

PATIENT'S REPORT()

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INTRODUCTION TO HAIR TISSUE MINERAL ANALYSIS (HTMA)

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TEI가

UNDERSTANDING THE GRAPHICS()

NUTRITIONAL ELEMENTS():

15가

(,) " "

가

TOXIC ELEMENTS():

7가

가

가

ADDITIONAL ELEMENTS():

14가

SIGNIFICANT RATIOS():

7가

TOXIC RATIOS():

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가

ADDITIONAL RATIOS():

METABOLIC TYPE ()

SLOW METABOLISM (TYPE #1) (1)

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(1)

가

가

NUTRIENT MINERAL LEVELS ()

가 : 가

HYPOGLYCEMIA PROFILE ()

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가

가

HYDROCHLORIC ACID PRODUCTION AND PROTEIN DIGESTION ()

가 (HCl)

POTASSIUM (K,)

가

가

SODIUM, POTASSIUM AND HYDROCHLORIC ACID PRODUCTION (,)

NaCl Cl (胃, stomach) (HCl)
가 /

COPPER (Cu,)

가

가

ELEVATED BODY BURDENS OF COPPER ()

가

SOME SOURCES THAT MAY CONTRIBUTE TO ELEVATED TISSUE COPPER LEVELS ()

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- * B6
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CANDIDIASIS (_____)

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FACTORS CONTRIBUTE TO CANDIDIASIS (_____)

MANGANESE(Mn) AND BLOOD SUGAR REGULATION (_____)

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NUTRIENT MINERAL RATIOS(_____)

가

HIGH CALCIUM/POTASSIUM (Ca/K) RATIO (/)

ZINC/COPPER (Zn/Cu) RATIO AND THE THYROID (/)

LOW SODIUM/MAGNESIUM(Na/Mg) RATIO(/)

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HIGH CALCIUM/MAGNESIUM(Ca/Mg) RATIO (/)

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MINERAL METABOLISM AND VITAMIN B6 (B6)

LOW IRON/COPPER(Fe/Cu) RATIO(/)
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 가 .

TOXIC METAL LEVELS(**)**

TOXIC METAL RATIOS()

가

SELENIUM/MERCURY(Se/Hg) RATIO(/)

가

/ 가

(free radical)

ZINC/MERCURY(Zn/Hg) RATIO (/)

가 (/)

DIETARY SUGGESTIONS ()

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SLOW METABOLISM ()

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GENERAL DIETARY GUIDELINE FOR THE SLOW METABOLISM (

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* EAT A HIGH PROTEIN FOOD AT EACH MEAL :

40%

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* INCREASE FREQUENCY OF MEALS :

가

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* EAT A MODERATE AMOUNT OF UNREFINED CARBOHYDRATES :

40%

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* AVOID ALL SUGAR AND REFINED CARBOHYDRATES :

* AVOID HIGH PURINE PROTEIN :

* REDUCE INTAKE OF FATS AND OILS :

20%

* REDUCE OR AVOID MILK AND MILK PRODUCTS :

3 4

* REDUCE FRUIT JUICE INTAKE :

FOOD ALLERGIES ()

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4

3 1

AVOID DIETARY FATS AND OILS UNLESS NOTIFIED OTHERWISE BY ATTENDING DOCTOR (가)

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가

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가

FOOD ALLERGIES RELATED TO COPPER ()

가

가

REACTIONS ASSOCIATED WITH COPPER FOOD ALLERGIES ()

가

HIGH POTASSIUM FOODS ()

가

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FOODS HIGH IN NIACIN ()

(B3) 가 , B3
가 ,

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METHIONINE RICH FOODS ()

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CONCLUSION ()

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OBJECTIVE OF THE PROGRAM (_____)

WHAT TO EXPECT DURING THE PROGRAM (_____)