

PATIENT'S REPORT()

:
:

:7

INTRODUCTION TO HAIR TISSUE MINERAL ANALYSIS (HTMA)

()

,

.

.

,

.

.

가

TEI가

UNDERSTANDING THE GRAPHICS()

NUTRITIONAL ELEMENTS():

15가

(,) " "

가

TOXIC ELEMENTS():

7가

가

가

ADDITIONAL ELEMENTS():

14가

SIGNIFICANT RATIOS():

7가

TOXIC RATIOS():

:

가

ADDITIONAL RATIOS():

METABOLIC TYPE ()

SLOW METABOLISM (TYPE #4) (4)

*

*

* () (4)

가

NUTRIENT MINERAL LEVELS ()

가 : 가

INSOMNIA (TYPE #2) (2)

2가 , 1 2

2

. 2

가

SODIUM(Na) AND POTASSIUM(K) ()

$$\frac{1}{2} \left(\frac{1}{2} \right) = \frac{1}{4} \quad (4)$$

RUBIDIUM (Rb, _____)

NUTRIENT MINERAL RATIOS()

가

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

가

HIGH SODIUM/MAGNESIUM (/)

(4.0/1).

가 .

가

가 . - 가 .

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

가

$$(\quad / \quad),$$

가 .

MINERAL METABOLISM AND VITAMIN B6 (B6)

B6 가 ,
가 B6가 가 가
가 B6 가 .

TOXIC METAL LEVELS()

1980 (EPA)

10~30 .

(U):

(, ,)
, 3가 (U-234, U-235, U-238)가 .
가

:
U-238 U-
234, U-235 .

SOURCES ()

.
가
, , 가 , ,
가 가 ,가
가 가 6 1
:
가 .

:

TOXIC METAL RATIOS()

가

DIETARY SUGGESTIONS ()

가

:

가

SLOW METABOLISM ()

가

GENERAL DIETARY GUIDELINE FOR THE SLOW METABOLISM ()

* EAT A HIGH PROTEIN FOOD AT EACH MEAL :

40%

가

가

* INCREASE FREQUENCY OF MEALS :

가

* EAT A MODERATE AMOUNT OF UNREFINED CARBOHYDRATES :

40%

가

* 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 :

THE FOLLOWING HIGH SODIUM FOODS SHOULD BE REDUCED UNTIL THE NEXT EVALUATION (

)

가 (,)

(,)

FOODS HIGH IN MAGNESIUM (

(, ,)
(,)

METHIONINE RICH FOODS (

가

⋮

가

" " " "

CONCLUSION ()

:

가

OBJECTIVE OF THE PROGRAM ()

.

.

REMOVAL OF HEAVY METALS ()

.

가

가