Necessary not only for good looks but for nerve and cardiovascular health, copper is a must for men as well as women.
of growth could leave the body more susceptible to damaged blood vessels later in life.

“It is reasonable to suspect that lysyl oxidase must function continuously in the early development of the aorta,” Dr. Harris said. “A (short lull) in activity during development could give rise, to an adult protein structure with intrinsic weaknesses throughout, much the same as a bricklayer who, in constructing a wall, omits certain bricks, leaving gaps in the wall.”

Dr. Harris added these weak spots obviously are vulnerable to rupture, which could lead to heart problems.

In a U.S. Department of Agriculture (USDA) study, researchers at the Human Nutrition Research Center in Grand Forks, ND, reported women who are deficient in copper and iron are more likely to have problems sleeping.

Based on the USDA research, James Penland, Ph.D., Of the department’s Agricultural Research Service, said there are many reasons for insomnia, but that inadequate consumption of certain essential trace minerals, particularly copper, for an extended period may be a contributing factor.

When 11 women in the copper study received only 0.8 milligram (mg) of copper daily - less than half the 2 to 3 mg per day considered adequate - they slept for a longer period of time, but they had difficulty getting to sleep and they awoke feeling less rested than when they got an additional 2 mg per day, Dr. Penland said.

According to their 1985 food consumption figures from the USDA’s Human Nutrition Information Service, the average copper intake for women ages 19 to 50 is half the amount currently considered adequate.

Of the seven elements studied, copper, iron and aluminum most severely affected sleep patterns, Dr. Penland added. By reducing a daily intake of copper or iron, the volunteers reported longer but less restful sleep.

According to John Sorenson, M.D., in Trace Elements, Hair Analysis and Nutrition, copper chelates and complexes are potent antiulcer agents. “Besides localized copper deficiency in the stomach lining, it has been found that ulcer patients average 23 percent less copper in their bodies.

In other tests at the Human Nutrition Research Center researchers found even a mild copper deficiency can elevate blood pressure, especially when an individual is under stress. During a hand-grip test at the center, eight healthy young women who were getting only 0.6 to 0.7 mg of copper per day for three months had an above normal increase in systolic pressure and a substantial increase in diastolic pressure.

Another study at the center determined that a copper deficiency reduced circulating iron in both male and female rats, but there was a greater effect on the males’ hemoglobin and another clinical indicator of iron status called hematocrit.

Copper is as important as calcium and zinc for bone formation, red blood cell integrity, skin and immune functions, nervous system functions, the conversion of betacarotene to vitamin A, wrote Gershon Lesser, M.D., in Growing Younger.

“Without an adequate supply of copper, skin becomes fragile, will break easily and heal slowly; bones can fracture, blood vessels can leak or burst.” —Dr. Gershon Lesser

REFERENCES:
So to help prevent high blood pressure, if you drink alcohol, limit how much you drink to no more than two drinks a day if you are male. The “Dietary Guidelines for Americans” recommend that for overall health, women and lighter weight persons should limit their alcohol to no more than one drink a day. Continued. This is what counts as a drink Collagen is essential for heart health and cancer prevention. To help your body create collagen, eat a balanced diet that contains protein-rich foods like beef, chicken, fish, beans and eggs. You can also increase your consumption of vitamin C-rich foods or take supplements to boost your heart health. Copper is an essential trace mineral that occurs in all body tissues. It is vital for a range of body functions including the production of red blood cells and energy, and the maintenance of nerve cells and the immune system. A copper deficiency can be harmful, but too much can be toxic. Learn more about copper here. Most copper in the body is found in the liver, brain, heart, kidneys, and skeletal muscle. Both too much and too little copper can affect how the brain works. Impairments have been linked to Menkes, Wilson’s, and Alzheimer’s disease. Deficiency is rare, but it can lead to cardiovascular disease and other problems. This article looks at the health benefits of copper, sources, and any potential health risks. Fast facts about copper: Copper is necessary for a range of bodily functions. Normal blood pressure is defined as blood pressure <120/80 mmHg. Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States. Even small weight loss can help manage or prevent high blood pressure in many overweight people, according to the American Heart Association. Advertising Policy.