

Most Common Nutritional Deficiencies

“These are the most common nutritional deficiencies Vitamin D3, Magnesium, Omega 3 Fatty Acids (ALA, EPA, DHA), Zinc, Iodine (potassium iodide) and Vitamin E.

1. Magnesium

Deficiency: 8 out of 10 clients show clinical signs of magnesium deficiency. The average American diet only contains 50% to 60% of the Recommended Daily Allowance (RDA). According to [Dr. Guosong Liu](#), half the population of industrialized countries have a magnesium deficit, which increases with aging.

Symptoms: Anxiety, confusion, heart attack, [hyperactivity \(ADD/ADHD\)](#), insomnia, nervousness, muscular irritability (twitches, spasms or cramps), restlessness, Restless Leg Syndrome (RLS), weakness, heart palpitations, depression....

Recommended Foods: All green leafy vegetables (ex. Swiss chard and spinach), Seeds (pumpkin or sunflower seeds), Beans (black or navy beans).

Recommended Nutritional Supplements: [Magnesium](#) aspartate, glycinate or citrate (400 – 600 mg’s per day) OR [Transdermal Magnesium](#) Chloride (1 ounce rubbed over the body, per day).

2. Zinc

Deficiency: 7 out of 10 clients show clinical signs of deficiency.

Symptoms: Acne, [ADD/ADHD](#), brittle nails, delayed sexual maturity, depression/apathy, diarrhea, [eczema](#), fatigue, growth impairment, hair loss, high cholesterol levels, immune impairment, impotence, irritability, lethargy, loss of appetite, loss of sense of taste, [low stomach acid \(HCl\)](#), male infertility/abnormal sperm, memory impairment, night blindness, paranoia, white spots on nails, poor wound healing, psoriasis....

Recommended Foods: Calf’s liver, beef, mushrooms, spinach, green peas and pumpkin seeds.

Recommended Nutritional Supplements: [Zinc](#) Glycinate (50 – 100mg’s per day). Take with food, as zinc supplementation may cause nausea if taken on an empty stomach.

3. Vitamin D3 (cholecalciferol)

Deficiency: 10 out of 10 clients show deficiency (99.8% of all of my Labcorp, client blood tests have shown deficiency).

Symptoms: Allergies, auto immune diseases, burning sensation in mouth, cancer, diarrhea, insomnia, myopia, nervousness, osteoporosis, poor calcium utilization, rickets, scalp sweating, weight gain....

Recommended Foods: Cod liver oil, shrimp and eggs.

Recommended Nutritional Supplements: BEST VITAMIN D3 (cholecalciferol) PRODUCT: Liquid Vitamin D Forte by Biotics Research (\$20 for 700+ drops. Each drop = 2,000 IU's). Recommended dosage of emulsified Vitamin D3 (cholecalciferol) - (6,000 – 10,000 IU's per day for adults and 2,000 IU's for children above the age of five). Skin exposure to the sun, 15 minutes per day, is another great way to get adequate Vitamin D exposure. **Note:** living in southern California, I only take my Vitamin D3 during the months of October through the beginning of June. I surf a lot, and as soon as my wetsuit comes off and I can get 15 minutes+ of direct sunlight, I no longer need the supplement form. In fact, if I kept taking it, I would sunburn within 15 minutes. This is what your body does when the vitamin D3 level is maxed-out.

4. Vitamin E (d-alpha tocopherol)

Deficiency: 3/10 Males and 2/10 Females show signs of deficiency.

Symptoms: Neurological disturbances (gait disturbances, poor reflexes, loss of position sense, loss of vibration sense), shortened red blood cell life....

Recommended Foods: Green leafy vegetables (Mustard greens, chard, spinach and turnip greens), almonds and sunflower seeds.

Recommended Nutritional Supplements: d-alpha Tocopherol w/Mixed Tocopherols (400-800 IU's per day) or Organic Cold Pressed [Wheat Germ Oil](#) (1 Tablespoon per day supplies 400IU's of d-alpha tocopherol).

5. Omega 3 Fatty Acids (ALA, EPA, DHA)

Deficiency: 8/10 show signs of deficiency.

Symptoms: Diarrhea, dry skin and hair, hair loss, acne, [eczema](#), [psoriasis](#), immune weakness, infertility, [poor wound healing](#), premenstrual syndrome, gall stones, liver degeneration, ADD/ADHD and Depression....

Recommended Foods: Flax seed and/or flax seed oil, walnuts, sardines and [wild-caught salmon](#) (**Important:** avoid farm-raised salmon! Eating [farm raised salmon vs wild salmon](#) increases your risk of being exposed to PCB's, dioxin and other toxic pollutants. Farm raised salmon is colored with artificial color and lacks the omega 3 fatty acids of wild caught salmon).

Recommended Nutritional Supplements: Organic, Cold Pressed, Solvent Free – Flax Seed Oil (1 Tablespoon/10 grams per day – Best source of alpha-linolenic acid); Moleculely Distilled Fish Oil (1 Teaspoon per day – Best source of EPA/DHA).

6. Iodine (potassium iodide)

Deficiency: 6/10 show signs of deficiency and/or therapeutic need.

Symptoms: See – [Iodine and the Body](#) & [Iodine and Disease](#)

Recommended Foods: Most Kelp or Kombu has about 2500 mcg/gm. Other common seaweeds are much lower; for example, Nori (16 mcg/gm), Wakame (32 mcg/gm), Dulse (72 mcg/gm), Hijiki (629 mcg/gm).

Shellfish is variable, but some typical amounts of iodine are: Prawns (21mcg/100 g), (60mcg/100 g), Mussels (140mcg/100 g), Lobster (100mcg/100 g), Shrimp (100mcg/100 g). For a complete list, please go to [Iodine in Food](#).

Recommended Nutritional Supplements: [Iodoral](#) – 50mg's per day for three months, then 12.5mg per day. **Do not start on Iodine without first consulting your physician!**

IODINE AND DISEASE

There is increasing evidence that iodine deficiency is related to a variety of disease conditions.

Thyroid Disease.

Iodine deficiency is directly connected with numerous thyroid diseases, including hypothyroidism, hyperthyroidism, goiter, autoimmune issues, and cancer. There is a great deal of controversy over what effects iodine has on these conditions. The amount of iodine appears to be critical, with either too little or too much iodine having undesirable effects. At this point, there is strong disagreement about how much iodine is optimal.

Cancer.

Iodine deficiency is strongly implicated in cancer including thyroid cancer, breast cancer, ovarian cancer, prostate cancer, stomach cancer, pancreatic cancer, colon cancer, and lung cancer. Researchers have been investigating molecular iodine (I₂), apoptosis, NIS gene insertion, DNA methylation, and various other mechanisms that may be involved in various stages of cancer development and treatment.

Heart Disease.

Cann has hypothesized that iodine deficiency can have deleterious effects on the cardiovascular system, and correspondingly, that a higher iodine intake may benefit cardiovascular function. Thyroid hormones (T₄, T₃, and probably also T₂, and T₁) are important to the heart.

Multiple Sclerosis

Multiple Sclerosis belongs to a family of diseases that seem to be linked to iodine and selenium deficiency. Thyroid hormones are connected with re-myelination.

Diabetes

Diabetes is an autoimmune disease, with links to the thyroid autoimmune diseases. Flechas discusses conditions under which iodine is likely to be useful in the treatment of diabetes.

Aids

It is possible that iodine is effective in the treatment of human immunodeficiency virus and AIDS-associated opportunistic infections.

Lupus. An article from 1913 discusses nascent iodine for lupus.

Lyme Disease.

Iodine has been advocated for the treatment of Lyme Disease.

Sjogren's Syndrome

Sjogren's Syndrome is closely related to the thyroid autoimmune diseases and may have other links to iodine.

The research on iodine and disease is in its early stages with much speculation. There is still a great deal of controversy about which forms of iodine are best in which disease conditions and how much iodine is too much. Still, a great deal has been learned.

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