

# Zinc for Healthy Hormones and Immune Function

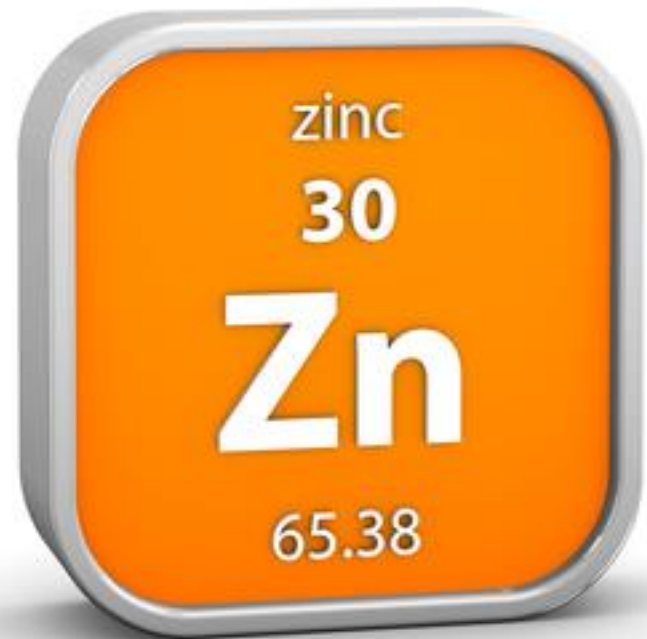


**with Dr. Ritamarie Loscalzo**

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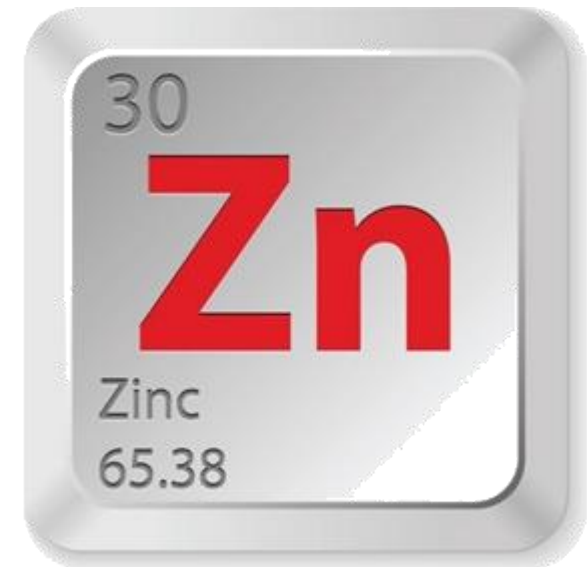
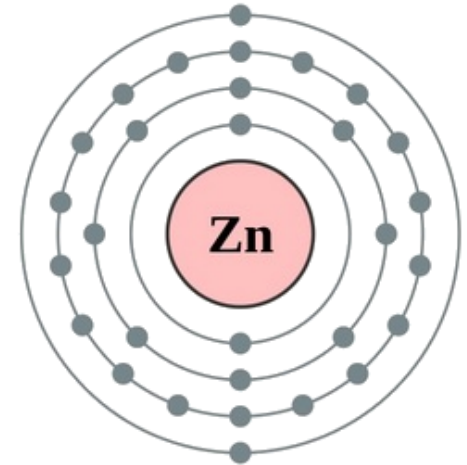
# Zinc Basics

- One of the major nutrients: required in milligram (mg) doses
- Important for 100 + enzymatic reactions in the body
  - ✓ Growth and repair
  - ✓ Hormones
  - ✓ Immune system
  - ✓ Neurotransmitters
  - ✓ Digestion
  - ✓ ...more



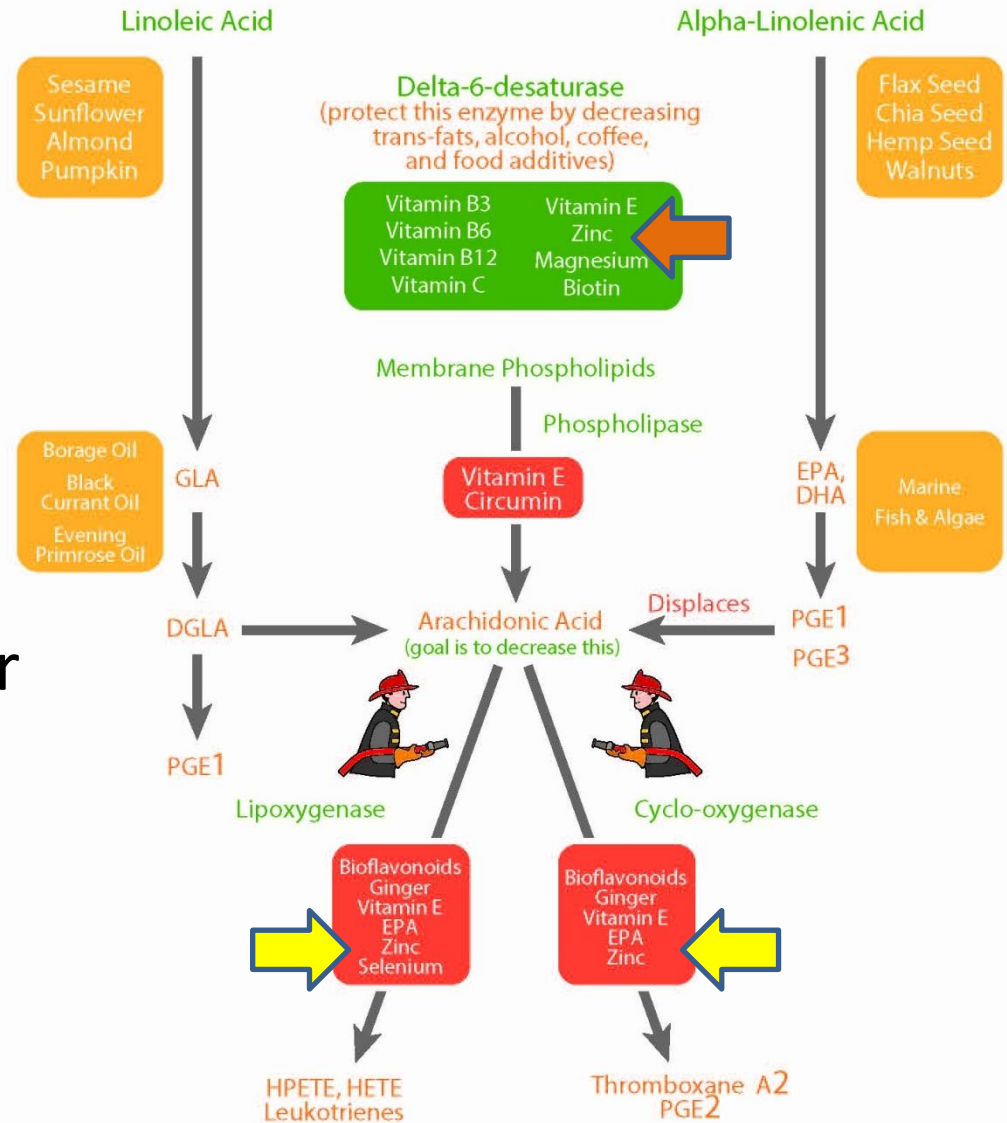
# What We Will Cover

- Why zinc is so important
- Where to find zinc in food supply
- Things that interfere with zinc absorption
- Signs and symptoms of deficiency
- Zinc deficiency questionnaire



# Example of Zinc as a Cofactor

- **Omega-3 fats:**  
creation of  
DHA and EPA:  
Delta-6-desaturase  
co-factor
  - ✓ **Mood**, mind,  
memory, and behavior
  - ✓ Inflammation and  
immune control
  - ✓ Blood sugar
  - ✓ ...lots more



# Signs of Zinc Deficiency

- Slow wound healing
- Brittle nails; poor nail growth
- Unhealthy hair
- Immune system imbalance





# Zinc Deficiency Questionnaire

Do you ever experience acne? ☐ 0 ☐ 1 ☐ 2 ☐ 3

Do you ever experience a decreased sense of taste? ☐ 0 ☐ 1 ☐ 2 ☐ 3

Do you form scars easily? ☐ 0 ☐ 1 ☐ 2 ☐ 3

Do you have a history of Crohn's disease? ☐ 0 ☐ 1 ☐ 2 ☐ 3

0 = never

1 = years ago

2 = within last year

3 = within past 3 months

Are you prone to an over consumption of sweets? ☐ 0 ☐ 1 ☐ 2 ☐ 3

Do you ever experience a poor perception of sweet taste? ☐ 0 ☐ 1 ☐ 2 ☐ 3

Do you ever experience rashes? ☐ 0 ☐ 1 ☐ 2 ☐ 3

Did you experience retarded growth and delayed sexual development as a child? (0=no; 3=yes) ☐ 0 ☐ 1 ☐ 2 ☐ 3

Are you prone to slow wound healing? ☐ 0 ☐ 1 ☐ 2 ☐ 3

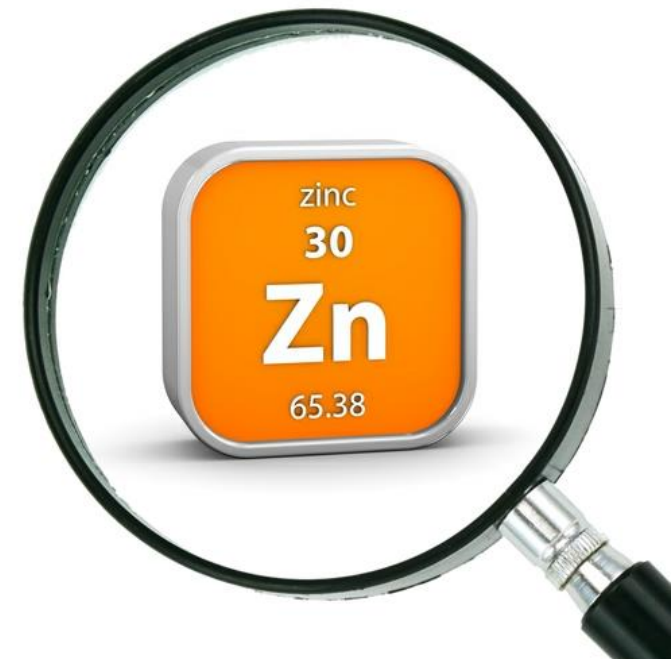
Are you prone to having smelly feet? ☐ 0 ☐ 1 ☐ 2 ☐ 3

Do you have a tendency towards infections? ☐ 0 ☐ 1 ☐ 2 ☐ 3

Do you have white spots on your fingernails? ☐ 0 ☐ 1 ☐ 2 ☐ 3

Do you ever experience puffy gums? ☐ 0 ☐ 1 ☐ 2 ☐ 3

Do you ever experience cracked finger tips? ☐ 0 ☐ 1 ☐ 2 ☐ 3



# Why Zinc Deficiency is So Common

- Needs strong stomach acid
- Need zinc to make stomach acid
- Deficiency in Mom and Grandma while pregnant can affect your ability to absorb and utilize zinc





# How Much Zinc Do You Need?

- Approximately 15-20 mg per day
- Increases with pregnancy and nursing
- Changes based on age, sex and activity level
- Check out [www.WHfoods.com](http://www.WHfoods.com) for detailed list



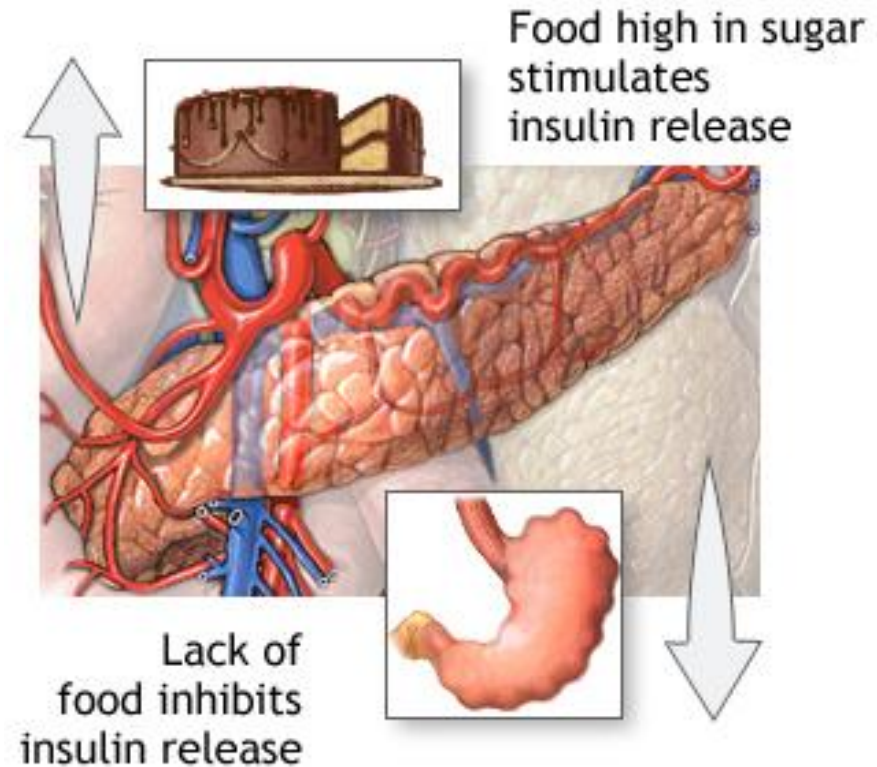
# Zinc Functions

- Tongue
- Stomach acid and digestive enzymes
- Skin, hair, nails: repair
- Endocrine (hormone) system
  - ✓ Testosterone
  - ✓ Estrogen – ratios
  - ✓ DHEA
- Protects prostate
- Maturation of egg
- Ratios between estrogen and testosterone
- Breast cancer protection
- Antioxidant
- Anti-inflammatory: relates to C-reactive protein



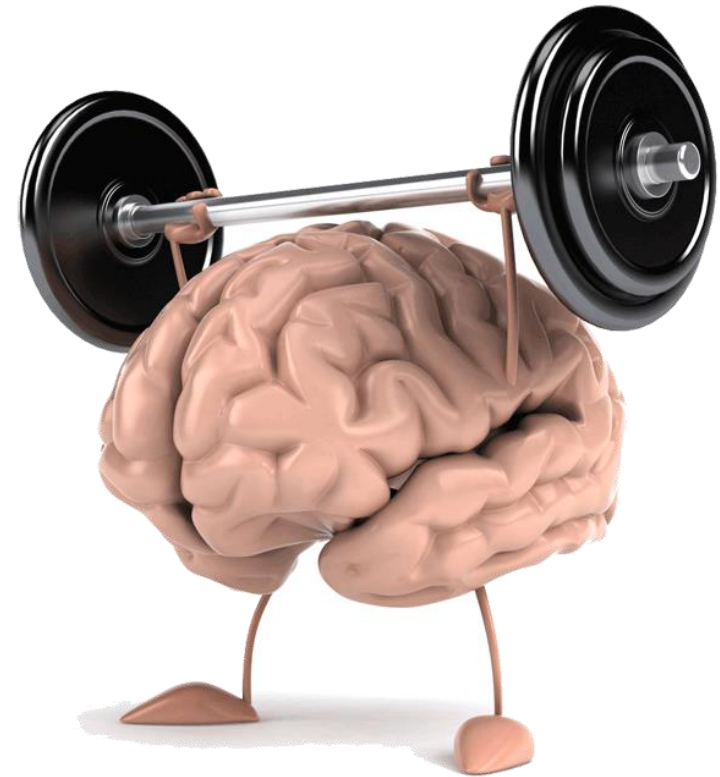
# Zinc and Insulin Regulation

- Transport of insulin into the cells
  - ✓ Neuropathy
  - ✓ Retinopathy
  - ✓ Thickening of lining of blood vessels
- Helps with creation of insulin in pancreas
- Affects sensitivity of cells to insulin



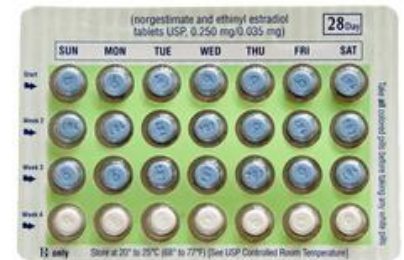
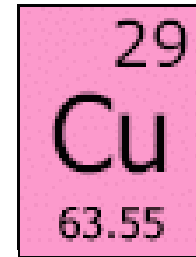
# Other Zinc Functions

- Counteracts overdose of iron
- Chelates heavy metals out of the brain
- Effects on focus and memory (helping kids with ADD)
- Brain function: neurotransmitters, preventing depression



# Things That Interfere with Zinc Absorption

- Copper excess
- Medications: i.e. antacids (Tums)
- Alcohol
- Birth control pills
- Grains: phytic acid



# WHFoods.com: Chart of Zinc Sources

Food	Serving Size	Cals	Amount (mg)	World's Healthiest Foods Rating
Beef	4 oz	132.7	4.09	very good
Spinach	1 cup	41.4	1.37	very good
Asparagus	1 cup	39.6	1.08	very good
Mushrooms, Shiitake	0.50 cup	40.6	0.96	very good
Mushrooms, Crimini	1 cup	15.8	0.79	very good
Lamb	4 oz	350.4	3.87	good
Sesame Seeds	0.25 cup	206.3	2.79	good
Pumpkin Seeds	0.25 cup	180.3	2.52	good
Garbanzo Beans	1 cup	269.0	2.51	good
Lentils	1 cup	229.7	2.51	good
Cashews	0.25 cup	221.2	2.31	good
Quinoa	0.75 cup	222.0	2.02	good



# WHFoods.com: Chart of Zinc Sources

Food	Serving	Cals	Amount	Rating
Turkey	4 oz	166.7	1.95	good
Tofu	4 oz	164.4	1.78	good
Scallops	4 oz	125.9	1.76	good
Green Peas	1 cup	115.7	1.64	good
Oats	0.25 cup	151.7	1.55	good
Yogurt	1 cup	149.4	1.45	good
Broccoli	1 cup	54.6	0.70	good
Summer Squash	1 cup	36.0	0.70	good
Swiss Chard	1 cup	35.0	0.58	good
Brussels Sprouts	1 cup	56.2	0.51	good
Miso	1 TBS	34.2	0.44	good
Sea Vegetables	1 TBS	10.8	0.33	good
Parsley	0.50 cup	10.9	0.33	good
Tomatoes	1 cup	32.4	0.31	good
Bok Choy	1 cup	20.4	0.29	good

# Zinc Deficiency

- Took 3 generations to replete in rats
- **Home Test for Zinc Deficiency:**  
Zinc Taste Test – Zinc Sulfate
- Regular testing recommended
- Ionized minerals are best to replenish  
(Good State is a clean brand)
- **Avoid sodium and potassium**  
benzoate as preservative
- Look at signs and symptoms
- Look at interfering factors

