

**MINERAL  
BALANCE for  
Optimum  
Health**

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# Its all about Minerals

- In their pure form minerals are listed on the Periodic Table of elements
- In their most basic level they all consist of light energy .This light energy makes up particles that spin around a central core at different speeds.
- So all matter comes from light that has slowed down a little so we can see and feel it

# Types of minerals

- Macro elements like Calcium and Phosphate
- Micro elements like Zinc and copper
- Mineral carriers like orotates and arginates
- Each element has its own frequency-rate at which the particles spin
- When two elements combine they synchronise their frequencies and Energy is released

# PH

- PH of an element is determined by the speed at which the particles spin around a central core
- Sulfuric Acid has a PH of 00 It can conduct electricity at the speed of light
- Calcium in its pure form has a PH of 14 The particles spin very slowly and it is a non conductor of electricity

# Classification

- A Anion has a negatively charged core and a positively charged shell  
There are three namely Calcium , potassium and Chloride
- A Cation has a positive core and negative shell  
This cover most elements
- Isotopes can switch between anions and cations according to the line of least resistance  
There are four Hydrogen , nitrogen, Oxygen and helium
- All elements contain electro magnetic energy that are released when they interact
- Our physical bodies use the energy released by these chemical reactions

# Lets see what some of these minerals do in our bodies: Calcium

- 80 % of the mineral in our bodies
- Flow either toward our bone (this is good) or toward soft tissue and arteries (this is bad)
- Osteocalcin Vit D 3 and Vit K2
- It is the ultimate anion against which all other elements react to release energy
- It determines the Reserve mineral energy stored in your body
- Needs to react with acid to be ionized and absorbed

# Calcium

- Ideal PH of the human body is 6.4 (Urine /Saliva)
- Calcium compounds can be Alkaline ,neutral or acidic depending on the needs (carbonate , gluconate ,hydroxide)
- Calcium helps Insomnia (I like Calcium AEP for this in combo with SL Melatonin)
- Calcium Aspartate helps fibrocystic breast disease
- Calcium orotate is great for bone density
- The carriers label the calcium to go to a specific place in the cell

# Magnesium

- Helps Constipation-can titrate dose according to your bowel movements (Calcium does opposite)
- IV can abolish migraine attack and acute asthma attack
- Can control high blood pressure (Pheo)
- Helps prevent kidney stones with 86 and Potassium
- Helps against bruxism -involuntary grinding of the teeth at night
- Enemy of nitrogen-in higher doses you Always should add some potassium and make sure there is adequate protein in the diet

# Potassium

- Helps Heart rhythm-Orotate form penetrates rhythm cells
- Eliminates cramps
- Potassium / Magnesium Aspartate form
- Cramps often correlate with heart attack risk even in open artery and this prevents it
- Often goes low due to Blood pressure Meds -Diuretics ,Beta Block and ACE inh
- One third of the bodies energy used to keep potassium in the cells and sodium out of the cells

# Iron

- Ferritin Levels Ideal 60 to 80
- Very oxidative-Fenton reaction too much causes blood clots and cancer
- A lack just as bad -needed by catalase enzyme to help Vit C kill germs
- Transferrin (Lactoferrin) transport and keeps away from germs-therefore great natural anti bacterial- works for Otitis media Sinusitis and bronchitis
- Low iron makes thyroid under active and cause you to gain weight so adjust carefully according to ferritin level
- Men tend to have too much and get heart attacks -monitor levels and donate blood if nessary

# Zinc

- Wound Healing pre and post op Orotate form
- Helps prostate problems with Cod liver oil and manganese
- Doubles sperm count in 45 days-1 00 mg per day as Krebs with 35 mg manganese for six weeks only at this level
- Stimulates immune system-elevates White cells/helps Nat killer cells/Thymus
- Lots of lypomas -you need zinc!
- Acne-With vit A and Manganese
- 30: 5 : 1 ratio with manganese and copper All three part of SOD system

# Copper

- Blood vessel strength-prevents aneurisms
- Strong Bones , cartilage and ligaments
- Can be toxic like Iron
- Copper sebacate part of mineral complex - gives the benefits without the risk
- Helps strengthen damaged heart muscle and great for rheumatoid arthritis! (dose for latter is 2 to 4 per day)
- Helps overactive thyroid
- Hair analysis can see if ratio is correct!

# Manganese

- Element of life
- Controls seed formation in plants animals and humans (egg and sperm production ,sperm motility and prevents birth defects)
- Part of SOD that protects against excess Iron and copper oxidative damage
- If That's why males with high ferritin (Iron) tend to have low testosterone and diabetes they need manganese!
- Will kick start delayed puberty in boys and girls in most cases
- Important for diabetics and asthmatics

# Iodine

- Get DVD by dr Flechas!
- #1 anticancer mineral
- Thyroid food
- Removes cysts out of breasts and prevent breast cancer (and most other Cancers)
- Given during pregnancy will elevate IQ of baby 20 points above that of mother
- Lack causes mental retardation
- I use Ioderal with ATP cofactor due to unique controlled delivery system that improves the "Stickability" to the proteins in the body
- II Do with your Doctor to avoid problems-  
detox gets rid of fluoride and bromide

# Chromium

- Glucose tolerance factor
- Helps increase DHEA that builds Collagen
- Obesity and diabetes can take between 1 and 3 mg per day  
Works better and better as the weeks go by
- Picolinate form

# Boron

- Bone Health and hormones
- Plants :hollow stems if lacking
- Can reverse osteoporosis and osteoarthritis in humans
- Calcium Fructo Borate form one twice daily reduces Inflammation( hs CRP ),Remarkable improvement in OAIOP in study And 50 %reduction in Angina attacks!
- Boron citrate 60 mg Helps with Estro Px to eliminate hot flushes
- Jamaica lowest 70 %risk for OP/OA
- Israel highest 0.5 %risk!
- Controls Hydroxylation reactions E1 E2 E3
- D3/Dehydro testosterone

# Silicon

- Keeps Aluminum out of your brain
- Develop strong Cartilage and connective tissue
- Protects lining of arteries against plaque buildup
- Picks up your daily brain performance
- Cogimax 3x From Opal contains colloidal form of silicadose one twice daily

# Lithuim

- Orotate form contains 4.6 mg elemental lithium and is completely non toxic even for small children
- Helps protect the brain against ageing and toxins
- Migraine prevention
- ADHD
- With manganese against convulsions (Epilepsy)
- ALS (With Manganese )-Joost
- Max up to 5 caps daily

# Aurasol -Colloidal Gold

- Non toxic form of gold used in Rheumatoid Arthritis
- Study done in USA shows significant increase in 10 in adults while taking it great for exarnsl

# Colloidal Silver

- ACS 200 is the best one I know of
- 40 times more potent than most
- Wound healing and antibiotic action
- Great on burns with Lots of emprizone gel
- Kills anthrax spores within a minute

# Selenium

- Part of Glutathione Peroxidase system
- Use with Livon GSH and Potassium Orotate to regulate heart rhythms
- High dose for a week (8000 mcg )then down to maintenace(600 mcg) prevents HIV from turning into full blown AIDS
- Binds Toxic Metals like Lead and inactivates
- Reduces toxicity of Platinum containing Chemo drugs While boosting the Patients Immune System
- Omega oils increase your need for Selenium
- High doses turns acute pancreatitis in 24 Hours

# Molybdenum

- Detoxify cells of Aldehydes -toxic byproduct of Candida
- Reduced Uric acid levels indicate deficiency
- Low uric acid predisposes to neurodegenerative diseases like ALS-so you can see it coming
- In capable hands  
Tetrathiomolebdate can be used to block copper absorption to treat cancers like Sarcoma that needs lots of copper
- Builds strong bones and teeth- but not too high dose pre pubertal as it can lock epiphysis and reduce the stature

Neactive

## HAIR ELEMENTS

LAB#: H011 124-0163-1  
 PATIENT: G<t C. LinOoque  
 SEX: Malo  
 AGE: 39  
 CLIENT: 24516

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POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	5.0	< 7.0		
Antimony	0.053	< 0.066		
Arsenic	0.041	< 0.080		
Barium	0.53	< 1.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.13	< 2.0		
Cadmium	0.13	< 0.065		
Lead	4.6	< 0.80		
Mercury	0.47	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	0.001	< 0.002		
Thorium	0.001	< 0.002		
Uranium	0.24	< 0.060		
Nickel	0.45	< 0.20		
Silver	0.23	< 0.08		
Tin	0.22	< 0.30		
Titanium	0.45	< 0.60		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS							
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			25 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium	507	200 - 750					
Magnesium	48	25 - 75					
Sodium	97	20 - 180					
Potassium	87	9 - 80					
Copper	13	11 - 30					
Zinc	150	130 - 200					
Manganese	0.45	0.08 - 0.50					
Chromium	0.37	0.40 - 0.70					
Vanadium	0.047	0.018 - 0.065					
Molybdenum	0.057	0.025 - 0.060					
Boron	0.91	0.40 - 3.0					
Iodine	3.5	0.25 - 1.8					
Lithium	0.35	0.007 - 0.020					
Phosphorus	183	150 - 220					
Selenium	1.5	0.70 - 1.2					
Strontium	0.75	0.30 - 3.5					
Sulfur	47100	43000 - 50000					
Cobalt	0.046	0.004 - 0.030					
Iron	16	7.0 - 16					
Germanium	0.035	0.030 - 0.040					
Rubidium	0.099	0.011 - 0.12					
Zirconium	0.051	0.020 - 0.44					

SPECIMEN DATA				RATIOS		
COMMENTS: 0165218				ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 11/3/2008	Sample Size: 0.187 g	Date Received: 11/24/2008	Sample Type: Head	Ca/Mg	10.6	4 - 30
Date Completed: 11/26/2008	Hair Color:	Methodology: ICP-MS	Shampoo:	Ca/P	2.77	0.8 - 6
				Na/K	1.11	0.5 - 10
				Zn/Cu	11.5	4 - 20
				Zn/Cd	> 999	> 800

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