

VITAMIN AND MINERAL DEFICIENCY SYMPTOMS

Eye, hair, nail, mouth and skin symptoms are among the early outward warning signs of vitamin and mineral deficiencies. The following compilations may help in diagnosing and treating these deficiencies. However, increased metabolic requirements for indicated deficiencies may persist for a long time after the outward symptoms have disappeared. Many listed symptoms may also be caused or aggravated by allergies and problems with the blood sugar and fat metabolism.

The right-hand column gives the primary deficiencies first, additional treatment or cause is given in parentheses. For each condition only the more prominent nutrients are mentioned. However, all the typical nutrients should be supplied in increased amounts in the treatment of all conditions.

Eye-deficiency Symptoms

| Symptom | Deficiency / treatment / cause |
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| Bitot's spots - foamy patches on conjunctiva | vitamin A |
| Bloodshot eyes | boric acid for fungus infection, blue light |
| Blurred vision | vitamins B ₂ , B ₆ , pantothenic acid |
| Bulging eyes | vitamin E, nicotinamide, iodine |
| Cataracts (lens becomes opaque) | vitamins B ₂ , C, E, antioxidants (avoid lactose) |
| Color-blindness | vitamin A |
| Conjunctivitis | vitamins A, B ₂ , C (B ₆ , zinc) |
| Cross-eyes | vitamins E, C, B ₁ , (allergy testing) |
| Dark spots in front of the eyes | vitamins B ₆ , C, zinc (liver problems) |
| Dim vision (amblyopia) | vitamins B ₁ , B ₂ , C, B ₁₂ (allergy testing) |
| Dry, hard eyeballs (xerophthalmia) | vitamin A |
| Farsightedness (hyperopia) | magnesium, potassium, MSM |
| Glaucoma | magnesium, vitamin C (B ₂ , B ₁ , salt) |
| Hemorrhaging in the back of the eye (retinitis) | vitamin B ₆ , zinc, bioflavonoids (also magnesium, vitamins C, B ₂ , B ₁₂ , E, pantothenate) |
| Infected, ulcerating eyes (keratomalacia) | vitamin A (vitamins C, B ₂ , B ₆ , zinc, blue light, boric acid) |
| Itching, burning, watery, sandy eyes | vitamin B ₂ |
| Macular degeneration | vitamins A, B ₂ , B ₆ , magnesium, zinc, antioxidants, bioflavonoids, esp. lutein & zeaxanthin, ginkgo biloba, bilberry, eyebright, MSM, EFA |
| Near-sightedness (myopia) | chromium, vitamins C, E, D, calcium (proteins, avoid sugars) |
| Night blindness (nyctalopia) | vitamins A, (B ₂ , B ₆ , zinc) |
| Red blood vessels in the sclera | vitamin B ₂ |
| Retinal detachment | zinc, vitamins B ₆ , B ₂ , C, E, A |
| Sensitive eyes, fear of strong light (photophobia) | vitamins B ₂ , A |
| Tics of eyelids | magnesium, vitamins B ₂ , B ₆ , zinc |

Skin-deficiency Symptoms

| Symptom | Deficiency / Treatment / Cause |
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| Acne | vitamins A, E, B ₂ , B ₆ , C, niacin, biotin, zinc, EFA*, lecithin, MSM, retinoic acid topically (minimize sweet food & fats) |

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| Addison's disease - adrenal exhaustion: increased tanning, especially on skin-folds, scars, elbows, knees; black freckles | all B vitamins, especially pantothenic acid; vitamin C; all minerals, digestive enzymes, allergy testing, avoid sweet food |
| Arterial spiders (fine branching arteries on face, neck, chest) | antioxidants, bioflavonoids, glucosamine, cartilage, calcium |
| Bedsores | vitamins C, E |
| Blisters | vitamin E |
| Brown discoloration around small joints | vitamin B ₁₂ |
| Brown skin spots | antioxidants (weak liver) |
| Dry skin | vitamins A, C, EFA |
| Eczema, skin ulcers | vitamin C, B ₂ , B ₆ , zinc, magnesium, EFA, allergy test, cleanse |
| Eczema, infantile | EPA, zinc, vitamin B ₆ |
| Edema | vitamin B ₆ , zinc (also vitamin C, magnesium, avoid salt) |
| Fingers white, numb, stiff, swellings (Raynaud's disease) | vitamins B ₆ , B ₁ , antioxidants, niacin, magnesium/calcium, EFA |
| Fungus infections (e.g. athlete's foot, ringworm) | B vitamins, (external tea tree oil, intestinal sanitation) |
| Gangrene | vitamins C, E, B ₁ , magnesium chloride, (urine packs) |
| Greasy dermatitis around eyes, nose | vitamin B ₆ , zinc |
| Greasy skin eruptions (seborrhea) | vitamin B ₂ |
| Horny red skin on pressure areas (e.g. knees, elbows) | zinc (vitamin B ₆) |
| Hot flushes | vitamin E, boron, magnesium, calcium (Wild Yam cream) |
| Ichthyosis (fish-like scales) | vitamin A, retinoic acid topically, MSM |
| Infant dermatitis with inflamed pustules around body openings | vitamin B ₆ , zinc |
| Infections of the skin (boils, cold sores, impetigo, and so on) | vitamins C, A, B ₆ , zinc, magnesium chloride (hot Epsom-salt packs, tea tree oil or propolis rubs) |
| Itching | vitamins B, C, EFA, alkalizer, bicarbonate rubs, (allergy tests) |
| Jaundice | vitamins C, E, A, B ₁₂ , B ₆ , lecithin, magnesium, zinc (blue light therapy, treat gall bladder & liver) |
| Keratosis, horny, goose-pimple-like skin | vitamin A internally & externally |
| Lemon-yellow skin | vitamin B ₁₂ |
| Oily skin, white-heads | vitamin B ₂ |
| Over-sensitivity to sunlight | vitamin B ₆ , zinc, PABA, beta-carotene, antioxidants, bioflavonoids, alkalizers |
| Pale skin | biotin, folic acid, vitamin B ₆ , iron (anemia) |
| Prickly-heat rash | vitamin C |
| Psoriasis | as for acne; blue light, sunlight; avoid gluten |
| Purplish or blue-black skin areas | vitamin C, B ₂ , bioflavonoids |
| Rash | allergy test, alkalizers, vitamin C, calcium |
| Red-brown, often symmetrical discoloration of skin exposed to the sun, later ulceration | niacin or nicotinamide (folic acid) |
| Red-brown or dark-red spots | manganese |
| Rosacea (redness of part of face) | vitamin B ₂ |
| Scaly dermatitis | biotin |
| Scaly eczema around nose, ears, scrotum, vulva | vitamin B ₂ |
| Scar tissue | vitamin E, MSM externally & internally, camphorated oil rub |

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| Scleroderma (hardening and swelling of skin) | vitamin E, C, A, PABA, MSM, magnesium chloride (zapper, pulser and parasite therapy, tea tree oil packs) |
| Sensitivity to insect bites | vitamin C, B ₁ , calcium, alkalizers, bicarbonate rub/bath |
| Shingles | vitamins B ₁₂ , C, A, B, E, zinc, lysine, zinc oxide lotion, zapper |
| Skin cancer | vitamins A, B ₆ , PABA, antioxidants, bioflavonoids, carotenes, chlorophyll, propolis, zinc (blue light, escharotics) |
| Skin-folds red, infected | niacin |
| Stretch-marks | vitamins E, B ₆ , zinc |
| Subcutaneous bleeding (red or purplish spots under the skin, bruises easily) | vitamin C, bioflavonoids and rutin, grape seed extract, glucosamine, alkalizer |
| Swellings (for example, face) | zinc, magnesium, vitamins B ₆ , B ₁₂ |
| Vaginal itching | vitamins B ₂ , E, C (avoid synthetic underwear, treat Candida) |
| Warts, moles | vitamins C, A, E |
| Weals on the skin (urticaria) | vitamin B ₆ , zinc, vitamin C, (alkalizer, allergy test) |
| White skin patches (vitiligo) | PABA, pantothenic acid, vitamin B ₆ , zinc |
| Wrinkles or aging skin | vitamins C, E, A, EFA, bioflavonoids (too much sun) |

* Most skin conditions benefit from external as well as internal application of the indicated nutrients. Retinoic acid is the acid form of vitamin A. EFA means essential fatty acids, mainly linoleic and linolenic acid; recommended are ground-linseed, linseed oil, fish oils and Evening-primrose oil.

Hair and Nail Deficiency Symptoms

| Symptom | Deficiency treatment cause |
|---------------------------------|--|
| Coarse, brittle hair | zinc |
| Dandruff | vitamins B ₂ , B ₆ , zinc, magnesium, biotin |
| Dry hair | vitamin A, zinc |
| Graying hair | folic acid, pantothenic acid, PABA, biotin, minerals (weak adrenals, avoid sweet food) |
| Hangnails | vitamin C, folic acid, proteins |
| Hair loss | copper/lead contamination: use zinc, vitamin B ₆ , sulfur (MSM), selenium, biotin |
| Nails opaque, white spots/bands | zinc, vitamin B ₆ |
| Oily hair | vitamin B ₂ |
| Peeling nails | vitamins A, C, calcium |
| Ridges on nails, longitudinal | vitamin A, protein, calcium (anemia, poor circulation, thyroid/parathyroid glands) |
| Ridges on nails, transverse | fever, infection, inflammation, menstrual problems, period of protein deficiency |
| Scaling of cuticle or lips | biotin |

With graying hair or hair loss improve the circulation to the scalp, e.g. daily inversion such as headstand, shoulder-stand, hanging upside down or using a slant-board. Also vigorously rubbing nourishing or slightly irritating solutions into the scalp, e.g. fresh grass or vegetable juice, MSM with copper salicylate, ginger juice.

Tongue and Mouth Deficiency Symptoms

Mouth problems are often due to amalgam fillings, allergies or *Candida* infestation (thrush).

| Symptom | Deficiency treatment cause |
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| Beefy, enlarged tongue | pantothenic acid |
| Burning, sore tongue | vitamins B ₂ , B ₆ , B ₁₂ , niacin |
| Cracked lips & corners of the mouth (cheilosis) | vitamins B ₂ , B ₆ , folic acid |
| Distended, purplish-blue veins under the tongue | vitamin B ₂ (circulation poor, congested) |
| Edema or tooth-marks on tongue | niacin/nicotinamide |
| Furrowed tongue | vitamin B ₁ , pantothenic acid |
| Gums receding, bleeding (gingivitis) | vitamin C, bioflavonoids, calcium, alkalizers |
| Halitosis (bad breath) | vitamin B ₆ , zinc, magnesium, propolis, chlorophyll (cleansing, intestinal sanitation) |
| Mouth ulcers, canker | folic acid, vitamin B ₆ , zinc (alkalize, allergy test) |
| Papillae prominent or erased | niacin/nicotinamide |
| Purplish or magenta tongue or lips, also veins under the tongue | vitamin B ₂ |
| Tongue red at tip or edges; severe deficiency: whole tongue scarlet red, sore | niacin (vitamin B ₆) |
| Tongue shiny, smooth, beefy; early sign: strawberry-red tip/sides | vitamin B ₁₂ , folic acid |
| Tongue too small or too large | niacin, pantothenic acid |
| White-coated tongue | intestinal putrefaction, cleansing |
| White patches on tongue | vitamin B ₂ and other B vitamins (allergy) |
| Yellowish-brown-coated tongue | liver or gall bladder problems |

Source: Strauss Health - <https://straussheartdrops.com>