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Minerals for Anxiety: Zinc, Selenium, & Potassium

I want to discuss some important minerals which you as an anxiety sufferer should know about.

Zinc for anxiety

Zinc is an essential mineral naturally present in some foods, added to others, and available as a dietary supplement.

Why is zinc important?

A daily intake of zinc is required to maintain a steady state because the body has no specialized zinc storage system. Also, zinc is found highly concentrated in the brain - second only to iron. It is essential for nervous system health and zinc deficiencies have been correlated with immune and nervous system abnormalities.

It's interesting to note that there have been studies demonstrating how integral zinc is for the fear center of the brain – the amygdala (part of the hippocampus.)

Selenium for anxiety

Selenium is another mineral antioxidant. Why is it important? Because it improves mood, increases energy and helps to increase cognitive function and clarity.

Selenium is found in many plant foods as well as some meats and seafood and nuts. It is noteworthy that Brazil nuts contain relatively high amounts of selenium so a handful of these each day can be helpful.

Potassium for anxiety

Potassium is another important mineral to consider.

Why?

Page 1 of 2

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Because potassium is used in neural transmission, and increasing potassium intake in the diet may help improve mood and alleviate irritability and anxiety.

Potassium is found in bananas, citrus juices (e.g. orange juice), avocados, cantaloupes, tomatoes, potatoes, lima beans, flounder, salmon, cod, chicken, and other meats.

Consider taking a good multi vitamin and mineral supplement which includes zinc, selenium and potassium because as you can see these minerals are good for anxiety.

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