


Hello Name

Your Hair Mineral Analysis results from **Date** are in.

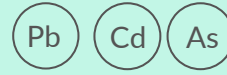


Metabolic Type:
Moderate Fast Oxidation
(Fast Metabolism)

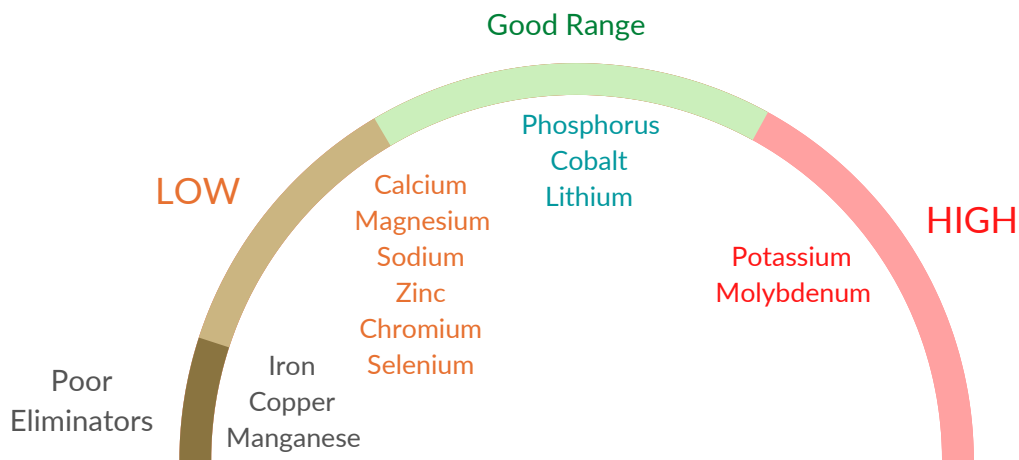
6 toxic elements were tested.



Mercury, Aluminium and Nickel levels are high.



Lead, Cadmium and Arsenic levels are at poor eliminator ranges. Body is having difficulty eliminating these metals.



14 nutritional elements were tested.

2 elements were at high levels, 6 elements were at low levels, and 3 elements were at poor eliminator ranges. Poor eliminator ranges indicate that the body is having difficulty eliminating these elements. They are present in toxic amounts within the body,

4 key mineral ratios were evaluated.

Ca/mg Lifestyle ratio High

This indicates **lifestyle and emotional stress**. This can be related to a job, a relationship, a location, a habit or an attitude, such as fear or anger.

Ca/k Thyroid ratio "High"

"High" thyroid ratio (low calcium to potassium) is associated with **excessive thyroid activity**. Symptoms may include excessive sweating, hyperactivity, irritability, nervousness, frequent bowel movements or diarrhea during times of stress, oily hair and skin.

Na/mg Adrenal ratio High

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

Na/k Vitality ratio Low

A low Na/k ratio is associated with **adrenal exhaustion**, kidney and liver dysfunctions, allergies, arthritis, digestive problems and hydrochloric acid deficiency.



Click for detailed information on mineral ratios.

Your Oxidation Type: **Moderate Fast Oxidation**

A thyroid ratio (Ca/k) less than 4 and an adrenal ratio (Na/mg) greater than 4.17 are associated with slow oxidation. **Fast oxidation is identical to an alarm stage of stress, and is characterized by a lot of activity of the sympathetic nervous system.** A fast oxidizer is an individual who metabolizes food at a rate faster than ideally required for the production of optimal energy levels. Although this results in higher energy levels, the energy generated is temporary and is dissipated rather quickly.

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. Causes for fast oxidation include too much sweets and carbohydrates, too little fat intake, stress, personality, and excessive toxic metals.

[Learn about oxidation types](#)

Your Metabolic Profile

- **Stress stage = alarm**
 - fast oxidation rate
- **Nervous system = overactive sympathetic nervous system**
 - fast oxidation rate
- **Adrenal strength = weak**
 - low sodium/potassium ratio
- **Copper imbalance**
 - low copper
 - high mercury
 - low sodium/potassium ratio
 - bowl pattern
- **Carbohydrate tolerance = poor**
 - elevated calcium/magnesium ratio
- **Protein synthesis = impaired**
 - low zinc
 - low sodium/potassium ratio
- **Digestion = impaired**
 - low zinc
 - low sodium/potassium ratio
- **Immune system = impaired**
 - low sodium/potassium ratio
 - zinc deficiency
 - copper imbalance
- **Trend for liver and kidney stress**
 - low sodium/potassium ratio
 - 6 elements in poor eliminator range
- **Inflammatory tendency = high**
 - low sodium/potassium ratio
 - high adrenal ratio (Na/mg)
- **Cell permeability = excessive**
 - "high" thyroid ratio (low Ca/k)
- **Burnout indicators**
 - low sodium/potassium ratio
 - calcium, magnesium and sodium are low
 - 6 elements in poor eliminator range

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.



Bowl pattern: this pattern is so named because the first four macrominerals - calcium, magnesium, sodium or potassium - appear to form the shape of a bowl. It 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**. It is associated with **feeling stuck**, mentally, emotionally and perhaps physically as well.



Four 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 indicates a collapse and **exhaustion at a deep and hidden level**. It is often a chronic pattern that can last for years if not corrected.

Some cases of four lows are related to lifestyle. These factors include working too much or too hard, being much too hard on oneself or others, being in an oppressed or very stressful situation of some kind, or compulsive or obsessive tendencies that wear out the body.

Attitudes that could drive a person into a four lows pattern include anger, intense fear, even intense guilt or some other emotion that wears down or depletes the body.

While improving attitudes and lifestyle are important for all healing, they are most important for this pattern when it occurs on a first hair analysis. If the pattern only occurs on a retest while on a nutritional balancing program, it is not important and is part of the healing process.

Understanding your electrolyte levels

L **Calcium is slightly below ideal level.** This usually means that calcium is being lost in the urine. Low calcium levels are generally associated with a fast oxidation rate. In a fast oxidation state, excessive thyroid and adrenal gland activity raises sodium and potassium. These minerals tend to dissolve calcium out of the tissues and the blood.

Symptoms of calcium deficiency may include osteoporosis, tooth decay, insomnia and poor posture. Other symptoms are muscle cramps, irritability, hyperkinesia, hyperacidity, bruising, high blood pressure, fight-or-flight reactions, lead and cadmium toxicity, tetany and cancer.

L **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 hyperkinesia, muscle tension, muscle cramps, and often cardiovascular symptoms.

L **Sodium is slightly 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.

H **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.



Takeaway Points:

Three low electrolyte ("three lows") pattern is an overwhelming stress pattern. It indicates some degree of adrenal exhaustion, and that the body is malnourished and quite toxic. To reverse this pattern, it is important to

- Nourish the body with healthy nutrient-dense foods and foods rich in zinc, calcium, magnesium, selenium, vitamin D and omega 3. The nutrients will support the adrenal glands. Remineralising the body will also help the body release toxic metals.
- Take selected nutritional supplements to help the body cope with stress. Calcium, magnesium and zinc are used up very quickly during periods of stress.
- Reduce unhealthy foods that harm the adrenal and thyroid glands, such as sugar, fried foods, MSG, white flour, table salt (replace with sea salt), refined grains including white rice, refined noodles, sweets, alcohol, processed and junk foods and too much spicy foods.
- **Lifestyle is all important! A healthy lifestyle enhances your body's ability to handle stress.** It is important to have sufficient sleep, gentle exercise, stress-releasing activities and attitudes. Early dinners, early bed time and no bright lights or screen time one hour before bed will do wonders to your health.

[Learn more about the elements](#)

Understanding your nutrient mineral levels

- L** **Iron is at very 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.
- L** **Copper is at poor eliminator range.** 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.
- L** **Manganese is at poor eliminator range.** 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. When manganese levels are very low it indicates that the body is having difficulty eliminating manganese and it is present in the body in toxic amounts.
- L** **Zinc is slightly 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.
- L** **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.
- L** **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.
- G** **Phosphorus is at the 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 adequate amount of high-quality dietary protein, digestive enzymes and healthful eating habits will all help to maintain a normal phosphorus level. Adequate protein synthesis is necessary for the regeneration of all body tissues.

[Learn more about the elements](#)

Name's Nutritional Balancing Program

Each Meal = 50% Vegetables + 25% Protein +25% Complex Carbohydrates + 1 to 2 tbsp fats/oil



Dietary Recommendations

Optimise your body chemistry

- **3 liters of spring water or carbon filtered water daily** - for hydration and detoxification.
- **Each Meal = 50% Vegetables + 25% Protein +25% Complex Carbohydrates**
- **1 to 2 tablespoon of quality fats or oils with each meal- these help to balance a fast metabolism and provide sustainable energy.**
- **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. Eat red meat (lamb or grass-fed beef) twice a week.
- **2-3 cups of cooked vegetables per meal** (include carrots, onions, cruciferous and green vegetables) - remineralise, nourish and detoxify the body.
- **Moderate portion of whole grains, beans, nuts and seed butters** - important sources of vital minerals like magnesium, calcium and selenium. 2 tbsp of sesame seed butter (tahini) and 2 tbsp of almond butter daily.
- **Up to 2 servings of low glycemic fruits daily (optional)** - supplies antioxidants, polyphenols and vitamins. Low sugar fruits include berries, apples, pears, oranges, plums and peaches.
- **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 brown rice and wholemeal flour.
- **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.

Diet Details



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 especially whole wheat, bananas.
- **Zinc**
Meat (especially red meat), pumpkin seeds, sesame seeds and other seed butters, legumes, nuts, dairy, eggs, whole grains.
- **Chromium**
Nutritional yeast, whole wheat, beef and animal protein, tomatoes, apples, green beans.
- **Selenium**
Nuts, sardines, beef, lamb, turkey chicken and animal protein, cottage cheese, eggs, brown rice, whole wheat, sunflower seeds, baked beans, mushrooms, oatmeal, spinach, milk and yogurt.

FOODS THAT ARE HARMFUL FOR YOU:

- **Sugar, sweets and refined carbohydrates (white rice, 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.

Meal Ideas

For fast oxidisers, add 1 to 2 tablespoons of quality fats or oils in each meal.



BREAKFAST:

- Yoghurt with plain cereal and berries and steamed cauliflower
- Whole wheat sandwich 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
- Whole grain 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:

- Whole grain tortilla wrap with sardines, onions and tomatoes served with steamed vegetables
- Garlic and ginger chicken, cauliflower rice and colourful vegetables
- Brown rice, lightly cooked grass fed beef, miso soup with daikon radish, vegetables and kelp
- Whole grain pasta, rosemary lamb and steamed vegetables
- Chapatti 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, brown rice noodles with sesame sauce
- Coconut milk steamed brown rice with tomato 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 whole grain noodles with small fish, green beans, bok hoy and vegetables
- Brown rice with Japanese curry chicken and vegetables
- Bean chilli with whole grain tortilla, cottage cheese and brussel sprouts
- ABC chicken vegetable soup with brown rice and spinach
- Whole grain pasta with steamed chicken and vegetables
- Lamb vegetable stew with whole grain bread and mustard greens
- Beef (grass fed) sukiyaki with vegetables and brown rice
- 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 wheat 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









Supplement Recommendations

Targeted supplementation to increase vitality

Most important supplements for you

TAKE:

-  • **SBF Formula** - 1x am, 1x n, 1x pm
A special combination of minerals, vitamins and glandular concentrates. This is used for people in fast oxidation with low sodium/potassium ratio. It is used to reduce the oxidation rate, nourish bodies in this metabolic condition and move a person into a healthier stage of stress.
Substitute supplement: No substitute
-  • **Limcomin** - 1x am, 1xn, 1x pm
A multi-nutrient formula designed to increase your sodium potassium ratio. Limcomin is also used to fight infections.
Substitute supplement: copper chelate 0.75mg, zinc chelate 8mg
- **GB3** - 1 with each meal
Powerful digestive aid with ox bile to aid absorption of nutrients.
Substitute supplement: digestive enzymes or pancreatin
-  • **Paramin** - 1x am, 1x n, 1x pm
Provides calcium and magnesium.
Substitute supplement: calcium 200mg and magnesium 120mg
-  • **Kelp 600mg** - 1x am, 1x n, 1x pm
Remineralise the body, nourish the thyroid glands and supply essential iodine to displace toxic chlorine, bromine and fluoride in the body.
- **TMG Betaine Anhydrous 500mg** - 1x am, 1x pm
Helps with liver detoxification and functions as an antioxidant, anti-inflammatory and energy booster. It helps to correct the metabolic impairment involving methylation..
-  • **Vitamin D 5000iu**- 1x am
Essential vitamin for healthy bones, immune function and hormonal balance.
-  • **EPA DHA fish oil 300mg** - 1x am, 1x n, 1x pm
Essential fatty acids for healthy cell membranes, brain health and anti-inflammation.

SUPPLEMENT TIPS:

- Start slowly on supplements.
- If you eat 3-4 cans of sardines a week (recommended), then omit vitamin D and fish oil.
- You can receive 20% off Endomet supplements when ordered as my client.
- As you have a fast oxidation rate, do not take more than 300 mg of Vitamin C a day. Vitamin C lowers copper, which is already too low for most fast oxidisers.
- We recommend taking calcium together with magnesium as they work synergistically. You can take them in the calcium to magnesium ratio of 2 to 1.

[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
- **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. Please avoid exposure to:**
 - **Mercury** - all larger fish and seafood. Sardines and small fish are ok.
 - **Aluminum** - table salt, antiperspirants, drinking unfiltered tap water, instant noodles, pastries, baking flour and processed cheese and processed food.
 - **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): up 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](#)



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!

