

**AKTION
ZINK-
VORSORGE**

Zinc Deficiency Risk-Test
As Preventive Health Care

A Zinc Report

Zinc Treatment Instructions
and Progress Chart

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A Brief Report Concerning Zinc

Zinc and iron are microminerals (or trace elements) just as calcium and magnesium are macrominerals.

Daily nutrition should cover our required zinc levels; however, a study of the World Health Organization (WHO) suggests that even in Germany there are cases of nutritional deficiency. The reasons can stem from eating less beef and intensive agriculture depletion of soil nutrients, but remaining individual factors like high stress can lead to zinc deficiency.

According to the DGE* (German Nutritional Association), daily zinc requirement is 12-15mg. Zinc is present in every human cell, yet the total amount in the body does not exceed 2000 3000mg (the weight of a small coin); therefore, even a small deficiency can lead to serious disorders having influence on physical and mental well-being.

Rich sources of natural zinc are found for example in oysters, beef tenderloin or liver. Vegetarians, especially those who have stopped eating meat as adults, are prone to a zinc deficiency.

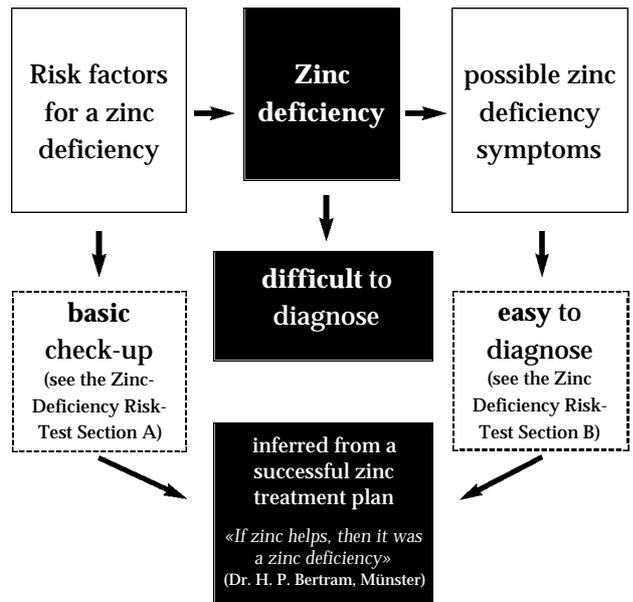
In order to detect possible risks at an early stage, we advise taking the following Zinc Deficiency Risk-Test and, if necessary, to follow a special zinc treatment plan.

This test and special treatment does not replace medical treatment or psychotherapy. In case of doubt, please consult your doctor, therapist or pharmacist for further information.

(* DGE=Deutsche Gesellschaft für Ernährung, Frankfurt/M)

How does the Zinc Deficiency Risk-Test Work?

A severe zinc deficiency can be detected by blood testing. Blood serum contains approximately a mere 0.2% of the bodys zinc requirement. The organism attempts maintaining it at consistent levels; minor deficiencies, therefore, are difficult to detect. Typical symptoms and risk factors are, on the other hand, recognizable without great expense. The test is based on the following considerations:



In order to test your personal zinc deficiency risk, note on the following pages (within the parentheses) the amount of points personally applicable per item. The number listed after the parentheses is the maximum amount of points you can give for each item. If the risk is low; for example, a diet that is only occasionally low in meat, you may attribute less than the maximum amount of points.

If you wish to perform the test several times or for several people, use an additional sheet for each test.

Risk factors

for possible zinc deficiency:

- 5 a diet low in meat consumption (e.g. beef, liver)
- 5 pregnancy, breast-feeding
- 5 cancer, tumors
- 5 heavy alcohol consumption
- 5 drug consumption (e.g. cocaine, hashish)
- 5 recent anaesthesia
- 5 eating disorders, anorexia, bulimia
- 5 chemotherapy or radiotherapy

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- 4 continuous stress, including mental stress
 - 4 zinc deficient intravenous feeding
 - 4 frequent fasting or dieting
 - 4 malnutrition, deficient diet

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- 3 cortisone or penicillin intake
 - 3 sports causing profuse sweating, professional athletes
 - 3 regular sauna visits
 - 3 mourning of loved ones
 - 3 men: strong sexual activity
 - 3 women: hormonal contraceptives (the pill)

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- 2 office work at a VDU
 - 2 computer as a hobby
 - 2 regular smoker
 - 2 recent substantial weight loss
 - 2 frequent use of laxatives
 - 2 high intake of calcium (e.g. milk)
 - 2 heavy physical labour

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- 1 high intake of magnesium (e.g. bananas)
 - 1 high intake of copper or iron
 - 1 high intake of phytates (beans and cereals)

Possible zinc deficiency symptoms and physiological changes

- 5 weakened immune system
- 5 depression, anxiety, phobias
- 5 postnatal depression
- 5 suicidal thoughts or attempted suicide
- 5 schizophrenia, personality change
- 5 aggressiveness, irritability
- 5 extreme loss of hair
- 5 persistent skin problems

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- 4 taste and olfactory disorders
 - 4 poorly healing wounds or scars
 - 4 frequent colds and/or influenza
 - 4 fingernail and toenail changes (e.g. white spots)

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- 3 allergies, hay-fever
 - 3 cravings, e.g. for meat, chocolate, nuts, marzipan, cocoa, cashews
 - 3 sudden hearing loss, tinnitus, hearing problems
 - 3 men: impotence, diminished sex drive
 - 3 women: premenstrual syndrome

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- 2 overweight, eating binges
 - 2 night blindness, sight impairment
 - 2 persistent insomnia
 - 2 waking up problems
 - 2 lack of concentration, reading disinterest
 - 2 mental disorder
 - 2 inability to remember dreams

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- 1 changes in handwriting, e.g. illegibility
 - 1 inability to remember names
 - 1 fever blisters, herpes labialis

Evaluation of the Zinc Deficiency Risk-Test:

Number of points for Section A:

Number of points for Section B:

-

Total amount of points:

Up to 10 points:

A zinc deficiency is rather unlikely. If you have symptoms listed in Section B, a trial zinc treatment plan can be administered.

11 to 20 points:

A slight zinc deficiency is likely. A zinc treatment plan should be followed by paying particular attention to symptom changes. Attempt minimizing the risk factors.

Over 20 points:

A zinc deficiency is very likely. A zinc treatment plan should definitely be followed as a preventive measure. Consulting your doctor and minimizing your risk factors is advised.

Family members and others in your personal circle (similar diet, similar risk factors) probably have a zinc deficiency. A test should be made.

The Zinc Treatment Programme:

Daily zinc intake of 12-25mg, in addition to a normal diet, gives the body a chance to replenish its supply. Observations have shown that this can be achieved within 60 to 100 days, if no assimilation problem exists.

We recommend beginning with a small dose (approx. 6-12 mg. daily) and increasing the amount to maximum 25-50 mg. after a few days. If you have kidney problems, consult your doctor before beginning the programme. Please follow the instructions indicated on the package insert, especially when the product should be taken. Some products are rendered ineffective if taken with a meal.

The assimilation of zinc is hindered when consumed with calcium, copper, iron or magnesium; such compounds, therefore, are not compatible with a specific zinc treatment programme. Vitamins C and B6, on the other hand, assist zinc assimilation.

When a certain product produces side effects (stomach-ache, headache) choose either another product or reduce the dose. The following products, among those available at a pharmacy, are suitable for a zinc treatment:

- Biolectra Zink Brausetabletten (25mg. zinc ea.)
- Endima Zink15 (15mg. zinc ea.)
- Zink Sandoz Brausetabletten (25mg. zinc ea.)
- Unizink 50 (9.8mg. zinc ea.)
- Zinkamin-Falk (15mg. zinc ea.)
- Zinkorotat POS (6.3mg. zinc ea.)
- Zinkotase (25mg. zinc ea.)

A zinc treatment plan costs approximately DM 5,- per week (assuming a 25mg. daily intake of effervescent tablets).

Zinc Treatment Chart

You will find a chart documenting your zinc treatment plan on the following two pages. The chart documents the effects of the treatment on individual symptoms.

If you are being treated by a doctor or therapist, discussing the results of a zinc treatment plan with them can be useful. A positive result can establish the effectiveness of a zinc treatment plan.

THE PREVENTIVE ZINC DEFICIENCY CAMPAIGN

If you would like to support our zinc deficiency research, please forward a completed chart, or a copy, after completing your zinc treatment. It is not necessary to place your name on it; your results, in any case, will be entered anonymously in our database.

Our purpose is to research the advantages of zinc deficiency risk-testing and the benefits of a successful zinc treatment on various physical and psychosomatic symptoms. Our goal remains to promote a responsible approach to personal health care and preventive medicine.

We conduct our work independently from industry and commerce.

Further literature is listed at the end of the brochure.

Progress Chart for a 60-Day Zinc Treatment

I. Zinc Deficiency Risk-Test Results:

1. Points Section A:
2. Points Section B:
3. Total points Section A and B:

II. Progress Chart of the Zinc Treatment:

Enter a number between 1 and 10. Grade the patient's daily condition from worst (number 1) to best (number 10) possible symptoms.

day:	0	1	2	3	5	10	20	30	40	50	60
date:											
1. general health condition:											
2. general mental condition:											
3.*											
4.*											
5.*											
6.*											
example: quality of sleep	2	2	2	3	2	3	5	8	8	7	8
recommended daily zinc intake in mg.	6-8	6-8	6-8	6-8	12-15	15-25	15-25	15-25	15-25	12-15	6-8
actual daily zinc intake in mg.											

* 3.-6. = Symptoms from Section B with the most points

(Continuation and further explanation on the next page)

In the rows 3–6, note the symptoms from Section B of the Zinc Deficiency Risk-Test that were attributed the most amount of points. If you wish to record all your symptoms during the zinc treatment, use a separate sheet.

Rate your general physical and mental condition, and the other symptoms, using a scale between 1 (the worst possible condition) and 10 (the best possible condition). Your personal evaluation is what counts here. It is best to conduct your ratings each evening.

III. Questionnaire upon completion:

1. Which of the following zinc medication did you use for your zinc treatment? (you may check several products)

- Zinkorotat POS (6,3mg. zinc ea.)
- Biolectra Zink-Brause (25mg. zinc ea.)
- Unizink 50 (9.8mg. zinc ea.)
- Zink Sandoz-Brause (25mg. zinc ea.)
- Zinkotase (25mg. zinc ea.)
- Zinkamin-Falk (15mg. zinc ea.)
- others:

2. Have other symptoms improved during the zinc treatment? Which ones? In what way?

3. sex: female. male

4. age:

Questions and Answers on Zinc

Can I poison myself with zinc?

Some medical treatments prescribe up to 200mg. of zinc daily. Serious side effects are reported using daily doses between 275 and 550mg. of zinc.

What deficiencies other than zinc exist when meat consumption is low?

There is a risk of iron and vitamins B6 and B12 deficiency while on a diet low in meat over an extended period of time.

Can children be given zinc medication?

Breast milk contains 3-5 mg. zinc per liter. Especially when children seldom eat meat, a zinc supplement, preferably a zinc effervescent tablet, can be useful. The recommended daily dose varies between 3 and 12mg., according to age and need.

Is it possible to become dependant upon zinc?

Zinc is a natural element found in most foods and required by the human organism. We are naturally zinc dependant. As with all minerals and vitamins, zinc intake should remain within the recommended allowance, especially when used over an extended period of time. A regular blood test administered by your doctor is recommended.

Can a zinc deficiency be identified in blood?

Blood serum contains less than 1% of the body's zinc. Should a nutritional deficiency exist, the organism attempts maintaining this level by depleting other resources, e.g. skin or muscles. Hair analysis has proven inappropriate for zinc deficiency testing. The simplest method remains the Zinc Deficiency Risk-Test.

Further German Literature on Zinc:

Holtmeier/Kruse-Jarres: *Zink-Biochemie, Physiologie, Pathophysiologie und Klinik des Zinkstoffwechsels des Menschen*,
Wissenschaftl. Verlagsgesellschaft Stuttgart, 1991

Dr. med. Dr. rer. nat. Carl C. Pfeiffer:
Nährstoff-Therapie bei psychischen Störungen,
Haug-Verlag, 1970/1986 (z. Zt. vergriffen)

Wagner, Hans: *Natürlich heilen mit Zink*,
Südwest-Verlag, 1999

Texte im Internet unter:
www.zinkmangelrisiko-test.de (deutscher Text)
www.zinc-deficiency-risk-test.de (englischer Text)

Notes:

Preventive Zinc Deficiency Campaign



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