

Importance of Minerals and Its Impact to Our Health and Longevity

Minerals are important to our health and longevity. They help to maintain proper cell, organ and system function. It is vital that our daily food intake contain adequate amounts of minerals our body requires. If there is a deficiency of any mineral in our body, our health will tend to suffer. It is important for us to know what minerals are essential for our health, how they benefit us and where they are found. This will help us maintain sufficient consumption of these minerals and keep us in good health.

Calcium

Calcium is essential for the production of hormones, maintenance of strong bones and transmission of nerve impulses. Besides, it helps muscles, especially the heart, to relax and contract, and promotes blood coagulation. Furthermore, calcium helps to maintain healthy hair, skin, and teeth. If our daily intake of calcium is insufficient, osteoporosis and other problems may develop. Calcium can be found in dairy products, leafy green vegetables, broccoli, soybeans, yogurt, raisins and canned fish such as salmon and sardines.

Iron

Iron is an important component of hemoglobin, which helps to carry oxygen throughout the body. If our body has an iron deficiency, we may suffer from anemia. This illness occurs as a result of inadequate blood oxygen. The dietary sources of iron include liver, kidneys, red meat, broccoli, nuts, cheddar cheese, chickpeas, prune juice and wheat germ.

Magnesium

Magnesium is required by the body for the repair and maintenance of cells. It also helps nerve impulses travel through the body, assists in maintaining the body's metabolism and aids the growth and repair of bones. Magnesium can be obtained from various types of fish, fruits, green leafy vegetables, dairy products, nuts, wheat germ, brown rice and soy beans.

Phosphorus

Phosphorus helps in maintaining healthy bones and teeth, aids the body metabolize several B vitamins and helps in the healing of fractures. In addition, it helps the body produce energy and enhances the growth of tissues. The major sources of phosphorus include red meat, poultry, dairy products, fish food, dried beans, peanuts, soybeans and whole grains.

Potassium

Potassium is an important mineral for sustaining healthy bodily functions. It is required for red blood cells and helps in heart, nerve and muscle functions. Furthermore, it aids the kidney remove waste products from the body and helps provide oxygen to the brain. List of foods high in potassium are avocados, bananas, citrus fruit, milk, nuts, potatoes, tomatoes, green leafy vegetables, molasses and whole grains.

Selenium

The primary function of selenium is to protect cells from being damaged by free radicals. The main natural selenium source includes broccoli, cabbage, celery, liver, chicken, garlic, liver and whole grains.

Zinc

Zinc helps in the regulation of the body's energy supply and works with red blood cells to transport waste carbon dioxide from the body tissue to the lungs where it is expelled. It also plays an important role in the division, growth and repair of body cells. In addition, it helps preserve our sense of taste and smell, and aids in wound healing. Zinc can be found in beef, pork, poultry, soybeans, milk and whole grains.

Chromium

Chromium is used for stimulating the production of insulin. Chromium can be obtained from liver, meat, whole-grain cereals, and cheese.

The **minerals** stated above are essential to keep us healthy. These minerals help our body function properly. If our daily food intake does not contain sufficient amounts of these minerals which our body requires, health problems will occur. Taking a daily mineral supplement in the form of a tablet or capsule can help us maintain good health. It ensures that the imbalance in our diet is corrected before health problems start to occur