

“There are two primary forces in this world, fear and faith. Fear can move you to destructiveness or sickness or failure. Only in rare instances will it motivate you to accomplishment. But faith is a greater force. Faith can drive itself into your consciousness and set you free from fear forever.”

- **Norman Vincent Peale**

This quote speaks for itself and I believe it with all my heart. In fact, I have a t-shirt that says *“Faith Over Fear”*. Whenever I wear it, I get so many positive comments from complete strangers. When we’re fearful, we can be controlled and that’s what’s been happening over the last 18 months. We’ve been controlled by the fear that’s been pushed on us constantly by the media. Sadly, it’s impacted how we’ve been living our lives. But I haven’t been fearful because I know that I have the power to CHOOSE. Faith conquers fear. I’ve chosen faith and I’ve refused to be fearful. Join me in being faithful and knowing that God is in control. It’ll change your life.

Yours in health,

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Why We Need Zinc



In my book, zinc rates right up there with Vitamins D and C. It’s a supplement that’s beneficial to have on hand and take on a regular basis. Keep in mind that it’s a trace mineral, so you don’t need much daily, but you still need it. For those of you not familiar with its benefits, this is your lucky day.

The reality is, your body needs zinc in order to function properly. How much do you need? Typically men need about 11 milligrams per day and women need closer to 8. But, women who are pregnant or breastfeeding need a dose closer to what men need.

Zinc is known for boosting the immune system, preventing infections and for helping prevent the common cold. Sucking on zinc lozenges is a popular treatment for colds. It’s also being used, in conjunction with hydroxychloroquine and Zithromax, to successfully treat Covid-19. But the media won’t tell you that. Some of zinc’s lesser known benefits are helping with energy production, alertness and mood as well as brain function. It also plays a super important role in digestion, hormone production and the overall healing process for both the body and the brain. Here are a few of what I think are some of the top benefits of zinc.

1. **Improves Immunity**. Zinc plays a super important role in your body’s ability to fight viruses, bacteria and fungus. Studies have shown that zinc actually decreases oxidative stress in the body.
2. **Improves Wound Healing**. Adequate levels of zinc seem to help your body’s ability to help wounds heal faster.
3. **Helps Protect the Heart**. Because it’s an antioxidant, zinc seems to protect the heart against oxidative stress that can be harmful long term. It along with selenium, magnesium and copper, appear to strengthen the heart. Research has shown the people with congestive heart failure often have a zinc deficiency.

4. **May Help With Losing Weight.** Recent studies have shown that people who are obese or overweight tend to have low levels of zinc. The reason could be that zinc plays a pretty big role in energy metabolism and a deficiency will decrease the body's production of ATP, which is energy created by the body to fuel pretty much everything it does.
5. **Helps Strengthen Bones.** Zinc, along with magnesium, boron and vitamins D and K, was found to help prevent and reduce bone loss as well as prevent and treat osteoporosis.
6. **Helps Improve Vision.** As we age, our eyes seem to get worse and worse. The retina has a high concentration of zinc. It appears to work with Vitamin A to help form melanin, a pigment that helps protect our eyes. There is some evidence that points to zinc's ability to help prevent age related macular degeneration. But the jury is still out on that one. More studies need to be done.
7. **Helps Improve Digestion.** People with digestive issues tend to have a deficiency in zinc. The reason is because zinc helps regulate stomach acid and helps to produce digestive enzymes in the small intestine. In fact, digestive problems, including diarrhea, are common symptoms of a zinc deficiency.
8. **Helps Detoxify the Body.** Zinc can do this because it helps enhance liver and kidney function. Cirrhosis of the liver is often linked to a zinc deficiency. It can also help prevent kidney disease.

There are several symptoms of a zinc deficiency about which I want to warn you. They include the following:

- Infertility
- Hair Loss
- Digestive Issues
- Low immunity
- Slow healing wounds
- Chronic Fatigue
- Hair Loss

There are a number of foods that provide a good source of zinc. Keep in mind, it's better absorbed by your body with animal-based versus plant-based foods. Here's a partial list to get you started:

- Salmon
- Grass-fed beef
- Pumpkin Seeds
- Garbanzo beans
- Eggs
- Mushrooms
- Cocoa Powder

So the bottom line is this: one of the simplest ways to boost your immune system is to supplement daily with zinc. The best absorbed forms are glycinate, picolinate, citrate or monomethionine, which is found in the higher-quality supplements. The lower quality forms are sulfate, acetate and gluconate, so avoid those if possible. But remember, don't overdo it. Too much of a good thing can be bad.

Zinc is a super important nutrient to include in your daily diet. I also take Vitamins D and C to really super charge my immune system. These supplements, along with my food-grade hydrogen peroxide protocol have kept me healthy for years. I honestly don't every worry about getting sick because a strong immune system is the ticket to health.

Have a wonderful month.