

Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick. Opinions expressed on this website are my own or come from my own experience or research

ZINC

Zinc is an essential component/cofactor for over 300 enzymes involved in the synthesis and metabolism of carbohydrates, lipids, proteins, nucleic acids and other micro-nutrients. It is found in cells throughout the body. It helps the immune system fight bacteria and viruses. The body needs zinc to make protein and DNA, the genetic material in all cells. During pregnancy, infancy and childhood, the body needs zinc to grow and develop properly. Zinc helps wounds to heal and is responsible for the proper sense of taste and smell.....which makes me wonder about the loss of taste and smell as a Covid 19 symptom....? Could this indicate low zinc? The body does not store zinc so daily intake is necessary to maintain levels.

Sources of Zinc: Oysters (more zinc per serving than any other food), red meat, poultry, pulses, nuts, legumes, wholegrain cereals, dairy products such as cheese.

Note: Phytates in wholegrain bread, cereals, legumes and some other foods inhibit the absorption of zinc reducing its bioavailability. Soak legumes in water overnight with a tablespoon of apple cider vinegar to break down anti-nutrients and make nutrients more absorbable.