

10 Point Checklist for Mindful Eating

According to a report by UNICEF and The Micronutrient Initiative, as many as a third of the world's people do not meet their physical and intellectual potential because of vitamin and mineral deficiencies. Are developing countries the only ones to be concerned by vital nutrient deficiencies?

Amber J. Tresca, in About, declares that Inflammatory Bowel Disease (IBD) is a prime cause of mineral deficiency, due to inflammation in the small and/or large intestine, some nutrients are not fully absorbed, and if the body is not receiving even one nutrient it needs, the end result is a chain reaction that affects many other vitamins and minerals, and the whole metabolism.

Vitamin D

This is necessary to help the body absorb calcium. Vitamin D is found in fortified milk, and Vitamin D is also absorbed in the skin when it is exposed to sunlight. By going out in the sun every day can provide some of this essential vitamin.

Foods for Vitamin D:

Butter, Eggs, Fish liver oils, milk, and Liver.

Zinc is needed to transport vitamin A around the body, it is needed for wound healing, and more than 80 enzyme actions.

Foods:

Meat, eggs, oysters, and whole grains, nuts, cheese, green peas, and Legumes and lentils.

Essential minerals are needed by the body to make enzymes, hormones, bone tissue, etc. Deficiencies usually occur because one or more trace minerals may be lacking in the soil in which the food plant was grown.

Crops which are grown in deficient soil can display poor condition and are susceptible to disease and attacks by pests.

So considering that the content of various minerals in a plant can vary enormously depending on the soil, the water content of the soil, the weather and so on, means that the best way to obtain your minerals is from a variety of fresh, raw fruits and vegetables.

Apart from vitamins and other nutrients in raw fruit and vegetables, preferably organically grown, the abundance of organic minerals they contain explains why patients with cancer respond so well when restricted to these foods.

Joy Ray

<http://ibdcrohns.about.com/od/relatedconditions/a/vitminibd.htm>

<http://chestofbooks.com/health/natural-cure/Ross-Horne/Health-and-Survival-in-the-21st-Century/Dieting-Mineral-Deficiencies.html>

<http://www.bounties-of-nature.com/benefits-of-seaweed.html>

The disease resistance of plants and animals in the sea is remarkably different from disease resistance in land animals and comparisons between animals of the same or similar species are most interesting. For example, fresh-water trout all develop terminal cancer of the liver at the average age of 5-1/2 years; cancer has never been found in sea trout. It is also known that all land animals develop arteriosclerosis, yet sea animals have never been diagnosed as arteriosclerotic.

Investigators have also established the startling absence of disease in the sea, citing not only the absence of 'chronic' disease forms, but especially the general vigorous health of sea animals that has apparently lengthened life many times in comparison to similar land species.

These longevity differences are especially evident in such sea mammals as whales, seals and porpoises who have identical physiological systems with the majority of land animals important to man.

And the major differences between sea and land life appear to be attributable to the superior food chain of the sea!"

Seaweed can contribute greatly to our nutritional needs, supplying many much needed nutrients, but apart from eating seaweed in the form of soups, and sushi, we can mulch our gardens with seaweed, improving our soils, and giving our tasty home grown veges an extra boost of mineral content.

Joy Ray

<http://ibdcrohns.about.com/od/relatedconditions/a/vitminibd.htm>

<http://chestofbooks.com/health/natural-cure/Ross-Horne/Health-and-Survival-in-the-21st-Century/Dieting-Mineral-Deficiencies.html>

<http://www.bounties-of-nature.com/benefits-of-seaweed.html>