



August 5th is National Oyster Day

Health and nutritional benefits of eating oysters

Whether you are a fan of these molluscs, defined as such given their two-part shell, the health benefits of eating oysters speak for themselves. Oysters are rich in many nutrients that are essential for good health and for a healthy immune system. For example, a 3.5-ounce (100-gram) serving of oysters provides over 100% of the recommended daily intake (RDI) for vitamin B12, zinc, and copper, and over 75% of your daily needs for selenium and vitamin D. Many functional medicine resources actually consider federal RDI guidelines to be too low or far too low for many nutrients but this at least gives you an idea of how beneficial just one serving of oysters can be.

Now let's consider a few of the nutrients mentioned above and how they factor into health and the immune system:

Vitamin B12 - Deficiency of B12 may be a factor in depression. Repletion of B12 to adequate levels can improve symptoms or at least improve response to treatment. Deficiency in vitamin B12 is common in nerve disorders and psychiatric disorders.

Zinc - Acute and chronic inflammation raises demand for zinc. Once acute inflammation (think about a sprained ankle or a bruise from a fall) has resolved, zinc levels will balance again. In the case of chronic inflammation however (think about periodontal disease, arthritis, depression, gastrointestinal issues like acid reflux, IBS, Crohn's disease and ulcerative colitis), the body's levels of zinc never get repleted and a cycle of inflammation and nutrient deficiency begins. If correction of zinc deficiency is initiated though, the pro-inflammatory chemicals (cytokines) then decrease dose-dependently in response to zinc repletion.

Copper - Several copper-dependent enzymes affect lipoprotein metabolism and deficiency contributes to fatty buildup in arteries caused by dyslipidemia.

Selenium - Subclinical selenium deficiency negatively alters genes that regulate the inflammatory response and deficiency promotes vascular inflammation.

Vitamin D - Deficiency is often seen in people with depression and autoimmune conditions. Clinical trials suggest increasing blood levels of vitamin D may help improve mental health. Vitamin D is often known as "hormone D" since it is a hormone precursor and is involved in many mechanisms in the body.

11132 Commerce Ln N – Champlin MN 55316

763-291-0202 office
763-400-4013 fax

www.AdvancedWellnessAndSports.com