

JOEL FUHRMAN, MD

Getting enough zinc on plant-based diet

Zinc is a mineral essential for immune function, growth, wound healing, reproduction, protein structure, neurotransmitter release in the brain and insulin secretion, and supports hundreds of chemical

reactions.

Zinc-rich foods include beef, oysters, crab, veal, lamb, pumpkin and sesame seeds, pine nuts, peanuts, soybeans, cashews, wild rice, oats and mushrooms.

However, zinc-rich plant foods also contain substances that inhibit zinc absorption, phytate in particular. It is important to note, however, that phytate has beneficial health effects despite its tendency

to lower zinc absorption.

Phytate is a storage form of phosphorus and minerals in plant seeds. Originally viewed as an "anti-nutrient," eventually beneficial actions of phytate were discov-

ered, such as antioxidant and anti-cancer effects.

The presence of phytate also reduces glycemic effects of the foods it is present in, and may bind toxic metals, reducing our absorption of these harmful substances.

Preliminary research has also suggested that phytate could help to prevent kidney stones and vascular calcification.

Grains, beans, seeds and nuts are the foods highest in phytate. In addition to phytate, a number of other factors reduce zinc absorption, including older age, iron, calcium, protein quality, protein intake and folic acid.

Zinc status in vegetarians and vegans: A 2013 review of 34 studies concluded that zinc status is lower in vegetarians than omnivores; in particular in females and vegans.

Zinc requirements for those on a completely plant-based diet are estimated to be about 50 percent higher than the standard recommendations of 12 mg/day for females, 16.5 mg/day for males.

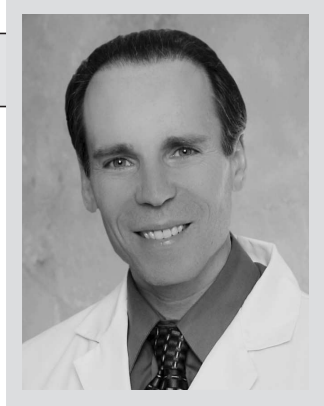
Therefore, in addition to eating natural foods containing zinc it is reasonable to take extra supplemental zinc to assure adequacy on a vegan or near-vegan diet.

Some people may have higher requirements. In scientific studies, blood zinc concentrations are consistently lower in depressed vs. control subjects.

The severity of depression was found to increase with the magnitude of the zinc deficiency. Because of these findings, zinc supplementation is being investigated as an adjunct treatment for depression, with promising results.

The association between low zinc and depression appears to be stronger in women compared to men.

Zinc and the prostate: Normal prostate cells contain very high levels of zinc, higher than any other body tissue. However, if



prostate cells become cancerous, they lose their ability to accumulate zinc.

There is evidence that zinc has anti-cancer effects in the prostate, however, the relationship between zinc and prostate cancer risk is somewhat unclear.

Some studies have reported increased risk, some have reported decreased risk, and others found no relationship at all.

Men who had been supplementing with 15 mg or more zinc per day had a 66 percent decrease in the risk of advanced prostate cancer compared to men who didn't supplement.

There was no association between zinc supplements and overall prostate cancer-except in men who ate more vegetables.

Importantly, the authors found that men who both supplemented 15 mg or more of zinc per day and had a higher intake of vegetables did have a reduced risk of overall prostate cancer.

However, men taking the same amount of supplemental zinc with a lower intake of vegetables did not reduce their risk.

Another study found that long-term (10 or more years) supplementation with zinc was associated with a 53 percent reduction in breast cancer risk.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Visit his website at DrFuhrman.com, or submit questions and comments to news-questions@dfuhrman.com.

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67	5.9%	74	6.6%	81	7.8%	88	9.8%
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THE POWER OF FLORENCE

EACH ONE, ONE DAY, MAKING A DIFFERENCE, TOGETHER **SATURDAY, JULY 18**

We would love for you to support one or as many as possible!

EARLY EVENTS:

Pancake Breakfast 7-11 Start your day off with a delicious serving of hot pancakes and scrambled eggs to benefit "Imagine No Malaria" and the Florence Food Share at United Methodist Church, 333 Kingwood

POWER Walk (run, jog, stroll, skip, whatever) 9:00

This is the official beginning of the Power of Florence. Join us for a beautiful walk that loops through Old Town. Wear your Power of Florence t-shirt if you have one. T-shirts will be available for sale at the walk. Leashed pets welcome! Walk begins at 990 2nd St.

PARTY IN THE PARKING LOT: (GROCERY OUTLET)

Beavers vs. Ducks Food Collecting Contest 10-3

Which team has stronger supporters and bigger hearts for helping feed the hungry in our community? Is it Beaver fans or Duck fans? Drop off your donated money or food in support of the Beavers or Ducks team in the Grocery Outlet Parking lot.

Ink Cartridge and Small Electronic Collection 10-3

Siuslaw Genealogy Society will have a collection container for your empty ink jet and toner cartridges and small electronics. They support the cost of Ancestry.com <<http://Ancestry.com>> at our library for everyone's use. Laptops, cell phones, gps, cameras, etc. are all accepted no matter their condition.

Chili and Cornbread Sale 11-2

Also, watermelon, strawberry shortcake and water fundraiser to benefit Helping Hands Coalition.

Minutes of Gold 11-3

Will have an informational booth sharing their mission of creating and donating layettes for stillborn babies to help families during their time of tragedy.

Needed: Hearing-Aids, Glasses, Cell Phones 10-3

The Florence-Siuslaw Lions Club will be collecting used hearing-aids, eyeglasses, cell phones.

LIVE Music and Entertainment 11:00-3:00

11:30-12:00 Jason Wood's Voice Students perform
 12:00 Mayor Joe Henry and Kaylee Graham speak
 12:10-1:30 Blues/Rock Musician David Weigan
 1:30-2:30 Local Musician and Vocalist Marty Adams
 2:30-3:00 CROW Song and Dance Camp students will be performing songs and dances.

Hamburger & Hotdog BBQ 11-3

Get your delicious hamburgers and hotdogs hot off the grill. All proceeds benefit the Florence Area Humane Society and supports caring for the animals.

Stuff the Van for Humane Society 11-3

Collecting pet food to support shelter animals and to help community members feed their animals when they can't afford to, helping to keep pets with their families so that they don't have to give them up.

Lemonade for Love 11-3

6 year old Keeton will be selling delicious, ice-cold sweet lemonade for Siuslaw Outreach Services.

Ford Family Foundation 11-3

Informational booth and an opportunity to share your hopes and dreams for our community's future. Share your ideas and enter to win a gift certificate!

STEP 11-3

Salmon and Trout Enhancement Program will share photos and information on its programs in the Siuslaw watershed. Membership forms available.

90 by 30 11-3

The 90 by 30 Initiative is a county-wide effort with one bold goal: to reduce child abuse and neglect 90% by 2030 in Lane County, Oregon

FAHS Kitten and Cat Adoption 11-3

A few of the adorable cats and kittens, cared for by the Humane Society will be available.

Lavender Sale 11-3

Volunteers from the Humane Society will be selling lavender. All proceeds will benefit the Humane Society.

Popcorn and Cotton Candy Fundraiser 11-3

The Florence Area PTA is raising money to support the Food Backpack Program for kids.

Power of Florence T-shirt Sales/ Info. 11-3

Buy your t-shirt for only \$10 while they last. Find more information about Power of Florence. Also, special green edition is in support of our veterans and all proceeds will be donated to the Oregon Coast Military Museum.

"How do you help our community?" Raffle 11-3

Get a free raffle card for at the Power of Florence booth. Ask each agency in the parking lot "How do you help our community?" Enter your fully marked card for a chance to win a \$25 gift certificate to Restobar or Craig's BBQ.

Bloodmobile Blood Drive 11-2

Donating your blood could save up to 3 lives! Sponsored by Lane Blood Bank

SAPPSA 11-3

Will be handing out their Teen and Family directory with contact information for multiple agencies.

Poems, Prayers and Promises 11-3

Stop by and have a poem written for you, a prayer said for you or pick a promise from the bible. Sponsored by St. Andrew's Church.

Little Free Libraries Book Drive 11-3

10 year old Ava LOVES to read and is sharing her love of reading with others. Last summer she started a "Little Free Library". She is collecting gently used adult and children's books to share in her library.

SERVICE PROJECTS: Bring water, gloves, sunscreen and tools (for Scotch Broom: loppers, hand pruners and small hand saws).

Munsel Lake Road Park 8:00

Boy Scout Troop 721 will be redoing the fence and planting plants.

Highway 126 Roadside Clean-Up 9:00

Florence Area Democrats will be cleaning up the first 2 miles on both sides of the Highway.

Yard Maintenance at Post Office 8:30

The Crossroads Assembly of God church will be weeding and beautifying the grounds at the Post Office.

7 Park Clean-ups and Beautifications 10:00

Meet at Miller Park at 10:00 in covered area. Volunteers will be informed and sent to various locations for work. Free BBQ for their volunteers to follow. Beautifying Veteran's Memorial Park, Gallagher's Park, Peppersoaks Park, Old Town Park Gazebo, Miller Park, Dog Park, and Florence Senior Center.

Scotch Broom Removal 10:00

Help remove invasive Scotch Broom at Heceta Dunes (corner of Joshua Lane and Nautilus) Sponsored by the U.S. Forest Service.

Rolling Dunes Park Beautification 10:00

Delta Gamma will be working at the park, pulling weeds and spreading bark dust.

Cleaning Gutters at Chamber of Commerce 10:00

The Florence Area Ambassadors will be cleaning the gutters at the Chamber of Commerce.

Wilbur's Crescent 10:00

Kiwanis will be weeding Wilbur's Crescent

2 Habitat for Humanity Home Projects

Yard clean-ups, painting, and home repairs.

Landscaping at Siuslaw Elementary 10:00

OPB Employees will be assisting in putting in landscaping for the new Kindergarten building.

Landscape Maintenance on Caputo Island 9:00

Florence Rotarians will be weeding and beautifying Caputo Island on corner of Hwy 126 and Hwy 101.

Planting Trees and Landscape 9-12

Friends of Honeyman will be planting trees and landscaping at East Woahink Day Use off Canary Rd.

KXCR Yard Clean-up Party 8:30-12:00

After the yard clean-up they will have a potluck luncheon. Bring a healthy food to share.

New Life Lutheran Church Painting in Parking Lot

Painting of directional signs in the parking lot 1833 Tamarack

OTHER GREAT EVENTS:

Car Wash & Bake Sale for CROW 9-2

Get your car washed and shiny! CROW is raising money to support the new CROW building. Car Wash at OPB from 9-2

Pie and Ice Cream Social 1-4

Van Fans Pie and Ice Cream social to support the Van Fans. Tickets are \$5 each. Each ticket is entered into a raffle drawing, as well. Musical entertainment will be provided. Located at FEC, 715 Quince Street.

Habitat ReStore Accepting Donations 10-3

Clean out your own garage and bring in donations of used fixtures, sinks, faucets, windows, doors, etc.

Real Food Co-op help 10-6

Stop in at the Real Food Co-op 1379 Rhododendron, they will have a list of volunteer opportunities.

www.powerofflorence.org

Email Kaylee at powerofflorence@hotmail.com or 541-997-8778

post on Power of Florence's facebook page to tell her what you did for Power of Florence.