SYMPTOMS FROM MINERAL DEFICIENCES

**Some Symptoms of boron deficiency:**
- Arthritis
- Memory loss
- Brittle bones
- Muscle pain
- Carpal Tunnel syndrome
- Osteoporosis
- Degenerative Joint Disease
- Receding gums
- Hormonal imbalance
- Weak cartilage
- Loss of libido

**Some Symptoms of calcium deficiency:**
- ADD/ADHD
- Hypertension
- Tetany
- Receding Gums
- Ostomalacia
- Cramps and Twitches
- Panic Attacks
- Bells Palsy
- PMS
- Insomnia
- Acne
- Gallstones
- Arthritis
- Cataracts
- High Colesterol

**Some Symptoms of Chromium Deficiency:**
- Low blood sugar
- Pre diabetes
- Hyperinsulinemia
- Hyperactivity
- Hyperirritability
- Depression
- Diabetes
- Learning disabilities
- Bi-polar disease
- Manic depression
- Impaired growth
- Peripheral neuropathy
- Negative nitrogen balance
- Obesity
- Dr. Jekyll / Mr. Hyde rage
- Short life span
- Elevated blood cholesterol & triglyceride
- Coronary blood vessel disease
- Aortic cholesterol plaque
Infertility and decreased sperm count

**Some Symptoms of cobalt deficiency:**
- Digestive disorders
- Pernicious anemia
- Fatigue
- Poor circulation
- Myelin sheath damage
- Slow growth rate
- Nerve damage

**Some Symptoms of Copper deficiency:**
- White hair
- Dry brittle hair
- Liver cirrhosis
- Parasites
- Hernias
- Aneurysms
- Arthritis
- Gulf war syndrome
- Iron storage disease
- Hypo and hyper thyroid
- Gray hair
- Allergies
- Ruptured disc
- Kawasaki disease
- Varicose veins
- Neutropenia
- Anemia
- High blood cholesterol

**Some Symptoms of Germanium deficiency:**
- Asthma
- Leukemia
- breast cancer
- lung cancer
- bladder cancer
- Neuralgia
- Cardiac insufficiency
- Nephritis
- Hypertension
- Neurotic disorders
- Hepatic cirrhosis
- Softening of brain tissue

**Some Symptoms of Gold deficiency:**
- Arthritis
- Gland dysfunction
- Brain dysfunction
- Heat flashes
- Chills
- Insomnia
- Joint inflammation
Circulatory disorders  
Night sweats  
Depression  
Obesity  
Digestive disorders  
Seasonal Affective Disorder (SAD)  
Drug/alcohol addiction  
Neutralizes fluoride poisoning  
Cancer  

**Some Symptoms of Indium deficiency:**

Chronic illnesses such as: ADD blood pressure, stress-related problems autism visible signs of aging

**Some Symptoms of Iron deficiency:**

Anemia  
Brittle nails  
Depression  
Fatigue  
Growth retardation  
Irritability  
Anorexia  
Constipation  
Dysphasia  
Angular stomatitis  
Confusion  
Dizziness  
Fragile bones  
Headaches  
Palpations  
G I upset  
Ice eating (pica)

**Some Symptoms of Magnesium deficiency:**

Calcification of organs  
Asthma  
Anorexia  
Menstrual migraines  
Growth failure  
ECG changes  
Neuromuscular problems  
Muscle Tics  
Depression  
Muscular weakness  
Calcification of small arteries  
Malignant calcification of soft tissue

**Some Symptoms of Manganese deficiency:**

Infertility
Multiple Sclerosis
Deafness
Nerve problems
Depression
Stuttering
PMS
Gout
Hearing problems
Retarded growth rate
Poor muscle co-ordination
Ringing in ears (Tinnitus)
Lack of concentration
Stiff tendons
Loss of libido in both sexes
Carpal Tunnel Syndrome
Memory loss/mental confusion
Tremors
Miscarriages or still births

Some Symptoms of a molybdenum deficiency:

Acne
E. coli
AIDS
Eczema
Allergies
Epstein Barr virus
Anemia
Gout
Anthrax
Gulf War Syndrome
Asthma
Hepatitis C
Athletes foot
Herpes simplex
Bells Palsy
Impotency
Bladder infection
Insomnia
Cancer
Liver damage - Cirrhosis
Candidiasis
Lupus
Canker sores
Lyme Disease
Cavities
Multiple Sclerosis
Contrail / Chemtrail exposure
Obesity
Colds / Flu
Parasites
Depression
Prostate infection
Diabetes
Ringworm
Some Symptoms of Platinum deficiency:

- Mental alertness
- Nerve function
- Neuralgia
- Headaches
- Cancer
- Back pain
- Muscle function
- Sleepless nights
- Youthful vitality
- Sleepiness during the day

Some Symptoms of a Potassium deficiency:

- Bad circulation
- Insomnia
- Bluish tint to skin
- Intestinal pain
- Heart palpitations
- Muscle weakness
- Diabetes
- Oppressive breathing
- Ear aches
- Pain in the eyes
- Edema
- Prolapsed uterus
- Headaches
- Swollen glands
- Chronic Fatigue Syndrome
- Tissue anemia
- Hypertension
- Water retention

Some Symptoms of Selenium deficiency:

- Cancer
- Anemia
- Myalgia
- Pancreatitis
- Irregular heartbeat
- High infant mortality
- Low birth weight
- Muscular dystrophy (MI))
- HIV (AIDS)
- Infertility
- Cirrhosis
- Sudden infant death syndrome (SIDS)
- Cardiomyopathy (Keshan disease, "Mulberry heart" disease)
- Multiple sclerosis (MS) - associated with HG (Mercury) poisoning
- Lou Gehrig's disease (ALS) - associated with HG (Mercury) poisoning
- Premature aging
- Age & liver spots
- Muscular weakness
- Heat palpitation
- Immune deficiencies
Fatigue  
Cystic fibrosis  
Heart palpitation  
Pancreatic atrophy  
Sickle cell anemia  
Scoliosis  
Parkinson's disease - associated with HG (Mercury) poisoning  
Alzheimers disease - associated with high vegetable oil consumption  
Adrenoleucodystrophy (ALD - "Lorenzo's Oil" syndrome)  

**Some Symptoms of Silver deficiency:**  

Anthrax  
Athlete's foot  
E. Coli  
Dysentery  
Tuberculosis  
Boils  
Colitis  
Cystitis  
Dermatitis  
Diplococcus  
Diphtheria  
Gonorrhrea  
Impetigo  
Influenza  
Pneumococci  
Ringworm  
Sepsis  
Shingles  
Sprue  
Staphylococci  
Streptococci  
Warts  
Whooping Cough  
Intestinal Trouble  
Cerebrospinal Meningitis  

**Some Symptoms of Sulphur deficiency:**  

Diabetes  
Dry Skin  
Migraines  
Arthritis  
Back Pain  
Stress  
Skin Disorders  
Circulatory problems  
Urinary tract disorders  
Various musculoskeletal disorders  

**Some Symptoms of a vanadium deficiency:**  

Cardiovascular disease  
Infertility
Diabetes
Metabolic dysfunction
High cholesterol
Obesity
Hyper insularism
Pancreatic dysfunction
Hypoglycemia

**Some symptoms of Zinc deficiency:**

Angina
Depression
Anemia
Hair Loss
Paranoia
Infertility
Alcoholism
Crohn's disease
Diabetes
Herpes
Hypertension
Anthrax
PMS
Acne
Thyroid disorders
Eye diseases
Urinary Tract Infections
Viral Bacteria Infections
Anorexia & Bulimia
Body Odor (Stinky feet disorder)