

Female

Age 50

March 27, 2018

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1) **Metabolic Type (Ca/P)** - Ideal Ratio: *2.6/1* - Your ratio: *4.69/1*

This can have a tendency toward:

- Parasympathetic dominant
- Decreased adrenal cortical
- Decreased thyroid function
- Chronic fatigue
- Low energy

2) **Stress & Energy Level (Na/K)** - Ideal Ratio: *2.4/1* - Your ratio: *1/1*

This can have a tendency toward:

- Sodium drops below potassium
- Adrenals are exhausted
- Adrenals cannot produce sufficient aldosterone to retain sodium to balance potassium
- Adrenal insufficiency
- There is a Na/K inversion
- May have ADHD tendencies
- Tend to respond from a “fight” position under threats
- Will respond from the “flight” position in reaction to stress

3) **Thyroid Function (Ca/K)** - Ideal Ratio: *4.2/1* - Your ratio: *75/1*

This can have a tendency toward:

- A high Ca/P ratio represents very low thyroid function
- Low energy
- Low fatty acid
- Low stomach acid
- Low zinc
- Low iodine
- Requires thyroid support

4) **Hormonal Function (Zn/Cu)** - Ideal Ratio: *8/1* - Your ratio: *6.92/1*

This can have a tendency toward:

- A low Zn/Cu ratio indicates increased hormonal out put
- Eventually adrenals become exhausted
- Thyroid is already functioning low

5) **Adrenal Function (Na/Mg)** - Ideal Ratio: *4/1* - Your ratio: *.12/1*

This can have a tendency toward:

- Low adrenal function
- Adrenal burnout
- Requires adrenal support

- The magnesium loss can contribute to adrenal burnout

6) **Blood Sugar Balance (Ca/Mg)** - Ideal Ratio: *7/1* - Your ratio: *9.26/1*

This can have a tendency toward:

- A high Ca/Mg ratio can indicate blood dysregulation
- Absolute magnesium deficiency
- Calcium contracts muscles, magnesium relaxes muscles
- Spasms in muscles
- Tight tense muscles
- Increased insulin release, low blood sugar level
- Increased heart attack
- Arterial spasms
- Kidney stones

7) **Infection (Fe/Cu)** - Ideal Ratio: *.90/1* - Your ratio: *.31/1*

This can have a tendency toward:

- A low Fe/Cu ratio indicates that there are hidden infections present in the body
- It is possible to have hidden infections in the body
- Once you begin to mineral balance or detoxify the body from heavy metals, then hidden infection can surface

8) **Heavy Metal Sensitivity (Cu/Mo)** - Ideal Ratio: *625/1* - Your ratio: *520/1*

This can have a tendency toward:

- A low ratio can signify a high sensitivity to heavy metals
- Although heavy metals are not illustrated on the graph, does not exclude that there may be heavy metals present
- Often times, heavy metals are deeply embedded in the soft tissues, brain, liver, organs, and cells and are not exiting the body

## **Summary**

When the Na/K ratio drops substantially below the ideal ratio of 2.4, this condition is known as an “inversion” of the Na/K ratio. The low Na/K ratio is usually accompanied by a chronic tired, exhausted feeling. A person with this low Na/K ratio will tend to experience the “nodding off” syndrome. A person may find it difficult to remain alert and to think clearly. Their mind will feel like it is in a fog and their eye lids will often feel heavy and tired. A person would have to exert enormous effort to stay awake and alert. This is considered the exhausted stage of stress. If the Na/K inversion remains chronic, many different diseases and disorders may result. Kidney, liver, and heart problems are frequently associated with the Na/K inversion. Diabetes may manifest and psychological problems are common with this mineral imbalance. A frequent problem is being indecisive. When an important decision is put off or not faced, it becomes a tremendous drain on a person’s energy system and can lead to a chronic Na/K inversion. Once a decision is made, it seems to free up a substantial amount of blocked energy and the Na/K inversion can be corrected and re-balanced in a short period of time.

Intense stress can have a huge impact on heart health. It will increase the magnesium burn rate. It also depletes zinc. Stress will raise sodium levels and blood pressure. It will also create a high calcium/magnesium ratio creating a deficiency, which will raise insulin levels. It increases the risk of muscle spasms and increases risk of blood clots.

The calcium level was relatively high (75), when it should be a (42) and your magnesium level is high, at a (8.1) when it should be a (6). This is an indication that calcium is not absorbing in the bones, teeth and nails and are instead, depositing in the cells, joints and tissues. This will create what is known as a “calcium shell.” Some of the effects of a calcium shell are impaired thyroid function, hypoglycemia, low blood sugar, dysfunctional relationships, great tension in muscles, and calcification of soft tissues, joints, and arteries. This happens because the less magnesium in the cell, the greater change of calcium entering into the cell and displacing potassium and magnesium. The more calcium enters into the cell, the more damage will be done. It is vital that magnesium and potassium remain in the cell in balance.

As this occurs, calcification surrounds the cells and interferes more with the cell’s ability to assimilate glucose and oxygen as well as other essential nutrients. The prolonged fatigue and exhaustion will promote more of the calcium shell and create a system unable to absorb nutrients and minerals. It is important to consume nutrients that can break through the calcium.

Another important point is proper liver function. If there are certain odors that bother you or make you feel sick, then that is an indication that the liver is overloaded. Strengthening the liver will be important. Often times, the liver is missing certain nutrients. For instance, glutathione is a nutrient that the liver requires and helps to remove toxins out of the liver. Over time, the body does not produce adequate glutathione the liver requires for proper function. The liver has about 500 different functions, and will not perform well if nutrients are missing. Liver health is important for balanced health.

Environmental factors have contributed to fundamental biochemical changes in our population, especially in the young. Some of these distinctive patterns of minerals and toxic metals are associated with violent behavior, blocked emotion, numb deadened feelings, anger, rage, and a lack of remorse.

During the last 50 years, estrogen compounds in medical treatments and environmental pollution have had a biochemistry of our population. Estrogen and copper are closely correlated in metabolic reactions. The increase of estrogen exposure affected copper accumulation in the tissues. Much of the copper excess comes from copper water pipes, birth control and copper IUDs. The excess estrogen has drastically altered the underlying biochemistry of the population. Females are especially affected by these biochemical changes; the copper excess is passed on in utero. Each new generation in utero tends to be exposed to higher concentrations of excess copper than the preceding generation. Excess copper gets worse in each new generation.

Copper IUDs and oral contraceptives or birth control have been known to create copper excess in the body. Copper has a strong relationship to calcium and potassium. As copper increases in the cells and tissues, calcium also tends to rise and potassium drops. The buildup of calcium tends to block feelings as well as energy production. Females are especially prone to copper excess due to the estrogen. This bio-unavailable copper ends up stored in the tissues and brain creating many

symptoms. Copper excess is not widely known but is important to understand, since it is affecting much of the population today.

Mercury currently ranks as the country's third-most-hazardous substance on the government's CERCLA Priority of Hazardous Substances, just behind arsenic and lead. Mercury, or quicksilver, is a shiny liquid metal that is a widespread environmental contaminant. We are exposed to mercury in 3 basic forms: (1) the element itself, (2) electrically charged forms of the element (ionic compounds), and (3) organic forms like methylmercury, which are the most highly absorbed. All forms are toxic, although methylmercury is the worst, followed by some of the ionic compounds. Dental amalgams are the most common source of elemental mercury; non-fish foods expose us to the most mercury in ionic form; and fish are our greatest concern when it comes to the organic form of methylmercury.

The problems with mercury fillings are two-fold. First, virtually any kind of stimulation can cause these fillings to release mercury ~ eating, drinking, brushing your teeth, grinding your teeth, chewing gum, anything. Mercury vapor from the amalgams passes readily through cell membranes, across the blood-brain barrier, and into your central nervous system, where it causes immunological, neurological, and even psychological problems. Children and fetuses, whose brains are still developing, are most at risk, but really anyone can be impacted.

Dental mercury is the number one source of mercury in our wastewater and the mercury ends up in the food supply, where it can cause continued damage to your health if you eat fish and other contaminated seafood. It's estimated that 362 tons of dental mercury are used annually worldwide, causing a significant environmental burden. Other sources of contamination come from agriculture, health care, and or industries, such as coal burning.

Today, the average person's body contains about 10 to 15 mg of mercury. Some of the mercury is retained in body tissues, mainly in the kidneys, which store about 50% of the body mercury. The blood, bones, liver, spleen, brain, and fat tissue also hold mercury. A Hair Tissue Mineral Analysis is the best way to measure stores of mercury, while urine levels show whether the body is actively working to eliminate it.

Toxins are everywhere in our environment. Cleansing these toxins out will be beneficial. If you live in an area where there has been nuclear testing or mining, then chances are, the water and soil have high levels of contaminants. Chelating these chemicals out is crucial in today's world. Removing toxins can be very beneficial and help bring vitality back. There are many different products that remove toxins from the body. Some of these include Bentonite Clay Baths. Soaking in a clay bath helps remove toxins through the skin. Zeolite is volcanic ash that is orally taken. It binds on to toxins and removes them from the body. It has also been known for removing viruses. Bio Chelat are oral drops that help to remove toxins that are deeply embedded in the tissues and brain. Iodine is a mineral that many are deficient in but is great for warding off radiation and toxins. Just as long as you do not have Hashimoto's, increasing iodine would be beneficial. I personally add seaweed to my broth for the added iodine.

Bringing the digestion back to balance will consist of several factors. There has to be optimal stomach acid, pancreatic enzymes, and bile to break down fats, proteins, and carbohydrates. Intestinal stomach lining has to be in tact as well in order for nutrients to absorb. Concentrating on these areas

will help to bring the digestion back to balance. A breakdown in one of these areas begins a cascade of other issues. It is important to eat foods that will assist in liver detoxification or foods that will soften bile. Beets and green apples are some of my favorite foods for my gall bladder.

Consuming a *nutrient dense* diet is essential when bringing the body back into balance. It is also very important to break down the nutrients so they can be absorbed. Strong intestinal lining, probiotic foods, organ meats or glandulars, and properly prepared foods will help correct the digestion. It is also recommended that bone marrow broth or collagen be consumed. This will help rebuild the stomach lining so nutrients can be absorbed in the brain. If you are having difficulty digesting this, then it would be more beneficial to make a stock instead. Stocks require less cooking time than broth and you only boil the meat. This method should be easier on the digestion. Nutrients get to the brain by optimal stomach lining. Bone marrow and collagen are perfect for rebuilding the stomach lining. This will also start to nourish the brain and give the amino acids that the brain needs to be healthy. This can also help to stimulate stomach acid. Some vitality should come back.

### **Recommendations**

**Para-Pack:** for a slow metabolism – A vitamin, mineral and glandular formula.

Para-Pack is the original multi-nutrient formulation designed to provide highly specific nutritional support for the parasympathetic dominant individual. Patented organic mineral chelates, pure vitamins, lyophilized glandular concentrates and other complementary nutritional factors are synergistically combined to maximize absorption and metabolic utilization.

<https://www.evenbetternow.com/proddetail.asp?prod=TEI-Para-PackIII>

**Potassium:** Potassium Complex with Vitamin Synergists

<https://www.evenbetternow.com/proddetail.asp?prod=TEI-Potassium-PlusII>

**Pyridox Plus -** Vitamin B6 with Pyridoxal-5 Phosphate and Metabolic Synergists is a highly effective formulation based upon recognized bio-nutrient interrelationships and thorough clinical research. This product's carefully selected combination of nutrients - including pyridoxal-5 phosphate - is of particular value in potentiating the effect of vitamin B6, the primary nutrient.

<https://www.evenbetternow.com/proddetail.asp?prod=TEI-Pyridox-Plus>

**MinPlex:** Magnesium, Chromium and Vitamin B6 with Nutritional Synergists

<https://www.evenbetternow.com/proddetail.asp?prod=TEI-Mini-Plex-B-180>

**Adrenal Complex:** Adrenal Complex contains a high concentration of lyophilized adrenal tissue concentrate in combination with vitamins and patented chelated minerals known to have a synergistic or enhancing effect.

<https://www.evenbetternow.com/proddetail.asp?prod=TEI-Adrenal-ComplexII>

**ZMC-Plus:** Zinc, Manganese and Vitamin C with Nutritional Synergists

<https://www.evenbetternow.com/proddetail.asp?prod=TEI-ZMC-Plus-180>

**Iron Plus:** Iron Bisglycinate Chelate with Folic Acid and Vitamin C

<https://www.evenbetternow.com/proddetail.asp?prod=TEI-Iron-PlusII>

**HCL Plus:** HCL V-Plus is designed to provide digestive support via supplemental Betaine Hydrochloride, as optimum gastric pH is required for the complete digestion of proteins and absorption of vital nutrients in the diet. Combined with an all-vegetarian herbal and enzyme blend of Gentian root, Protease 3.0 (from aspergillus niger), and Lipase (from aspergillus niger) along with Vitamin B1 as a metabolizing synergist, this enhanced pH-stable formula provides for added digestive support in the stomach.

<https://www.evenbetternow.com/proddetail.asp?prod=TEI-HCL-V-Plus>

### **Products that assist in removing toxins from the body**

**EBN Clay:** Is great for extracting pollutants through the skin. It has the highest cation exchange capacity of any bathing clay that was tested on the market.

[https://www.evenbetternow.com/proddetail.asp?prod=EBN\\_bentonite\\_detox\\_clay\\_baths](https://www.evenbetternow.com/proddetail.asp?prod=EBN_bentonite_detox_clay_baths)

**Bio Chelat:** Is a German-patented liquid dietary supplement to help support the body's natural detoxification processes. It has not side effects according to the manufacturer, even when taken long-term. **Ingredients:** per serving – 1 ml (10 drops) – Selenium (as sodium selenite) – 0.004mg, Sodium Bicarbonate – 3 mg, Sodium EDTA – 2 mg, Potassium (as potassium chloride) – 0.520 mg, Sodium (as sodium chloride) – 0.196 mg, Citric Acid – 3 mg.

[https://www.evenbetternow.com/proddetail.asp?prod=Bio\\_Chelat\\_heavy\\_metal\\_chelator](https://www.evenbetternow.com/proddetail.asp?prod=Bio_Chelat_heavy_metal_chelator)

**Lipoceutical (Liposomal) Glutathione:** Supports the body's natural detoxification

[https://www.evenbetternow.com/proddetail.asp?prod=Lipoceutical\\_liposomal\\_glutathione](https://www.evenbetternow.com/proddetail.asp?prod=Lipoceutical_liposomal_glutathione)

\*\*\*This is an antioxidant that is needed for liver balance. After the age of 50, glutathione diminishes in the body\*\*\*

**PectaSol-C:** Is capable of significantly decreasing the total body mercury burden individuals after approximately four months. There was a 69% mean average decrease in mercury burden, with the range of individual decreases being 38% to 75%.

*~Evenbetter does carry this product, you may have to ask about it~*

**Activated Charcoal:** Binds on to impurities

<https://www.evenbetternow.com/search.php>

**Zeolite Pure Mineral Clay:** is a natural mineral that supports the body's natural detoxification processes in eliminating deeply stored waste from your body's tissues. It is negatively charged by nature, which means it attracts the toxins like a magnet. A unique cage-like structure traps these body harming toxins and carries them out the body.

<https://www.evenbetternow.com/proddetail.asp?prod=Zeolite-Mineral-Clay>

**Hair Analysis Re-Test (Profile 3) + Consult**

<https://www.evenbetternow.com/proddetail.asp?prod=Hair-Mineral-Analysis-Retest>