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.
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 the five major minerals (calcium, phosphorus, potassium, sodium, and magnesium); and 16 trace minerals (iron, cobalt, copper, zinc, manganese, molybdenum, iodine, selenium, sulfur, chloride, boron, silicon, vanadium, nickel, arsenic, chromium). Excess and Deficiency. The toxicity of minerals depends essentially on the amount absorbed by the body.