

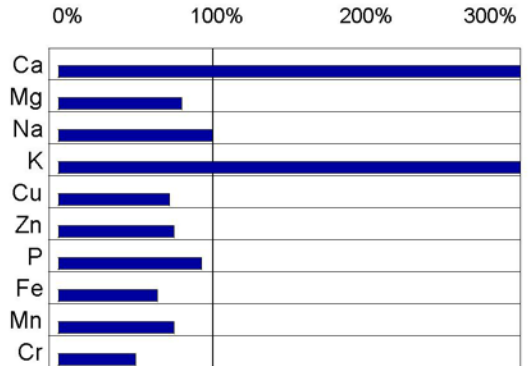


# PERFECT BALANCE

218 MAIN STREET SUITE 295 KIRKLAND, WA. 98033 888-262-5903



Nutrient Minerals	Normal	Your Tests		% of Normal	
		Current	Previous	Current	Previous
Calcium	35	233		666	
Magnesium	5	4		80	
Sodium	25	25		100	
Potassium	10	38		380	
Copper	2.5	1.8		72	
Zinc	20	15		75	
Phosphorus	14	13		93	
Iron	2.5	1.6		64	
Manganese	0.2	0.15		75	
Chromium	0.1	0.05		50	



Toxic Metals	Symptom	Your Tests		% Significant Toxicities		Acceptable	Toxic	====>
		Current	Previous	Current	Previous			
Nickel	.10	.03		30		Ni		
Mercury	.05	.03		60		Hg		
Cadmium	.15	.10		67		Cd		
Lead	1.00	.10		10		Pb		
Aluminum	.90	1.00		111		Al		
Selenium	.10	.08		80		Se		

Significant Ratios	Normal	Your Tests		% of Normal		0%	100%	200%	300%
		Current	Previous	Current	Previous				
Ca/P	2.50	17.92		717		Ca/P			
Ca/K	3.50	6.13		175		Ca/K			
Ca/Na	1.40	9.32		666		Ca/Na			
Ca/Mg	7.00	58.25		832		Ca/Mg			
Na/K	2.50	.66		26		Na/K			
Zn/Cu	8.00	8.33		104		Zn/Cu			
Fe/Cu	1.00	.89		89		Fe/Cu			
Ca/Mg[Al]	8.35	75.16		900		Ca/Mg[Al]			
Na/Mg	5.00	6.25		125		Na/Mg			

\*Analytical results obtained by a licensed clinical laboratory

All mineral levels reported in Mg%

Name: SAMPLE ANALYSIS  
 Date: 5/10/2005  
 Age: 36  
 Weight: 140  
 Shampoo: Organic

Sex: F  
 T.M.A.#:  
 Collected: 5/1/2005  
 Reported: 5/10/2005  
 Prev. Test:

It would be to your benefit to  
 recheck your analysis in:  
**3 to 4 Months**

Name: SAMPLE ANALYSIS  
 Date: 5/10/2005  
 T.M.A.#:





# PERFECT BALANCE

## MINERAL EQUALIZATION THERAPY

### RECOMMENDED SUPPLEMENT PROGRAM

Take the following with meals in:	AM	NOON	PM
Sterling	1	1	1
Excitor	2	2	2
Support	Bowel Tolerance		
Restor	1	1	1
Adjunct	1	1	1

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**The supplements that have been recommended to you are specifically formulated for use with this tissue mineral analysis. They are intended to even your mineral levels and ratios, as well as eliminate any toxic mineral levels you may have.**

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# PERFECT BALANCE

## MINERAL EQUALIZATION THERAPY

### YOUR RECOMMENDED SUPPLEMENTS

#### **STERLING:**

This is the base of all hair analysis recommendations. Many years of testing and design were needed to make a basic multi-vitamin/mineral that would be effective in all kinds of metabolisms. Notice that it has no calcium to slow energy production.

#### **EXCITOR:**

All people need potassium. Potassium excites our production of energy and it stimulates our thyroid. However too much and we get wired, we can't sleep and we even get depressed. By knowing what our tissue balance is along with our body weight, we can accurately recommend an amount of potassium needed for proper energy levels.

#### **SUPPORT:**

Science has never found a way to measure the magnesium stores in our bodies. It is such a sensitive molecule in nature that most of it is lost when we process and prepare our foods. When we come under any kind of stress magnesium is the first molecule to be lost from out of our tissues, and magnesium is key in elimination of heavy metals.

#### **RESTOR:**

Restor is truly one of a kind. You will find no other product like it. We begin with a broad base of bacteria necessary to keep our digestive canal operational. Secondary are the enzymes essential for breaking down every known foodstuff. We no longer get these things from our food because most fruits and vegetables are not vine ripened as they once were and processing and preparing kills the rest. If you are taking any form of Balsamea or are on antibiotics, you must space them out at least 1 hour from the Restor.

#### **ADJUNCT:**

Adjunct covers so many things during the process of changing our metabolism that it is hard to describe. It is an anti-oxidant for removing toxins, it is a cellular oxidator for energy and it helps relieve our immune system from some of its responsibility, thus enhancing it. It's a liver detoxifier and energy booster. We recommend it for what it does on the inside, however most people notice a change in their skin.





# PERFECT BALANCE

## **SUGGESTED TRENDS:**

Hair Analysis does not diagnose disease, but it does identify mineral patterns which have an effect on your metabolism. These patterns correlate with certain metabolic dysfunctions which if left uncorrected will allow disease to occur.

The distinction between trends and disease is very important. For example, the mineral Zinc is the very cornerstone of your immune system. If your body is low in Zinc, you will have diminished immune response, lessening your system's ability to identify and destroy any invading organism. The result will be increased allergies, colds or even more serious problems. Until the underlying metabolic imbalance is identified and corrected and the mineral patterns changed, the disease problem can keep recurring.

It is possible to have a trend toward a condition, and not have the condition present at the time of your analysis, however, it indicates that if the trend continues to develop, the metabolic dysfunction will eventually result. (See paragraph one, sodium to potassium graph, T+ I = C)

The endeavor of this analysis is to help develop a better understanding of the human metabolism as it relates to, and is influenced by the intake of food, liquids, nutrients, drugs, toxins and the environment.

## **THE TRENDS SUGGESTED BY YOUR HAIR ANALYSIS ARE:**

Advanced Parathyroid Sensitivity  
Reduced Thyroid Sensitivity  
Decreased Adrenal Sensitivity  
Dysinsulinism  
Fibrocystic Disease  
Assimilation Dysfunction  
Allergies  
Headaches  
Liver Dysfunction  
Memory Dysfunction  
Hypertension  
Possible Parasites  
Osteo-arthritis





# PERFECT BALANCE

## MINERAL EQUALIZATION THERAPY

### SUPPORT (BOWEL TOLERANCE)

Your metabolism does two basic things with the magnesium in Support. First, it supports all necessary functions in your everyday life. Second, any extra magnesium will be used to detoxify various toxic metals.

The only way to guarantee that the human body has a surplus of magnesium for detoxification is to keep increasing the daily amount of Support from a starting point of 1 three times per day, to an amount that produces watery diarrhea. When this BOWEL TOLERANCE has been reached, then you can reduce the intake by one or two tablets per day to stop the diarrhea, but still maintain a high level for detoxification. Assume you are taking 4 Support three times daily to produce a BOWEL TOLERANCE effect. You would then reduce your intake the next day to 3 in the am, keeping noon and pm at 4 each. If watery diarrhea still persists then the next day the intake should be adjusted to 3 am, 3 noon, and 4 pm. Remember, intake increases by three per day and when BOWEL TOLERANCE is reached, you come down by 1 per day until a level you can live with, but still detoxify, is reached.

Depending on the particular toxin and it's exit from your system, the amount required changes from time to time. Some toxins such as (sodium, copper, nickel and mercury) fight with magnesium and so less is needed. Others, like aluminum and calcium neutralize magnesium and so much more is required. (Cadmium and lead are exceptions to magnesium and must be detoxified with zinc). It would be good to test yourself once in a while by increasing again to see if you are still taking enough.

Only through the use of hair analysis can the requirement of magnesium be determined. Until the use of hair analysis science only knew that magnesium remained generally the same in the blood. Thus it is imperative to periodically recheck through hair analysis to determine the existence and severity of any toxicities.

If no toxicities are present in your tissues, then Support should be taken only as recommended, however, as long as toxins exist in your cells energy can not be produced properly. Magnesium, with it's synergistic vitamins is probably the most ubiquitous mineral for human life and without a sufficiency of it we die.







# PERFECT BALANCE

## MINERAL EQUALIZATION THERAPY

### RE-TRACING

*Understanding discomfort while on a balancing program.*

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Some persons who have suffered chronic disease due to a metabolic imbalance can experience problems which haven't bothered them for years while on a metabolic balancing program. This is called re-tracing.

When you begin to restore the metabolism toward normalcy, your body will sometimes erupt with uncomfortable feelings and/or physical symptoms like rashes or depression or even a headache. It can be confusing to a person who, a few days into their program is feeling more uncomfortable than when they started.

Imagine that if according to the Na/K ratio page\* a person's Sodium to Potassium ratio were around 7.0 and they were constantly fighting feelings of apathy or resentment toward the world. It is likely that as their metabolism began to normalize, they would feel somewhat depressed as their ratio passed the 4.8 area. The feelings would be temporary but they would probably say "This is how I used to feel, and I didn't like it then." This is re-tracing.

The same applies to toxic metals. As they are made free from their places of storage in the body, they can cause upset both physically and psychologically. For instance, if one's mercury level were around 0.23 mg. % and they began to antagonize it from within their tissues a very metallic taste would occur and they would swear they had bad breath (they don't). Extreme feelings of tiredness or fatigue would plague them for a few days and quite possibly a headache behind the eyes along with dark circles under the eyes. This is re-tracing.

Sometimes, both men and women will have had a hormonal imbalance earlier in life that will have passed but now a different problem is bothering them. Normalizing the metabolism could temporarily set the old imbalance in to play again, causing some discomfort. Again, this is re-tracing.

These things and countless others are possible and are all temporary. The symptoms pass with the release of the toxins or as the ratios change. When the cells are clean and are once again able to make energy the mind clears and discomfort to the body disappears.

When these things happen and no logical explanation comes up, a re-check hair analysis often answers the question as to why it is happening.

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\*Refer to the graph of your Sodium to Potassium ratio.





## ADRENAL TO THYROID (Na/K) RATIO AS IT PERTAINS TO THE PSYCHOLOGICAL BALANCE

The graph of your sodium (Na) to potassium (K) ratio on the following page represents where your metabolism has been balanced for the last few months, as far as your adrenal and thyroid sensitivity are concerned.

As with any metabolic function it is the amount of minerals (fuel) that determines how sensitive (intensity) we are to the spark plugs (hormones, steroids) that cause the energy process to take place.

If the fuels get out of equitable balance (ratio) with each other the process can not take place properly and this results in not only energy dysfunctions but also inward and outward psychological dysfunctions.

When the mineral levels are low (intensity), the psychological dysfunction is usually fought and controlled by the person but when the levels are high for a prolonged period of time, the person can not always sustain the battle and will sometimes surrender to the intensity and need help from outside sources. (Anti-Depressants, Anti-Hypertensives)

According to Nobel Laureate, Dr. Hans Selye, this is part of the "Process of Adaptation" to stress.

How long it takes to change a dysfunction depends on how long it has been chronic. The "rule of thumb" is that for every year it has been effecting us, it will take one month to move it toward normalcy.

The famous Dr. Louis Pasteur (1822-1895) established the rule that every occurrence of a particular disease must always have the same prime causative factor. For instance Tuberculosis must always be started by the same bacteria or else it's not Tuberculosis. Asthma is not Emphysema and Emphysema is not Pneumonia because they are all started by a different primary cause.

So it is with the sodium to potassium ratio. It is the primary balance of our Psyche. Any stressor that would effect that balance would be secondary to the balance itself.

To demonstrate, copper toxicity can cause the loss of potassium to the point that we might have an Na/K ratio of 4.8 and eventually become a manic depressive. However iron toxicity can cause a rise in sodium levels, producing exactly the same ratio and the same possibility of manic depression.

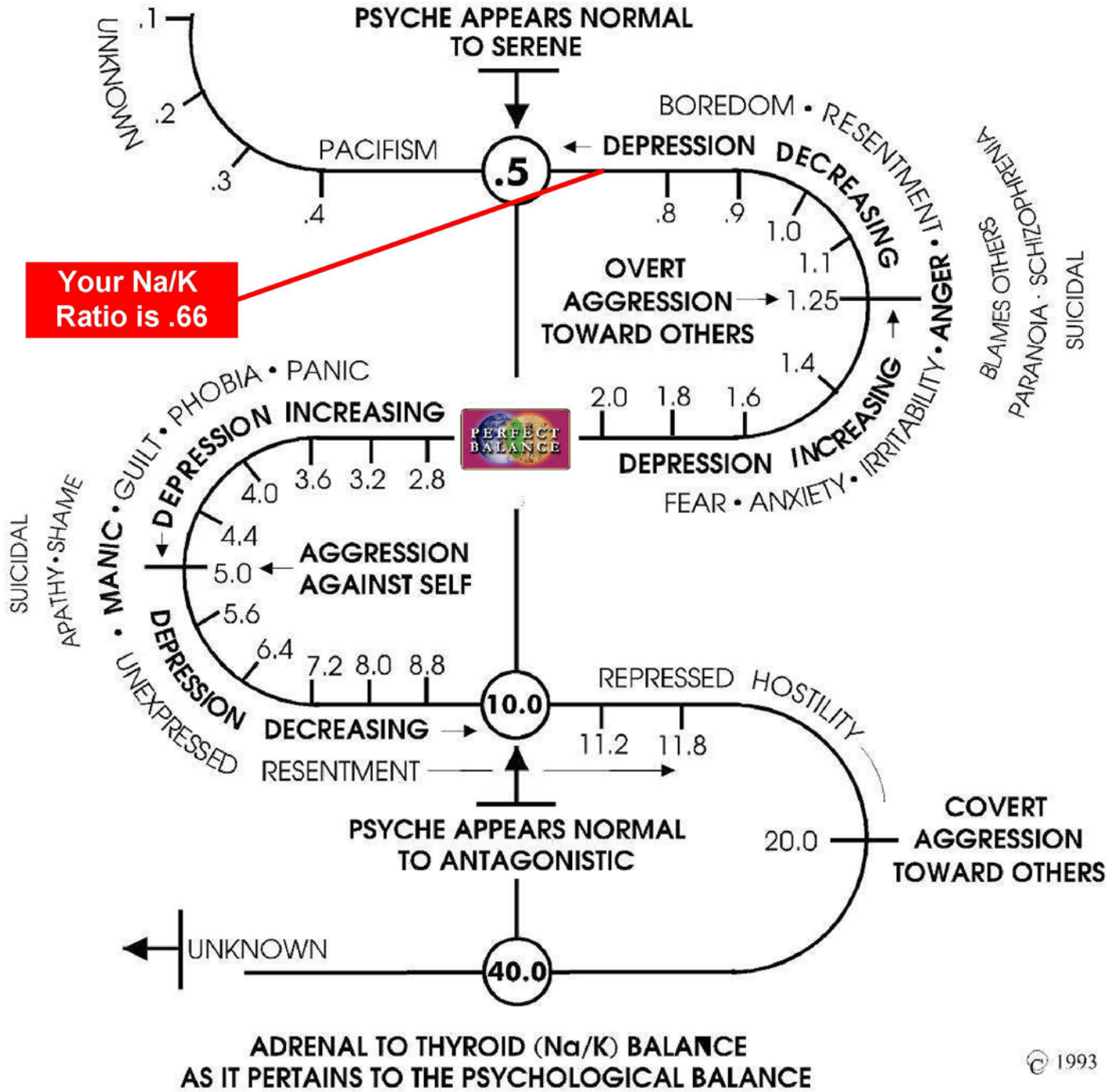
Did these two toxins cause manic depression? No. They were secondary. They caused a change in the Na/K ratio which allowed the condition to occur depending on the intensity.

This demonstrates only one example of the extreme value of an accurate hair analysis.





This graph of the sodium to potassium ratio represents the study of thousands of hair analyses over many years' time. As with any metabolic function, time and intensity equal chronicity. How chronic something has become depends on how long the specific ratio has existed plus the amount of energy produced by the levels of the involved minerals. You Na/K ratio as it appears on this page may be in an area you feel you can't agree with. This simply means that one element of the equation  $T + I = C$  does not exist ... yet.



**Your Na/K Ratio is .66**







# PERFECT BALANCE

## MINERAL EQUALIZATION THERAPY

### TOXIC MINERALS:

The Trace Mineral Analysis of your hair shows one or more minerals to be above toxic levels. The metabolic dysfunctions often associated with these toxic levels are shown below. Which dysfunctions, if any, you experience depend on the severity of the toxicity, how long they have existed, and your particular mineral pattern.

### TOXIN ELIMINATION:

Toxin elimination is an extremely important reason to have your hair analyzed at periodic intervals. As a Nutritional program to balance your nutrient minerals progresses, your body will begin to detoxify those toxins it has previously kept isolated. A Hair Analysis done during this time will show a temporary increase in the level of the mineral being eliminated as it begins to come out in the hair and other excretory channels such as sweat. During this time you may experience an increase of the symptoms of metabolic dysfunctions associated with toxic levels of that mineral. If another Hair Analysis is taken when the elimination is complete, it will show a lowering of the levels of the previously toxic minerals, and the symptoms of dysfunction should disappear by then. If discomfort does occur during this elimination process, call your Analysis Counselor for a program revision, as often (but not always) the discomfort can be minimized once it's known how your body will react.

### METABOLIC DYSFUNCTIONS ASSOCIATED WITH:

#### ALUMINUM TOXICITY

<i>Alzheimer's Disease</i>	<i>Flatulence</i>	<i>Liver Cirrhosis</i>
<i>Anemia</i>	<i>Headache</i>	<i>Liver Dysfunction</i>
<i>Colitis</i>	<i>Heartburn</i>	<i>Osteomalacia</i>
<i>Constipation</i>	<i>Hepatic Diseases</i>	<i>Senility</i>
<i>Dental Cavities</i>	<i>Hypertension</i>	<i>Ulcer (peptic)</i>
<i>Dyspepsia</i>	<i>Kidney Dysfunction</i>	<i>Attention Def. Dis. (A.D.D.)</i>
<i>Amyotrophic Lateral Sclerosis</i>	<i>Dry Skin</i>	<i>Dry Mucous Membranes</i>
<i>Burning Pain in Head</i>	<i>Aversion to Meat</i>	<i>Memory Loss</i>
<i>Memory Confusion</i>	<i>Hemolysis</i>	<i>Leukocytosis</i>
<i>Porphyria</i>	<i>Dementia</i>	<i>Hypoparathyroid</i>
<i>Parkinson's Disease</i>	<i>Neuromuscular Disorders</i>	





**SOURCES:**

<i>Aluminum Cans</i>	<i>Aluminum Cookware</i>	<i>Antacids</i>
<i>Anti-Perspirants</i>	<i>Drinking Water</i>	<i>Baking Powder</i>
<i>Drying Agents in Food Stuffs</i>	<i>Processed Cheese</i>	<i>Bleached Flour</i>
<i>Fluoridated Water</i>	<i>Maternal Inheritance</i>	

**POINTS OF INTEREST:**

Aluminum is very prevalent in our food chain and sometimes in water. It's also in our homes, cars, offices, clothes, cookware and the airplanes we fly in. It's a metal that we just can't do without, but the problem is it won't stay without. It gets in our system and effects us adversely.

If we get very much in our system we get dumb. If it continues we become senile and eventually it leads to Alzheimer's Disease. It is the absolute cause of Attention Deficit Disorder in children and can continue into adulthood. Millions of dollars per year are spent on ways to stop constipation, however, aluminum toxicity is one of the most common causes. It is also the easiest metal to remove from our system.

**ZINC TOXICITY OR A HIGH ZINC / COPPER RATIO**

<i>Allergies</i>	<i>Dermatitis</i>	<i>Schizophrenia</i>
<i>Anemia</i>	<i>Dysinsulinism</i>	<i>Stress</i>
<i>Depression</i>	<i>Fatigue</i>	<i>Tooth Decay</i>
<i>P.M.S.</i>	<i>Lightheadedness</i>	<i>Lethargy</i>
<i>Gastrointestinal Disturbances</i>	<i>Hypochromatic Anemia</i>	<i>Stiffness</i>
<i>Excessive Urination</i>	<i>Muscle Pain</i>	<i>Mental Fatigue</i>
<i>Nausea</i>	<i>Electrolyte Imbalance</i>	<i>Flu Like Condition</i>
<i>Immune System Hyperactivity</i>	<i>Headaches</i>	

**SOURCES:**

<i>Tea</i>	<i>Well Water</i>	<i>Supplements</i>
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## **POINTS OF INTEREST:**

Zinc toxicity, or the showing of higher than normal levels of zinc through hair analysis is usually misunderstood due to the fact that Zinc is the very cornerstone of our immune system and will raise and lower depending on inflammatory processes occurring within our metabolic system. Just the occurrence of the flu will cause the tissues to start releasing zinc so that it may be utilized by the thymus gland to combat the problem.

If the disease causing the release of zinc is especially strong, Zinc levels in hair may raise to 23 to 25mg%. This would not be seen as a true zinc toxicity, but instead as an ongoing inflammatory trend. Another part of the inflammatory process is the release of sodium to cause the manufacture of corticosteroid hormones.

If a true inflammatory process were happening, the sodium levels would be higher than potassium and zinc levels would be raised. Since zinc toxicity lowers sodium levels drastically, than the difference between an inflammatory process and a toxicity can easily be seen.

The metabolic dysfunctions seen with a high zinc / copper ratio are generally those of a copper deficiency or bio-unavailability.

