

[IMAGE]

Get the Lead out with Vitamins

Lead is a soft metal that is used for x-ray protection and in many paints and industrial materials. In the human body, even small amounts of lead can be poisonous. Believe it or not, tiny amounts of lead get do get into our bodies, although usually it is flushed out naturally. However, if too much lead is absorbed or retained, it can cause permanent damage to the brain, kidneys and nervous system.

More and more evidence suggests that nutritional deficiencies affect levels of lead in the human body. A study in the *Journal of Epidemiology* found that inadequate daily intakes of vitamin C, vitamin D and iron increased the absorption and retention of lead in both blood and bone. While only about four percent of the study population showed inadequate daily intake of vitamin C (compared with U.S. recommended daily allowances), 11.4% had iron deficiencies and 25.6% had vitamin D deficiencies.

These findings add to the substantial body of research documenting the benefits of adequate daily vitamin intake. Are you getting enough of the essential vitamins, minerals and nutrients in your diet? If you come up short (or don't know where you stand), sit down and talk with your doctor of chiropractic.

For more information on vitamins & minerals, visit
<http://www.chiroweb.com/find/tellmeabout/nutrients.html>

Reference:

Cheng Y, Willett WC, et al. Relation of nutrition to bone lead and blood lead levels in middle-aged to elderly men. *American Journal of Epidemiology*, 1998; vol. 147, no. 12, pp1162-74.

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http://www.toyourhealth.com/mpacms/tyh/article.php?id=267&no_paginate=true&no_b=true