HAIR ANALYSIS MINERAL ASSAY

ALL MINERALS REPORTED IN MG. %

Biological Immunity Research Institute
POB 31322
Phoenix, AZ 85046
1-888-221-4116

REPORT NUMBER: 8827
RECEIVED: 05/25/16
REPORTED: 05/25/16

Healthy Habits

P O Box 12069
Scottsdale AZ 85254

PATIENT NAME: Gloria Sample
Race:
Hair Color: Br
Sex: F
Hair Location: Head
Shampoo:
Occupation: Home Maker
Product:
Height: 5'2"
Weight: 100
Age: 65
Complaints: Hypothyroidism,Neuro Dis. Hair
Email: rxxxx

RATIOS

Minerals	Value	Ideal		Value	Ideal
Ca/K	64.0	4.0	Fe/Mn	45.5	21.0
Na/Mg	.7	4.2	Mg/Mn	1545	48.0
Ca/Mg	7.5	6.7	K/Mg	.1	3.0
Ca/P	25.6	2.5	Ca/Cu	640.0	24.0
Na/K	6.0	2.5	Fe/Pb	18.5	3.0
Ca/Zn	.9	3.0	Ca/Fe	256.0	16.5
Fe/Cu	2.5	1.5	Ca/Mn	11636	272.0
Zn/Cu	695.0	8.0	K/Fe	4.0	9.8
Zn/Mn	12636	113.0	Pb/Mn	2.5	1.4
Zn/Fe	278.0	5.4	Ca/Pb	4741	49.5

Thyroid Energy Rating	32.0
Adrenal Energy Rating	51.9
Life Energy Rating	54.8
Blood Sugar Energy Rating	83.7
HMA Energy Rating	55.6

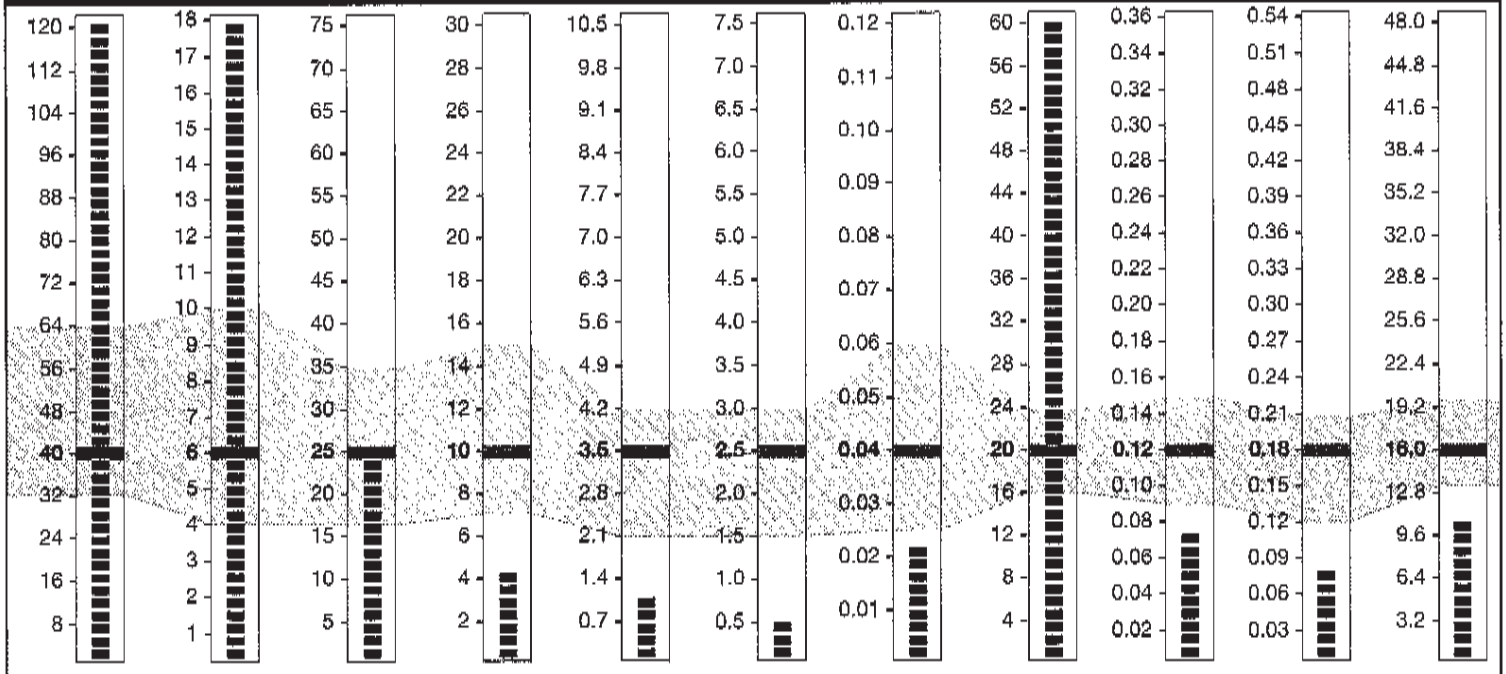
Ca	32.000	-	64.000	Cr	.100	-	.150	Ni	.040 - .050
Mg	4.000	-	10.000	Se	.040	-	.170	Co	.002 - .003
Na	16.000	-	35.000	Pb	.030	-	.090	P	14.000 - 18.000
K	7.000	-	15.000	Hg	.031	-	.036	Mo	.010 - .050
Fe	2.100	-	4.200	Cd	.005	-	.008	Sn	.100 - .500
Cu	1.500	-	3.000	As	.005	-	.008		
Mn	.025	-	.060	Al	.650	-	.900		
Zn	14.000	-	24.000	Li	.005	-	.020		

ARL ANALYTICAL RESEARCH LABS, INC.
2225 W. Alice Ave. • Phoenix, AZ 85021 USA • (602) 995-1580

PATIENT NAME: [redacted] | Biological Immunity Research Inst.

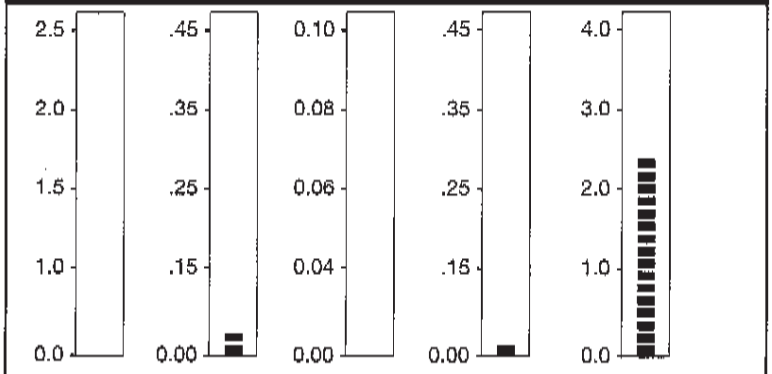
SEX:	AGE:	DATE:	LAB NO.	CLIENT ACCT. NO.
F	65	5/24/16	589642	96454

NUTRIENT MINERALS



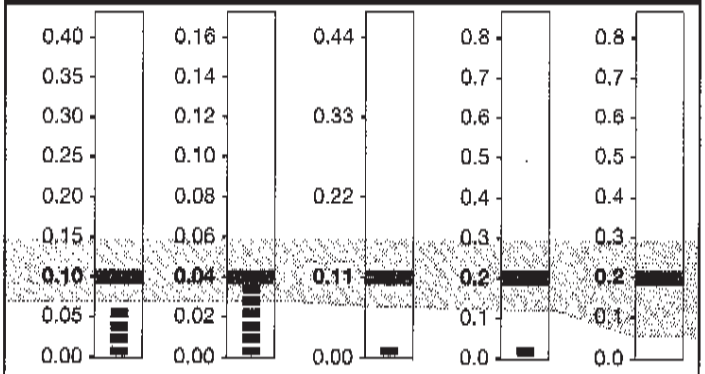
CALCIUM (Ca)	MAGNESIUM (Mg)	SODIUM (Na)	POTASSIUM (K)	IRON (Fe)	COPPER (Cu)	MANGANESE (Mn)	ZINC (Zn)	CHROMIUM (Cr)	SELENIUM (Se)	PHOSPHORUS (P)
256.0	34.0	24.0	4.0	1.0	0.4	0.022	278.0	0.072	0.074	10.0
PREVIOUS TEST										

TOXIC METALS



LEAD (Pb)	MERCURY (Hg)	CADMIUM (Cd)	ARSENIC (As)	ALUMINUM (Al)
0.054	0.030	0.004	0.010	2.40
PREVIOUS TEST				

ADDITIONAL MINERALS



NICKEL (Ni)	COBALT (Co)	MOLYBDENUM (Mo)	LITHIUM (Li)	BORON (B)
0.060	0.042	0.002	0.006	N/A
PREVIOUS TEST				

SIGNIFICANT MINERAL RATIOS

MINERAL RATIO	IDEAL RATIO	CURRENT RATIO	% OF IDEAL	PREVIOUS RATIO	LOW / IDEAL / HIGH
CA/MG	6.67	7.53	113		
CA/K	4.00	64.00	1600		
NA/MG	4.17	0.71	17		
NA/K	2.50	6.00	240		
ZN/CU	8.00	695.00	8688		
CA/P	2.50	25.60	1024		

MIXED OXIDIZER [ ] FAST OXIDIZER [ ] SLOW OXIDIZER [***]

N/A -- NOT AVAILABLE REPORTED IN Mg/% Testing by ACCUTRACE LABORATORIES, INC. • CLIA# 03D0641886 • 2225 W. Alice Ave., Phoenix, AZ 85021

 ARL-10 10/14

Date: 05/25/16 Report: 8827

While hair analysis has been referenced as being an excellent diagnostic tool and has many technical papers written on it, our information is supplied for research purposes only.

The Following Minerals On Gloria Hedges Are HIGH:

CALCIUM (256.00)	MAGNESIUM (34.00)
ZINC (278.00)	ARSENIC (.01)
ALUMINUM (2.40)	NICKEL (.06)

The Following Minerals On Gloria Hedges Are Apparently ACCEPTABLE:

SODIUM (24.00)	SELENIUM (.07)
LEAD (.05)	LITHIUM (.01)

The Following Minerals On Gloria Hedges Are LOW:

POTASSIUM (4.00)	IRON (1.00)
COPPER (.40)	MANGANESE (.02)
CHROMIUM (.07)	MERCURY (.03)
CADMIUM (.00)	PHOSPHORUS (10.00)

TENDENCIES

NO DIAGNOSIS IMPLIED

FOR RESEARCH PURPOSES ONLY

The following conditions are listed because our experience shows them to be associated with mineral levels appearing on this hair analysis. This does NOT mean you have this condition nor that you will develop it. It merely indicates a possible tendency.

CONDITION	% APPLICABILITY	RATING
Cancer	100	1 of 1
Hidden Copper Toxicity	100	3 of 3
Disorientation	100	3 of 3
Autonomic Nervous System Irregularities	100	1 of 1
Hearing Defects	100	2 of 2
Niacin Deficiency Or Dependency	100	1 of 1
Osteoporosis	100	4 of 4
Forward Looking Personality	100	1 of 1

Poor Peristalsis	100	1 of 1
Thyroid Stress	100	6 of 6
Vitamin A Deficiency	100	1 of 1
Vitamin B6 Deficiency	100	1 of 1
Aneurysm	100	1 of 1
Post-M.S.	100	1 of 1
Connective Tissue Disorders	100	2 of 2
Estrogen Excess	100	1 of 1
Myasthenia Gravis	100	2 of 2
Abdominal Pain	75	3 of 4
Blood Sugar	73	8 of 11
Arteriosclerosis	71	5 of 7
Dizziness	71	5 of 7
Allergies	67	10 of 15
Atherosclerosis	67	4 of 6
Irritable Bowel Syndrome	67	6 of 9
Convulsions	67	2 of 3
Fatigue	67	12 of 18
Inflammation	67	4 of 6
Stress (Alarm Phase)	67	2 of 3
Constipation	63	5 of 8
Confusion	60	3 of 5
Dermatitis	60	3 of 5
Weight Gain	60	3 of 5
Anemia	56	5 of 9
Diabetes (Adult)	56	5 of 9
Anorexia	55	6 of 11
Eye Disorders	55	6 of 11
Hyperactivity	54	7 of 13
Adrenal Stress	50	11 of 22
Senility	50	1 of 2
Demyelination Patterns	50	3 of 6
Dental Disease	50	5 of 10
Impaired Protein Digestion	50	2 of 4
Headaches	50	6 of 12
Heart Attack Tendencies	50	3 of 6
Hormonal Disorders	50	3 of 6
Memory Loss	50	1 of 2
Nausea	50	6 of 12
Rheumatoid Arthritis	50	1 of 2
Asthma	50	2 of 4
Pituitary	50	1 of 2
Skin Disorders	50	2 of 4
Bruise Easily	50	1 of 2
Brain Dysfunction	50	5 of 10
Hostility	50	1 of 2
Left Brain Orientation	50	1 of 2
Right Brain Orientation	50	1 of 2
Lung Problems	50	2 of 4
Psychological And Motor Difficulty	50	1 of 2
Fever	50	1 of 2
Weakness	44	4 of 9
Muscle Disorders	43	3 of 7
Diarrhea	42	5 of 12
Emphysema	40	2 of 5
Pancreas Disorders	40	2 of 5
Thymus Disorders	40	2 of 5
Emotional Disorders	38	3 of 8
Liver Disorders	36	5 of 14
Attention Deficit Disorder	35	7 of 20
Baldness	33	1 of 3
Cardiovascular Disease	33	3 of 9
Colds (Frequent)	33	1 of 3
Irritability	33	2 of 6
Leukemia	33	1 of 3
Menstrual Disorders	33	1 of 3
Respiratory Disorders	33	2 of 6
Sexual Disorders	33	2 of 6
High Blood Pressure	33	1 of 3

Stress (Resistance Phase)	33	1 of 3
Kidney Disorders	29	5 of 17
Ulcers	29	2 of 7
Muscle Tension	25	1 of 4
Arthritis	25	4 of 16
Tremor	25	2 of 8
Parkinson's Disease	25	1 of 4
Healing Impaired	25	1 of 4
Digestive Dysfunction	22	2 of 9
Gum Disorders	20	1 of 5
Insomnia	20	1 of 5
Nervousness	20	1 of 5
Diabetes (Juvenile)	20	1 of 5
Cramps In Feet	20	1 of 5
Hypertension	14	1 of 7
Depression	13	1 of 8

CALCIUM is HIGH

Your Value Is : 256.00

Normal Range Is : 32.00 - 64.00

Calcium is found primarily in the bone. It is necessary for strong bones and teeth. It is one of the principal clot promoting mechanisms in the blood. Calcium functions with the parathyroid hormone and helps control nerve and muscle exciteability. High calcium is a result of the calcium migrating from bone tissue to soft tissue sites. As it rises in the soft tissues, it rapidly increases the aging process resulting in prematurely aging skin and excess wrinkles.

High calcium interferes with protein synthesis at cellular levels, thereby inhibiting mytosis (replication of new cells.) This can result in fatigue and hypoglycemia (low blood sugar). Stress affects the liver, inhibiting its synthesis of orotic acid. This deficiency of orotic acid allows calcium to become excessively high. One of the functions of the adrenal glands is to regulate mineral levels. Mineral levels become abnormal only after the adrenals can no longer regulate them properly.

Excess calcium levels may be associated with osteoporosis, joint disease, arteriosclerosis, hypothyroidism, hyperthyroidism, adrenal insufficiency, endocrine disorders, and can also result from excessive calcium intake, such as from taking supplements which have a calcium phosphate base. Avoid Cod Liver Oil.

MAGNESIUM is HIGH

Your Value Is : 34.00

Normal Range Is : 4.00 - 10.00

Magnesium is essential to most living things and is found in abundance in man. Magnesium is involved in the production and transfer of energy, muscle contraction, protein synthesis and nerve exciteability. Magnesium acts as a co-enzyme and catalyst which is involved in innumerable chemical functions and reactions within the human body. High Magnesium levels can cause depression of the central nervous system. Magnesium levels

usually elevate as Calcium levels elevate, however, excessive Magnesium levels may involve a vitamin B-6 deficiency or denote a B-6 dependency. High Magnesium levels may be associated with adrenal insufficiency, uremia, excessive intake of refined carbohydrates, of other "junk foods" or soda-pop. While excessive Magnesium levels have associations with several conditions, high levels of this element are relatively non-toxic.

SODIUM is apparently ACCEPTABLE

Your Value Is : 24.00

Normal Range Is : 16.00 - 35.00

POTASSIUM is LOW

Your Value Is : 4.00

Normal Range Is : 7.00 - 15.00

Glucose is converted to glycogen for storage in the liver. Conversion of glycogen back to glucose normally takes place as blood sugar (glucose) levels drop, such as when under stress or between meals. Potassium is necessary for those sugar conversion processes. As Potassium levels drop those processes may be impaired. This may result in energy no longer being available to the muscles and muscle weakness may develop. Low Potassium levels may be associated with: excessive sugar consumption, excessive alcohol consumption, constipation, nervous disorders, insomnia, slow and irregular heart beat, muscle damage, poor peristalsis and elimination, periodontal disease, partial paralysis and proneness to heart seizures, and adrenal stress.

IRON is LOW

Your Value Is : 1.00

Normal Range Is : 2.10 - 4.20

Iron is an element essential to the life processes. It functions mostly in the Oxygen/CO2 transport mechanism. Iron deficiency is the most prevalent type of nutritional anemia in the U.S. Some of the causes of Iron deficiencies are poor nutrition, chronic blood loss, a defect in absorption (that is, post-gastrectomy and idiopathic hypochromic anemia), and selective or general malnutrition. Iron falls into the category of those minerals that are stimulating to the brain. In a female, a low Iron level may be caused by excessive blood loss during menustration.

Iron deficiency without anemia may cause chronic fatigue and irritability. Iron losses in sweat can be a significant factor in Iron depletion if dietary Iron is low or unavailable. Hair is an excellent monitor of body Iron storage levels and may be used to detect anemia in its earliest states of development. Iron deficiency may be associated with: anemia, weakness, fatigue, difficult breathing, pale skin, sore tongue or mouth with cracks around the lips, insufficient hydrochloric acid and pH balance in the digestive system.

COPPER is LOW

Your Value Is : .40

Normal Range Is : 1.50 - 3.00

Copper is essential to life, but only in very small quantities, above which it becomes toxic. Copper is concentrated mostly in the liver, heart, spleen, kidney, brain and blood. It functions in blood/elastin formation, particularly in the cardiovascular system, in bone formation, skin pigmentation, reproduction, growth, mylenation of the spinal cord and in oxidative processes. Copper helps the bone marrow to produce red blood cells and aids in forming certain enzymes necessary to the normal function of the nerves. Anemia results if Copper is under supplied. Graying of the hair has long been known to be associated with anemia, which can be induced by Copper deficiency. Copper is needed to help vitamin C function properly. Copper deficiency has been induced by feeding condensed milk for extended periods of time. Copper deficiency may be associated with: dietary lack of Copper, kidney disease, diarrhea, excessive excretion, low protein diet, poor digestion, skeletal defects, demylenation of the nerves, porous bones (osteoporosis), hair loss, skin rash, heart damage, graying and impaired ceruloplasmin synthesis (involved with the transportation of Copper in the body). Low Copper levels may also be associated with aortic aneuryism and hypothyroid (underactive thyroid) conditions.

MANGANESE is LOW

Your Value Is : .02

Normal Range Is : .03 - .06

Manganese is an essential trace element and is necessary for bone growth and development, reproduction, lipid metabolism and as an activator of such enzymes as arginase (required for urea formation) and some peptidases (enzymes). Manganese is important in the production of the thyroid hormone, thyroxin.

The classic manifestations of Manganese deficiency are impaired growth, skeletal abnormalities, disturbed or depressed reproductive function and ataxia of the newborn. These manifestations are similar in all species. Deficiencies of Manganese interfere with proper functioning of the pancreas. The storage and release of insulin from the islets of langerhans depend on Manganese for the proper functioning of this process. Manganese deficiencies have also been linked with diabetes. Evidence also suggests that a lack of Manganese may be a causative factor in myasthenia gravis and multiple sclerosis. Manganese deficiency may also be associated with: disturbances in lipid metabolism, cancer, lupus, poor equilibrium, hypothyroidism, atherosclerosis, fatigue, diabetes and kidney malfunctions since Manganese is involved in the support of the arginase enzymes.

The EEG (electro-encephalogram) effect of Manganese on the brain is sedative.

ZINC is HIGH

Your Value Is : 278.00

Normal Range Is : 14.00 - 24.00

Zinc is one of the most prevalent trace elements with normal body levels ranging between 2 and 3 grams. It is an essential mineral which functions at the cellular level to help increase the rate of wound healing and is important to the body as a carrier to eliminate waste carbon dioxide. Zinc plays an important role in over 30 different enzyme systems in the human and is a component of carbonic anydrase, carboxypeptidase, lactic dehydrogenase, alkaline phosphatase, glutamic dehydrogenase, and other metallonenzymes. It is necessary for normal body growth and for sexual maturation. Most of the trace metals have been tried for the quantitative EEG (electro-encephalogram) effect. Zinc falls into the category of those minerals which are sedative to the brain. Zinc excess may interfere with Copper and Iron. Zinc excess may lead to anemia, anorexia (lack of appetite), decreased food consumption and weight loss.

It is interesting to note that Zinc, vitamin B6 and vitamin A have close relationships. Vitamin A is necessary for Zinc to mobilize and it has been suggested that excessive levels of Zinc may be indicative of a vitamin A deficiency.

CHROMIUM is LOW

Your Value Is : .07

Normal Range Is : .10 - .15

Chromium is an essential mineral. There is less than 10 milligrams in the average person. It is involved in protein functions, glucose metabolism (it is the principle factor in the "GTF" molecule), and is necessary for growth and longevity. Chromium deficiency may be associated with: industrialized diets, declining metabolism with age, impaired growth, decreased longevity, diabetes, disturbances in glucose (sugar), lipid (fat) and protein metabolism. There is a high correlation between Chromium deficiency and atherosclerosis (hardening of the arteries), and generalized vascular sclerosis.

SELENIUM is apparently ACCEPTABLE

Your Value Is : .07

Normal Range Is : .04 - .17

LEAD is apparently ACCEPTABLE

Your Value Is : .05

Normal Range Is : .03 - .09

MERCURY is LOW

Your Value Is : .03

Normal Range Is : .03 - .04

CADMIUM is LOW

Your Value Is : .00

Normal Range Is : .01 - .01

ARSENIC is HIGH

Your Value Is : .01

Normal Range Is : .01 - .01

Arsenic occurs in coal and oil. In spite of its reputation as a poison, it has a low order of toxicity to mammals, and in small doses has no detectable biological effects on life. It is well tolerated. There are relatively large amounts in seafood, and it is doubtful that Arsenic is innately toxic at present levels of exposure (in fact, it promoted longevity in rats). In man, however, high levels of Arsenic may cause skin lesions which can result in cancer.

ALUMINUM is HIGH

Your Value Is : 2.40

Normal Range Is : .65 - .90

Aluminum excess may interfere with biochemical reactions associated with Phosphorus and Calcium metabolism. Aluminum has an affinity for the gray cells of the brain and appears to be one of the principle causes of Alzheimer's Disease (premature senility). Aluminum excess is considered to be toxic and it may build up in the body over constant exposure to various sources such as underarm deodorants, table salt containing "aluminum trisilicate", aluminum cookware, toothpaste, cigarette filters, processed cheese, cosmetics and pharmaceuticals. Statistics to date show an unusually

high amount of aluminum in most tested subjects who work in or live near an aluminum processing plant.

LITHIUM is apparently ACCEPTABLE

Your Value Is : .01

Normal Range Is : .01 - .02

NICKEL is HIGH

Your Value Is : .06

Normal Range Is : .04 - .05

In human blood serum a concentration of Nickel is maintained within a characteristic range. High levels may occur in patients who suffer from a blockage of blood flow to the heart (myocardial infarction), in patients with strokes and severe burns, and in women with toxemia of pregnancy or uterine cancer. Significant levels of Nickel are found in DNA (de-oxy ribonucleic acid) and RNA (ribonucleic acid) and may contribute to the stabilization of nucleic acids. Nickel activates several enzyme systems, including arginase, carboxylase, acetyl coenzyme a synthetase, and tripsin. It inhibits acid phosphatase under certain conditions and catalyzes nonenzymic decarboxylation of oxalacetic acid. It may be involved in pigmentation processes since melanin (the dark pigment of the skin and hair) has a strong affinity for it.

Nickel has relatively low toxicity, however, high serum levels have been found in cases of myocardial infarction and it also increases in leukemia patients. It replaces Zinc in the formation of insulin and activates several enzyme systems and can over activate these systems as levels rise.

PHOSPHORUS is LOW

Your Value Is : 10.00

Normal Range Is : 14.00 - 18.00

Phosphorus is an element that functions at almost all levels of metabolism. Reactions such as ATP (adenosine-tri-phosphate), an adrenal energy breakdown cycle, myelination processes (maintaining the integrity of the nerve sheath), neuritic processes, hormonal processes and on throughout the biochemical processes of the body, most all of them being involved with Phosphorus. To write a treatise on the Phosphorus functions of the body would be almost a complete biochemical text. Phosphorus is so involved in metabolic processes that no hard data has been found which will support any statements regarding deficiencies or excess. A low Phosphorus level may be responsible for a "hidden" Zinc deficiency. If you have Zinc deficiency symptoms and your Zinc level is low, or even low-acceptable, you may consider Zinc Supplementation.

Abnormal CALCIUM/PHOSPHORUS RATIO

It has been established that Calcium should be maintained in ratio with Phosphorus. An abnormal Calcium/Phosphorus ratio may result in arthritis, pyorrhea, tooth decay, overweight and fatigue.

CALCIUM and MAGNESIUM are HIGH relative to

SODIUM and POTASSIUM

Statistically we are finding a high incidence of hypoglycemia (low blood sugar) when Calcium and Magnesium are elevated relative to Sodium and Potassium. Calcium, Magnesium, Sodium and Potassium may all be within normal limits, however, their relative abnormal positions may result from hypoglycemia being present.

CALCIUM and MAGNESIUM are HIGH relative to SODIUM,

POTASSIUM and MANGANESE

High Calcium and Magnesium with relatively low Sodium, Potassium and Manganese is a pattern which is frequently found in individuals who have allergies.

CALCIUM and MAGNESIUM are HIGH

High Calcium and Magnesium may be involved with low blood sugar and adrenal insufficiency. Calcium and Magnesium usually rise together.

The CALCIUM/MANGANESE RATIO is HIGH

High Calcium with low Manganese exhibits a strong trend toward thyroid malfunction. Thyroid functions depend on Manganese as a component of thyroxin. High Calcium levels interfere with Manganese functions, making a hypothyroid condition more likely.

The MAGNESIUM/MANGANESE RATIO is HIGH

A high Magnesium / Manganese ratio may tend to depress the autonomic nervous system.

The following data should not be considered a diagnosis nor research proven. Sufficient data has not yet been collected to prove or disprove the following interpretations. However, our research indicates that the following ratio interpretations are most likely valid, considering the data of 05/25/16 for Gloria Hedges

THE THYROID RATIO

The CALCIUM/POTASSIUM RATIO is called the thyroid ratio because these are the two specific minerals which regulate the thyroid gland. Calcium may slow it down and Potassium may speed it up. There has to be just the right balance between the two minerals for the thyroid gland to operate at it's maximum efficiency.

If a person has too much Calcium in his tissues in proportion to Potassium he may have an underactive thyroid. If he has an excess of Potassium in proportion to Calcium he may have an overactive thyroid. Once you know the ratio of Calcium to Potassium in the body you may suspect if this gland is too fast or too slow. The normal ratio of Calcium to Potassium is 4.6. Your Calcium to Potassium ratio is 64.0. Your thyroid gland may be operating at a 32% efficiency level due to the ratio and levels of your Calcium and Potassium.

If your reading says you have a 90% efficiency level, this is still a large loss of energy. It is extremely important to remember that to have maximum amounts of energy, your mineral ratio and mineral levels must be normal. A good ratio with inadequate or excessive mineral levels is just as bad as a poor ratio. If a 10% variance doesn't seem to be very much, imagine what your body temperature would be if it were 10% lower - 88.7 degrees.

Constipation may be associated with an underactive thyroid gland.

Your Calcium/Potassium ratio is HIGH. This may cause an underactive thyroid gland. This means you may have an energy loss due to the thyroid gland.

THE ADRENAL RATIO

The SODIUM/MAGNESIUM RATIO relates to the adrenal glands. A slight imbalance between the two can have a major effect on the function of this gland.

Too much Sodium in relation to Magnesium may speed up the adrenal gland. Too much Magnesium in relation to Sodium may slow down the adrenal gland. The normal level for this ratio is 4.2. Your ratio is .7. Your adrenal gland may be operating at a 51.9% efficiency level due to the ratio and levels of your Sodium and Magnesium.

Your Sodium/Magnesium ratio is LOW. This may cause an underactive or slow adrenal gland function.

Constipation is associated with underactive adrenals.

As with the thyroid gland, a perfect ratio reading with poor mineral levels (too high or too low) means you may not be in good health.

BLOOD SUGAR RATIO

The CALCIUM/MAGNESIUM RATIO is often referred to as the blood sugar ratio. It is the second most important ratio. This ratio is extremely accurate in evaluating blood sugar levels. Individuals with poor blood sugar values are usually severely lacking in body energy. A poor Ca/Mg ratio may be indicative of a poor state of health. A normal ratio is 7.0. ... Your ratio is 7.5. Your blood sugar ratio is at a 83.7% efficiency level due to the ratio and levels of your Calcium and Magnesium.

You may be experiencing low levels of energy due to the blood sugar ratio.

LIFE / ENERGY RATIO

The SODIUM/POTASSIUM RATIO is often referred to as the life/energy ratio. The normal ratio is 2.5. Your ratio is 6.0. Your life/energy ratio is at a 54.8% efficiency level due to the ratio and levels of your Sodium and Potassium.

You may have moderate to low levels of energy.

If this 2.5 ratio stays very close, an individual should be at the peak of health, assuming that most of the remaining minerals are approximately normal.

ENERGY RATING

Taking into account all energy ratings that are being analyzed, you can be expected to be operating at approximately 55.6% of the energy you may have if your minerals were perfectly balanced.

ARTHRITIS AND MINERAL IMBALANCES

Rheumatoid arthritis, like osteo-arthritis, may be associated with or caused by one or more mineral ratio imbalances which may be determined by hair analysis. You have 1 out of the 4 possible imbalances.

* You have a high Sodium/Potassium ratio.

CARDIO-VASCULAR DISEASE AND MINERAL BALANCE

Cardiovascular disease, arteriosclerosis, atherosclerosis, hypertension and strokes may be associated with or caused by mineral ratio imbalances determined by hair analysis. The principle mineral ratio imbalances seen in cardiovascular disease that are present in this hair analysis are:

A high Calcium/Potassium ratio. The ideal ratio is 4.6. Your ratio is 64.0. Calcification of the arteries (arteriosclerosis) may be present and circulation may range from poor to inadequate.

CANCER AND MINERAL IMBALANCES

It is believed there are 7 mineral clues as to whether a person is developing cancer. The more of these clues they have, the more severe their condition may be.

You Have 2 of the 7 clues:
* A Zinc/Copper ratio of 695.0 may be an indicator.
* A Copper level of .40 may be an indicator.

IMPOTENCE/FRIGIDITY AND MINERAL BALANCE

Impotence and frigidity problems are intimately associated with mineral ratio imbalances caused by stress, adrenal insufficiency, diabetes, hypothyroidism, etc.

There are 7 main indicators, from a hair analysis, of impotence in males, or frigidity in a female. You have 1 of the indicators.

* Calcium/Sodium ratio of 10.67 may indicate sexual problems

SLOW OXIDIZER

You have slow oxidizer tendencies. A slow oxidizer releases energy too slowly. You may be like a wood stove whose fire is too small to heat the room. To have more energy, ask your counselor how to increase your oxidation rate.

A slow oxidizer usually feels weak, tired, lethargic, and doesn't like to start new things. They often experience too much fatigue to care about things happening around them. Slow oxidation is basically a defense holding pattern. The body is in a state of defense against stress. It has gone into a protective shell to ward off any demands on its mineral reserves. Slow oxidizers should avoid all stress, stressful situations, new situations, changes and emotional confrontations.

Gray hair can be a result of a Manganese and Iron deficiency. Gray hair may be a signal that your body is running out of energy White hair may be caused by excess Calcium and Zinc in the tissues. These are the minerals that may deposit in the hair as the body becomes exhausted. This is a slow oxidation phase of metabolism.

DIETARY SUGGESTIONS FOR SLOW OXIDIZERS

Most slow oxidizers need protein foods with each meal. A good formula to follow is 60% protein, 30% fruits and vegetables, and 10% fats/oils. One of the following foods may be included in each meal:

EGGS
FISH
LEAN MEATS
POULTRY

Fresh fruits and vegetables may be included in each meal. Grains and cereals may be eaten only twice per day. Dairy products, fats, nuts and oils may be avoided. Avoid CLO if Calcium high.

DIET GUIDELINES

If you are not currently following any recommended diet from a professional counselor, you may consider these guidelines until your next hair analysis.

* Emphasize foods that contain the minerals in which you are low.
* Avoid foods containing minerals of which you have excess. (except Calcium, Magnesium, Potassium, Zinc).

* Consume daily 1 oz. pure water for each 2 lbs. of body weight.
* Substitute raw, unfiltered honey or molasses for sugar.
* Substitute unrefined grains/cereals for refined.
* For salt, substitute SPRINKLE and use it heavily.
* For refined oils, substitute unrefined oils.
* For canned/frozen fruits and vegetables, substitute fresh or dehydrated.
* For additive-laden foods, substitute natural products.
* For coffee/tea/cocoa/soft drinks, substitute fresh juices, herb teas and reverse osmosis purified water.
* For white flour, substitute whole wheat.
* Eat liberally foods high in vitamin B-6: Liver, Soy, Crabmeat, Halibut, Salmon, Sardines, Perch, Tuna, Avocado, Broiled Chicken, Lima Beans, Green Peas
* Excessive milk intake possible a causative factor in low Copper levels. Reduction or elimination of milk is encouraged, as Calcium in milk competes with Copper for absorption from the upper alimentary tract. Since Copper is essential for the production of thyroxin, milk could be an important factor in hypothyroidism and may also, for the same reason, be highly allergenic.

The Supplement considerations that follow are those products which supply the ingredients indicated as being lacking by this hair analysis report. They are individualized and tailored to each report. We recognize the vast difference in supplement brands. Since Calcium may not be low in many individuals, we point out the fact that many supplements which contain DI-CALCIUM PHOSPHATE in the base, even though not listed on the label, could interfere with the utilization of the ingredients or create further antagonisms to other minerals and artificially elevate soft tissue calcium. There is also the problem of some brands of supplements not being specifically formulated for highly specialized applications, such as hair analysis.

These supplement considerations should not be misconstrued as a prescription of items that are needed nor curative of any disease process. It is merely a convenient listing of products that supply the nutrients that seem to be indicated by the hair analysis report.

(1) Martin Seasoning = Use daily as desired
(1) Cell-Rejuv = 8 Drops in at least 8 oz water = 3X/Day
(1) BioVitale-H2O = 1 dropper in each glass of fluid consumed daily
(4) Trimethylglycine (TMG) = use daily as suggested
(1) Circulation = per label
(5) Greenergy = 2 scoops daily
(1) Candidex = per label
(1) DHEA = daily
(1) B-12 Energy Patch = at least 2 weekly
(3) Feel Good Tea = 2-6 daily
(2) Enzymes Lower = 2 after meals
(1) Enzymes Upper = 1 before meals
(1) Hepatrophin = 6 daily
(4) MINEREX = 2-2x daily
(1) Maximum Wellness EZ-PAK = daily
(1) Manganese B12 = 6 daily
(2) Natural Vitamin E = 1x3
(1) Zinc AC = 2-6 daily

These products are optional but important.

(1) Acerola-C = 2-6 daily

When you deplete a particular supplement you may ask your doctor whether or not to refill. Consider remaining on the above group of supplements for TWO months. MAXIMUM WELLNESS EZ-PAK (1x/day) may then be taken on a regular basis until the next hair analysis is done.