



The Top 3 Nutrient Deficiencies I See in Clients

Message from Milly

After decades practicing conventional, natural, and bioenergetic medicine, I've learned that every person's health needs are highly individual.

For example, I could see two people in the same day with low energy, or a chronic skin rash, or a thyroid problem, yet the energetic causal factors behind their issues are quite different.

However, I've also learned there are certain health deficiencies nearly all of us have in common.

One example is nutrient deficiencies or insufficiencies (a *deficiency* being a lack of that nutrient, and a *insufficiency* being the trend toward deficiency), which tend to pop up in nearly every single person at some point.

What's really interesting, is there are three essential nutrients that come up as lacking in the majority of my clients (children, adults, and seniors): zinc, B12, and magnesium.

Why is this the case? Read on to learn what these nutrients do, why we need them, and how they've become scarce in our foods and our bodies.

Blessings,

-Milly



1: Zinc (your body's most powerful immune protective mineral)

What zinc does for your body:

I truly believe lack of zinc is one of the key factors behind so many chronic, autoimmune, and mysterious illnesses because it is so essential to immune function.

And when we have strong immunity, we're more successful in keeping trouble-making viruses, bacteria, and other pathogens at bay.

In addition to keeping your immune system strong, zinc is also vital for cellular metabolism, protein and DNA synthesis, proper development during childhood, pregnancy, and adolescence, eye, skin, hair, and nail health, and a normal sense of taste and smell.

Why we're often lacking in zinc:

A lack of zinc-rich foods and depletion of zinc in our topsoil are factors, as is the prevalence of digestive problems which can hinder absorption. Also, diets high in phytic-acid-containing grains, beans, etc. such as vegetarian or vegan diets, have been shown to inhibit zinc absorption**. And certain common medications can rob your body of zinc.

That doesn't mean you can't be vegan or plant-based and be healthy (on the contrary, these diets can be very healing so long as they're balanced), just take steps to reduce phytic acid in your foods (like by soaking and/or sprouting grains, beans, etc.).

Best sources of zinc:

Food sources:

- Lamb
- Oysters
- Pumpkin seeds
- Crab
- Hemp seeds
- Grassfed beef
- Cashews
- Lentils
- Chickpeas
- Cocoa

Most bioavailable supplements:

Due to the lack of zinc in everyday foods, I often recommend supplementation with one of the following:

- Zinc glycinate
- Zinc sulfate

References:

*<https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>

**<https://pubmed.ncbi.nlm.nih.gov/25369924/>

#2: Vitamin B12 (no longer just an issue for vegans and vegetarians)

What vitamin B12 does in your body:

There's an old belief that if you eat meat, eggs, and/or dairy that you won't have any issues with B12 deficiency. However, that is no longer the case with deficiency or borderline deficiency affecting at least 15% of the general population.*

B12 is not only critical for energy and healthy blood, it acts as a balm for your neurological system---which is why



deficiency is common in those with mental health issues such as anxiety, depression, and even schizophrenia**. It's also involved in homocysteine metabolism and required for methionine synthase, which is involved in your DNA, RNA, hormones, proteins, and lipids and fat and protein metabolism. B12 is also critical for proper cognitive function, memory, and metabolism.

Why we're often lacking in B12

There are other hidden factors behind B12 deficiency than a lack of animal protein, including:

- B12-depleting medications, such as birth control pills***
- Poor gut health which hinders absorption
- Methylation issues such MTHFR genetic mutation (which impair your ability to absorb and utilize B12)
- Liver health issues
- Poor stomach function due to low hydrochloric acid (this is very common in autoimmune issues)
- Neurotransmitter imbalances
- Age, seniors tend to be more deficient often due to low hydrochloric acid production and medications

Best sources of Vitamin B12:

Food sources:

- Red meat
- Liver
- Poultry
- Fish and Seafood (especially clams)
- Eggs
- Dairy Products

Most bioavailable supplements:

Due to the prevalence of methylation issues/genetic mutations, I recommend highly-absorbable methylcobalamine, often in conjunction with a probiotic/prebiotic supplement, like Flora 12+ or Flora Synergy, to support normal absorption and gut health.

References:

*<https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>

**<https://www.sciencedaily.com/releases/2013/03/130306162237.htm>

***<https://pubmed.ncbi.nlm.nih.gov/6568271/>



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#3: Magnesium (the anti-stress nutrient)

What magnesium does in your body:

Given that magnesium is involved in hundreds of biochemical reactions, the better question would be: what *doesn't* it do for your body? Here are some highlights*:

- Promotes a healthy stress response
- Helps you sleep
- Enhances absorption of calcium
- Regulates insulin
- Helps control muscle contractions and function
- Supports production of thyroid hormones
- Reduces anxiety
- Promoting heart health
- Preventing migraines
- Supports mental and emotional health
- Helps PMS symptoms (including chocolate)

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cravings, which are often the body's cry for more magnesium)

Why we're often lacking magnesium

The unfortunate thing about magnesium deficiency/insufficiency is it's not widely recognized in conventional medicine (though the functional medicine doctors are on it!) because it's difficult to test for given only about 1% is stored in blood.

However, BioEnergetic testing provides us some clues as do common symptoms such as insomnia, heart or blood pressure issues, headaches, thyroid ailments, poor stress response, muscle pain, anxiety, blood sugar issues, etc.

The main reasons most of us are lacking magnesium is due to diet (both in terms of lack of magnesium-rich foods *and* too much sugar which depletes), digestive health issues (yes, that again!), and stress---which also depletes this essential mineral.

Best sources of magnesium:

Food sources:

- Dark leafy greens
- Legumes
- Pumpkin seeds
- Chia seeds
- Beets
- Cashews
- Almonds
- Black beans
- Edamame (organic please!)
- Potato with skin-on
- Dark chocolate (oh yeah!)
- Sesame seeds
- Figs
- Bananas

Most bioavailable supplements:

Magnesium glycinate has been proven** more absorbable and gentler on your stomach than any other form. Supplementation can be very helpful in addition to increasing dietary intake, especially if you're dealing with chronic stress.

References:

<https://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>

**<https://www.medicalnewstoday.com/articles/31537>