

You can trace every
sickness, every disease,
and every ailment to a
mineral deficiency.

DR. LINUS PAULING, TWO-TIME
NOBEL PRIZE WINNER

My colleague Andy Morey, who is world class sports nutritionist and fitness coach, helped me put together this PDF document for you to help you understand and utilise your mineral report when you receive it via email from the Mineral Check Lab. So I give my thanks to Andy for his help on getting this valuable information to you!

The basics of Mineral rebalancing looks to help restore your **health** at the *deepest levels* , building a strong foundation from the inside out, as our food is so much more deficient in minerals compared to as little as 60 years ago.

Mineral Rebalancing is a gentle yet powerful process that cannot be rushed, many people get the notion that they can speed up the results by increasing the dosages of minerals – but this ultimately leads to upsetting the delicate balance of the body in other ways.

One of the most important guidelines is to be careful of adding in other supplements, herbs and remedies to the programme.

Dr Wilson

The world authority on Hair Analysis and Mineral Rebalancing is Dr Lawrence Wilson.

There are only 2 labs that he endorses to undertake a hair mineral analysis and Trace Elements is one of them, and this is the company we work with called www.mineralcheck.com.

In your report the Mineral Check lab has calculated norms based on averages. This means that if a mineral is indicated as low, this has been determined by comparing to an average for the population.

Dr Wilson by contrast has determined very specific levels which are much more accurate in assessing whether you have a problem with a mineral or heavy metal.



Hair Mineral Analysis

The Importance of Ratios

- ✓ Ratios are often more important than individual mineral levels.
- ✓ Ratios represent homeostatic balances .
- ✓ Ratios are indicative of disease trends . These are not a diagnosis and should be used to direct further investigations if necessary.
- ✓ Ratios are frequently predictive of future metabolic dysfunctions or hidden metabolic dysfunctions.
- ✓ Ratios can be used to chart progress . However, one must consider all the important ratios, as well as mineral levels, symptoms and signs.

Overall Health

Sodium/Potassium (Na/K) Ratio

- ✓ Is one of the best overall indicators of health.
- ✓ Often referred to as the 'life-death' ratio because it is so critical.
- ✓ This ratio is strongly associated with liver and kidney function.
- ✓ The sodium/potassium ratio is intimately linked to adrenal gland function, particularly the balance between aldosterone and cortisol.

Trends Associated with the Sodium/Potassium Ratio

RATIO	TREND
6.+	Severe elevation - inflammation and adrenal imbalance. High ratio can also be associated with asthma, allergies, kidney and liver problems. A high sodium/potassium ratio is considered preferable to a low sodium/potassium ratio.
4 - 6	Moderate elevation - tendency towards inflammation
2.5 - 4	Mild elevation - good adrenal function
2.5	IDEAL
2 - 2.5	Mild inversion - beginning of adrenal exhaustion
1 - 2	Moderate inversion - kidney and liver dysfunction, allergies, arthritis, adrenal exhaustion, digestive problems, deficiency of hydrochloric acid
Below 1	Severe inversion - tendency towards heart attack, cancer, arthritis, kidney and liver disorders

Thyroid

Calcium/Potassium (Ca/K) Ratio

- ✓ Called the thyroid ratio because calcium and potassium play a vital role in regulating thyroid activity.
- ✓ Does not always correlate with blood thyroid tests because hair analysis is a tissue test. Often blood tests will be normal but hair analysis will indicate an impaired thyroid function. Sometimes symptoms of hypothyroidism may be evident, but the hair test will show a hyperactive thyroid ratio. For nutritional correction, it is prudent to follow the hair analysis indication .

Trends Associated with the Calcium/Potassium Ratio

RATIO	TREND
32+	Severe low thyroid activity 75%+ energy loss
16 - 32	Sluggish thyroid 50-75% energy loss
8 - 16	Moderate sluggish thyroid 25-50% energy loss
4 - 8	Mild sluggish thyroid activity 10-25% energy loss
4	IDEAL - 100% energy
2 - 4	Mild fast thyroid activity 10-25% energy loss

1 -2	Moderate fast thyroid activity 25-50% energy loss
Below 1	Excessive thyroid activity 50% or more energy loss

Adrenal

Sodium/Magnesium (Na/Mg) Ratio

- ✓ Referred to as the adrenal ratio because sodium levels are directly associated with adrenal gland function.
- ✓ Aldosterone, a mineralocorticoid adrenal hormone, regulates retention of sodium in the body. In general, the higher the sodium level, the higher the aldosterone level.
- ✓ The sodium/magnesium ratio is also a measure of energy output, because the adrenal glands are a major regulator (along with the thyroid gland) of the rate of metabolism.

Trends Associated with the Sodium/Magnesium Ratio

RATIO	TREND
16+	Extremely overactive adrenals 50% or more energy loss
8 - 16	Moderate excessive adrenals 25-50% energy loss
4.17 - 8	Mild excessive adrenal activity 10-25% energy loss

4.17	IDEAL 100% energy
2 - 4.17	Mild sluggish adrenal activity 10-25% energy loss
1 - 2	Moderate sluggish adrenals 25-50% energy loss
Below 1	Adrenal Insufficiency 50% or more energy loss

Blood Sugar / Pancreas

Calcium/Magnesium (Ca/Mg) Ratio

- ✓ Referred to as the blood-sugar ratio.
- ✓ Normal ratio is 6.67:1.
- ✓ Calcium is required for the release of insulin from the pancreas.
- ✓ Magnesium inhibits insulin secretion.
- ✓ Magnesium is necessary to keep calcium in solution.

Trends Associated with the Calcium/Magnesium Ratio

RATIO	TREND
12+	Diabetes risk
10 - 12	Hypoglycemia

6.67 - 10	Good
6.67	IDEAL
3.3 - 6.67	Good
3- 3.3	Hypoglycemia
1- 3.3	Diabetes risk

Reproductive System

Zinc/Copper (Zn/Cu) Ratio

- ✓ Using the zinc/copper ratio is a much more effective method of evaluating zinc and copper readings than considering either copper or zinc levels alone.
- ✓ This Ratio has a strong correlation to the reproductive system.
- ✓ Zinc generally correlates with progesterone in women and testosterone in men.
- ✓ Copper generally correlates with estrogen in both genders.

Symptoms of High Copper (Excess) and/or Low Zinc (Deficiency) Include:

- ✓ Skin problems (acne, psoriasis , slow healing, eczema) Emotional
- ✓ instability
- ✓ Spaciness
- ✓ Detached behaviour
- ✓ Schizophrenia

Trends Associated with the Calcium/Magnesium Ratio

RATIO	TREND
16+	severe copper deficiency or bio-unavailability of copper
8 - 16	copper deficiency or unavailability
8	IDEAL
4-8	copper toxicity
2 - 4	severe copper toxicity - excessive breakdown, emotional instability, zinc deficiency problems such as impotence, slow healing, loss of taste, smell, appetite, and hair loss

Individual Mineral Levels

Please use this list and compare it with your Mineral Analysis report.

Calcium (Ca)

Calcium shell (above 170mg%)

Shell Starting (101-170mg%) – hidden copper toxicity □ High (65-100mg%)

Excellent (39-65mg%)

Low (below 40mg%)

Magnesium (Mg)

High (above 8mg%)

Excellent (4.5-8mg%)

Low (below 4.5mg%)

Sodium (Na)

High (Above 30mg%)

Excellent (16-30mg%)

Low (below 16mg%)

Potassium (K)

High (above 14mg%)

Excellent (8-14mg%)

Low (5-8mg%) – hidden copper toxicity

Sympathetic dominance (below 5mg%)

Zinc (Zn)

High (above 19mg%)

Apparently normal (13-19mg%)

Low (below 13mg%) – indicates hidden copper toxicity

Phosphorous (P)

High (above 19mg%)

Acceptable (13-19mg%)

Low (11-13mg%)

Very low (below 11mg%) – low vitality

Toxic Metals

Lead (Pb) – higher than 0.09mg%

Mercury (Hg) – higher than 0.03mg% (hidden toxic copper indicator)

Cadmium (Cd) – higher than 0.008mg%

Arsenic (As) – higher than 0.01mg% □ Nickel (Ni) – higher than 0.08mg%

Three Amigo pattern

Aluminium – higher than 0.1mg%

Iron – above 2mg%

Manganese – above 0.04mg%

Oxidation Type & Rate. You can compare your report to these markers to help you indicate if you're a slow or fast oxidation. Which when you come to look at your metabolic type is useful as a fast oxidiser needs more protein, compared to a slow oxidiser needs more carbohydrates.

Aluminium – higher than 0.1mg%

Calcium/Potassium ratio greater than **4**

Sodium/Magnesium ratio less than **4.17**

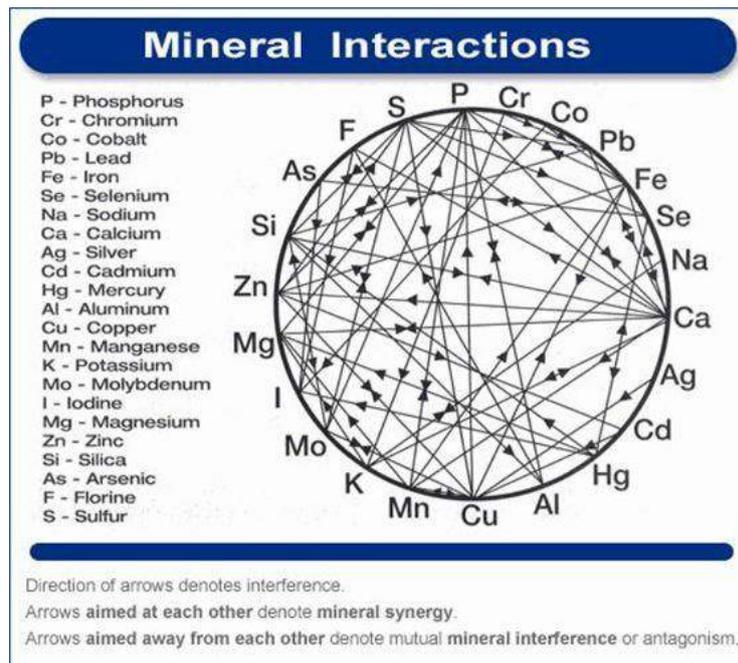
Fast Oxidation (Means your metabolism burns food quickly)

Calcium/Potassium ratio less than **4**

Sodium/Magnesium ratio greater than **4.17**

Mixed Oxidation

Toxic Metals



It may also be interesting for you to understand that whichever minerals you are out of balance in, to look at this chart that shows the mineral interactions.

To me it looks like happy families, some get on and help each other out, some balance each other out and some really don't get on.

To understand this chart:-

For example, if an arrow is pointing toward a mineral, it means it will weaken that mineral e.g. Fluorine reduces Iodine. If these minerals are too high it will have a knock on effect on the mineral it is pointing to.

If arrows are pointing toward each other, it means there is a synergy between them as if they are like two best friends, yet you want to keep things equal between them, don't let one be more greedy than the other. Such as sodium and potassium or calcium and magnesium, if calcium is too high it, will reduce the magnesium level and vice a versa. They work together in a way, yet they can overpower each other, so these balances in these cases are really important.

If the arrows are pointing away from each other, it means their backs are turned to each other, so either they hate each other or are in oppositions to each other. Either that or there is no interaction at all between them. For example, Arsenic and Selenium don't really get on, one is trying to poison you and one is trying to detox you, they have totally different views.

Also some minerals are really beneficial and some minerals are not beneficial such as aluminium. Too much aluminium, from tin foil or aluminium sauce pans can add to the cause of Parkinson's, and from the map you see phosphorous competes with aluminium and silica reduces aluminium, so if you have too much aluminium showing up on a mineral test report, as you increase phosphorous foods and silica foods it will in turn help you reduce Aluminium levels.

Steps of a Mineral Rebalancing Programme

What is outlined below is a quick summary of the key aspects involved in mineral rebalancing.

The key is applying these steps slowly without overloading you with too much in one go!

Step 1 - Supplements



Taking the recommended supplements from your report is a vital part of the programme.

Some people get the impression that this is all that is required to get results, this is incorrect.

Mineral Supplements on their own have a very limited capacity for restoring health - all 9 Areas in Your Greatest Wealth training course need to be implemented for great success.

Step 2 - Stimulants & Alcohol

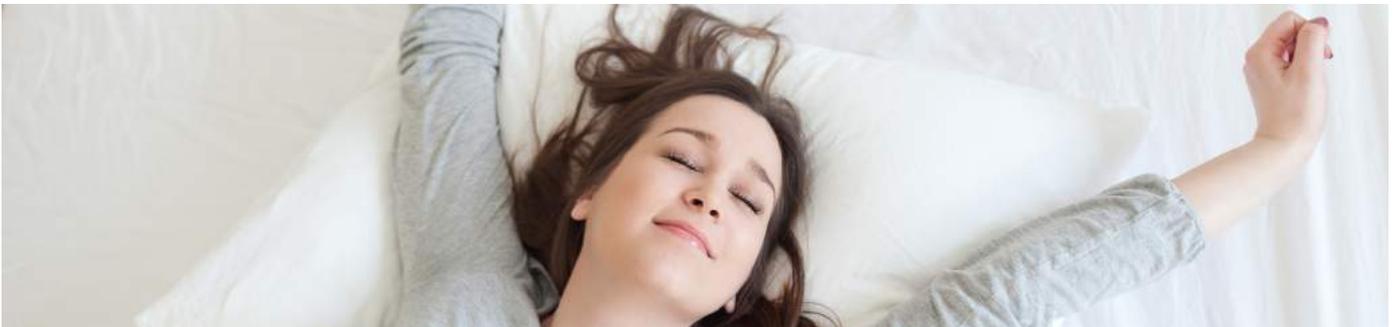


Coffee and alcohol should be limited on a Mineral Rebalancing programme.

If you are a fast oxidiser it is vitally important to eliminate all stimulants and if you are a slow oxidiser it is suggested to limit to 1 cup of coffee a day - in the morning.

Alcohol is best avoided during the rebalancing process and limited to social occasions.

Step 3 - Sleep / Rest



During a Mineral Rebalancing programme it is advised to be gentle with yourself in the early stages, many people will require more rest and sleep so that the body can heal itself.

When people are not seeing good results with the programme it often comes down to continuing to place too much stress on the body whilst also not allowing enough rest and sleep.

In one case a person was training for a marathon, this training demand on the body will prevent healing and rebalancing from occurring.

Step 4 - Food Rotation



Don't eat the same things every day.

Step 5 - Variety



A supermarket survey found that the average person eats a very narrow range of foods.

In an average week the survey found that the majority of people's diets were composed of less than 10 different foods / food groups. People whose diets are based on only a small group of foods are likely to be suffering from nutrient deficiencies and more likely to suffer from food intolerances.

Step 6 - Water



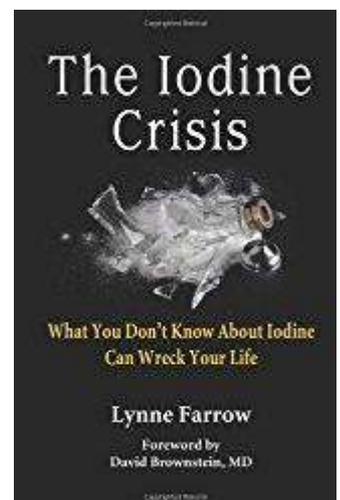
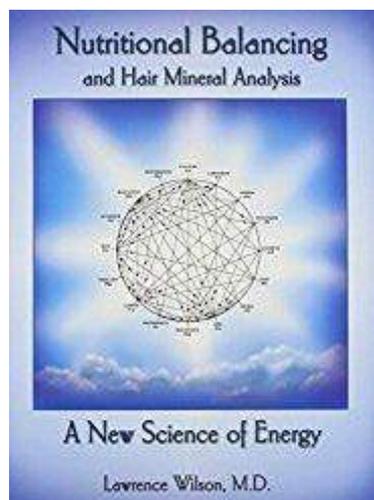
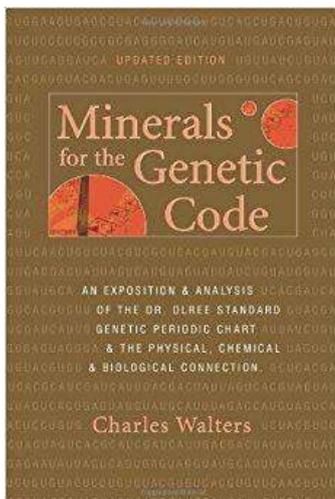
Drink plenty of clean water each day at least 1 to 2 litres per day. If your urine smells strong, or the colour is a strong yellow colour, it is an indication that you're dehydrated. A normal urine sample is fairly clear in colour.

These reports are slightly complicated to start with; it is so worth spending some time to understand how it all works, so when you implement it, you have the understanding behind you.

And please ask any questions, because the more answers you get the better results you get.

Any additional questions you have on your mineral report please call the Mineral Check Lab on 01622 850 500 or please email

mineralcheck@mineralcheck.com



The issue we come across with so many clients and the reason we suggest you take the report seriously and stick with the recommendation for at least three months is that the initial response by your body when you start re-mineralising is normally fantastic for the first weeks, better energy ,better sleep, joint health improves and lots more.

Then what often happens a few weeks in is the body goes “Hey Ho”, we can now get on with all these jobs that have been put on the back burner, that are on the to do list.

That’s because now the body has the building blocks to get these jobs done, such as to clean out some heavy metals . And when this happens, some clients completely stop taking the minerals and following the suggestions, but the idea at this point is to reduce the quantity down so the detox symptoms are hardly noticeable.

The report often suggests to take this or that mineral and we always suggest if you can take it in a food state, e.g. if you’re potassium deficient, drink some carrot juice every day which is naturally high in potassium, and whichever minerals you are low in research which foods are high in those and see if you can juice them or add more of them into your daily diet, or get a liquid mineral supplement.

The idea is in about 6 months time is to re take the mineral test to see the changes.

It may be useful to score any symptoms you have at the start of this program, 1 being really good hardly any symptoms, 10 meaning lots of symptoms and pain. Then over the weeks you can track your progress. This does take time, within 3 or 4 months we are looking for a reduction in any symptoms and increased in your energy levels, deeper quality sleep, more balanced mood levels etc. Now you are becoming a health detective and with this knowledge, you are developing your greatest wealth.

