



**NUTRITIONAL BALANCING
PROGRAM BOOKLET**

Name: [REDACTED]

Date: [REDACTED]

Practitioner: Koay Yih Zi (info@healthbalancing.com)

3 Results



PATIENT NAME				
SEX:	AGE:	DATE:	LAB NO.	CLIENT ACCT. NO.

NUTRIENT MINERAL LEVELS									
610	192	94	191	26.8	3.7	3.8	45.8	.19	89.3
578	182	89	181	25.4	3.5	3.6	43.4	.18	84.6
546	172	84	171	24.0	3.3	3.4	41.0	.17	79.9
514	162	79	161	22.6	3.1	3.2	38.6	.16	75.2
482	152	74	151	21.2	2.9	3.0	36.2	.15	70.5
450	142	69	141	19.8	2.7	2.8	33.8	.14	65.8
418	132	64	131	18.4	2.5	2.6	31.4	.13	61.1
386	122	59	121	17.0	2.3	2.4	29.0	.12	56.4
354	112	54	111	15.6	2.1	2.2	26.6	.11	51.7
322	102	49	101	14.2	1.9	2.0	24.2	.10	47.0
290	92	44	91	12.8	1.7	1.8	21.8	.09	42.3
258	82	39	81	11.4	1.5	1.6	19.4	.08	37.6
226	72	34	71	10.0	1.3	1.4	17.0	.07	32.9
194	62	29	61	8.6	1.1	1.2	14.6	.06	28.2
162	52	24	51	7.2	0.9	1.0	12.2	.05	23.5
130	42	19	41	5.8	0.7	0.8	9.8	.04	18.8
98	32	14	31	4.4	0.5	0.6	7.4	.03	14.1
66	22	9	21	3.0	0.3	0.4	5.0	.02	9.4
34	12	4	11	1.6	0.1	0.2	2.6	.01	4.7
2	0	0	1	0.2	0	0	0.2	0	0
44.0	10.0	276.0	8.0	2.4	1.0	0.052	18.0	0.072	28.0
Calcium (Ca)	Magnesium (Mg)	Sodium (Na)	Potassium (K)	Iron (Fe)	Copper (Cu)	Manganese (Mn)	Zinc (Zn)	Chromium (Cr)	Phosphorus (P)

Toxic Metals				
3.6	.04	.12	.12	.12
2.7	.03	.09	.09	.09
1.8	.02	.06	.06	.06
0.9	.01	.03	.05	.05
0.018	0.016	0.002	1.66	0.002
Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Aluminum (Al)	Arsenic (As)

Selenium (Se)	0.106	Nickel (Ni)	0.022
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Ratios	Mean Ratios	Pt Ratio
Ca/Mg	3.13	4.40
Ca/K	3.18	5.50
Ca/P	6.88	1.57
Na/Mg	0.47	27.60
Na/K	0.48	34.50
Zn/Cu	13.28	18.00

Testing by:
Accutrace Lab
2225 W. Alice Ave
Phoenix, AZ 85021

CLIA # 03D0641886

INTERPRETATION OF YOUR TEST RESULTS:

The interpretation of a hair tissue mineral analysis depends upon developing a "metabolic blueprint" of how the body is responding to stress. The ability to determine the stage of stress and the oxidation rate from a hair tissue mineral analysis makes it possible to assess the likelihood of many conditions and guide correction based upon metabolic imbalances.

The following provides an interpretation of the most pertinent observations based on your pet's hair test.

METABOLIC TYPE - fast mixed oxidation: Your test is showing a mixed oxidation rate where there are symptoms of both fast and slow oxidation (metabolism).

A thyroid ratio (Ca/k) greater than 3.18 is associated with slow oxidation and an adrenal ratio (Na/mg) greater than 0.47 is associated with fast oxidation. As the adrenal ratio is more out of balance compared to the thyroid ratio, this is showing a fast mixed oxidation rate, meaning you are closer to fast oxidation. A high adrenal ratio also indicates an acute stress state.

Fast oxidation is identical to an alarm stage of stress, and is characterized by a lot of activity of the sympathetic nervous system. Those with a fast oxidation rate tend to be anxious, irritable, in a hurry, and aggressive if their oxidation rate is very fast. They are in a fight-or-flight mode too much of the time. This uses up certain nutrients and eventually can result in symptoms and illnesses associated with this metabolic type. These include high blood pressure, fatal heart attacks, anxiety, panic attacks, arthritis, and others.

-Calcium/ magnesium (Ca/Mg) ratio is in the healthy range. The Ca/mg ratio has to do specifically with carbohydrates in the diet. Calcium is required for the release of insulin from the pancreas, whereas magnesium inhibits insulin secretion. Calcium to magnesium ratio in a good range indicates good carbohydrate tolerance.

-Sodium/ potassium (Na/k) ratio is high. A high sodium to potassium ratio indicates tendency for acute stress, inflammation or pain in the body. Other symptoms may include water retention, edema, and perhaps higher or fluctuating blood pressure due to water retention and/or kidney stress.

-Low calcium. A low calcium level is usually due to an excessive excretion of calcium in the urine as part of an alarm stage response to stress.

-Low magnesium. A low magnesium level on a hair analysis is often due to an excessive excretion of magnesium in the urine as part of an alarm stage response to stress.

-High sodium or adrenal stress pattern. This indicates volatility, high stress, inflammation. An elevated hair sodium level is a feature of fast oxidation and an alarm stage of stress. The cause is usually higher aldosterone secretion by the adrenal glands. This may be due to acute stress or to emotions such as anger or fright. Cadmium and other toxic metals in the kidneys, along with kidney infections, can also raise the hair tissue sodium level.

-Low potassium. This indicates sympathetic dominance (over use of the sympathetic nervous system), a need to rest. Pushing or worrying too much. A mental/emotional tendency to overuse the fight or flight nervous system. This is a lifestyle or personality tendency to worry or run around too much.

Potassium is a primarily intracellular element required for fluid balance, nerve activity and muscle activity. A low potassium level on a hair analysis is often associated with excessive excretion of potassium due to stress and adrenal gland weakness. This may contribute to feelings of fatigue and low blood sugar.

-Three lows or skidding pattern (three out of the first four macro minerals, calcium, magnesium, sodium, potassium are lower than the ideal level): lower energy pattern. Burnout pattern. Spinning wheels trying not to go into four lows. As the name implies, this pattern indicates some degree of adrenal exhaustion, and that the body is moving toward a four lows pattern. With a three lows pattern, the body is malnourished and usually quite toxic. Either one has a lot of toxic metals or too many nutrient minerals that are in a toxic form.

-High Chromium. Usually indicates toxicity. Certain water supplies are contaminated with chromium from old factories, or for other reasons. Toxic forms of chromium are biounavailable, meaning that they do not function well in the body. High amounts of toxic chromium in the brain, perhaps a hexavalent chromium, may be associated with feelings of sadness. The toxicity of hexavalent chromium is well known.

-Aluminum is elevated. Most dogs have high levels of aluminum. This affects thinking and other body systems. Dogs are often born with high aluminum and pellet food usually makes it worse.

-Mercury is elevated. This indicates mercury toxicity, often from food containing fish.

NUTRITIONAL SUPPLEMENTS:

The following nutritional supplements are recommended for your pet based on the hair test results. The supplements serve to balance the body chemistry and supply essential nutrients. This drastically increases adaptive energy in the animal. As this occurs, healing follows, without a need for many remedies or drugs.

Supplement	AM	Noon	PM	Notes
Stress Pak	half	o	half	A vitamin-mineral product to reduce the rate of metabolism in fast oxidizers.
Paramin	half	o	half	Supplies calcium and magnesium.
Zinc 22.5mg	quarter	o	quarter	Lowers the sodium/ potassium ratio.
EPA DHA 1000mg	1	o	1	Essential fatty acids for healthy cell membranes.
Kelp 600mg	half	o	half	Supplies iodine and trace minerals.
Lecithin 1200mg	half	o	half	Alternatively, 1-2 tablespoons of granules a day. Helps correct adrenal burnout and anxiety.

When starting the supplements start slowly and increase slowly taking about 7 days to 10 days to get up to the full dose. This is because some dogs have sensitive digestive systems and it gives their body a chance to get used to it.

How to give supplements to dogs. For most dogs. Mix supplements into the food with something the dog likes on top and the dog will eat them.

For very fussy dogs. First, make supplements into a powder with a pill crusher that is sold at the supermarket or pet store. Then either mix them with the food or put them in a syringe with some water or carrot juice and inject them into the mouth. This is rarely needed, however.

Use regular human supplements for dogs. They are often of better quality than many that are sold for dogs.

SUPPLEMENT DETAILS:

You can find detailed ingredients [here](#).

1. **Stress Pak:** A metabolic vitamin-mineral product designed to reduce the rate of metabolism in fast oxidizers.
2. **Paramin:** This supplement provides the vital elements calcium and magnesium that many pets are deficient in (calcium 200mg and magnesium 120mg). These are calming minerals and are helpful for anxiety, sleep difficulty and muscle cramps.
3. **Zinc 22.5mg:** Essential anti-inflammatory mineral to balance copper, strengthen immunity, improve protein synthesis and to lower the sodium/potassium ratio.
4. **EPA DHA Fish Oil 1000mg:** EPA DHA is a general anti-inflammatory substance that is essential for building cell membranes throughout the body and the brain. It is important for the health of the nervous system and for brain function.
5. **Kelp 600mg:** This supplies iodine for hormone health and immune function. It also supplies many trace minerals for remineralising the body.
6. **Lecithin 1200mg:** Lecithin is a natural source of two B-complex vitamins, choline and inositol, among other nutrients. It plays a major role in almost all biological processes - including brain and nerve function. It is a very important antioxidant nutrient and helps correct adrenal burnout and anxiety.

DIET:

50% cooked vegetables (varied and can be whatever you are making for yourself, most dogs love carrots) and 50% cooked meat. Most often the meat should be dark chicken meat (legs/thighs) and cooked carrots should be given daily. As a treat you can also give some lamb or sardines from time-to-time but most often the meat should be chicken. Once a week you can give the meat of another bird (quail, turkey, duck.) A homemade gravy can be put on top of the vegetable if needed.

WATER:

Spring water or the water you drink would be the preferred water. If possible, offer two kinds of water to drink: tap and Spring.

RETESTING:

We recommend sending us a retest hair mineral analysis in 4 months. Retests are useful to keep your pet's healing program appropriate and updated.

OTHER RECOMMENDATIONS:

Love. Animals all require a lot of care and love. Never overlook this factor in your care of all animals.

Warmth. Most indoor and warm-climate animals prefer an ambient temperature of about 74 degrees F. or about 24 degrees C. Please keep your animals as warm as you are.