

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

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

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
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>