

Minerals (geology)



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Your full April 9, Minerals Minerals hold great importance in nature and biological lives in manifold ways. We often watch different TV commercials and advertisements that place emphasis on vitamins and minerals to make the edible products more effective in performance. But, the question rises in our minds whether minerals are only related to food or they mean something else as well. The truth is that minerals are not only related to food. We can also find them in our universe. In our body, minerals play an important role. They help us to grow well, stay healthy, and do different tasks. Moreover, there are some minerals that are required to improve our nerves and hormone system. To be more precise, minerals can be defined as those analogous inorganic substances that occur in nature, have a specific chemical form, and have attributes of crystalline constitution and color. The goal of this paper is to bring forward complete and comprehensive information about minerals.

Minerals have more than a thousand diverse shapes, colors, potencies, mass, and separating centers. Crystals, metals and rocks are all minerals, but they occur in different forms naturally. Crystals have refined appearance. For example, metals have a glossy look, and they are flexible and soft as they can resist the hard strength. Coal, graphite and gold are three such minerals that play a variety of vital roles. Gold is one of those valuable and precious metals that one wears for one's individual manifestation. It is really important for all of us as the currency rate of the whole world depends on it. It seems as if the whole world is rotating around this metal. Also, our paper money is based on hard currency (gold) that is stored in Fort Knox (USA). "Gold also occurs in seawater to the extent of 5 to 250 parts by weight to 100 million parts of water" (Cash Gold Tree, para. 3). Graphite has its own

significance. It is used in pencils.

Furthermore, there are two basic kinds of minerals biologically. They are macro-minerals and trace minerals. Macro-minerals group is composed of calcium, phosphorus, sodium, chloride, potassium, sulfur and magnesium. Group of trace minerals includes iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium. According to a scientific point of view, our body needs more macro-minerals rather than trace minerals. Calcium is the most important macro-mineral as it helps to strengthen our bones and teeth. Sources of calcium are milk, animal protein, leafy green vegetables, and etcetera. Iron is also essential for human body as it helps to move oxygen from lungs to the rest of the body. Potassium ensures that our muscles and nervous system works in a right manner. Zinc helps us to defend our bodies against numerous diseases as it improves our immune system. It also helps us to cure wounds.

To conclude, minerals prove to be very important as they serve a myriad of important functions, both in nature and inside our bodies. Intake of minerals on a daily basis is fundamental to human life. One should take sufficient and adequate amount of minerals in order to gain strength and healthy growth.

Minerals can be of any type and shape, and they exist all over in the universe.

Works Cited

Cash Gold Tree. Where Does Gold Come From? N. p., 2012. Web. .