

# Give Me “Mo”

This slang wording might lead one to think of the expression “give me more of that” or “Super Size Me”. It may also be confused with the name of the talk show hosted by Monique Coleman “Gimme Mo”. What this expression really means is provide the body with more of the mineral molybdenum, abbreviated Mo. Most people cannot even pronounce this unheard of mineral, MOL-ib-DEE-nəm. It may be easier for people to refer to this unfamiliar mineral as ‘Moly’.

What is “moly” or molybdenum? It is the little known mineral that is vitally important for the body. This mineral is instrumental in regulating the body’s pH balance. It also helps promote normal growth and development, and a sense of well-being.

It is involved in protein synthesis, and aids in the metabolism of fats and carbohydrates. The movement of iron in the body is dependent upon this mighty mineral. Without adequate levels of molybdenum, protein digestion can be impaired resulting in a build up of homocysteine, an inflammatory metabolite linked to increased cholesterol.



Molybdenum is also thought to be helpful in preventing tooth decay, anemia, male impotency, and may also protect against stomach and esophagus cancers.

## **Inadequate levels of molybdenum can result in the following common health conditions.**

- Asthma symptoms
- Fibromyalgia symptoms
- Candida yeast or mold problems
- Headaches and fatigue
- Chronic Pain
- Joint pain and inflammation
- Chemical sensitivity
- Poor digestion
- Sore achy muscles
- Mal-absorption issues

The highest concentration of molybdenum found in the body is in the bone, liver, kidneys and the adrenal gland. It helps with the metabolism of fats and carbohydrates. It is absorbed in the GI tract, and excreted in the urine.

Molybdenum is an essential

trace mineral that is necessary for life. There are 3 essential enzymes that are dependent upon this mostly unfamiliar mineral. One enzyme removes the by-product of candida and yeast, while the other eliminates ammonia waste from the body.

The body uses molybdenum in the gut to break down the by-products of fungi/yeast. Excess fungal/yeast overgrowth occurs when there is an insufficient amount of molybdenum, resulting in dysbiosis. Dysbiosis is an imbalance of microbial bacterial in the small intestine causing bloating, food sensitivities, gas and indigestion symptoms.

The third enzyme is necessary for joint cartilage health and liver detoxification. The liver cannot successfully detoxify heavy metals or food additives and preservatives, including sulfites, without adequate amounts of molybdenum. The liver also cannot break down thyroid and adrenal hormones, or common

over the counter pain medications when there is less than an optimal level of molybdenum.

When levels of this important mineral are too low the female body will develop an imbalance in hormone levels. Over time estrogen dominance develops with all of its accompanying symptoms of hot flashes, unwanted weight gain, fatigue, and a host of other endocrine related health issues. Mineral imbalances between copper and zinc also occur when molybdenum is too low. Excess copper is often associated with estrogen dominance symptoms.

The male body will develop symptoms of impotency when molybdenum is too low. Both men and women will also show signs of premature aging. Molybdenum is essential for the movement of iron in the body.

Iron deficiency symptoms often result when there are inadequate molybdenum levels to move iron into the tissues. Iron is essential for life as it carries oxygen to every cell in the body. Common iron deficiency symptoms include fatigue, hair loss, irritability, weakness, brittle nails, and pale color.

Make sure that foods containing molybdenum are part of the daily diet. This essential trace mineral is found in most plant and animal tissue. It is most commonly found in foods that grow above the ground. The best natural sources of this essential mineral can easily be added to everyone's diet.

## **Molybdenum is found in the following foods:**

Meats  
Buckwheat  
Nuts  
Legumes (peas & lentils)  
Oats  
Sunflower seeds  
Canned beans  
Barley  
Wheat germ  
Lima beans  
Whole grain (cereals)  
Broccoli  
Dark green leafy vegetables  
Cauliflower  
Spinach

Food based supplemental molybdenum may be needed if eating molybdenum rich foods does not change any of the above health issues. Consult an alternative health care physician who is trained in non-invasive methods of evaluating patients for mineral deficiencies and toxicities. Testing for molybdenum is simple and requires no blood work or invasive procedures. Health improvement occurs naturally when each individual need for all minerals and vitamins is determined, and then provided using food based nutrition.

Dr. Carol Ann Fischer, B.S., D.C., N.D



Dr. Carol Ann Fischer, B.S., D.C., N.D. owns TLC Holistic Wellness in Livonia. She is a practicing chiropractor, naturopath and wellness consultant, who for 25 years has provided holistic and nutritional recommendations using whole food supplements.

Visit [www.TLCHolisticWellness.com](http://www.TLCHolisticWellness.com) for more health information, and free public workshop dates, or call (734) 664-0339.



*A doctor who understands, your health issues are real, and can provide true help.*

**Dr. Carol Ann Fischer, D.C., N.D**

*Tired of Being Tired & Stressed?  
Trying to Do it All?  
Living With Pain?  
THERE IS HELP!*

- offering:
- Stress & Pain RELIEF
  - Energy Rejuvenation
  - Hormone Balancing
  - Nutrition
  - Diet & Weight Loss
  - Detoxification
  - Gentle Chiropractic

**Mention BMS for a  
FREE stress checkup.**

TLC Holistic Wellness  
31580 Schoolcraft Road  
Livonia, Michigan 48150

Call Today: 734.664.0339  
[www.TLCHolisticWellness.com](http://www.TLCHolisticWellness.com)