



THE FASTING PODCAST **WOW**: EPISODE 140 Zinc – Almost 1/3 People are Deficient

EPISODE 140: Zinc – Almost 1/3 People are Deficient

The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Zinc
30
Zn
65.39

Host: Julie Phillips, CNHP



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Zinc Basics

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- Zinc is #30 on the periodic table of elements – Zn
- Zinc is an “essential” trace mineral – body doesn’t make or store it – need daily but not in large quantities (trace min) and need to be in balance with copper
- Zinc is a co-factor for 1000+ enzymes – crucial worker bee in the body
- Zinc may be consumed in food, but not digesting or assimilating properly (e.g. heartburn or insufficient hcl, leaky gut, chronic stress, toxin exposure, certain medications & OTC like antacids, foods w/phytic acid or lectins like seeds/nuts)
- Vegans, men, and people with heartburn need to pay special attention
- World Health Organization (WHO) states 31% of world population is zinc deficient
- Zinc deficiency is responsible for 176,000 diarrhea deaths, 406,000 pneumonia deaths and 207,000 malaria deaths



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Zinc Benefits

- Allows enzymes to work properly
- Proper DNA coding, Cell signaling, Apoptosis (programmed cell death)
- Growth and development
- Immune system regulation
- Lipid metabolism
- Proper brain function
- Decreases inflammation
- Blood sugar support
- Improves hormone balance and sexual health – and MUCH more





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Possible Deficiency Signs

- Low immunity including frequent cold/flu bugs
- Poor memory or slow thinking
- Sinus or allergy issues – zinc regulates histamine levels
- Insomnia
- Loss of smell or taste or appetite
- Body or feet odor
- Loss of sex drive or fertility issues – zinc is required for testosterone
- Unusual hair loss
- Skin rashes, acne or eczema and many more





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Consuming Zinc

- Organic preferred – always
- Oysters, lamb, chicken, grass-fed dairy, eggs, shellfish, turkey, cashews, watermelon seeds, chickpeas, almonds, spinach, asparagus, red meat, pumpkin seeds, salmon, yogurt/kefir, cocoa powder
- Nuts and seeds also contain zinc but also phytic acid that binds to zinc and reduces zinc absorption – so careful for vegans
- One can sprout the seeds and nuts to help remove the phytic acid & lectins
- If food not enough, maybe supplement e.g. zinc glycinate chelate, good multi
- USDA: 8mg/day adult females, 11 mg adult males & preg/nursing, less kids
- Make sure you don't have heartburn/reflux or leaky gut and check medications & OTC aids that can hinder absorption, confirm copper/zinc bal





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Measuring Zinc

- Since the body doesn't store or make zinc, blood test is just snapshot in time
- It is convenient to test at home if suspecting or trying to improve zinc levels when you could check weekly
- Using a bottle of zinc sulfate liquid – put a capful in your mouth and observe reaction:
 1. No metallic taste = zinc deficiency
 2. Delayed metallic taste = slight zinc deficiency
 3. Slight metallic taste = zinc level adequate but could be higher
 4. Very strong metallic taste = zinc level may be optimal, good job!





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Possible Next Steps



For feedback to Julie: Julie@JPWOWPrograms.com

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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

