

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is contained within a dark blue oval. The word "Apollo" is written in a white, cursive script font. Below it, the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif, all-caps font, flanked by two horizontal white lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Home Healthy - Home Safe

Date: March 2022

Signs of Nutritional Deficiency

Is your body trying to tell you something? A well balanced and nutritious diet has many benefits. But a diet missing key components may lead to discomfort and illness. How do you know if you are missing nutrients and what can you do about it? Keep an eye out for these most common signs and symptoms:

1. **Brittle hair and nails** are a symptom of vitamin B7 (biotin) deficiency. Other symptoms include chronic fatigue, muscle pain, and tingling in the hands and feet.
2. **Mouth ulcers or cracks in the corner of the mouth.** Mouth sores are often the result of iron or B vitamin (B1, B2 and B6) deficiencies.
3. **Bleeding gums.** Vitamin C plays an important role in wound healing, immunity, and acts as an antioxidant which helps prevent cell damage. Vitamin C deficiencies may appear as bleeding gums. A severe deficiency is known as scurvy which depresses the immune system, weakens muscles and bones makes people feel fatigued and lethargic. Other common symptoms are easy bruising, slow wound healing, dry scaly skin, and frequent nose bleeds.
4. **Poor night vision and white growths on the eyes.** Low intake of vitamin A is linked to a condition known as night blindness which reduces your ability to see in low light or darkness. Another symptom is the white growths on the eyes known as Bitot spots. If the deficiency continues it can end up in damage to cornea, complete blindness.
5. **Scaly patches on the scalp, eyebrows, ears, eyelids and chest or dandruff.** These conditions are often the result of diets missing zinc, niacin (B3), riboflavin(B2) and pyridoxine (B6).
6. **Hair loss** may occur if you diet is low in iron, zinc, ALA, B3 or biotin.
7. **Red or white bumps on the skin is known as keratosis pilaris.** These bumps look like goosebumps. It can occur when too much keratin is produced in hair follicles. It may be genetic, but it may also be due to a lack of Vitamin A and or C.

HEALTH REMINDER: "You have power over your mind – not outside events. Realize this and you will find strength". Marcus Aurelius

8. **Restless leg syndrome** causes are not fully understood but has been associated with a person's blood iron levels. Supplements appear to be helpful with this condition but increasing your intake of iron rich foods along with Vitamin C foods is very beneficial. You can also use cast iron skillets to increase iron absorption.

Supplements can reduce the risk of vitamin deficiencies in some cases, but some vitamins like biotin and B12 are not highly absorbable. The most important and effective means of preventing nutrient deficiencies is the consumption of a wide variety of fruits and vegetables every day.