

Do You Have Nutrient Deficiencies

Do you have:

- muscle twitches and cramps or seizures,
- mental disorders (apathy, depression, or anxiety),
- osteoporosis,
- fatigue and muscle weakness,
- high blood pressure,
- asthma,
- irregular heartbeat.

Ask your physician about Magnesium Deficiency.

Do you have:

- skin problems (rough patches of skin, dry skin and hair),
- soft or brittle nails,
- attention and concentration problems,
- irritability,
- mood swings,
- fatigue,
- poor sleep quality,
- joint discomfort.

Ask your physician about Omega-3 Deficiency.

Do you have:

- getting sick or infected often,
- fatigue and tiredness,
- bone and back pain,
- depression,
- impaired wound healing,
- bone loss,
- hair loss,
- muscle pain.

Ask your physician about Vitamin D3 Deficiency.

Do you have:

- Weakness,
- tiredness,
- lightheadedness.
- Heart palpitations,
- shortness of breath,
- Pale skin,
- A smooth tongue,
- Constipation or diarrhea,
- loss of appetite,
- gas,
- numbness or tingling,
- muscle weakness,
- problems walking,
- Vision loss.

Ask your physician about B12 Deficiency.

Do you have:

- Weakness and Fatigue,
- Muscle Cramps and Spasms,
- Digestive Problems,
- Heart Palpitations,
- Muscle Aches and Stiffness,
- Tingling and Numbness,
- Breathing Difficulties,
- Mood Changes.

Ask your physician about Potassium Deficiency.

Do you have:

- Loss of taste and smell,
- Lack or loss of appetite,
- Poor wound healing,
- Apathy and depression,
- Ataxic gait,
- Decreased immunity,
- Diarrhea,
- Excessive hair loss,
- Fine tremor,
- Impaired cognitive function,
- Impaired memory,
- Poor night vision,
- White spotting of nails.

Ask your physician about Zinc Deficiency.

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Short Note:

We are in the middle of a pandemic which challenges the strength of our immune systems. Nutrient deficiencies contribute to poor immunity and can amplify the severity of the maladies. Combined with environmental toxins (herbicides, pesticides, EMF pollution, etc.) which further compromise our physical and mental health, we are more at risk now than ever before. Even our biophysics where our bodies have physical contact with the earth has been impaired contributing to the inflammation and oxidative stress plaguing our world. Perhaps as this pandemic and the realizations we develop, we will learn that our disrespect of nature, the nutritional/biochemical balances within our selves, and living in harmony with the world God gave us has more consequences than we can discount by saying, "it is not that bad yet."