

## Health Benefits of Zinc

Our body needs zinc on a regular basis and it could be the missing link between your poor immunity, slow wound healing, adult acne, stretch marks and more. Zinc is an essential trace mineral for humans, animals and plants. It is vital for many biological functions and very small amounts are needed for human health. Deficiency of Zinc may lead to aging, malabsorption, diarrhea, chronic liver disease, chronic renal disease, sickle-cell disease, diabetes, cancer, and other chronic illnesses. Lets see some of the amazing health benefits of zinc here on this page.

## Zinc Benefits Your Skin, Mood and Mens Sex Life

### Increases Mens Fertility

There are various means to cure men's sexual problems but the safest way to do this is through Natural Male Enhancement methods such as having a healthy lifestyle and eating the right foods. Zinc plays an important role in the production of healthy sperms and increases mens sex drive performance. It protects the DNA inside the reproductive cells. It builds the immune cells to protect the body from diseases. Zinc enables the male body to produce testosterone. Because of this, your levels of zinc may affect erectile dysfunction.

The reason why men, especially those who are sexually active, need zinc is because this particular element needs to be re-stocked due to the fact that for every Premature Ejaculation treatment, a man can lose up to five milligrams of zinc in his body system. Sometimes, the absorption of this element can also be prevented by unhealthy habits like smoking and drinking, and taking supplements rich in Zinc can help replenish the lost zinc in the body. Taking vitamins as a form of Natural Male Enhancement has various health benefits for men. This is also the easiest and safest way to combat various Natural Sex problems especially fertility issues among men. But in order for these to work as effectively as expected, it is suggested that men should also try to change their health habits. Leading a much healthier lifestyle such as improving the diet, reducing alcohol intake, and giving up smoking habits can significantly contribute to the improvement of male sexual health.

### Boost Brain Power

Zinc helps in maintaining an increased brain activity. It increases cognition and memory.

### Helps in Digestion

Zinc helps with the digestion of food as it helps make both stomach acid and digestive enzymes. Zinc helps to regulate the blood sugar levels as it is needed to make insulin. Our bodies need zinc to activate T cells, lymphocytes that regulate our immune system and attack infected or cancerous cells.

### Benefits for Skin and Hair

Zinc acts as an anti-inflammatory agent and helps soothe the skin tissue. It is also important for healthy hair and nails. It detoxifies the body from all sorts of chemicals. It is also an anti-oxidant.

### Improve Athletic Performance and Strength

Zinc directly impacts athletic performance and strength training because it plays a primary role in the production of anabolic hormone.

### Repair Damaged Cells

Most of our zinc is stored in our muscles, where it used to help repair and build new cells after working out. Zinc is essential because it provides the proper structure for cells and helps us get the rest we need in the growth and repair process.

## **Prevent Baldness**

Hair thinning and baldness can be linked to two direct causes: genetics or certain mineral deficiencies. Zinc can encourage hair growth by improving cell functions of growth and repair.

## **Major Food Sources of Zinc**

Zinc can be found in major food sources including chicken, beef, and dairy products. All of the known foods that are rich in protein are also known to contain huge amounts of Zinc.

Steady Run