

# MINERAL POWER

*program*



START TODAY WITH A  
HAIR MINERAL ANALYSIS

# HELLO!

I wanted to create this guide for anyone who is searching for answers to their health problems. It is for those whose symptoms like fatigue and brain fog are not treatable by modern medicine. OR who have been told their disease has no treatment or cure. You have found the answer.

## Mineral Power...

heals the body by simply giving the body what it needs nutritionally and removing heavy metals and chemicals interfering in the body's metabolic function. Give the body essential building blocks, remove toxins and the body heals itself. It's simple and it works. A Mineral Power program will do far more than symptom removal and reverse disease, it will vastly improve your vitality, energy, mood, mental functioning and more.

Mineral balancing programs using hair mineral analysis like Mineral Power have been used to heal hundreds of thousands of patients over the decades. I have used Mineral Power to heal my own health. There is nothing quite like this unique, healing program and I am thrilled to teach you about what I think is the holy grail of health.

A handwritten signature in purple ink, appearing to read 'Wendy'.



**MINERAL POWER is designed to help you  
BEGIN AGAIN, IMPROVE YOUR HEALTH &  
VITALITY and LIVE to 110!**

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**“It is the relationships between the minerals in your body that determine how much energy you will have.”– Dr. Paul Eck, researcher and developer of mineral balancing science**

**Mineral Power will:**

***Increase Energy***  
***Improve Mental Clarity***  
***Increase Metabolism***  
***Lose Weight***  
***Detox Heavy Metals***  
***Reverse Disease***  
***Heal the Thyroid and Adrenals***  
***Increase Libido***

No matter how healthy you eat or take care of yourself, you CANNOT achieve true health unless you purge heavy metals and environmental chemicals from your body and replenish mineral deficiencies. Everyone has toxic metals and chemicals and must actively purge them from their body. This is the only way to truly reverse disease, heal the body and meet your health goals. Today, a healthy diet and lifestyle alone are not enough to achieve optimal health given the levels of toxins in the environment and our bodies.

Environmental toxins are in our air, food and water and can contribute to any imaginable symptom, illness or disease. As toxic metals and chemicals accumulate, digestion and absorption of nutrients and minerals worsens, causing the body to in turn accumulate more toxic metals. As the body weakens and metabolism slows, the body begins to lose the ability to eliminate toxic metals. This illustrates the disease process and explains the high rate of illness in the world.

**ILLNESS DEVELOPS IN STAGES.** Years of physical and emotional stress deplete the body of nutrients, causing accumulation of toxic metals and industrial chemicals. These insults are added to body chemistry imbalances, deficiencies and toxicity with which almost everyone today

is born. Deep healing with Mineral Power slowly reverses this degenerative process. Regain the health you deserve.

When you are physically and emotionally drained, the body compensates by having you crave stimulants like sugar, caffeine, drugs and any other kind of stimulant to give you energy. Once your body chemistry begins to heal, these crutches and cravings slowly begin to subside. They are no longer needed as your body gains natural energy.



## **CORE COMPONENTS**

### **DIET**

Eat a Modern Paleo diet customized to your current metabolism – revealed on your hair mineral analysis.

### **SUPPLEMENTS**

Get the EXACT supplements you need tailored to your individual body chemistry. TARGETED supplementation in the amounts you need is the

key to healing your body.

### **DETOX**

If you plan to live to 110 you must have a long-term life long detox strategy. Mineral Power utilizes Infrared Saunas and other detox protocols, proven to be safe and effective.

### **LIFESTYLE**

Rest. Sleep. Meditate. Minimal Exercise. These components are crucial to destress and relax your body so you can heal and detox.

## **Mineral Power Program**

Mineral Power has two levels, Level 1 and 2, to accommodate different personalities, budgets and time constraints.



## **Mineral Power Level 1**

Mineral Power Level 1 will help you to increase your energy, mental clarity and mood and begin the steps to take your life back! Mineral Power Level 1 is a great way to begin taking the correct supplements for your body and begin learning about this amazing program.

I understand that many of you may be too busy to do a comprehensive detox program like Mineral Power Level 2. Many people cannot start a Mineral Power Level 2 program due to expense. I wanted to design a Level 1 that anyone can afford and have time to do. Others may be unsure of what a Mineral Power is all about and want to ease into the program by starting at Level 1.

All that is required on Level 1 is to take a few supplements a day and do the Modern Paleo diet – all easily outlined for you with charts and shopping lists to ensure your success. Liveto110.com also has many recipes and the Modern Paleo Cooking Show to help you eat a healthy diet. You may then optionally choose to incorporate a couple of the detox protocols outlined in this eGuide when you are ready and have the time.

Many people benefit tremendously simply by incorporating minerals into their daily health regimen. You can rest assured with Mineral Power Level 1 you're getting all your mineral needs met with the very best forms of minerals available. Of course, all your nutritional needs will be met with the supplements on your Mineral Power Level 1 program and the Modern Paleo Diet. You take these basic supplements until you're ready to graduate to the next level – Mineral Power Level 2.

Get Started! ( button link to Mineral Power level 1 :  
<http://www.liveto110.com/product/mineral-power-level-1>

Mineral Power Level 1 is simple and gets you started in the right direction with improving your health via diet, lifestyle, supplements and detox. Mineral Power Level 2 takes things to the next level with a hair mineral analysis to design a *custom* supplement program tailored to your individual body chemistry. It is far more effective to take only the supplements you require and gets the body healing very quickly. Many are not getting the results they seek with supplementation because they are taking vitamins and minerals out of line with what their bodies need at any given time. The body's needs change and it's a good idea to monitor this with hair mineral analysis and supplement based upon the results. This is achieved with Mineral Power Level 2.



## Mineral Power Level 2

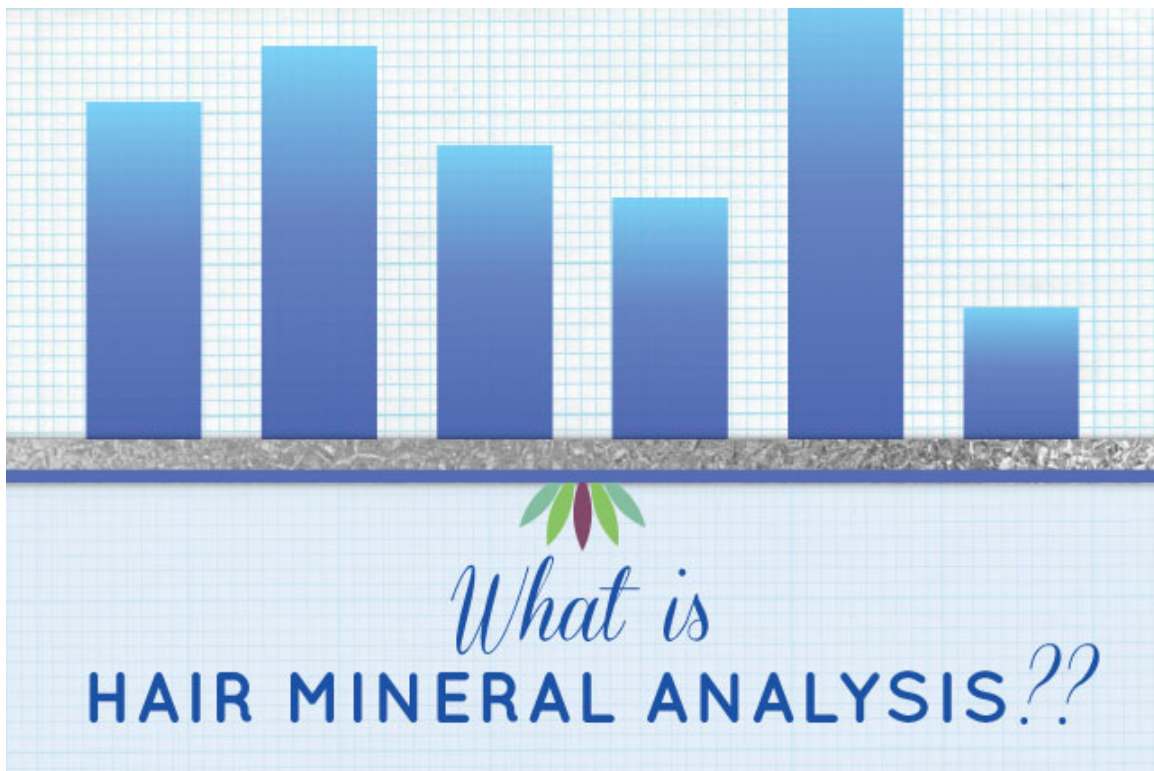
Mineral Power Level 2 is based upon a hair mineral analysis, which reveals your heavy metal toxicities and mineral deficiencies. Level 2 provides a complete program to detox and heal your body, including the Modern Paleo diet tailored to your needs, custom supplements, personal lifestyle recommendations, detox protocols, personal consults and unlimited email support with Wendy. You receive a completely customized program tailored specifically to your needs and receive unlimited email support to help you attain your health goals. I am here for you to answer all your health and diet questions and give you the support you need to succeed.

A hair mineral analysis is crucial to a Mineral Power program because it gives us a window into your body chemistry so that we know what minerals, what amounts and what ratios you need to improve your health. You will take the exact supplements and minerals required to put your body back into balance.

Hair mineral analysis provides important information related to a person's metabolic rate, thyroid function, adrenal function, energy levels, blood sugar metabolism, carbohydrate tolerance, immune system, nervous system imbalance, and metabolic trends. It can find



unhealthy trends in the body years before you manifest symptoms and gives you an opportunity to correct issues before they make you ill.



**Your custom Mineral Power Program is based upon a hair mineral analysis, which will show:**

*Metabolic rate*  
*Mineral deficiencies*  
*Heavy metal toxicity*  
*Adrenal fatigue*  
*Thyroid function*  
*Inflammation*  
*And so much more!*

A Mineral Power program is holistic in the sense that it is not about diagnosing or treating any particular disease but heals the entire body so that many diseases are reversed or improved. Health conditions improve, symptoms are removed and energy, mental clarity and a profound sense of health is restored. You can regain the energy and vitality of your youth.

You cannot be healthy without adequate mineral levels. It has been

estimated that many vital minerals are deficient in up to 90% of the population. Mineral levels are lower today due to hybridization of foods and modern industrial agricultural methods that do not return enough trace minerals to the soil, chemical fertilizers and pesticides, all of which result in much lower levels of trace minerals in the food supply. Due to this modern reality, mineral deficiency is almost universal today, and appears to become worse with age.

When the body is deficient in minerals, it is forced to use heavy metals to do certain jobs in the body. Thus, mineral deficiencies cause and exacerbate heavy metal toxicity. Minerals are preferred, but the body is typically forced to use heavy metals to produce enzymes and repair the body. Over time, the body continues to accumulate metals and chemicals until it becomes overwhelmed and disease results.

Chemical toxicity is a plague in modern society. There are over 100,000 chemicals in the environment, few of which have been tested for safety. The EPA has estimated that we have over 700 chemicals on average in the body. These are removed on a Mineral Power program, one, by the detox protocols and two, by strengthening the body so it is better able to remove them on it's own.

A Mineral Power program is at its holistic best when removing toxic metals and hundreds of toxic chemicals because it relies on the body's wisdom knowing the ideal order and timing for eliminating toxins. The body can use minerals or toxic metals to do many different jobs in the body. By introducing preferred minerals into enzyme binding sites, this restores full enzyme activity and many other processes in the body. Toxic metals and contaminants used as enzyme catalysts can then be excreted from the body, as they are no longer needed.

Using the body's wisdom to remove metals when it has gained the energy from mineral supplementation is far preferable to forcibly removing toxic metals and chemicals through the use of EDTA, DMPS, DMSA and other synthetic chelators. These do remove metals, and may need to be used in very toxic individuals or acute toxicity, but they also remove vital minerals from the body. A Mineral Power program removes metals at a much deeper level and is much safer while at the same time mineralizing your body.

A Mineral Power program makes a person healthier so the body can overcome disease by itself. It moves the person from "artificial health" that requires constant medical tests, procedures, surgeries and medications that merely cover up symptoms, to "natural health" where the body starts functioning normally when nutrition and mineral levels are restored. After months and even years on a Mineral Power program, the body is restored to optimal health and functioning and develops a state of high resistance to disease.

**[Get Started!](#)**



## **Diet**

You will be following the Modern Paleo Diet. It takes time to incorporate all aspects of the diet and stop eating harmful foods one may have been eating their entire life. Don't feel like you have to do everything perfectly from the start. Please remember this principle: The closer you follow the diet, the quicker your health improves.

Your hair mineral analysis will reveal the type of diet you should be eating - the slow oxidizer diet or the fast oxidizer diet. Each diet is based upon a Modern Paleo diet and removes many of the toxic or unhealthy foods we are eating today.

Slow oxidizers tend to not burn fat as efficiently for fuel and need a little less fat than a typical Paleo diet encourages. Too much fat for a slow oxidizer will slow their metabolism. The goal of Mineral Power is to increase your metabolism. Once your metabolism is corrected you can include more fat in your diet.

Fast oxidizers burn fat very efficiently and need more fat in their diet to slow or normalize their oxidation rate. A fast metabolism is good, but if it's too fast it wears out the body quicker and can reduce one's lifespan.

Recommending a high fat diet is very popular in the ancestral and Paleo community but this is not correct for the majority of individuals. Eighty percent of the population has a slowed metabolism. Diet recommendations should never be a one size fits all approach.

## **Supplements**

Targeted supplements are required to rebuild and correct your body chemistry. Our food is too deficient in nutrients, especially minerals, to meet all our requirements. Your custom supplement program will be designed based upon your hair mineral analysis.

Your supplement program contains all the supplements your body requires and replenishes any nutrients in which you are deficient. The program streamlines your supplements and frequently reduces the amounts of supplements many are taking. Your supplement program entails the following benefits:

- The supplements contain antagonists that oppose or compete with toxic substances.
- Your supplements contain natural chelators - special types of antagonists that dislodge toxic metals and facilitate the removal of toxic metals.
- Custom supplementation provides preferred minerals so the body

- can replace toxic form of minerals.
- Supports the digestion and elimination systems of the body, and weakens intestinal parasites, yeasts and gut dysbiosis that produce toxic substances in the intestines.

Supplement quality is very important. You will be given the highest quality form of each ingredient – not cheap versions that don't work. The highest quality supplements from Designs for Health, Thorne, Jigsaw Health and others are used on a Mineral Power program to replenish your body of the nutrients in which it is deficient.

Endomet Supplements are also used on a Mineral Power program. These supplements were designed specifically by Dr. Paul Eck, the developer of mineral balancing science, for the purposes of balancing body chemistry. They are very high quality supplements that I have taken myself for years.

Please visit the [Liveto110 Store](#) to purchase the supplements for your Mineral Power Program.

## **Lifestyle**

### **Sleep**

The single most important lifestyle change is to sleep and rest so your body can regenerate and focus on healing and detox, which takes energy. Everyone needs 8-10 hours of sleep daily. Go to bed ideally between 9 and 10 PM, as the natural sleep cycle is from sundown to sunup. Do your best every night, as sleep and rest is the single most important part of this program. Healing and detoxification requires plenty of rest.

### **Meditation**

Everyone can benefit from attention to the mental and attitudinal areas of the body and mind. Controlling your thoughts, emotions and attention will enhance this healing program to a great degree. Meditation teaches you to be the witness of your thoughts and emotions. More importantly, it provides the mind a way to emotionally detox and provides total healing of the mind and body.

Ideally, you should meditate for at least ten minutes per day. This is important to help you to deal more effectively with stress. My favorite meditation is a very easy meditation exercise by Roy Masters.

Sit in a straight-backed chair, with your arms hanging loosely at your side. A variation is to lie down and place your hands at your sides. Close your eyes. Become aware of your right hand or a single finger. Do not visualize it, but just be aware of it and notice it. Do not move your awareness to the rest of your body. Keep your awareness on your hand. It may start to tingle a little bit.

Look through the middle of your forehead, as though you were sitting inside your head and looking out. Look straight ahead. Do not roll your eyes up in your head.

Move energy downward through the head and the body, into the right hand. When this feels comfortable, move the energy downward forcefully from the top of the head all the way down into the toes. Do this continuously and very forcefully.

Never, ever move the energy sideways, and the worst thing to do is to move it upwards. Never move energy in any direction except straight downwards for maximum effect and safety.

To enhance the exercise, empty the body and mind and imagine the energy flowing into the void or emptiness of the body. You can imagine standing under a giant waterfall with the energy cascading down the body. You can also visualize lying down in a river, with the water flowing forcefully from your head to your feet, while your feet are braced against a rock so that you are not swept away by the current.

## **Exercise**

Vigorous exercise or activity is not recommended because it requires energy that you need to detox. Excessive exercise or chronic cardio also stresses the adrenals, stops detox and slows healing. Your Mineral Power program is best complimented with walking or other mild forms of cardio, weight lifting, Pilates, gyrotonic or yoga 2-3 times a week.

## **Connect with the Outdoors**

If possible, spend half an hour out of doors daily to get fresh air and sunshine. Expose your skin, especially the eyes and the chest, to sunlight daily. Do not use sunglasses or sunscreen. If it is cold outside, sit in front of a glass window to get sun. Do not spend more than one hour in the sun, as this is not healthy. This helps properly set your circadian rhythms so you sleep better and your body functions better.

## **Detox**

### **Coffee Enemas**

Coffee enemas are one of the best ways of cleansing the liver, the colon, and speeding up detoxification processes in the body. All toxins must be processed by your liver – a near impossible job in our toxic world. Coffee enemas provide a means for your liver to “dump” its toxic load of chemicals and heavy metals into the intestines for elimination. They are especially crucial if you have a chronic illness.

Coffee enemas are optional but highly recommended. They are one of the finest methods of detoxification available and are completely safe. If you cannot tolerate caffeine, you are not a candidate for coffee enemas.

This detox protocol is highly recommended for at least one to two years to remove large quantities of toxins from the liver and colon. It is recommended to do them daily or whenever you have detox symptoms. They provide tremendous relief for headaches, nausea and other detox symptoms.

Read more about them and watch a video on my article [Coffee Enemas](#). Or listen to this [Podcast: Everything you NEVER Wanted to Know About Coffee Enemas](#)

You can purchase the coffee and enema equipment in the [Liveto110 Store](#).

### **Infrared Saunas**

Near infrared lamp saunas are the best detoxification method I have ever encountered. These saunas have many health benefits, including detoxing heavy metals and chemicals, controlling infections, eliminating

candida, yeast, mold, fungus and parasites, cancer healing and prevention, etc. If you have a lack of energy, brain fog or are suffering from a chronic disease or condition, I guarantee you that toxin accumulation is contributing to the problem. You need to sweat in a sauna!

The use of a sauna, and particularly a near infrared lamp sauna, is not essential, but will greatly enhance the pace of your healing. Near infrared light sauna therapy is recommended daily for 20-60 minutes. Most people need at least 2-3 years of daily sauna use to remove the bulk of toxic metals and chemicals for optimum wellness. After this period it can be reduced to twice weekly for life to maintain your clean body and detox chemicals you will continue to encounter on a daily basis.

You may construct or buy a near infrared sauna inexpensively. Your sauna can be built into a very small bathroom or even into a small closet. You can purchase many types of near infrared saunas in the [Liveto110 Store](#).

Near infrared saunas have some benefits over far infrared saunas but both are very good. Just use one!

### **Foot Reflexology**

Foot reflexology is recommended daily. This simple, but very powerful procedure balances the acupuncture meridians quickly and easily without the need for advanced knowledge or training. It is grounding, relaxing and extremely effective. Rub each foot firmly all over, beginning with the toes, for about 10 minutes on each foot. Spend more time on any area that is tender or painful. Rub all around the toes and the top of the foot behind the toes, the arch and sides of the heel. Foot treatments are safe and effective and are particularly good for eliminating detox symptoms such as fatigue, headaches and much more.

### **Clean Up Toxic Homes and Offices**

The goal of Mineral Power is to reduce your toxic load and prevent new toxins from entering your body. One way to accomplish this is by cleaning up your environment.



Substitute *non-toxic* cleaners, personal care products and other chemical products in your home. Wear as little perfume and antiperspirant as possible, as most contain toxic chemicals. You can learn more about what to avoid and natural alternative suggestions in the article [Reduce Your Exposure to Everyday Cancer Causing Agents](#). Read about my recommendations for healthy personal care products in this article [Wendy's Favorite Natural Beauty Products](#) and listen to the podcast [Toxic Beauty](#).

## Detox Symptoms

Healing reactions are temporary flare-ups of symptoms that occur as toxic metals, chemicals and infections are eliminated from the body. They cause physical and mental symptoms such as sore throats, colds, anxiety, fatigue or other usually minor symptoms. These reactions are welcome evidence of healing. They are part of any detoxification program and are a necessary evil in removing these toxins from the body.

Detox reactions come in waves and only last a short time, however, sometimes they can last a few days to a week. Everyone is able to get through them. You will enjoy all the email support you need and support in the Mineral Power Support Facebook group to help you manage the reactions naturally and see them through.

As the body gains energy with your mineral program, it uses that energy to detox. People frequently report that they have a surge of energy and then have a detox reaction. When it's over they feel better and energy returns. It can be likened to a rollercoaster. Welcome to Mineral Power!

One must "walk through the fire" so to speak to enjoy health and healing on the other side. You are not getting sicker, you are getting BETTER. You will heal and feel better once metals and chemicals are out of the body.

### Detox symptoms can include:

- Fatigue
- Headache

- Sore throat
- Rashes
- Nausea
- PMS
- Cramps
- Aches and Pains
- Anxiety
- Depression

## FAQ

### **HOW LONG DOES IT TAKE TO GET MY HAIR TEST RESULTS?**

Once you send your hair, it takes about 2 weeks to get your results. Your hair mineral analysis test results will be emailed to you as soon as they are received.

### **WHO NEEDS A HAIR MINERAL ANALYSIS?**

Anyone who is ill and no explanation can be found, or when the cause seems to be found but the therapy is not completely effective. Subclinical ailments like fatigue, brain fog and sleep issues are easily resolved on this program. Hair analysis opens up a whole new vista for resolving health issues where modern Western medicine falls short.

Mineral Power addresses the root causes of physical and mental health issues - nutrient deficiencies and heavy metal and chemical toxicity - and provides a plan to resolve these underlying causes. So many health issues are not resolved with traditional medical care is because these issues are rarely addressed.

### **WHAT IS TESTED ON A HAIR MINERAL ANALYSIS?**

A hair tissue mineral analysis tests for 37 nutritive minerals and toxic metals. It is a screening test that measures the mineral content of your hair. Mineral content of your hair reflects the mineral content of the body's tissues. If a mineral deficiency or excess exists in the hair, it usually indicates a mineral imbalance within the body, or bio-unavailability of that mineral. The hair is tested because it is one of many places the body dumps excess minerals and heavy metals for

storage away from vital organs.

### **HOW LONG DOES IT TAKE TO SEE IMPROVEMENT?**

This depends on the person. Many feel more energy and have better sleep as soon as they start the supplements. Most people slowly but steadily begin to feel better over the first few months on the program. Generally, the more ill a person is when they begin the program, the longer it will take them to feel better – it could take a year or more. One must be realistic and give the body the time it needs to heal and replenish nutrients. I urge people to do the program for at least six months to truly begin feeling and seeing the benefits.

### **HOW LONG DOES THE PROGRAM TAKE?**

One removes the bulk of heavy metals in 2-3 years. When the majority of metals are out of the body most people's health issues and symptoms will subside. It takes time to replenish nutrients, remove toxins from the body and correct imbalances in the body. Generally, it takes about a month of healing per year of damage.

### **HOW OFTEN DO I NEED TO DO HAIR MINERAL ANALYSIS RETESTS?**

Retests are recommended every 3-4 months to check the progress of your health and well being. As your body chemistry changes, the diet and supplement program should be adjusted to meet your current needs. Each retest reveals a new layer of imbalances that need to be addressed.

Retesting is the only way to determine if your Mineral Power program is still appropriate and correct for you. If a retest is postponed, your program may no longer properly balance your body chemistry and your progress will slow. Additionally, if you wait too long to retest, you will miss metals dumping into the hair as each hair test only shows a three month average of heavy metals and minerals in the hair.

### **WHAT CAN A HAIR MINERAL ANALYSIS REVEAL?**

Hair mineral analyses are screening tests only and do not diagnose disease. However, a properly performed and interpreted hair analysis can reveal various mineral imbalances that indicate a tendency for various conditions. A hair mineral analysis provides a practitioner with a picture of the state of body chemistry including:

- Oxidation Type, aka Metabolic Rate
- Adrenal Fatigue
- Thyroid Activity
- Stage of Stress
- Mineral Deficiencies and Imbalances
- Heavy Metal Toxicity
- Liver and Kidney Stress
- Nervous System Imbalances
- Carbohydrate Tolerance
- Protein Synthesis
- Immune System Health
- Inflammation
- Energy Levels
- Trends for Physical and Emotional Health Conditions

### WHAT CAUSES MINERAL IMBALANCES?

Many factors contribute to mineral deficiencies and imbalances. Here are only a few:

- **Stress.** Stress depletes minerals from the body, including magnesium.
- **Toxic Metals and Chemicals.** They can replace minerals in enzyme binding sites and interfere with mineral absorption.
- **Toxic Food Supply.** Our food and soils are depleted of minerals, which is why everyone needs nutritional supplements. Hybrid crops, superphosphate fertilizers (i.e. Miracle Grow), refined foods, pesticides, food additives and more all contribute to a nutritionally depleted and toxic food supply.
- **Improper Drinking Water.** Tap water, even with a filter, is not safe due to added chlorine, aluminum, fluoride and sometimes copper.
- **Medications, Vaccinations, and more.** These are all toxic to the body.
- **Taking the Wrong Minerals and Vitamins.** Many people take nutritional supplements that are not compatible with their body chemistry. This is a common mistake and can cause further mineral imbalances. Many people take minerals, but most do not take nearly enough or absorbable forms.

- **Unhealthy lifestyles.** Many individuals do not get enough sleep, don't exercise enough (or too much) or have other unhealthy lifestyle habits.
- **Congenital deficiencies.** Most babies are born today with low trace minerals due to mothers being mineral deficient.
- **Improper Digestion.** Many people have poor digestion due to intestinal infections, stress, improper food preparation and improper eating habits, which inhibit mineral absorption.

## **WHY IS MINERAL POWER SO EFFECTIVE AT DETOXING HEAVY METALS?**

Mineral Power utilizes over 20 different methods at once to remove ALL toxic metals safely and deeply. In most instances, it is faster and more thorough than either intravenous or other types of chelation therapy, synthetic or natural. Mineral Power safely and deeply removes more metals than chelation of any kind.

## **HOW DO HEAVY METALS CAUSE DISEASE?**

Toxic metals including lead, mercury, cadmium, arsenic, aluminum and nickel replace nutrient minerals in enzyme binding sites. When this occurs, the metals inhibit, over stimulate or alter thousands of enzymes. An affected enzyme may operate at 5% of normal activity. This contributes to many health conditions.

Toxic metals may also replace other substances in various tissues. These tissues, such as the arteries, joints, bones and muscles, are weakened by the replacement process. Toxic metals also deposit in many sites, causing local irritation and other toxic effects.

Many health conditions are simply heavy metal and chemical toxicity, which contribute to any imaginable health ailment or condition including diabetes, cancer, multiple sclerosis, Parkinson's disease, and others. Copper toxicity is one of the most commonly encountered imbalances that I find on hair tests and is a contributor to many health problems including fatigue, gut dysbiosis, low thyroid function, premenstrual syndrome, depression, anxiety, migraine headaches, allergies, eating disorders, childhood hyperactivity and learning disorders.

## **MY HAIR TEST SHOWS NO OR VERY LOW HEAVY METALS. DO I NEED TO DO A MINERAL POWER PROGRAM?**

Everyone has toxic metals in their body without exception. The question is how much of each metal is in your body. If your hair test does not reveal any metals, this is solely because your body does not have the energy to remove them from the body and dump them into the hair for elimination. Detox takes energy. As you embark on your Mineral Power program and begin to detox, subsequent hair tests will show all the metals eventually coming out in the hair. You will be amazed!

## **WHY NOT JUST DETOX FROM HEAVY METALS USING CHELATION?**

Chelation therapy is the use of either synthetic or natural chelators to remove a toxic metals from a person's body. Natural chelators include chlorella (blue-green algae), distilled water, cilantro extract, clays including bentonite and montmorillonite clay and bladderwrack. Synthetic chelators such as EDTA, DMPS, DMSA, penicillamine, deferoxamine and other drugs are known to be toxic to the kidneys.

Chelation is necessary in cases of acute toxicity. However, the chronic low level toxicity most people suffer is more safely and deeply removed with mineral balancing and detox programs like Mineral Power.

Problems with all chelation therapy include:

**Removal of vital minerals.** All chelating agents, both natural and synthetic, remove essential minerals from the body. This is a serious problem today for two main reasons. First, many people are already extremely deficient in essential minerals such as zinc, magnesium, chromium, selenium and others. If one removes even a little of the essential minerals, the person can become much more ill.

Replenishing minerals in the human body is a delicate, exacting process and it cannot be done by just 'dumping' them into the bloodstream or with mineral supplements. The mineral compounds that are lost cannot be replenished quickly by general oral or IV supplementation.

**Chelation does not address some deeper causes of illness.** While toxic metal removal is helpful in some cases, many times the metal accumulation is due to many other bodily imbalances. These include

mineral deficiencies, imbalanced mineral ratios, chronic infections and more. Mineral Power approaches the problem of toxic metals from a different perspective. When one balances and nourishes the body in a particular manner, the body automatically begins to remove the metals by itself. Our bodies have millions of years of experience removing toxic metals, and the body can do this easily when it is balanced and nourished properly. When metal removal is done this way, the toxic metals also will not tend to reaccumulate.

**Removal is not thorough enough.** Most, if not all of the chelating agents only work in the blood and in the tissues and organs located near larger blood vessels. Repeated use of the chelating agents can go somewhat deeper, but then the hazards of chelation such as removing more essential minerals also increase. Mineral Power removes metals at the deepest levels, including metals embedded deep in the brain, liver and bones.

**Chelation does not remove all metals.** Chelating agents are somewhat helpful to remove mercury, lead, cadmium, arsenic, copper, iron, aluminum and perhaps a few other toxic metals. However, they will not effectively remove a dozen other toxic metals for various reasons that are not well understood. By contrast, Mineral Power will remove all of the toxic metals, along with hundreds of toxic chemicals as well.

### **WHAT IS RETRACING?**

After 3 - 4 months, a retest will reveal a deeper level of your metabolism. Many times, it will look totally different from the previous test if this healing program was followed. It's like peeling back the layers of an onion. I then address the deeper layers and continue uncovering and reversing ever deeper layers of adaptations and compensations your body has been forced to make given stresses like nutrient deficiencies and toxicity. This is called retracing.

Retracing is the only way I know of to really address deeper causes of illness and slowly reverse them. An example can be explained with a sinus infection you had a couple years ago. That infection is likely still in your body. When you are on a Mineral Power program for some time, eventually the body will gain the energy it needs to address this infection and rid the body of it once and for all. When the body is



removing this infection you will have a temporary flare up of the sinus infection, what is termed a healing reaction or detox symptom.

### **HOW DOES MINERAL POWER HEAL THE BODY IN WAYS THAT MEDICINE, NATUROPATHY AND OTHER THERAPIES CANNOT?**

Mineral Power views the body as one complex, self-regulating, whole system rather than the current medical paradigm, which often views our bodies as a collection of somewhat unrelated parts. If medical tests reveal low thyroid function, you'll often be treated only for thyroid issues, when the issue involves many different systems in the body, including the adrenals, the hypothalamus, pituitary gland, nutrient deficiencies, heavy metal toxicity and much more. The entire body must be healed and balanced. Treating one body part is frankly a ridiculous, outdated notion.

Mineral Power focuses on the newer causes of illness – nutrient deficiencies and heavy metal and chemical toxicity. Conventional medicine and most holistic care often ignore or worsen the major health challenges of this century. Mineral Power addresses these newer causes of illness:

- A mineral deficient and toxic food supply
- Unhealthy lifestyles
- Levels of toxic metals and toxic chemicals in the air and water that are up 1000 times higher than ever before
- Dozens of chronic viral and bacterial infections that respond poorly to medical drugs
- High levels of ionizing radiation in the environment
- Electromagnetic pollution

The current allopathic model believes that health is the absence of finding a health condition. To assess health, tests are run to find health conditions. If none are found, a person is generally pronounced healthy or told “tests are normal.” This model is seriously flawed; many people who do not feel well are sent home.

Mineral Power is wellness-based rather than illness-based. Mineral Power focuses on the wellness model of health care, which is a “state of high resistance to all illness.” Mineral Power can easily move a person to a state of high resistance to most health conditions by strengthening the



body and focusing on a healthy diet, proper drinking water, rest and sleep, nutritional supplements, detoxification to remove toxins from the body and more.

### **CAN MINERAL POWER HELP ME GET OFF MEDICATION?**

Yes! The goal is to reduce your need for medication. As your Mineral Power program heals the body, many find they can reduce or even completely get off all medication. I do not recommend stopping or reducing any medications without first consulting your physician. Stopping medication too soon or too rapidly can be dangerous. Give your body many months and even a year of mineral support before you attempt to get off medications, including thyroid medication.

### **WHAT LAB IS USED FOR HAIR MINERAL ANALYSIS?**

I employ Trace Elements (TEI) and Analytical Research Labs (ARL) because they do not wash hair samples! Avoid laboratories that wash hair samples. Washing the hair with harsh solvents or alcohol washes away water-soluble minerals like sodium (Na) and Potassium (K) which are important levels to know on a hair test to assess adrenal and thyroid function.

Trace Elements Labs was founded by Dr. David Watts. He collaborated in the 70's and 80's with Dr. Paul Eck to develop mineral balancing science. His lab, TEI, is preferred because the hair mineral analysis report shows 23 metals on the hair test while ARL only shows 10. Since both labs are excellent, I give my clients the choice between either lab.

Dr. Paul C. Eck established ARL in 1974 after devoting most of his adult life to evaluating major research studies in biochemistry, physiology, pathology, nutrition and psychology. He passed away in the 90's but is regarded as an authority on the science of balancing minerals and body chemistry through hair tissue mineral analysis.

Dr. Eck pioneered many innovations in the study of trace mineral deficiencies and excesses and their relationship to various metabolic dysfunctions associated with illness. To correctly interpret a tissue mineral analysis, Dr. Eck combined a number of concepts including:

- The stages of stress discovered by Dr. Hans Selye

- Sympathetic and parasympathetic balancing as taught by Dr. Melvin Page
- Oxidation types as taught by Dr. George Watson
- Mineral balancing as taught by Dr. William Albrecht
- And many others

## **IS HAIR MINERAL ANALYSIS ACCURATE?**

Hair mineral analysis is extremely accurate and valid as long as the directions are followed to give a correct hair sample. The accuracy of the test also depends upon which lab tests the hair. Just like medical tests, there are great testing labs and companies that do a really poor job. I send all my hair tests to Trace Elements (TEI) and Analytical Research Labs (ARL), who I think are the best hair mineral testing companies in the US.

The key issue and debate surrounding hair testing and whether it's accurate is really about whether the hair is washed or not. Detractors are not really making this distinction. There have been a couple studies as to the accuracy of hair testing, but they were all washing the hair so the results reported that hair testing is not accurate. The two studies used sample sizes with one or two test subjects. These studies were designed very poorly and can only be called junk science. They unfortunately got a lot of press and have been successfully used to discredit hair mineral analysis in mainstream medicine. Don't be fooled. Hair mineral analysis is not going to be accurate if you wash the hair with harsh solvents, which is what most companies do.

Laboratories other than ARL and TEI do not use the concepts of stages of stress, oxidation types, mineral balancing and others to help understand the significance of tissue mineral levels, ratios and metabolic patterns. There is a tremendous amount of science and research behind the interpretation of your hair mineral analysis. The science takes years to learn. It is far, far more than simply learning of your mineral levels and heavy metal toxicities.

Because most doctors and health practitioners think that a hair mineral analysis is only showing simple mineral and metal levels, the accuracy and validity of these tests are grossly underestimated and misunderstood. They are often ignorantly dismissed as not being accurate or otherwise advised against when the doctor or practitioner has a complete lack of knowledge of the vast science, research and interpretation behind the tests.

## ***Congratulations!***

You are one step closer to the health you deserve!

I implore you to start thinking about your health and working to improve your health before you get sick. A hair mineral analysis can give you a crystal ball and preview into your state of health because it shows health issues and body chemistry imbalances before you manifest symptoms. Once you present with symptoms or illness like cancer, for instance, you've been sick for many years. A hair mineral analysis will give you a place to begin and a plan to improve your health beyond what you thought imaginable. Regain your energy, clarity and vitality.

There you have it! You have learned all about a Mineral Power program and what it entails. The more I learn about mineral balancing science and see the incredible healing happening on Mineral Power programs, I become more convinced that using hair mineral analysis to balance and heal body chemistry is the holy grail of health and healing. Now it's up to you to harness the power of Mineral Power and begin your healing journey!

Wendy Myers, CHHC, NC

