Minerals are essential to good health, although the general public seems to know little about them. Descriptions of 22 minerals (e.g., calcium, zinc, copper, chromium, and vanadium) include their role in the body, food sources, and interactions with other substances. Methods for avoiding hazardous levels of harmful minerals, such as lead, are explored. Mineral-vitamin interactions such as zinc's regulating effect on vitamin A metabolism are analysed. Recipes using foods high in various minerals are listed; efficient cooking methods which preserve mineral content are described. Twenty-eight body disorders are individually examined showing their mineral treatments, e.g., leg ulcers–zinc; acne–zinc; muscle cramps–calcium; and kidney stones–magnesium. Answers to frequently asked questions about minerals are presented in a question and answer format. Mineral contents of more than 200 common foods are presented in chart form.
Minerals can be distinguished as either primary (resulting directly from a solidifying of magma, when minerals crystallize from aqueous solutions and fluids under high to low temperatures (it includes ore and the Alpine-type veins. The photographs show well-formed and colorful crystals but many aggregates. The magmatic or metamorphic origins of cordierite in migmatites. This book fills the gap by also featuring less common and rare minerals, including granitic and alkaline syenite pegmatites and Marcasite. The data provided correspond mainly to the end-members. when a mineral c