

Hello NAME

Your Hair Mineral Analysis results from Date are in.

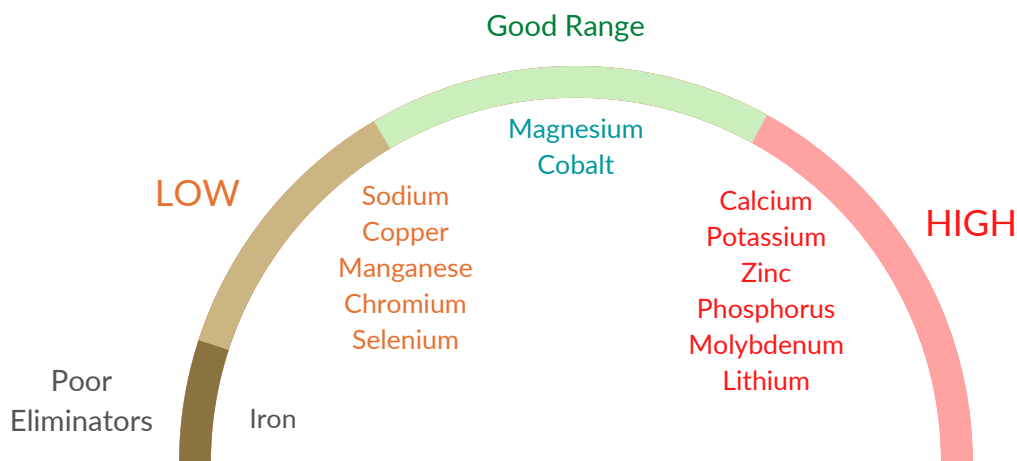


**Metabolic Type:**  
Slow Oxidation  
(Slow Metabolism)

**6 toxic elements were tested.**

Al Ni Aluminium and Nickel are above acceptable levels.

Pb Cd Lead and Cadmium at poor eliminator ranges. Body is having difficulty eliminating these metals.



**14 nutritional elements were tested.**

6 elements were at high levels, 5 elements were at low levels, and 1 elements was at poor eliminator range. 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

An high calcium to magnesium ratio may often indicate **excessive carbohydrates in the diet**. The Ca/mg ratio is affected by dietary carbohydrates. Calcium is required for the release of insulin from the pancreas, whereas magnesium inhibits insulin secretion.

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 low sodium to magnesium ratio indicates **reduced adrenal activity**. Symptoms may include fatigue, decreased stamina, allergies, weight fluctuations, depression, weak digestion, and hypoglycemia.

Na/k Vitality ratio Low

A low sodium to potassium ratio is associated with **low vitality, adrenal exhaustion**, fatigue, sugar and carbohydrate intolerance, allergies, adrenal weakness, chronic infections, liver and kidney stress, cardiovascular stress, reduced immune response, and a more catabolic state or state of tissue breakdown. It would be advisable for you to include a protein food with each meal at this time.



Click for detailed information on mineral ratios.



## Summary of recommendations:

- **A slow oxidizer program is recommended.** Slow oxidisers need more high quality animal protein and a moderate amount of carbohydrates in the diet to support their metabolism. They also need to reduce the intake of fats and oils.
- 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.

## REMARKS ON HTMA CHART

- **You are showing a slow oxidation rate (metabolic rate).** Those with a slow oxidation rate tend to be tired, apathetic and depressed. The slow oxidizer has exhausted thyroid and adrenal glands. These major energy producing glands must be stimulated through proper diet and supplements to restore them to normal function. The following recommendations are a priority for you:
  - Slow oxidisers need a moderate amount of carbohydrate and good quality animal protein to support glandular activity. There is no need to add additional fats and oils.
  - The recommended supplements in this report will help to speed up the metabolic rate and alleviate symptoms such as fatigue and brain fog.
- You are showing a **bowl pattern, indicating key nutritional imbalances** that may affect your energy, immunity, and metabolism. Following the recommended diet and supplement program will help correct these imbalances and support overall health.
- Your **low sodium level indicates some degree of adrenal exhaustion.**
- **A high calcium-to-magnesium (Ca/Mg) ratio often reflects excessive carbohydrate intake,** particularly refined carbs like sugar, white bread, and processed snacks, which trigger insulin spikes, increase calcium retention, and deplete magnesium. To address this, reduce refined carbs, focus on complex carbohydrates like cooked vegetables, whole grains, and increase your intake of magnesium-rich foods (e.g. almond butter, tahini) and protein (lean meats, fish, eggs, legumes).
- **Your sodium-to-potassium ratio is very low, indicating a state of adrenal exhaustion, which may also be associated with chronic infections or reduced immune resilience.** When the adrenals are underactive or fatigued, aldosterone production decreases, leading to reduced sodium retention and an imbalance in the ratio. A low Na/K ratio reflects reduced cellular energy and efficiency, as sodium and potassium are critical for maintaining proper cellular function and nutrient transport. This can create an environment conducive to chronic infections and systemic stress. Protein synthesis is impaired and your body is in a catabolic state where protein is being broken down for energy, making it harder to gain muscle.
  - We highly recommend having root canal tooth extracted as they may harbor highly toxic bacteria that can severely weaken overall health and contribute to chronic diseases.
  - To recover from adrenal exhaustion, It is important for you to sleep before 11pm, and to aim for 8 hours of sleep a night.
  - Gentle exercise only. Slow walking and gentle resistance exercises are best. Running and training too hard will worsen adrenal burnout and hinder recovery. Avoid strenuous exercise. Over exercising has been linked to migraine attacks.
  - Protein intake is especially important for your current state. We recommend having sufficient high quality animal protein daily (not processed meats like bacon and sausages).
  - You may feel more fatigued with a low sodium to potassium ratio. Beside upping protein intake, taking the supplement Limcomin will be very helpful.
  - Chronic emotions, in particular frustration, resentment and hostility, correlate with a low Na/K ratio. Let go of thoughts, attitudes, persons and objects that are sources of stress, fear or negativity. This includes letting go of anger, resentment and letting go of the past.



## Summary of recommendations:

### REMARKS ON HTMA CHART

- You are showing signs of a copper imbalance, as indicated by slow oxidation, a low sodium-to-potassium ratio, elevated zinc and the bowl pattern. Copper imbalance has been associated with issues such as prostate problems, sexual dysfunction, and skin conditions. To address this, follow the recommended diet, prioritize adequate rest with early bedtimes, engage in gentle exercise, avoid sweets, limit fruit and refined carbohydrates, and ensure sufficient intake of high-quality animal protein.
- Three elements in your chart are at very low levels (iron, lead and cadmium) indicating that your body is having difficulty eliminating these elements. These are called poor eliminators. We recommend supporting the elimination process of the body by activating the parasympathetic system with ample rest, drinking sufficient water and eating at least 5 cups of cooked vegetables daily.
- Your hair aluminium level is elevated and we recommend reducing exposure to sources of aluminium including table salt, antiperspirants, drinking unfiltered tap water, processed foods including powders and bars, instant noodles, pastries, baking flour and processed cheese and processed food.
- Your hair test shows high levels of nickel. An excess of dietary nickel is reported to be responsible for weight gain, metabolic disorders and imbalance of gut microflora. We recommend decreasing the amount of tea, legumes, chocolate, , hydrogenated oils such a margarine, imitation whipped cream, commercial peanut butter, vegetable shortening.

### WATER

- **Stop drinking DI water as it is devoid of minerals and will leach your body of minerals. This can exacerbate tooth decay. Drink spring water or carbon filtered tap water only.**
- Drink at least 2-3 liters of spring or carbon-filtered water daily. When on a supplement program, it's essential to increase your water intake to support your body's processing of nutrients and detoxification. Drinking water is a powerful detoxification method.
- The water should be **spring water or carbon filtered tap water**. We do not recommend reverse osmosis water, deionized water, other designer waters, alkaline waters or multi-stage filtered waters as they are either demineralised or usually do not hydrate well. Avoid dehydration diets - too much coffee (1 cup a day is fine), sweets, fruits, sugary drink or foods, alcohol. It can be helpful to schedule water breaks - for example 1 liter of water in the morning, 1 liter in the afternoon and 1 liter in the evening. Do not drink liquids with meals - at least 10 mins before meals and 1 hour after meals.

### DENTAL HEALTH

- We recommend **extracting root canal-filled teeth because they may harbor highly toxic bacteria** that can severely weaken overall health and contribute to chronic diseases, even when symptoms are absent. When replacing an extracted tooth with a bridge, ensure the wire holding the bridge in place is made of stainless steel, not nickel, to avoid further health issues.
- To prevent tooth decay, avoid sugary foods, excessive fruit (including juices), refined grains, and acidic drinks like cola, as they feed harmful bacteria, erode enamel, and disrupt mineral balance. Instead, focus on nutrient-rich cooked vegetables, whole grains, natural sea salt, and high-quality proteins to provide essential minerals like calcium, magnesium, and zinc for strong, healthy teeth.
- We recommend incorporating **interdental brushes, an electric Oral-B toothbrush, and a toothpaste containing baking soda**, which aids in remineralizing teeth. Brush thoroughly in the morning and evening, and include flossing and interdental brushing as part of your nighttime oral hygiene routine.



## Summary of recommendations:

### DIET

- It is important to follow the recommended diet plan. Please try **eliminating processed meats like bacon, sausages, ham, alcohol, sugar, sweets, fast food, processed food, bread, pastries and wheat** from your diet as that will be very helpful for your symptoms. Processed meats have unhealthy ingredients, alcohol depletes the body of essential nutrients and wheat can be inflammatory. Sweets and breads upset blood sugar regulation and contribute to anxiety, cravings, weight gain, brain fog and yeast infections.
- It is critical for you to follow the recommended diet, especially the inclusion of **2-3 cups of cooked vegetables (not raw vegetables) per meal**. Eat mainly from the list of preferred vegetables in the report. The vegetables will help to reduce inflammation in the body. The cooked vegetable also contribute to the body's alkaline reserve and will help to displace heavy metals from the body and heal the liver. Cooked vegetables are preferred over raw as they are better for digestion and "warmer" for the body.
- Reduce portion sizes of refined carbohydrates such as noodles, bread, potatoes and rice. Instead, eat more high quality protein, whole grains and fill up on cooked vegetables.
- **Healthy options for breakfast include soft boiled eggs, unsweetened yogurt, unsweetened nut or seed butters, oatmeal, berries, avocados. Lunch and dinner can consist of animal protein (pressure cooked, boiled or steamed not grilled, roasted or fried) with generous amount of cooked vegetables and some complex carbohydrates such as millet, quinoa or sweet potatoes. You may take 9 to 10 blue corn chips with each meal.**
- **Limit consumption of fried, roasted, grilled foods** and prefer freshly prepared foods using water based cooking methods (steaming, boiling, pressure cooking). Frying and dry heat cooking produces advanced glycation end products and toxic byproducts that increase oxidative stress in the body.
- The best way to cook food is water based - steaming or pressure cooking. If cooking with water, drink the water in which the vegetables are cooked as many nutrients leach into the water. Dry heat cooking methods and frying are not recommended as they produce high levels of advanced glycation end products (AGES) that are detrimental to health. Heating cooking oils also produce chemicals that increase oxidative stress in the body.
- Many protein powders have been found to be contaminated with lead, arsenic, cadmium, and mercury. Some are also high in additives and sugar. Please replace protein powders with whole foods like half boiled eggs, unsweetened yogurt and unprocessed meats. Read article from Harvard Health Publishing about this [here](#).
- Be mindful not to overconsume raw greens. When consuming green vegetables like spinach, choose organic options to reduce exposure to pesticides and be mindful of their salicylate content. Excessive intake of greens may trigger symptoms of salicylate sensitivity in some people, such as dermatitis. Excessive consumption of high-oxalate greens like spinach, Swiss chard, or beet greens may also increase the risk of kidney stones in susceptible individuals.
- **Eating plenty of cooked vegetables is far more effective than supplements, smoothies, or raw food for restoring mineral nutrition**, as cooking balances the food's energy. Raw foods tend to be more "yin," which, while nutritious, can slow development and exacerbate imbalances caused by modern environmental stressors like radiation and toxins
- We do not recommend eating chocolate regularly due to cadmium and nickel content.
- Cannabis and CBD products are not recommended because they contain cadmium, a highly toxic metal linked to cancer, heart disease, and diabetes, whose temporary "medicinal" effects mask its long-term health risks.



## Summary of recommendations:

### NUTRITIONAL SUPPLEMENTS

- The supplement program in this document is prepared by a nutritional balancing practitioner incorporating latest research in the HTMA field. This is not the same as the supplement program in the computer generated report from Analytical Research Labs.
- Set aside your current zinc supplement. The zinc copper ratio is not appropriate for your current metabolic state. We are recommending the Endo-met supplement Limcomin. This has the optimal zinc copper ratio to support your low sodium to potassium ratio.
- The most important supplements for you are Megapan, paramin, limcomin, vitamin D, omega 3.
- Megapan and Endo-dren will provide glandular support and improve slow oxidation symptoms, such as feeling cold and having dry skin.
- Limcomin supports a low sodium-to-potassium ratio, aiding in adrenal strengthening, which in turn helps alleviate allergies.
- Limcomin helps address copper imbalances and, when combined with Vitamin D, supports prostate health.
- Paramin provides calcium and magnesium, essential minerals that support wound healing.
- Paramin (calcium, magnesium) and vitamin D play a vital role in remineralizing teeth and supporting overall dental health.
- GB3 is a powerful digestive aid and will help with intestinal gas and bloating. Eating less refined carbohydrates, eliminating alcohol, sweets and breads will be very good for digestive health. Taking some natural unsweetened yogurt will also contribute to a healthier gut flora.
- EPA-DHA (fish oil) and Vitamin D will help to reduce inflammation in the body and help with psoriasis.
- Garlic is recommended to help with lower cholesterol.
- For hair loss, sometimes that is genetics for men at your age. Besides eating sufficient protein, you may also try adding biotin, lysine and milk thistle. Selenium in Megapan can help with hair growth.

### HEALING PROCEDURES

- Near infrared heat lamp sessions or near infrared heat lamp saunas are excellent to help with yeast conditions.
- Coffee enemas are recommended to facilitate detoxification of the body. Coffee enemas are also very good for reducing negative emotional symptoms, brain fog and for intestinal health.
- Foot reflexology is excellent for promoting relaxation and healing. You can rub the foot area yourself, alternatively, you may use a massage machine.

## Your Oxidation Type: **Slow Oxidation**

A thyroid ratio (Ca/k) greater than 4 and an adrenal ratio (Na/mg) lower than 4.17 are associated with slow oxidation. 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. Their blood sugar and blood pressure tend to be low. 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 = exhaustion
- Nervous system =parasympathetic state
  - high calcium to phosphorus ratio
- Adrenal strength = poor
  - low sodium to potassium ratio
  - low sodium
- Carbohydrate tolerance = poor
  - high calcium to magnesium ratio
  - low sodium to potassium ratio
- Protein synthesis = poor
  - low sodium to potassium ratio
- Digestion = impaired
  - low sodium to potassium ratio
- Copper imbalance = indicated
  - slow oxidation
  - low sodium to potassium ratio
  - bowl pattern
  - elevated zinc
- Immune system =impaired
  - low sodium to potassium ratio
- Trend for liver and kidney stress = indicated
  - low sodium to potassium ratio
  - high aluminum and nickel
- Inflammatory tendency = high
  - low sodium to potassium ratio
- Cell permeability = optimal
  - balanced thyroid ratio (Ca/k)
- Burnout indicators = indicated
  - slow oxidation
  - low sodium to potassium ratio
  - low sodium

# Your Hair Mineral Patterns



**Bowl pattern:** this pattern is defined as a combination of a low sodium potassium ratio along with a high calcium magnesium ratio. This pattern is often related to **nutritional imbalances and deficiencies**. It is associated with feeling stuck, mentally, emotionally and perhaps physically as well. A nourishing and balancing diet is important for this pattern.



**Three lows pattern on second 4 minerals:** the second four minerals (iron, copper, manganese and zinc) represent a deeper layer of a person's metabolism. This pattern is when three of the four minerals are below their ideal values, and one of them is above the ideal. This pattern indicates some degree of adrenal exhaustion at a deep and hidden level. With a three lows pattern, the body is malnourished and usually quite toxic.



## Understanding your electrolyte levels

**Calcium is above ideal level.** Elevated calcium level usually indicates calcium bio-unavailability which means the body cannot use it properly. Bio-unavailable calcium precipitates into the soft tissues because the body cannot keep it in the blood. Calcium supplementation may be recommended to provide available calcium.

An elevated calcium level may also serve as a stress-buffering mechanism. As calcium levels rise in the tissues, it often has a calming, or numbing effect on one's emotions and can serve to reduce, or protect one from stress.

**Magnesium is at ideal level.** Magnesium is extremely important in keeping calcium in a bio-available form. In other words, magnesium is necessary for the utilization of calcium. Magnesium is required for the bones and nervous system. It is also essential for over 600 vital enzymatic reactions in the body. It is a primary intracellular element.

**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 above ideal level.** Potassium has many roles, especially intracellular fluid balance, and cell membrane effects such as muscle contraction, nerve impulse conduction, and cell permeability. Elevated potassium can indicate high sugar and glucocorticoid levels. Very high potassium can be a potassium loss due to excessive breakdown of body cells.

[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 below the 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. Deficient hair copper levels are often associated with bio-unavailable copper. This means an excess of copper may be present in the body, but not in a usable state. This may contribute to symptoms of copper deficiency such as hormonal imbalances, anemia or headaches.

**Manganese is below ideal level.** Manganese is essential for energy production, maintaining glucose metabolism, maintaining tendon and ligament integrity and is essential for bone development. Low manganese usually correlates with slow oxidation and low energy levels.

**Zinc is above 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. An elevated zinc level is commonly due to a loss of zinc from the body tissues. In these cases, zinc supplements will often be recommended. Zinc levels may appear high to help compensate for copper toxicity. Thus high zinc can be a tipoff of a hidden copper toxicity. Cadmium toxicity can also cause a zinc reading to appear high.

**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 slightly 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.**
- **2-3 cups cooked vegetables with each meal** - Cooked vegetables are essential for supplying bioavailable trace minerals that nourish and detoxify the body while reducing inflammation. The minerals in cooked vegetables have an alkalisng effect and promotes the release of heavy metals sequestered in the body. Refer to the list of preferred vegetables in the next page. Vegetables should be fresh, not frozen. The best way to cook vegetables is steaming or steam pressure cooking. If cooking with water, drink the water in which the vegetables are cooked as many nutrients leach into the water. *Dry heat cooking methods and frying are not recommended as they produce high levels of advanced glycation end products (AGES) that are detrimental to health. A simple and quick way to eat enough cooked vegetables is to use a nut milk maker or a vitamix blender that has both blending and cooking functions. Placed chopped vegetables with a little water (not too much) in the blender, and make a vegetable puree using the blending and cooking functions. Do not overcook the vegetables, cooking time should not be more than 3 minutes.*
- **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 small 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 blue corn chips, basmati rice, whole gluten-free grain products, legumes and root vegetables. It is excellent have around 8-10 blue corn chips with each meal as they contain nutrients that speed up healing. These include zeaxanthin, anthocyanins and selenium.
- **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 and pressure cooking) are preferred.
- **Eat only whole, natural foods, preferably organically grown and Non-GMO** - This means no protein powders, no green drinks, smoothies or shakes, no juices except 10-12 ounces of carrot or wheat grass juice away from meals, no eggs whites only, no egg beaters and no food bars. These foods are not recommended due to their processed nature and because they often contain sweeteners, additives and toxic metals such as aluminium and nickel.
- **Eat mainly "warming" foods** - Warming foods includes meats, poultry, fish, eggs, cooked vegetables, and whole grains. Avoid too much fruit, raw vegetables, most juices, all food powders, and sweets of all kinds. Also minimise honey, maple syrup, agave nectar, coconut products, soda pop, or too much milk. Minimise the intake of sweetened foods such as cookies, cakes, ice cream, pastries and all desserts.



## Dietary Recommendations

### Optimise Your Body Chemistry

#### Guidance per week:

- **5-8 eggs** - Ideally free-range, organic, omega-3 enriched. Soft boiled or lightly cooked eggs are preferred. Cooking eggs until they are hard damages the fat and the protein in the egg.

#### 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) 2-3x a week. Sardines may be eaten 4-5 times a week. Pork is not recommended. Limit fish and shellfish except sardines and small fish due to mercury content.
- **8 to 10 pieces of blue corn chips** with each meal (do not overeat).
- **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 amaranth, blue corn chips, quinoa, millet, oats, rye.
- **Optional - 0 to 2 servings of minimally processed organic dairy**, e.g. goat cheese, yoghurt, kefir. Do not overeat dairy.

#### 2 to 3 cups of vegetables with each meal (cooked - not raw, for better digestion and absorption of minerals. Do not use frozen vegetables.):

- **Eat carrots, onions and cruciferous vegetables daily** - remineralise, nourish and detoxify the body. Onions are important to include in daily diet.
- **Preferred cruciferous vegetables**
  - Broccoli, red cabbage, savoy cabbage, cauliflower, brussels sprouts, rutabaga
- **Preferred colorful vegetables** - all colors of rainbow
  - Carrots, onions, shallots, scallions, leeks, rutabaga, daikon radish, purple radish, green beans, celery, garlic, ginger, golden beets, chives, horseradish root, winter squashes, mizuna

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

- roasted peanuts or unsweetened peanut butter
- 2 tbsp roasted almond butter
- 2 tbsp roasted sesame seed butter or tahini/ hummus
- 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. Minimize plastic food containers. Don't eat between 7pm and 7am.
- Rotate foods, variety is important. For metabolic health and blood sugar balance, aim to have protein/carb/fat with each meal. Eliminate/minimise PUFA's (polyunsaturated fatty acid oils) e.g. sunflower and soy bean oil.
- **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.
- Carrot juice and wheatgrass juice can be taken as good sources of minerals and nutrients.



## 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  | 0 | 0  | Vitamin/ mineral to balance oxidation rate. Take up to 1-1-0 dosage.                     |
| Endo-Dren                   | 1  | 0 | 0  | Glandular support. Take up to 1-1-0 dosage.  |
| Limcomin                    | 1  | 1 | 1  | To balance sodium potassium ratio.   |
| Paramin                     | 2  | 2 | 2  | Calcium magnesium supplement. Helps with sleep and anxiety.                              |
| GB-3                        | 1  | 1 | 1  | Digestive aid with pancreatin and ox bile. Take with meals.                              |
| EPA DHA Fish Oil            | 1  | 1 | 1  | Essential fatty acids for healthy cell membranes.  |
| Vitamin D3 5000 IU          | 1  | 0 | 0  | Essential vitamin for healthy bones, immune function and hormonal balance.               |
| TMG Betaine Anhydrous 500mg | 2  | 0 | 2  | Helps with liver detoxification and corrects metabolic impairment involving methylation. |
| Selenium 100mcg             | 1  | 0 | 0  | Optional. Supports toxic metal release and thyroid.                                      |
| Endo-Veggies                | 2  | 2 | 2  | Optional. Supply extra nutrients, acts as binder.  |
| Garlic 500mg                | 1  | 0 | 1  | Optional. For cholesterol balance and detoxification.                                    |
| Renamide                    | 1  | 0 | 1  | Optional. Kidney support.  |
| Milk Thistle                |    |   |    | Support liver health and detoxification.   |

### SUPPLEMENT TIPS:

- Start slowly on supplements, especially kelp. Always take supplements with food.
- 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, milk thistle 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.
- **Endo-Dren**  
A freeze-dried adrenal glandular formula used to help nourish the adrenal glands and to increase the oxidation rate.
- **Limcomin**  
Limcomin is a multi-nutrient formula designed to raise the sodium potassium ratio. Limcomin is also used to boost immunity and fight infections.
- **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.
- **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. More may be required in the case of eczema, take up to 2-2-2 a day.
- **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.
- **Selenium 100mcg**  
Selenium is often used for both fast and slow oxidizers to help detoxify heavy metals, as well as for sympathetic dominant slow oxidizers for a normal production of thyroid hormones and functioning of the thyroid.
- **Endo-Veggies**  
Endo-Veggies is a freeze-dried concentrate of vegetables to enhance the overall dietary intake of vitamins, minerals, fiber, enzymes and other phyto-chemical nutrients found in vegetables.
- **Garlic**  
Garlic is rich in selenium and sulfur-containing compounds and offers a range of health benefits. They include supporting detoxification of heavy metals, combating infections, lowering cholesterol, reducing blood pressure, and even alleviating parasite infestations.
- **Renamide**  
Renamide is a formula to support the kidneys and is very useful in the release of heavy metals from the body. It contains kidney freeze-dried kidney glandular extract, vitamin C, carbamide and uva ursi.
- **Milk Thistle**  
Milk thistle is a powerful antioxidant that can help maintain healthy liver function and support detoxification.

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# 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:** mild or moderate exercise daily for at least 30 mins. Walking is best. Get some outdoor light daily.
- **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:**
  - **Iron** - red meats, white flour products, vitamin and mineral supplements, organ meats, spirulina, chlorella.
  - **Aluminum** - table salt, antiperspirants, drinking unfiltered tap water, instant noodles, pastries, baking flour and processed cheese and processed food.
  - **Lead** - lipstick, some hair dyes, drinking unfiltered tap water, chocolates, drinks from plastic bottles.
  - **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 (single sauna lamp on abdomen and lower back for 30 minutes or full sauna for 20 minutes)
- 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 You can do it manually or with a massager
- 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!

