicians together until recently. Now, with the help of a generous gift provided by Mrs. Courtney Amos and Mr. Amos, the new Center is one of a few places in the world dedicated to studying the links between diet and disease, and also the role of good and bad bacteria in making us sick and keeping us healthy. Understanding that journey requires some basic knowledge of the gut-brain axis. A few very important points to consider: Tiny changes here can have big effects on our emotions and gut motility; The reverse is also true: Changes in our mood can also affect everything in the gut. Pasricha has shown in mouse models of diabetes that there is remodeling of the enteric nerves that help control insulin production; he believes that a new approach to treating diabetes â€” by changing the way the nerves signal to each other â€” may be on the horizon. The gut has at least as many neurons, or nerve cells, as the spinal cord. Pasricha is involved in many research projects involving multiple aspects of the gut-brain axis. A lot of the drugs they use affect both the brain in their head and the brain in their gut. Glenn and I learn a lot from each other as we try to work out a rational way to approach these patients, so the same kind of drugs can affect both their GI symptoms and their mental and behavioral symptoms. The Worlds of the Microbiome Now, what about the gut bacteria? They influence liver function, the function of the deep tissues, the enteric nervous system. This concept is amazing, particularly the idea that they can influence our mood and how we function in life. Many patients come by way of a rather long road. To give an idea of the complexity of the microbiome: One way to study it is to sequence the bacteria in stool samples. It has gotten vastly less expensive and faster. Will this eliminate the need for antidepressants? Probably not, Sears says.

3: 10 Minerals Your Body Needs & How You Can Get Them

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9: Food, Body, Mind - Johns Hopkins Center for Innovative Medicine

Yamuna Lingappa is the author of Wholesome Nutrition for Mind, Body, and Microflora (avg rating, 0 ratings, 0 reviews, published).

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