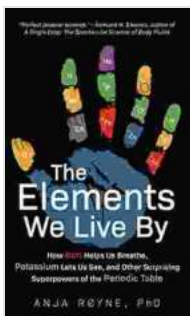


# How Iron Helps Us Breathe, Potassium Lets Us See, and Other Surprising Ways Minerals Support Our Health

Minerals are essential nutrients that our bodies cannot produce on their own. We must get them from the foods we eat. Minerals perform a variety of vital functions in the body, including:

- Building and repairing tissues
- Regulating heartbeat and blood pressure
- Producing hormones
- Allowing muscles to contract
- Boosting the immune system

There are many different minerals, each with its own unique role to play in the body. Some of the most important minerals include:



## The Elements We Live By: How Iron Helps Us Breathe, Potassium Lets Us See, and Other Surprising Superpowers of the Periodic Table by Anja Røyne

★★★★☆ 4.4 out of 5

Language : English  
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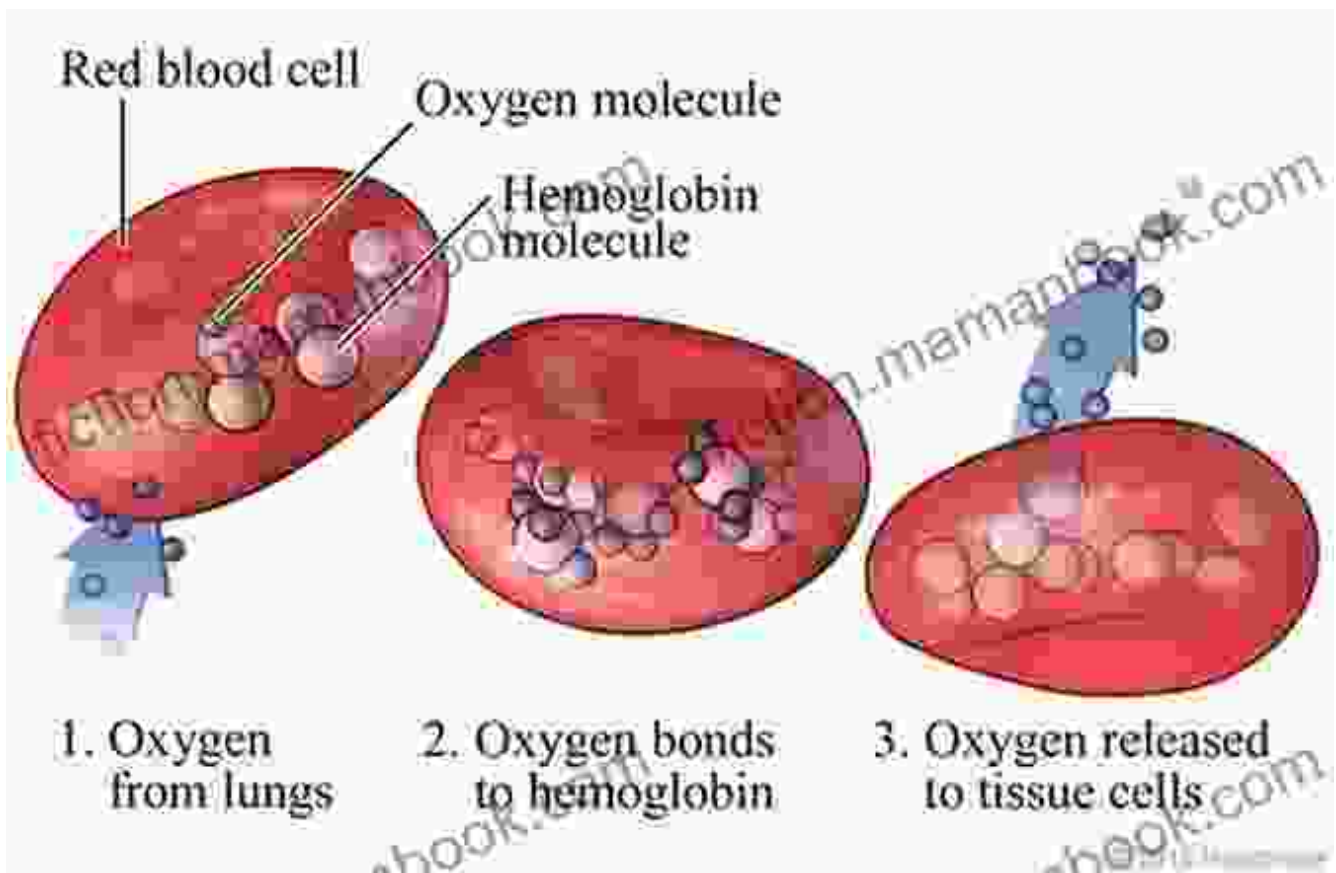


- **Calcium:** Essential for building and maintaining bones and teeth; also helps regulate heartbeat and blood pressure
- **Iron:** Carries oxygen throughout the body; also helps produce red blood cells
- **Potassium:** Regulates heartbeat and blood pressure; also helps muscles contract
- **Sodium:** Regulates water balance in the body; also helps muscles contract
- **Chloride:** Helps regulate water balance in the body; also helps produce stomach acid

Most people can get the minerals they need from a healthy diet. However, some people may need to take mineral supplements, such as those with certain medical conditions or those who are on restrictive diets.

## **How Iron Helps Us Breathe**

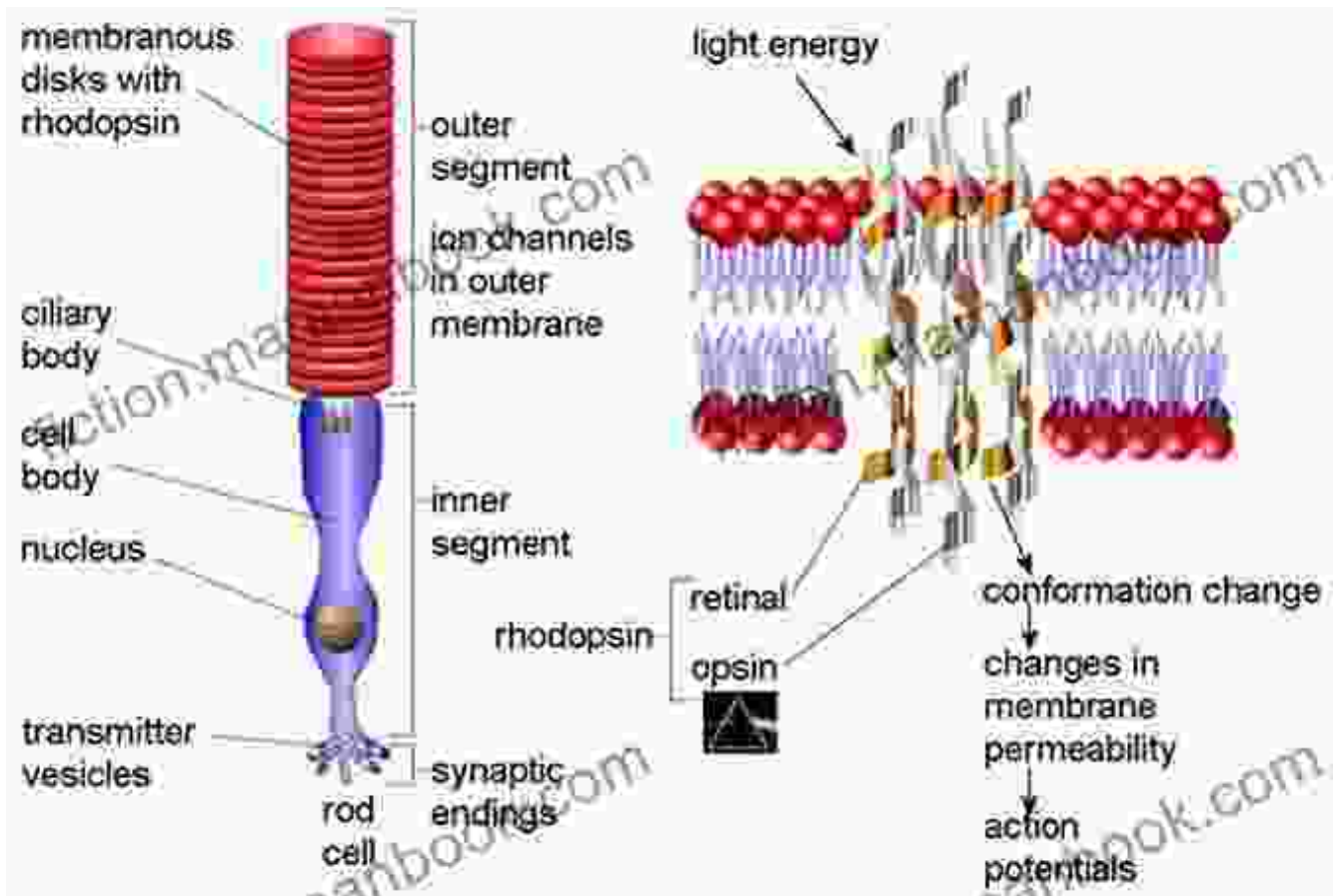
Iron is a mineral that plays a vital role in our ability to breathe. Iron is a component of hemoglobin, a protein in red blood cells that carries oxygen from the lungs to the rest of the body.



Without iron, our bodies would not be able to get the oxygen they need to function properly. Iron deficiency can lead to a condition called anemia, which can cause fatigue, weakness, and shortness of breath.

### **Potassium Lets Us See**

Potassium is a mineral that plays a vital role in our ability to see. Potassium is a component of rhodopsin, a pigment in the retina of the eye that is responsible for vision.



Potassium lets us see by helping rhodopsin, a pigment in the retina of the eye, to detect light.

Without potassium, our eyes would not be able to detect light, and we would not be able to see.

## Other Surprising Ways Minerals Support Our Health

In addition to the essential minerals listed above, there are many other minerals that play important roles in our health. Here are a few examples:

- **Magnesium:** Helps regulate muscle function, blood sugar levels, and blood pressure; also helps produce energy

- **Zinc:** Helps boost the immune system, heal wounds, and protect against infection; also helps produce hormones
- **Selenium:** Helps protect cells from damage, boost the immune system, and reduce inflammation
- **Fluoride:** Helps protect teeth from cavities
- **Iodine:** Helps regulate metabolism and produce thyroid hormones

These are just a few of the many minerals that are essential for our health. By eating a healthy diet, we can ensure that we are getting the minerals we need to stay healthy and strong.

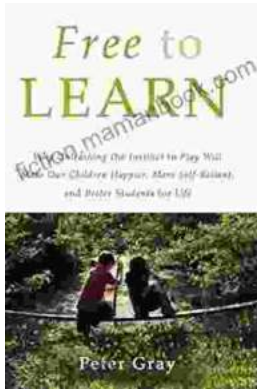


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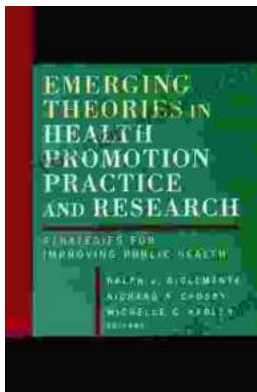
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## Why Unleashing the Instinct to Play Will Make Our Children Happier, More Self-Reliant, and More Successful in Life

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