

Mineral Ratio Profile

Client: Joanna S.

Date: 2/20/2021

1) Metabolic type: *Calcium - Phosphorus (Ca/P)* - Ideal Ratio: 2.63/1 - Your ratio: 2.05/1 - **fast metabolizer**

This ratio can indicate:

- Sympathetic dominance
- Increased adrenal cortical
- Increased thyroid function
- Fatigued but mind runs
- Impaired digestion

2) Blood Sugar Balance: *Calcium – Magnesium (Ca/Mg)* - Ideal Ratio: 7.00/1 - Your ratio: 6.72/1

This ratio can indicate:

- Blood sugar imbalances
- Calcium contracts muscles, magnesium relaxes muscles
- Spasms in muscles
- Tight tense muscles
- Arterial spasms
- Kidney stones

3) Stress & Vitality: *Sodium - Potassium (Na/K)* - Ideal Ratio: 2.40/1 - Your ratio: 2.13/1

This ratio can indicate:

- Current stress level
- Wired but tired feeling
- Magnesium loss
- May experience sleep difficulties
- A need to keep going even though exhausted
- Restlessness and irritability
- Anxiety may be present

4) Adrenal Function: Sodium - Magnesium (Na/Mg) - Ideal Ratio: 4.00/1 - Your ratio: 2.66/1

This ratio can indicate:

- Low adrenal function
- Adrenal burnout
- Requires adrenal support
- Magnesium loss can contribute to adrenal burnout

5) Thyroid Function: Calcium - Potassium (Ca/K) - Ideal Ratio: 4.20/1 - Your ratio: 5.38/1

This ratio can indicate:

- Ratio indicates mild hypothyroidism
- Low calcium can display as nervousness, hypersensitivity, muscle cramps

6) Hormonal Function: Zinc - Copper (Zn/Cu) - Ideal Ratio: 8.00/1 - Your ratio: 10.71/1

This ratio can indicate:

- A high ratio can sometimes indicate hidden copper.
- Hormonal balance
- Zinc correlates with Progesterone in women, testosterone in men
- Copper correlates with Estrogen in both sexes
- Loss of vitality