

Hello

Your Hair Mineral Analysis results from 20 Sep 2023 are in.



Metabolic Type:
Slow Mixed Oxidation
(Slow Mixed Metabolism)

6 toxic elements were tested.

Al

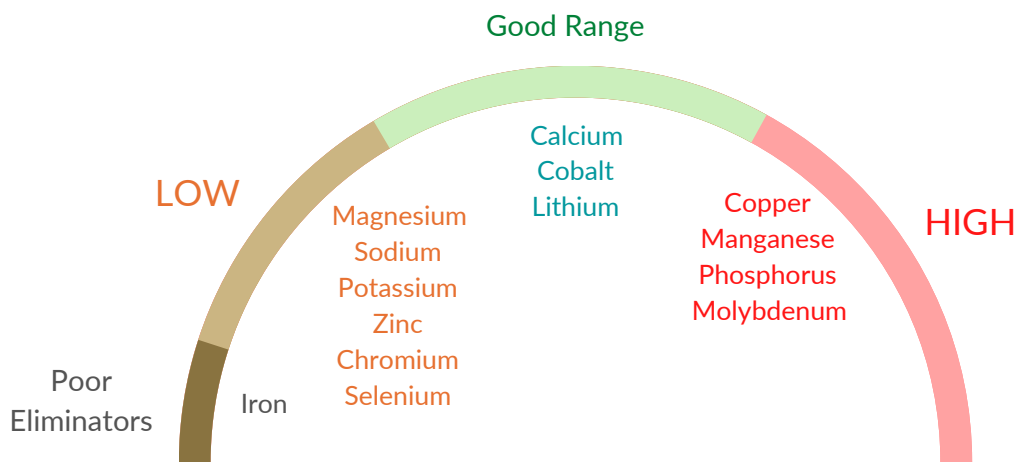
Aluminium is above acceptable level.

Hg

Cd

Ni

Mercury, Cadmium and Nickel are at very poor eliminator ranges. Body is having difficulty eliminating these metals.



14 nutritional elements were tested.

4 elements were at high levels, 6 elements were at low levels, and 2 elements were at poor eliminator ranges. Poor eliminator range indicates that the body is having difficulty eliminating the element. It is present in toxic amounts within the body,

4 key mineral ratios were evaluated.

Ca/mg Blood sugar ratio High

A high calcium to magnesium ratio may indicate **poor carbohydrate tolerance**. As the release of insulin is promoted by calcium and inhibited by magnesium, the proper ratio of calcium to magnesium is critical for optimal insulin secretion, thus resulting in one's ability to properly metabolize sugars and simple carbohydrates.

Ca/k Thyroid ratio Low

A "low" thyroid ratio (high calcium to potassium) is associated with **reduced thyroid activity**. Symptoms may include tendency to feel cold, dry skin and dry hair, fatigue, lack of sweating and tendency to gain weight.

Na/mg Adrenal ratio Low

A high sodium to magnesium ratio indicates **excessive adrenal activity**. Symptoms may include glucose intolerance, hypertension, increased stamina and drive and tendency to inflammation.

Na/k Vitality ratio 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.



Click for detailed information on mineral ratios.



Summary of recommendations:

- A slow oxidizer program is recommended.
- Start and increase slowly with supplements, taking about 2 weeks to increase to full recommended dose if you are just starting the program. If you have any issues please check with your practitioner.
- Retest after no longer than 4 months to keep your program on track.
- Aim for 8 hours sleep per night, we heal when we sleep. Extra paramin (calcium & magnesium) before bed can often help with sleep. Grind/break paramin before taking for improved absorption.
- Hair loss is usually related to low adrenal and thyroid function as well as stored copper and other metals in the body. The amino acid Taurine can be helpful. The program will also help with that but massaging the scalp daily can help increase blood flow and circulation to the area which is often helpful.
- Your hair test shows a **double high ratio** (calcium/magnesium ratio and the sodium/potassium ratio are both elevated). This pattern is one of the major inflammation patterns seen on tissue mineral tests. Zinc supplementation is very important when this pattern is present. Zinc tends to lower the calcium/magnesium and sodium/potassium ratios.
- Your macro minerals (calcium, magnesium, sodium, potassium) also show a **three lows pattern**, where three out of the four minerals are below ideal level. **This pattern indicates some degree of adrenal exhaustion as well as nutritional deficiencies.** It is important for you to follow the recommended diet plan and eat a variety of and a generous amount of cooked vegetables to remineralise and detoxify the body. Regular meals with sufficient animal protein, moderate portions of complex carbohydrates, a low stress lifestyle, balanced emotions, as well as sufficient rest and sleep is needed to rebuild and heal the body.
- **We do not recommend a low carbohydrate diet** as this can be a stressor on our adrenals. By increasing the need for cortisol (to generate new glucose), a low carbohydrate diet can put more stress on adrenals that are already fatigued. That means ensuring you have enough good quality carbohydrates in your diet is essential for regulating cortisol production and supporting your adrenal glands.
- We prefer **cooked vegetables over raw vegetables** for better digestion and absorption of minerals and nutrients.

Your Oxidation Type: **Slow Mixed Oxidation**

A thyroid ratio (Ca/k) greater than 4 is associated with slow oxidation and an adrenal ratio (Na/mg) greater than 4.17 is associated with fast oxidation. **You are showing a mixed oxidation rate where there are symptoms of both fast and slow oxidation.** As your thyroid ratio is more out of balance compared to the adrenal ratio, you are showing a slow mixed oxidation rate, meaning you are closer to slow oxidation. A low thyroid ratio (high calcium to potassium ratio) indicates reduced thyroid gland activity. A nutritional balancing program usually resolves the mixed oxidation rate to either a fast or a slow oxidation rate within a few months.

An individual with slow oxidation type releases energy from food too slowly. To help a slow oxidizer get more energy we have to speed up the oxidation rate. Food guidelines include: high quality proteins, preferably organically grown cooked vegetables, and a moderate portion of complex carbohydrates with low to medium glycemic index. These foods help to improve blood sugar, support the adrenals and thyroid activity, and improve energy levels.

Slow oxidation is identical to an **exhaustion stage of stress**, and is characterized by reduced sympathetic nervous system activity, resulting in an unhealthy parasympathetic state. A person with a slow oxidation rate has decreased activity of the adrenal and thyroid glands, and is in a lower energy state. Without sufficient energy, the body is unable to repair and regenerate itself fast enough.

Those with a slow oxidation rate tend to be tired, apathetic and depressed. They are often cold and do not sweat easily. Many have brain fog, spacey thinking, and slower thinking. They usually have dry skin and dry hair, and may have constipation. Most have underactive thyroid glands. They are prone to osteoporosis, cancer, infections, skin problems, and many other health conditions. Causes for slow oxidation include chronic stress, insufficient animal protein and cooked vegetables in the diet, too much fruits and sugars damaging the glands, personality, excessive toxic metals and structural tension in the body.

[Learn about oxidation types](#)

Your Metabolic Profile

- **Stress stage = resistance**
 - slow mixed oxidation
- **Nervous system =parasympathetic state**
 - slow mixed oxidation
- **Protein synthesis = poor**
 - low zinc
- **Digestion = impaired**
 - high copper
 - low zinc
- **Copper imbalance = indicated**
 - low zinc copper ratio
 - high copper
 - sympathetic dominance
- **Immune system =impaired**
 - low zinc copper ratio
 - low zinc
 - copper imbalance
- **Trend for liver and kidney stress = indicated**
 - high copper
 - high manganese
 - high aluminium
- **Inflammatory tendency = high**
 - high sodium potassium ratio
 - low potassium
 - copper toxicity
- **Cell permeability = decreased**
 - "low" thyroid ratio (Ca/k)
- **Burnout indicators = indicated**
 - low potassium
 - three lows pattern
 - five poor eliminator minerals

Your Hair Mineral Patterns



3 lows pattern: this pattern is also named **overwhelming stress** or almost four lows. This is when three of the four major electrolytes - calcium, magnesium, sodium or potassium – are below their ideal values, and one of them is above the ideal. This pattern indicates some degree of **adrenal exhaustion**, and that a person is moving toward a four lows pattern. With a three lows pattern, the body is malnourished and usually quite toxic.



Double high ratio pattern: this pattern is present when calcium/magnesium ratio and the sodium/potassium ratio are both elevated. This pattern is one of the major inflammation patterns seen on tissue mineral tests. Double high ratio patterns tends to reinforce the symptomatology and pathology associated with a high sodium/potassium ratio such as **inflammation, acute stress, and anger**. **Zinc supplementation is very important** when this pattern is present. Zinc tends to lower the calcium/magnesium and sodium/potassium ratios.



Sympathetic dominance pattern: this is a stress pattern indicating the **overuse of the sympathetic nervous system**. The pattern is present when there is slow oxidation and potassium level at 4 mg% or less. The person is in a **continuous fight-or-flight state that is very hard on the body**. This tends to break down the body as well as inhibit digestion, elimination and the immune responses. The person tends to push oneself all the time, and has great difficulty relaxing, slowing down, and resting sufficiently. It is especially important for the person to get a lot more rest and sleep, go to bed early and slow down thinking, moving and all other activities. A major cause of sympathetic dominance is copper toxicity and the presence of other toxic metals such as mercury and cadmium.

Understanding your electrolyte levels

Calcium is at an ideal level. Calcium is found in every cell throughout the body. Over ninety percent is found stored in the bones and teeth. Calcium is regulated by the thyroid, parathyroid, adrenal and pituitary gland. Its use in the body is involved in maintaining the acid alkaline balance. It is necessary for normal blood clotting, nerve conduction, muscle contraction and relaxation, cell division, heart rate, and maintenance of the bones and teeth. It is a primary extracellular element.

Magnesium is below ideal level. This usually involves magnesium excretion due to a fight-or-flight reaction of the body. Low magnesium is often associated with a fast oxidation rate, anxiety, irritability and high-strung personality. Common symptoms of low tissue magnesium include nervousness, irritability, anger, attention deficit disorder, hyperactivity or hyperkinesis, muscle tension, muscle cramps, and often cardiovascular symptoms.

Sodium is below ideal level. Sodium is an essential mineral for maintaining water balance and blood pressure in the body and is a primary extracellular element. A low hair sodium level is an excellent indicator of impaired adrenal gland activity. A very low sodium is indicative of exhaustion, fatigue and burnout.

Potassium is below ideal level. Potassium has many roles, especially intracellular fluid balance, and cell membrane effects such as muscle contraction, nerve impulse conduction, and cell permeability. A low potassium level on a hair tissue mineral analysis is often associated with excessive excretion of potassium due to stress and adrenal gland weakness. Very low potassium is associated with allergies, fatigue, low blood sugar, sweet cravings, and low blood pressure.

[Learn more about the elements](#)

Understanding your nutrient mineral levels

Iron is at poor eliminator range. Iron is required in hemoglobin for transporting oxygen in the blood, for detoxification and for energy production in the cells. In most cases, a low iron level in the hair does not necessarily indicate a deficiency of iron and often represents bio-unavailable iron. This means an excess of iron may be present in the liver or other organs, but the body is having difficulty eliminating the excess iron. An iron imbalance is often associated with general fatigue.

Copper is above ideal level. Copper is an essential mineral in the body. Copper is required for energy production, cardiovascular health, neurotransmitter activity, female reproductive system, skin health, blood formation and the immune system. Fast oxidizers generally are deficient in copper, while slow oxidizers usually have either high copper or bio-unavailable copper. Copper toxicity is a much-overlooked cause of many important health conditions today, including fatigue, premenstrual syndrome, anorexia, depression, anxiety, migraine headaches, allergies (food and environmental allergies) and many others.

Manganese is above ideal level. Manganese is essential for energy production, maintaining glucose metabolism, maintaining tendon and ligament integrity and is essential for bone development. Elevated manganese indicates toxic accumulation of a bio-unavailable form of manganese. This could be derived from drinking water with high levels of manganese, or exposure to gasoline. When the adrenal glands are weak, the body tends to accumulate toxic manganese due to its stimulatory effect on the sympathetic nervous system.

Zinc is below ideal level. Zinc is essential for protein synthesis, growth and development, male reproductive system, insulin production and secretion, vision, digestion, prostate health, skin, hair and nail health, and immune system activity. A low zinc level can be due to any number of reasons; including an over consumption of sugars and simple carbohydrates, insufficient dietary zinc, an acute stress situation, infection and/or the release of toxic metals. Low zinc levels are often associated with mood swings, digestive disturbances, skin problems, vision problems, prostate problems in men and a reduced sense of taste and smell.

Chromium is below ideal level. Chromium enhances utilization of insulin, resulting in improved burning of glucose. Chromium is involved in maintaining blood sugar levels and energy levels. It is also associated with cholesterol regulation. A low chromium level may contribute to blood sugar imbalances, cravings for sweets or starches, fatigue, elevated cholesterol.

Selenium is below ideal level. Selenium is required for thyroid function. Selenium is an essential component of the enzymes that convert Thyroxine (T4) to Triiodothyronine (T3). Selenium is also important in heavy metal detoxification and is also important in enhancing immune system function. Low selenium levels may be due to dietary deficiency, especially among those who eat refined foods.

Phosphorus is above ideal level. Phosphorus is an essential mineral that is involved in protein synthesis and energy production. All proteins contain phosphorus and thus are a significant source of organic phosphorus. The hair mineral level of phosphorus is often associated with the adequacy of protein synthesis in the body. An elevated phosphorus level is frequently indicative of excessive protein breakdown of body tissues. As proteins break down, phosphorus is released.

[Learn more about the elements](#)



Slow Oxidizer Diet Plan

Optimise Your Body Chemistry

If you are a slow oxidizer, like 80% of adults tested, this diet plan is for you. You will do best eating a generous base of cooked vegetables for remineralization, a moderate amount of animal protein daily, a small amount of complex carbohydrates, and fat mostly from your protein sources.

Slow oxidizers have underactive adrenal and thyroid glands and are not able to obtain the energy they need from their food, often leaving them feeling cold and tired. By emphasizing proteins and healthful complex carbohydrates, this diet helps to provide consistent energy and speed up the oxidation rate to a more balanced state. A diet high in fat, although helpful for quick weight loss (when combined with a very low carbohydrate diet), will slow the oxidation rate further. Your weight will most likely balance naturally as your hormones and body system begin to function properly with the appropriate diet and lifestyle.

Slow oxidiser diet:

- **3 litres of spring water or carbon filtered water daily.**
- **5 cups cooked vegetables per day** - Cooked vegetables are essential for supplying bioavailable trace minerals that nourish and detoxify the body while reducing inflammation. Include healthy spices and condiments to your food such as mustard, ginger, garlic and other herbs.
- **Eat animal protein twice a day** - lean protein is recommended and which should constitute at least 40% of the total caloric value of each meal. Recommended sources are fish, fowl and lean beef. Other good sources of protein include beans and eggs. Increased protein intake is necessary in order to increase the metabolic rate and energy production.
- **Eat a moderate amount of complex carbohydrates** - carbohydrate intake should not exceed 40% of the total daily caloric intake. Excellent sources of unrefined carbohydrates include basmati rice, whole gluten-free grain products, legumes and root vegetables.
- **Reduce dietary fat and oil intake** - fats and oils contribute to a reduction in the metabolic rate due to the high energy required for digestion and metabolism. It is suggested that sources of high dietary fat and oil be reduced substantially until the next evaluation. You can still have approx. 1 teaspoon per meal. Reduce the use of cooking oils, especially avoid high heat cooking with vegetable oils. Cooking methods using water (e.g. steaming) are preferred.



Dietary Recommendations

Optimise Your Body Chemistry

Guidance per week:

- **5-8 eggs** - Ideally free-range, organic, omega-3 enriched

Guidance per day:

- **3 litres of spring water or carbon filtered water daily** - for hydration and detoxification.
- **Add one teaspoon of nutritional yeast** to food daily.
- **Animal protein 2x daily (4-5 ounces per serving - the size of one deck of cards), protein 3x daily**- support protein synthesis, regeneration of the body and improve energy levels. Recommended animal proteins include eggs, canned sardines, chicken, lamb and grass fed beef. Eat red meat (lamb or grass-fed beef) twice a week. Pork is not recommended.
- **Slow Oxidizers:** Generally no added fat. If in sympathetic dominance, additional fat may be added.
- **Fast Oxidizers:** Add 1-2 tablespoons healthy fat per meal.
- **Optional - 0 to 2 servings of low glycemic fruit** - supplies antioxidants, polyphenols and vitamins.
- **Optional - 0 to 3 servings of beans and whole grains** - recommended beans are adzuki beans, pinto beans, black eyed peas. Recommended whole grains are basmati rice, blue corn chips, quinoa, millet, oats, rye. Wheat is not recommended.
- **Optional - 0 to 2 servings of minimally processed organic dairy**, e.g. goat cheese and yoghurt. Do not overeat dairy.

At least 5 cups of vegetables (cooked - not raw, for better digestion and absorption of minerals):

- **Eat carrots, onions, cruciferous vegetables and green leafy vegetables daily** - remineralise, nourish and detoxify the body.
- **Dark leafy greens**
 - Includes swiss chard, collards, spinach, dandelion, mustard greens, arugula
 - Does not include salad greens such as romaine, iceberg, spring mix
- **Cruciferous vegetables**
 - Includes broccoli, broccolini, purple cabbage, cauliflower, brussels sprouts, bok choy, kale, mustard greens, watercress, rutabaga
- **Colorful vegetables** of your choosing (excludes white potatoes, sweetcorn) - all colors of rainbow
 - Includes carrots, onions, leeks, rutabaga, daikon radish, purple radish, green beans, celery, garlic, ginger, snow peas, beet, chives, horseradish root, winter squashes

2 to 3 servings of nut and seed butters, choose from:

- 4 tbsp (1/4 cup) pumpkin seeds (or pumpkin seed butter)
- 2 tbsp roasted almond butter
- 2 tbsp roasted sesame seed butter or tahini
- They are important sources of vital minerals like magnesium, zinc, calcium and selenium.

1+ serving methylation adaptogens to balance biochemistry, choose from:

- 1/2 cup berries (wild preferred)
- 1/2 tsp rosemary
- 1/2 tsp turmeric
- 2 medium cloves garlic

General guidance:

- Organic preferred over conventional. Choose meat that is grass-fed, pastured, organic and hormone/antibiotic-free.
- Fresh preferred over frozen.
- Don't eat between 7pm and 7am.
- Minimize plastic food containers.
- **Sea salt with all meals** - good source of minerals.
- **Limit refined carbs and sweets** - these deplete the body of minerals and vitamins. Replace white rice and white flour with whole grains.
- **Limit wheat and pork** as they promote inflammation in the body.
- **No liquid with meals** - dilutes gastric juices and impairs digestion.
- **Cook at low heat most of the time** (steam, stew, braise, pressure cook, slow cook, light stir fry) - do not cook oil to smoke point. Roasting, grilling, frying and baking produces toxic chemicals. Microwaving and induction cooking are not recommended.
- Only one cup of any kind of tea or coffee per day.



What Your Body Needs

Restore vital minerals

BEST FOOD SOURCES FOR:

- **Calcium**

Cheese, yoghurt, milk, sardines, sesame seeds, chia seeds and other seed butters, dark leafy greens, okra, edamame, almonds, beans and broccoli.

- **Magnesium**

Leafy greens, nuts, legumes including beans, chickpeas and peas, pumpkin seeds and other seed butters, whole grains, bananas.

- **Potassium**

Beet greens, spinach, salmon, white beans, black beans, winter squashes, Brussel sprouts, sweet potatoes, potatoes, milk, bananas, turkey, oranges, tomatoes, watermelon, edamame, swiss chard, beets, pomegranate.

- **Manganese**

Nuts, leafy greens, oats, whole wheat, pecans, soybeans, rye, barley, quinoa, beans, garlic, cloves, brown rice.

- **Zinc**

Meat (especially red meat), pumpkin seeds, sesame seeds and other seed butters, legumes, nuts, dairy, eggs, whole grains.

- **Chromium**

Nutritional yeast, broccoli, beef and animal protein, tomatoes, apples, green beans.

- **Selenium**

Nuts, sardines, beef, lamb, turkey chicken and animal protein, cottage cheese, eggs, brown rice, sunflower seeds, baked beans, mushrooms, oatmeal, spinach, milk and yogurt.

- **Phosphorus**

Milk, yoghurt, beef, cheese, sardines, chicken, turkey, egg, sunflower seeds, pumpkin seeds, nuts, whole grains, quinoa, beans.

FOODS THAT ARE HARMFUL FOR YOU:

- **Sugar, sweets and refined carbohydrates (white bread, white flour, refined noodles) and processed foods** - depletes minerals and upsets blood sugar.
- **MSG, hydrogenated oils like margarine, deep fried foods and foods cooked at high temperature** - these are toxic and are harmful to health.
- **All larger fish and seafood** - larger fish such as tuna contain too much mercury. Shellfish are also contaminated with toxic metals. The only seafood we recommend are sardines 3 to 4 times weekly, or smaller fish such as smelt, herring and anchovies.



Supplement Recommendations

Targeted supplementation to increase vitality

The following nutritional supplements are recommended for you 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 body. As this occurs, healing follows, without a need for many remedies or drugs.

Supplement	AM	N	PM	Notes
Megapan	1	1	0	Vitamin/ mineral to balance oxidation rate.
Thryo-Complex	1	1	0	Support glandular activity.
Zinc Chelate	1	0	1	For sodium potassium ratio at or above 2.5
Paramin	1	1	1	Calcium magnesium supplement. Helps with anxiety.
GB-3	1	1	1	Digestive aid with pancreatin and ox bile.
EPA DHA Fish Oil	1	1	1	Essential fatty acids for healthy cell membranes.
Kelp	1	0	0	Optional if taking thyro complex. Supplies iodine and trace minerals.
Vitamin D3 5000 IU	1	0	0	Essential vitamin for healthy bones, immune function and hormonal balance.
TMG Betaine Anhydrous 500mg	2	2	2	Helps with liver detoxification and corrects metabolic impairment involving methylation.
Lecithin 1200 mg	1	0	1	Optional. Helps correct adrenal burnout and alleviate anxiety.
Taurine 500 mg	1	1	1	Amino acid to help with hair loss.

SUPPLEMENT TIPS:

- Start slowly on supplements, especially kelp.
- If you feel anxious, you can take up to 9 lecithin gels daily. We recommend the Now foods brand for lecithin (sunflower lecithin 1200mg softgels).
- TMG betaine anhydrous and lecithin are not sold by Endomet laboratories. You may purchase them from other health stores.
- All other supplements can be ordered directly from Endomet Laboratories. If you wish, you may order the Endomet supplements through Health Balancing at a 20% discount. Use the coupon code [HEALTHBAL](#) to receive 20% off when purchasing supplements at our [online shop](#).
- You can also receive a 5% discount for any iHerb product by using the reward code [BGK8265](#).
- This is a starting protocol and will be adjusted as you progress on your program. Please keep in touch with me if you have any concerns/issues.
- **Keep Your Prescribed Medication.** The goal is to reduce your need for medication but it must be done in conjunction with your doctor. Stopping medication too soon or too fast is not always safe.
- **Stop as many of the current supplements as possible.** Too many supplements may negate the benefits of this program.

[Email to Order Supplements](#)

[Go to Shop](#)



Supplement Details

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

- **Megapan**
A metabolic vitamin-mineral product that helps to increase the oxidation rate and support glandular activity. Important nutrients in Megapan are the B complex vitamins, vitamin C, vitamin E, manganese, zinc, selenium and chromium.
- **Thyro-Complex**
A multiple glandular product designed to support thyroid glandular activity. Thyro Complex is hormone-free and contains low-temperature freeze-dried glandular material.
- **Zinc Chelate 22.5mg**
Essential anti-inflammatory mineral to balance copper, strengthen immunity, improve protein synthesis and to lower the sodium/potassium ratio.
- **GB-3**
Powerful digestive aid with ox bile to aid absorption of nutrients.
- **Paramin**
Provides calcium and magnesium (calcium 200mg and magnesium 120mg).
Break tablet before taking for improved absorption.
- **Kelp 600mg**
Remineralise the body, nourish the thyroid glands and supply essential iodine to displace toxic chlorine, bromine and fluoride in the body.
- **Taurine 500mg**
Taurine plays many important roles in the human body, including supporting the central nervous system and providing immune health. It is also involved in the formation of bile salts that aid digestion and lipid absorption.
- **Vitamin D 5000iu (125 mcg)**
Essential vitamin for healthy bones, immune function and hormonal balance.
- **EPA DHA fish oil 300mg**
Essential fatty acids for healthy cell membranes, brain health and anti-inflammation.
- **Sunflower 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 anti-oxidant nutrient and helps correct adrenal burnout and alleviate anxiety.
- **TMG Betaine Anhydrous 500mg**
Helps with liver detoxification and functions as an antioxidant, anti-inflammatory and energy booster. It helps to correct the metabolic impairment involving methylation.

Email to Order Supplements

Go to Shop

Lifestyle Recommendations

Healthy Habits for a Vibrant and Healthy Life



Lifestyle Recommendations

- **Rest and sleep:** 8-10 hours of sleep daily, sleep by 8-9pm. Naps are recommended.
- **Eating dinner before 7pm** promotes the production of growth hormones during sleep and helps with healthy weight maintenance.
- **Sleeping before 12pm (best before 10pm)** helps to strengthen the immune system, regenerate the body and preserve youth, eliminate wastes and maintain healthy weight.
- **Stop all activities 1 hour before bed time**, especially screen time. This allows hormones to be produced for optimal sleep.
- **Activity and exercise:** gentle exercise daily for at least 30 mins. Walking is best.
- **Wholesome thinking and emotional control:**
 - Stay away from negative emotions
 - Objectivity and emotional balance
 - Self love
 - Forgiveness
 - Avoid victim thinking and resentments
 - Take full responsibility for your life. Have the attitude that "since I helped create my life, I can also fix it."
- **Toxic exposure:** Limit fish and shellfish except sardines and small fish due to mercury content, avoid toxic detergents, soaps and lotions.
- **You are high in the following heavy metals or having difficulty eliminating them. Please avoid exposure to:**
 - **Aluminum** - table salt, antiperspirants, drinking unfiltered tap water, instant noodles, pastries, baking flour and processed cheese and processed food.
 - **Mercury** - Fish, dental amalgams, medications-diuretics, contact lens solution, felt adhesives, fabric softener, occupational exposure.
 - **Cadmium** - cigarettes, marijuana, hydrogenated oils, large ocean fish (tuna, cod, haddock), refined and processed foods, processed meats, cola drinks, instant coffee, motor oil and exhaust fumes from cars.
 - **Nickel** - tea, hydrogenated oils such a margarine, imitation whipped cream, commercial peanut butter, vegetable shortening.

[Read about sources of toxic metals.](#)

Lifestyle Details



Healing Procedures

- Near infrared lamp saunas: 20 to 60 minutes daily
- Pushing down meditation: 30 to 60 minutes or more daily
- Coffee enemas (optional but highly recommended): 1 to 2 daily
- Foot reflexology and acupressure: 1-2x daily
- Spinal twist: 1-2x daily
- Skin brushing: 1x daily
- Deep breathing: 15 minutes daily

Procedure Details



- [Read detailed recommendations](#)
- [Download personal tools \(editable in Evernote\):](#)
 - [Self-Care Tracker](#)
 - [Meal Planner](#)
 - [Grocery List](#)

Meal Ideas

Limit wheat products as they cause inflammation.



BREAKFAST:

- Yoghurt with plain cereal and berries and steamed cauliflower
- Rye crisp bread with almond butter, sesame seed butter or hummus, onions and cherry tomatoes
- Soft boiled eggs, steamed cauliflower and broccoli topped with nutritional yeast or cheese
- Millet porridge with tofu or tempeh and steamed vegetables
- Baked beans, whole grain toast and boiled spinach
- Rolled oats, quinoa or millet in milk with steamed broccoli



LUNCH:

- Sardines, onions and tomatoes served with steamed vegetables
- Garlic and ginger chicken, cauliflower rice and colourful vegetables
- Lightly cooked grass fed beef, miso soup with daikon radish, vegetables and kelp
- Rosemary lamb, sweet potato and steamed vegetables
- Flat bread with turmeric cauliflower and peas, mild curry vegetables and cottage cheese
- Chickpeas with onion, garlic, spinach, nutritional yeast and vegetables
- Soft boiled eggs, steamed carrots, onions and broccoli, konjac noodles with sesame sauce
- Coconut milk steamed basmati rice with sardines, stir fried spinach and steamed vegetables



DINNER (eat dinner before 7pm to stay slim and youthful):

- Cauliflower rice with teriyaki chicken and steamed vegetables
- Tom yam soup with konjac noodles, small fish, green beans, bok hoi and vegetables
- Japanese curry chicken and vegetables
- Bean chilli with whole grain tortilla, cottage cheese and brussel sprouts
- ABC chicken vegetable soup with basmati rice and spinach
- Mung bean vermicelli with steamed chicken and vegetables
- Lamb vegetable stew with mustard greens
- Beef (grass fed) sukiyaki with vegetables and mung bean vermicelli
- Sardines with mashed cauliflower topped with nutritional yeast, steamed vegetables



SNACKS:

- Berries, plum, orange, apple or pear
- Carrot and celery sticks with almond butter, sesame seed butter or hummus
- Rye crisp bread with goat cheese
- Nuts
- Carrot or wheatgrass juice
- Plain yoghurt, kefir or milk
- Whole grain toast with nut or seed butter, or dipped in olive oil

→ Read detailed recommendations

→ Download personal tools (editable in Evernote):

Self-Care Tracker

Meal Planner

Grocery List





What to expect on your journey to health and vitality?

Nutritional Balancing is a form of nutritional body correction that utilizes a hair analysis to view a person's unique body chemistry in order to then determine which exact combinations of nutrients are needed to correct it. The correction of body chemistry results in a drastic increase in adaptive energy and vitality. The body then uses this energy for deep healing of the body and mind.

The nutritional balancing program requires remineralising and balancing the body. It also requires plenty of rest and the thorough detoxification of the body.

Retracing. The body must go back and heal each layer of imbalance for deep healing to occur. Your present hair mineral analysis reflects the current layer. We address that which is revealed.

After 3 to 6 months, a retest will reveal a deeper level of your metabolism. We then address the next "layer" and continue uncovering and reversing ever deeper layers of adaptations and compensations. This process is called retracing. It is the only way to reverse the deeper causes of illness.

Healing Reactions. Healing reactions are temporary flare-ups of symptoms that occur as toxic metals, toxic chemicals and infections are eliminated from the body. They cause physical or mental symptoms such as sore throats, colds, anxiety, fatigue or other usually minor symptoms. These reactions are welcome evidence of healing. Please call your practitioner if any annoying or scary symptoms persist.

Retesting. We recommend sending us a retest hair mineral analysis in 4 months. Retests are extremely useful to keep your healing program appropriate for you.

Practitioner Support. Please reach out to your practitioner when you require support during the program. We are happy to help you each step of the way!

