

Copper supplementation combined with Zinc for improved motility of the gastrointestinal tract and boosting digestion and elimination.



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Antifreeze poisoning, on multiple occasions over more than two decades, has ruined my digestion, absorption, and elimination of food material. The last poisoning over a year ago almost killed me with kidney failure.

But before the antifreeze, my mother and I suffered through poisoning from the creosote bush in as much as her bedroom flooring was installed downside up exposing her living space to the outgassing from this substance instead of it outgassing into the crawlspace beneath her home. This is what the EPA has mandated for this substance as being unfit, and not safe, for human contact. You'll see it on the surfaces of telephone poles, and on one side of particle board flooring (which is assumed that you, as a contractor, are smart enough to know to face downwards and away from the living quarters).

She was initially diagnosed with having been toxified by manmade poisons. But since there was no protocol for her condition, she sought a second opinion and received it: Lou Gehrig's disease for which there is no cure.

Well, one of my first symptoms to show up was stomach cramps. It has evolved into foot cramps.

The cramping is a non-voluntary contraction of the muscle fiber which I cannot “will it” to relax. I cannot use magnesium supplementation to relax the muscle contraction since it doesn’t work. Up until now, drinking my pee came the closest to a temporary fix but superficial at that.

But, this morning, I woke up with one thought in my brain: copper.

So, I looked up neurological disorders related to copper and, lo, and behold, it was a match!

Then I learned, from the sales assistant at the health food store, that copper is best taken with zinc in the proportion of 15 parts zinc to one part copper.

So, I bought the bottle of 15 to 1 and started taking it one capsule at a time despite its meager dosage of a mere singular milligram of copper when the daily recommendation is 2mg. All I had to do was keep taking one capsule whenever my legs/feet began to show signs of tensing up in preparation for a full-blown attack of the cramps.

But I realized another symptom of cramping that is also related to copper deficiency and the neurological disintegration which ensues: stomach cramping.

I always thought that my stomach cramps was a byproduct of the yeast overgrown in my gut — which is true. But that’s merely symptomatic. It is not causative.

The root cause is neurologic degradation of the motility of gut peristalsis which coincides with a lack of digestion and absorption.

So, instead of taking lots of calcium citrate with vitamin D, and instead of taking magnesium — neither of which did much good (although the calcium did some good, but not much), instead of these non-relevant options I am taking copper with zinc and getting satisfactory results.

Whoopee!

Jarrow Formulas, Zinc Balance



Zinc Balance[®] combines Zinc L-Methionine and Copper Gluconate (15:1 ratio). Zinc L-Methionine allows zinc absorption with phytate and fiber in vegetables.* Zinc supports immune health.* Zinc Balance[®] includes copper because supplemental zinc depletes copper.*

Serving Size: 1 Capsule

Amount Per Serving % Daily Value		
Zinc (as Zinc L-Methionine Sulfate)	15 mg	136%
Copper (as Gluconate)	1 mg	111%

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, CAPSULE (HYDROXYPROPYLMETHYLCELLULOSE, WATER), AND MAGNESIUM STEARATE (VEGETABLE SOURCE).

NO WHEAT, GLUTEN, SOYBEANS, DAIRY, EGG, FISH/SHELLFISH, PEANUTS/TREE NUTS OR SESAME.

STORE IN A COOL, DRY PLACE.