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MINERAL DEFICIENCY IN THE U.K.

Over the last few decades people have become concerned regarding their vitamin intake, but it is now clear that intake of minerals is of greater concern as food content of minerals has *declined*, whilst vitamin levels have remained at the same level.

A recent study has demonstrated that a high proportion of the population is potentially deficient in common minerals as intake of minerals is too low. To give you an indication the percentage of people potentially deficient is as follows:

Men With Deficient Intake Women With Deficient Intake

Calcium	25%	48%
Magnesium	42%	72%
Iron	12%	89%
Zinc	31%	31%
Copper	24%	59%
Iodine	9%	32%
Potassium	65%	94%
Selenium	40%	40%

Because mineral deficiency is almost universal in the British population there is a powerful argument for everyone taking mineral supplements. The most important are magnesium, zinc and chromium. Unfortunately, the paper looking into this research did not investigate the chromium levels but from experience chromium deficiency is as wide spread.

It is difficult to correct this situation by alteration of diet as most foods are now extremely low in essential minerals. Unfortunately, organic vegetables whilst free of pesticides do still not have adequate mineral levels. The most effective way to ensure an adequate mineral intake from diet *alone* is to grow your own vegetables and ensure that the soil is enriched with a mineral fertiliser such as volcanic ash or dolomite, otherwise I would urge mineral supplements for all patients, and I am trying to find the most appropriate and balanced formula for this.