

Importance of Zinc & Magnesium in Maintaining Health

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Abstract

Zinc is essential to have a healthy nervous system and to avoid the major neurological diseases such as AD, PD, Depression etc. Magnesium is necessary to absorb Zinc. We apply AT Math to show how this works. There is a link between income level and AD that is likely the result of people with low incomes not having the funds to eat red meat where they get zinc. Zinc is the cause of AD.

Keywords: Neurological Disease; Zinc, Magnesium

Introduction

Approximately half the human population have H Pylori and almost everyone has cyanobacteria. I theorize that these causes a host of illnesses from IBS to Alz, Grave's, Hypoglycemia, Anxiety, and Narcolepsy. There may be others.

The human immune system is reliant upon Zinc; and Zn absorption is dependent upon Magnesium. These should be taken together in equal amounts. Too much Zinc (over 142 gm) is bad too. A diet low in red meat

and poultry will also lead to Zinc deficiency. Zinc has the ability to kill H Pylori. Cyanobacteria regulates the uptake of Zinc.

Zinc and HCl act as catalysts in certain biological reactions. H Pylori affects stomach acid levels. People who worry a lot develop ulcers from H Pylori probably because their immune system is run down. Also, consumption of black tea and Butanoic Acid is not recommended. Butanoic acid is also in coffee which we also consume too much of these days.

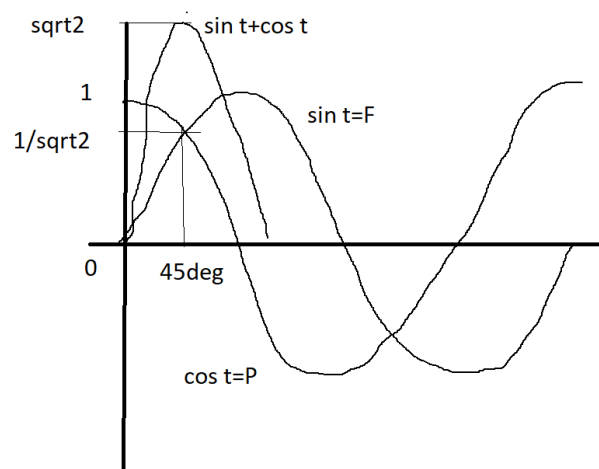


Figure 1: Sine and Cosine: Infection and resistance.

$$F = \sin t = \text{Infection}$$

$$P = \cos t = \text{Resistance}$$

For an infection, 80 g of Zn is recommended.

The maximum amount of Zn recommended is 142 g = $\sqrt{2}$

$$0.80 < Zn < \sqrt{2}$$

$$M = \ln t$$

$$t = e^M$$

$$Zn = 65.38 \times 6.022 = 329.78$$

$$Mg=24.305 \times 6.022=146.3$$

$$Zn+Mg=89695=c^2$$

$$M=PE=Mc^2=c^2$$

$$M=1$$

$$\ln t-e^{-t}=t$$

$$[\ln t-1]/e^{-t}=t$$

$$\ln t-1=e^{-t}$$

$$t=1$$

$$t=\ln t$$

$$e^t=\ln t$$

$$e^t=t$$

$$E=e^{-t}$$

$$\text{TRUE!}$$

$$E=-1.25$$

$$E=-\sqrt{2}$$

$$\sqrt{2}-1.25=2.66-8/3=SF=1/E$$

$$E^2+E-2=t$$

$$(3/8)^2+(3/8)-2=-1.484375=Zn=65.39(6.022)=329.78$$

$$T=e^M=e^{329}=-1.4826$$

Zn must be maintained between 80 -142 gm.

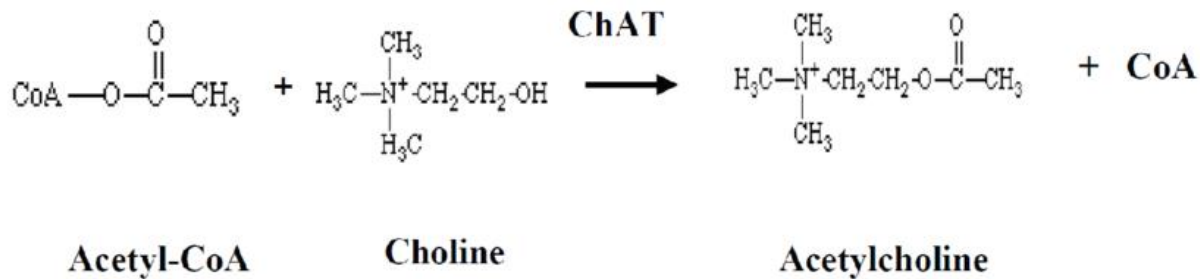


Figure: 2 Zinc acts as a catalyst to make the neurotransmitter acetylcholine (essential amino acid). If Zn is low or poorly absorbed due to low Magnesium, then. Alzheimer's Disease results along with many other nervous system and gastro diseases result.

There is a correlation between income level and Alzheimer's disease. According to a study published by the Alzheimer's Association International Conference (AAIC), socioeconomic deprivation, including neighborhood disadvantages and persistent low wages, are associated with higher dementia risk, lower cognitive performance and faster memory decline¹. The study investigated the contribution of individual socioeconomic deprivation such as low income and low wealth to the risk of developing dementia¹. (Source Bing)

I noticed that the people I knew who had Alzheimer's Disease and IBS were endomorphic. This is the result of a diet low in red meat when one gets Zinc.

Conclusion:

Lack of Zinc causes a lot of difference neurodegenerative problems as well as gut issues. A diet rich in red meats provide the zinc the body needs. Magnesium is necessary for Zinc absorption.

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