



THE NUTRITION CLINIC

Which minerals are you lacking?

Book your mineral, vitamin + heavy metal testing on ChristinaSantini.com

MINERAL	DEFICIENCY SYMPTOMS	FOOD SOURCES
MAGNESIUM	Anxiety, Asthma, Anorexia, Heart disease, Heart attack, Arrhythmia, Depression, Hypertension, Migraine, Muscle cramps, Insomnia, Birth defects	Leafy greens, Nuts, Seeds, Mackerel, Banana, Lima beans
CALCIUM	Arthritis, Frail nails, Plaque built-up, Low cognition, Kidney stones, Anxiety, Osteoporosis, Depression, Eczema, Osteofibrosis, Hypertension, Pica, Dental caries, Periodontal disease, Rakitis, Tics	Dairy products, Sardines, Leafy greens, Broccoli, Sesame, Almonds
IRON	Anaemia, Anorexia, Frail nails, Constipation, Pica, Fatigue, Dizziness, Digestion disorders, Poor memory, Headaches, Sore tongue, Low growth	Red meat, Beets, Raisin, Beans
POTASSIUM	Acne, Arrhythmia, Low cognition, Muscle fatigue, Anxiety, Insomnia, Restlessness, ECG changes, Glucose intolerance, Breathing difficulties, Edema, Proteinuria, Dry and flaky skin	Citrus fruits, Apples, Bananas, Apricots, Potatoes, Tomatoes, Spinach, Brussels sprouts, Mushrooms, Beans, Peas, Almonds
SODIUM (SALT)	Nausea, Heart issues, Muscle fatigue, Arthritis, Poor memory, Indigestion (gas)	Salt, Seaweed, Deli meats (not a healthy source though)
PHOSPHORUS	Hairloss, Anaemia, Aneurysm, Bone pain, Pica, Fatigue, Numbness, Breathing difficulty	Meat, Dairy, Nuts, Legumes
CHLORIDE (ION NOT THE GAS)	Apathy, Dizziness, Nausea, Muscle cramps, Low growth, Low appetite	Salt, Celery, Olives, Seaweed, Rye, Tomatoes
SELENIUM	Liver spots, ALS, MS, Myalgia, Pancreatitis, Parkinsons, Alzheimers, Anaemia, Cataracts, Hormone cancer, HIV, Arrhythmia, Cystic fibrosis, Liver cirrhosis, Male infertility, Sickle cell disease, Stillborn, Low immunsystem, Low metabolism	Brazil nuts, Sunflower seeds, Fish, Seafood, Eggs, Mushroom

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Lab testing + Thermography + Personalized Nutrition

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MINERAL	DEFICIENCY SYMPTOMS	FOOD SOURCES
ZINC	Hairloss, Acne, Frail nails, Dry hair, Birth defects, Depression, Diarrhea, Forstørret prostata, Eczema, Fatigue, Anorexia/Bulimia, Pica, Infertility, Irritability, Low taste and smell sense, White spots on nails, Low immunsystem, Impotens, Low wound healing, Memory problems, Malabsorption, Paranoia	Meat, Liver, Spinach
MANGANESE	Asthma, Arteriosclerosis, Depression, Dizziness, Poor hearing, Carpetunnel, TMJ, Tinnitus, Infertility, Low libido, Spontaneous abortion, Poor cartilage, Convulsions, Chondromalacia (knee disorder), Pancreatitis	Nuts, Whole grans, Spinach
COPPER	Hairloss, Grey hair, Arthritis, Depression, Diarrhea, Low thyroid, Tics, Spider veins	Legumes, Cashews
COBALT	B12 deficiency, Fatigue, Low red blodcell count, Numbness in arms and legs, Nausea, Headaches, Weightloss	Fish, Nuts, Oats, Leafy greens
NICKEL	Anaemia, Skin problems, Low growth, Poor zink absorption	Chocolate, Nuts, Oats, Soy, Legumes
CHROMIUM	Poor glucose tolerance, Nerve defects, Diabetes, Fatigue, Infertility, Mood swings	Broccoli, Garlic, Black pepper, Potatoes with peel, Grape juice
GERMANIUM	Low energy, Arthritis, Asthma, Low immunfunction, Cancer	Broccoli, Garlic, Onion, Celery, Shiitake mushroom, Barley, Chlorella
VANADIUM	Heart disease, Kidney stones, Diabetes, Weight gain, Infertility, High blood-sugar	Mushroom, Seafood, Black pepper, Parsley, Dill
MOLYBDENIUM	Gout, Weight gain, Mouth diseases, Anaemia, Acne, Parasites, Allergies	Legumes, Whole grains, Nuts
LITHIUM	Depression, Mood swings, Infertility, ADHD	Fish, Seafood, Eggs, Meat, Dairy
SILICIUM	Depression, Osteoporosis, Dry skin + Wrinkles, Low growth, Migraines	Whole grains, Banana, Mango, Green beans, Spinach
RUBIDIUM	Hyperactive metabolism (thyroid), Early aging, Arthritis, Dry hair, Lung infections	Asparagus, Coffee, Black tea, Chicken, Fish
IODINE	Weight gain, Cysts, Hormone Cancers, Low metabolism	Seaweed, Egg yolk, Fish, Yogurt