



**4 MINERAL
DEFICIENCIES**

**THAT LOWER
IQ**



PUREHEALTH[®]
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4 MINERAL DEFICIENCIES THAT LOWER IQ

by

PUREHEALTH®
RESEARCH

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INTRODUCTION

Your IQ is your intelligence quotient. It's represented by a number that tells you how far above (or below) your peer group you are in mental ability. When IQ was coined in 1912, it was represented by a ratio of mental age to chronological age times 100.¹

For example, if a 10-year-old had a mental age of 10, their IQ would equal 100. However, if that same 10-year-old had a mental age of 14, their IQ would equal 140. If that same 10-year-old had a younger mental age, then their IQ would be less than 100.

Many people think that IQ is a static number. However, it can change over time. You can improve your ability to learn, understand, and solve problems. Improving those things means you can improve your intelligence.

What you do or don't eat plays a role in your IQ score, even after reaching adulthood. Minerals play a significant role in your IQ; some of them increase your IQ, while deficiency in others can reduce your IQ by as much as 15 points!

The mineral that can cause a decrease in your IQ is also critical for memory as well as higher thinking processes. In this report, you'll learn what that mineral is, and we'll discuss a mineral duo that is unusually present in highly intelligent people but shockingly low in patients diagnosed with dementia.

It isn't difficult to ensure you are getting enough of the minerals you need. We'll look at how much you need and how to get them. The goal of this report is to help you maintain your IQ, no matter your age.



MINERALS THAT AFFECT BRAIN HEALTH

Minerals are similar to vitamins in their role in your health. Most minerals are found in fruits or vegetables. Minerals are essential to several brain functions, including metabolism, memory, learning, and mood. Four essential minerals that help to keep your brain healthy are zinc, magnesium, iron, and selenium. Whole grains, nuts, spinach, and shellfish are some of the best sources of these minerals.²

According to an article on NootropicsExpert.com³, you need at least 13 minerals for optimal brain health. They cover everything from boron to zinc and discuss why they consider each mineral vital to brain health. The discussion primarily centers around cognition, mood, and memory. Minerals and vitamins work together for optimal benefits.

Minerals are used throughout the body, not just in the brain. They play an essential role in keeping bones, the heart, muscles, and the brain working correctly. Minerals aid in the production of hormones and enzymes⁴.

Two kinds of minerals exist: macrominerals and trace minerals. Your body requires more significant amounts of macrominerals. Those minerals include calcium, chloride, magnesium, phosphorus, potassium, sodium, and sulfur.

Trace minerals are so named because you only need small amounts of them in your system. Those minerals include cobalt, copper, fluoride, iodine, iron, manganese, selenium, and zinc.

For the most part, you can get the appropriate amounts of minerals by eating a diet that includes a variety of foods. Occasionally, your doctor will recommend a mineral supplement. People who take certain medications or have specific health issues may need less of a mineral than most of the population needs to get. For example, if you've been diagnosed with chronic kidney disease, you must be careful of potassium-rich foods.



MINERAL DEFICIENCIES THAT LOWER IQ

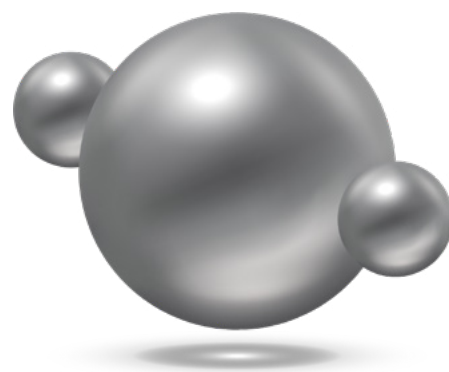
At least four mineral deficiencies can significantly affect your IQ⁵. These deficiencies affect your intelligence, ability to solve problems, and ability to learn or understand certain things. There is also a memory or recall component affected by these deficiencies.

Some people think your intelligence is finite, that you're born with it or not. That isn't true. There are a lot of things you can do to help improve your ability to learn and solve problems. With learning, you could have gone through school and no one taught you how to learn or retain information. But as an adult, you can have training or do self-improvement. Even what your mother ate when she was pregnant with you can affect your intelligence.

Iodine

One of the most influential trace minerals is iodine. You don't need much of it, but you do need a little. As a child, an iodine deficiency can decrease IQ by as much as 13 points. In an adult, it can lower IQ by as much as 15 points if you are deficient in iodine. The crucial time for getting iodine is when the woman is pregnant or breastfeeding.

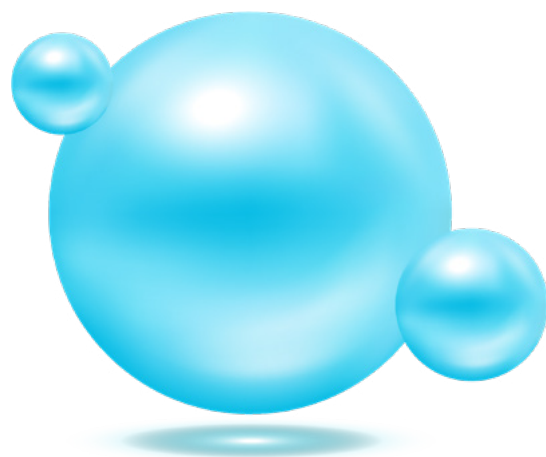
Iodine is essential for forming certain parts of the brain, like the hippocampus. The hippocampus is involved with learning, memory encoding, memory consolidation, and spatial navigation (perception).



Zinc

Zinc is involved in almost 100 different enzyme reactions. Zinc is essential to healthy brain function. Zinc helps regulate synaptic plasticity, which grows neurons, specifically the pathways that increase your brain's ability to send more signals faster. If you're low in zinc, your IQ is going to decrease.

Zinc works with copper. You need the appropriate zinc-to-copper ratio. Children with autism are often low in zinc, as are people diagnosed with Alzheimer's or dementia.



Copper

Copper correlates with zinc. Copper is essential for aiding enzymes, and signaling, and is critical to cell survival, learning, and memory. For example, children with autism have low copper levels. People with high IQs have a healthy copper to zinc ratio.

Zinc and copper are both extremely low in Alzheimer's and dementia patients as well. Copper is primarily concentrated in a portion of the brain called the locus coeruleus, which has a tremendous part to play in quality sleep.



Magnesium

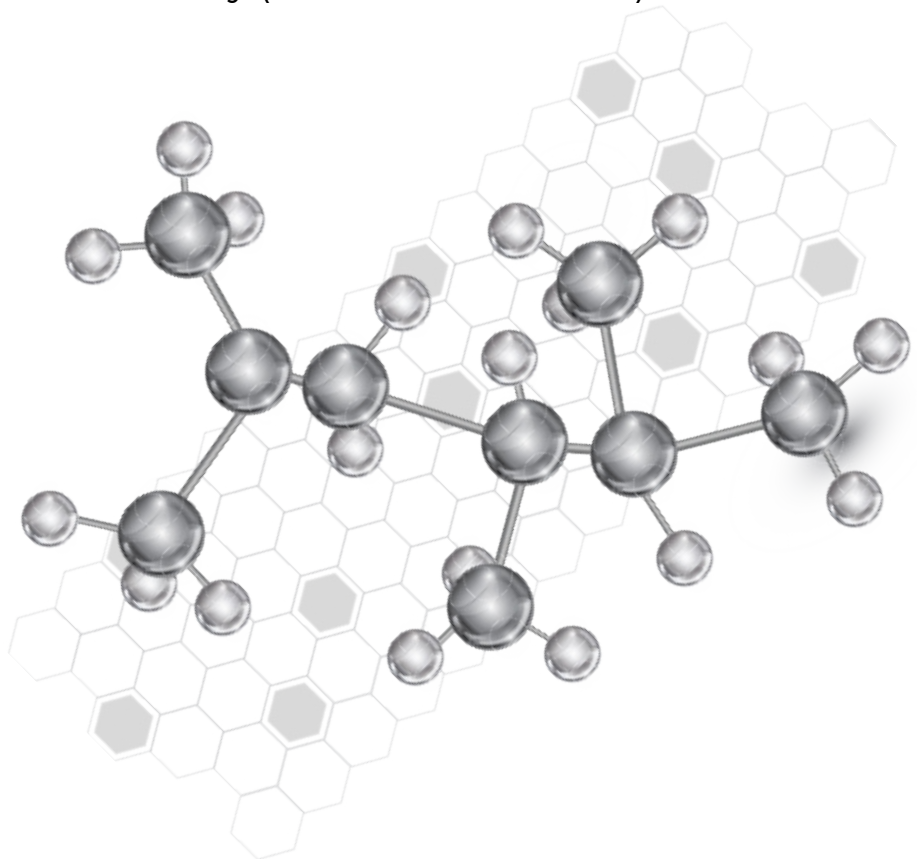
Magnesium helps create cellular ATP energy for optimal brain functions. As a result, it improves short-term and long-term memory and reduces the risk of age-related memory loss. If you don't have enough magnesium, there is a considerable correlation between that and a lower IQ.



Iron

About 70% of the body's iron is found in red blood cells that carry oxygen to tissues, including the brain. Iron deficiency causes the brain's blood vessels to swell trying to get more oxygen. This increases the risk of stroke which damages neurons and decreases cognitive functions.

Iron influences spatial IQ that, for example, permits architects to design buildings, surgeons to navigate the human body, and chemists to contemplate a molecule in 3 dimensions. It also plays a role in motor and cognitive skills, such as playing piano and dancing (motor sequencing), tying shoelaces, or eating with a knife and fork (bi-manual coordination), completing tasks, organizing, regulating emotions, attention, and memory (executive functions).



OTHER CONSIDERATIONS FOR COGNITIVE FUNCTION

Eating high sugar foods makes you stupid. High sugar levels correlate with a lower IQ. Studies indicate when A1C levels are above 7, memory recall decreases, and the IQ of people with diabetes, on average, is 7.84 points lower due to insulin resistance. This starves and shrinks the hippocampus, reducing the capacity for memory and learning.

A brain with insulin resistance is experiencing the destruction of neurons. The body has two source options for energy sugar and ketones. Your brain doesn't have to adapt to ketones like other body parts. Your body stores sugar as glycogen and water, but with restricted space, amounts are limited. So, the depends on the blood for energy, and the blood comes from the liver. If your liver is damaged, it can cause damage to your brain. If the brain has a choice between ketones and glucose for ketones, it will choose ketones.

Glucose and insulin levels determine the number of ketones in the blood. If someone is obese, they typically have three times the insulin levels of someone who isn't obese and insulin strongly inhibits ketone production.

WHERE TO GET THESE MINERALS AND HOW MUCH YOU NEED

Seafood and shellfish are the best sources of iodine, zinc, and copper. For magnesium, salads, vegetables, and dark leafy greens contain good levels of the mineral. You can also get magnesium from nuts.



Iodine

Iodine deficiency, as we've already seen, can cause issues with the brain, but it can also cause issues with your thyroid. The recommended daily allowance (RDA) of iodine in the US is 150 micrograms. Here are some foods that naturally contain iodine:



Milk



Baked potato



Cranberries



Cod



Dried seaweed



Cheese



Tuna



Boiled eggs



Turkey breast



Zinc

Zinc also has multiple functions in the body, including working within your immune system. The RDA for zinc is 8mg for women and 11mg for men. The following foods are good sources of zinc.



Oysters



Mushrooms



Beans



Chicken



Pistachio
nuts



Cashews



Wheat
bran



Crab



Pumpkin
seeds



Beef



Copper

Energy, connective tissue formation, and iron metabolism are all within copper's domain. The RDA for copper is 800 micrograms per adult. These foods have natural copper.



Magnesium

Magnesium is instrumental in energy production and is a structural part of cell membranes and chromosomes. The RDA for magnesium is 310-320mg for women and 400-420mg for men. The following foods are good sources of magnesium.



Squash and
pumpkin
seeds



Brown
rice



Dark
chocolate



Dried
figs



Sunflower
seeds



Spinach



Soybeans



Mackerel



Peanut
butter



Cashews



Iron

Iron is used to form the hemoglobin in red blood cells, which carry oxygen to tissues and organs and remove the carbon dioxide waste from the body. It's one of, if not the, most commonly deficient minerals. The RDA of iron for women is 18 mg, for men is 8 mg, and for pregnant women is 27 mg. Here are some of the natural sources of iron.



Clams



Liver



Pumpkin seeds



Sesame seeds



Chicken breast



Beef



Spinach



Beans



Cashews



Dark chocolate



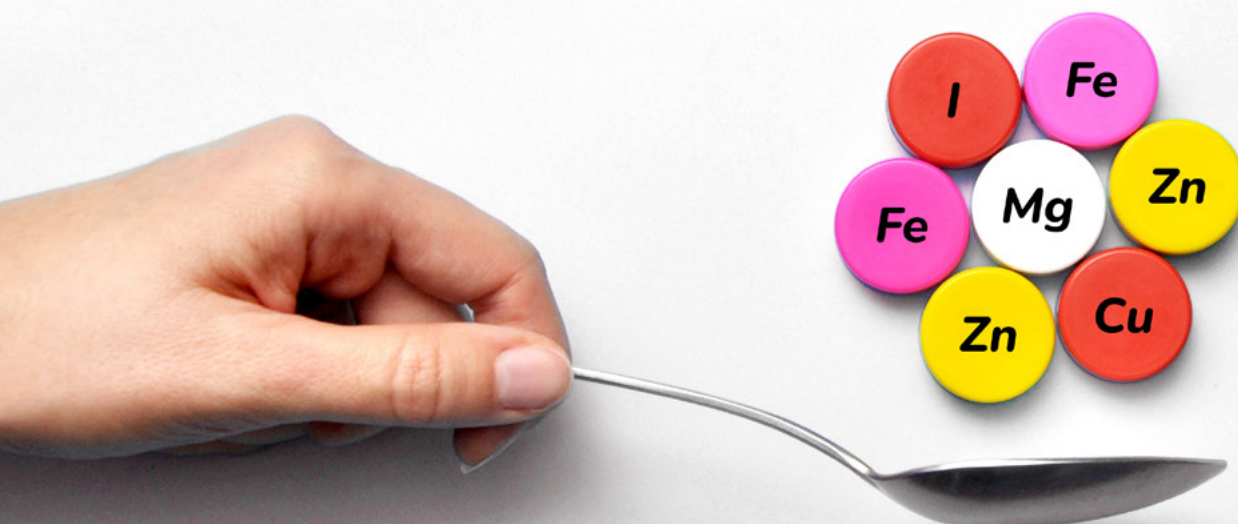
As you can see, a well-balanced diet will help you to maintain the appropriate amounts of the minerals you need in your system. However, some people still require an occasional supplement to maintain good mineral levels.

CONCLUSION

Minerals are essential components of a healthy body. They help cells, tissues, and organs to function correctly. If you aren't eating a balanced diet, you could find yourself deficient in one of the key minerals you need to keep your brain and body functioning properly.

Four of the minerals needed in the body can be linked to lowered IQ if you become deficient in them. Those are iodine, zinc, copper, and magnesium. The honorable mention in the group goes to iron as it can also affect cognitive ability negatively if you are iron deficient.

If you are suffering from a mineral deficiency, consult your medical professional. They can direct you regarding dietary changes or supplemental needs.



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