

# Mineral Deficiencies Can Cause a Number of Health Issues

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## Introduction

Some of the most prevalent reasons include an increased need for the mineral, a lack of the mineral in the diet, or trouble absorbing the mineral through food. Mineral deficiencies can cause a number of health issues, including brittle bones, exhaustion, and a weakened immune system. Minerals are certain types of nutrients that your body requires for optimum function. When your body does not get or absorb the required amount of a mineral, you have a mineral deficit. To keep healthy, the human body requires various amounts of each mineral. A deficiency develops gradually over time and can be caused by a variety of factors. Some of the most prevalent reasons include an increased need for the mineral, a lack of the mineral in the diet, or trouble absorbing the mineral through food. Mineral deficiencies can cause a number of health issues, including brittle bones, exhaustion, and a weakened immune system.

One of the most common causes of mineral shortage is a lack of vital minerals in the diet or via supplements. There are various sorts of diets that might cause this insufficiency. A poor diet high in junk food or a diet lacking in fruits and vegetables could be contributing factors. It's also possible that older folks with poor appetites aren't getting enough calories or nutrients in their diet. Mineral deficiencies can also be caused by restricted diets. Mineral deficiency can occur in vegetarians, vegans, and those with food allergies or lactose intolerance who do not properly regulate their diet. Mineral deficiency can be caused by problems with food digestion or nutrition absorption. These issues could be caused by a variety of factors, including:

- surgery of the digestive tract for illnesses of the liver, gallbladder, intestine, pancreas, or kidney
- alcoholism that is chronic
- Antacids, antibiotics, laxatives, and diuretics are examples of drugs.

An increased need for specific minerals can potentially cause mineral insufficiency. This requirement may arise in women during pregnancy, heavy menstruation, or after menopause, for example.

## Conclusion

To identify if you have a mineral deficiency, your healthcare professional may use one or more of the following diagnostic tools: medical history, including symptoms and diseases in the family, physical examination analysis of your eating habits and nutrition routine blood tests, such as complete blood count (CBC) and a measurement of electrolytes (minerals) in the blood, other tests to identify other underlying conditions. The treatment for a mineral deficiency depends upon the type and the severity of the deficiency. Underlying conditions are also a factor.

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