

Personality & Minerals

Introduction

A fascinating area of research in Hair Mineral Analysis (HMA) involves the correlation of mineral values with emotional states. Such information can assist in helping you understand yourself better. It can also help practitioners predict emotional reactions that may occur during a hair mineral analysis nutrition regimen.

Mineral-Emotional Associations

Emotional states and body chemistry are related. Anything that affects part of a system reverberates to affect the entire system. Thus it is not strange that your emotional make-up and personality affect your chemistry and vice versa.

The Mineral-Emotional Connections

When studying a Hair Mineral Analysis, the emotional characteristics revealed are an indicator of your current response to stress. The stress may be biochemical or it may be due to external factors.

A toxic level of a mineral means there are multiple underlying other mineral imbalances. For example the toxic metal cadmium can accumulate in body tissues when there is a deficiency of zinc, calcium, iron or copper. Manganese, iron, vitamin C and/or molybdenum deficiency can lead to an accumulation of copper. Lead buildup occurs more readily when a calcium deficiency is present.

For example, two individuals may eat a diet deficient in manganese. Eventually they become deficient and begin to feel tired. One may develop a craving for chocolate because of the high content of copper in chocolate makes them feel better. The other loves cigarette smoking because cadmium in cigarettes helps compensate for the effects of the low manganese. Whichever response is chosen, the low manganese is the precipitating factor. Some people are comfortable with the detached feeling that is commonly associated with an elevated copper level, while others are uncomfortable and tend toward the cigarettes, since the cadmium provide a more grounded, in control feeling. It depends on the personality.

Mineral Interaction

Everyone is a combination of mineral patterns. Seldom is a pure type found. An emotion associated with a particular mineral can be modified by the presence or absence of other minerals. Certain minerals balance, mask or reinforce the effect of another mineral.

A further complication is that not all minerals may be revealed in any one hair test. Some are sequestered in organs and tissues and may require months to be revealed. Thus, it is possible to have emotional characteristics caused by a certain mineral without that mineral imbalance appearing on a

current HMA. With practice and experience, it is possible to identify hidden minerals by the patterns of other minerals.

Personality Associations

Calcium - Keyword: Protective

High Calcium: Rigid, withdrawn, calcium shell, introverted, sluggish, diminished awareness.

Low Calcium: Emotionally unstable, hyperkinetic behaviors, short tempered, tense, unable to slow down, extroverted.

Physiological: Calcium is an element that readily forms solid compounds and is responsible for the structural strength of the body. Calcium metabolism is principally regulated by the thyroid and adrenal glands, which are also involved in regulating the metabolic rate. Thus, it is not surprising that abnormalities in calcium levels are associated with changes in the metabolic rate.

Magnesium - Keyword: Relaxation

High Magnesium: Withdrawn, sluggish, depressed, and sleepy.

Low magnesium: High-strung, irritable, hyperactive, belligerent.

Physiological: Magnesium exerts a powerful sedative effect on the muscular and nervous system. Magnesium is necessary for many enzymes associated with energy production. Abnormal magnesium levels detrimentally affect energy levels.

Sodium - Keyword: Emergency energy

High Sodium: Active, hi- energy, aggressive, self-starters.

Low Sodium: Fatigued, lethargic, depressed unable to get started.

Physiological: Sodium is regulated by levels of aldosterone, an adrenal cortical hormone. Sodium is intimately involved with the emergency adrenal response, adrenalin and aldosterone. Sodium is the first mineral to respond to stress and is essential for the initiation of the fight-flight mechanism to raise blood pressure, increase the rate of heartbeat, mobilize sugar from the liver and generally prepare the organism for fight or flight.

Potassium - Keyword: Follow through, or adaptive energy

High Potassium: Overactive, good stamina.

Low Potassium: Fatigued, depressed, withdrawn, low energy low stamina.

Physiological: Potassium metabolism is regulated by glucocorticoid and thyroid activity. Glucocorticoids, as opposed to adrenalin, are the longer-acting adrenal hormones. By releasing glycogen from the liver, these hormones are responsible for long-term energy.

Iron - Keyword: Strength

High Iron: Hostile, aggressive, rigid.

Low Iron: Tired, weak, anemic, low energy.

Physiological: Brings oxygen to the tissues, energy production.

Copper – Keyword: Gentleness, emotions, the feminine mineral.

High Copper: Effeminate, weak, sentimental, childish, fears, depressed, extreme emotions, schizophrenic syndrome, violence, premenstrual syndrome, postpartum psychosis.

Low Copper: Diminished emotional response.

Physiological: Copper is necessary for energy production and for thyroid and adrenal function. The thyroid gland is intimately associated with your emotional life.

An excess of copper stimulates excessive secretion of the biogenic amines - catecholamine, which exerts powerful effects on brain chemistry. Copper is also intimately associated with estrogen levels, which explains the connection with menstruation and pregnancy.

Zinc - Keyword: Steadiness, the masculine element

High Zinc: Diminished emotional life, detached.

Low Zinc: Emotional weakness, indecision, male impotency, heightened emotional life, effeminate, schizoid-like tendencies.

Physiological: Zinc is necessary for protein synthesis, many enzyme systems and is critical for the functioning of the male reproductive system. Zinc is a sedative, anti-stress element.

Manganese – Keyword: Rigidity

High Manganese: Rigid, schizophrenia.

Low Manganese: Fatigued, lethargic, weakness.

Physiological: Manganese is involved in energy production, collagen formation and neuromuscular function.

Chromium - Keyword: Flexibility

High Chromium: Represents a chromium loss.

Low Chromium: Mood swings (hypoglycemia).

Physiological: Chromium is part of the glucose tolerance factor, which is synergetic with insulin in controlling both blood and cellular sugar levels.

Toxic Metals

Lead

High Lead: Dull, retarded, hyperactivity, tremors, neurological diseases.

Physiological: Lead is stored in the brain and bones. Lead toxicity causes anemia and severely affects brain function.

Mercury

High Mercury: Emotional, hyperactive, the mad hatters.

Physiological: Mercury is deposited in the kidneys and brain, resulting in kidney damage and emotional aberrations.

Cadmium

High Cadmium: Stubborn, controlling, tunnel vision, emotional, egotistical, pseudo-masculinity, aggressive.

Physiological: Cadmium has a powerful aldosterone-like effect, raising sodium and favoring fast oxidation. Cadmium also lowers copper, thus covering up fears. Moreover cadmium lowers calcium speeding up the oxidation rate. Cadmium substitutes for zinc in many enzyme binding sites and has masculinizing effects.

Aluminum

High Aluminum: Forgetful, childlike behavior, dementia.

Physiological: Aluminum inhibits acetylcholine and is responsible for the formation of neurofibrillary tangles that short-circuit brain function.

Ratios

High Sodium/Potassium Ratio: Acute stress, inflammation and at the times symptoms associated with zinc and/or magnesium deficiency.

Low Sodium/Potassium Ratio: Fatigued, burned-out, hostile, frustrated, resentful, defensive, depressed, unable to let go.

Physiological: The sodium/potassium ratio is a vital indicator of electrolyte balance and is regulated largely by the balance of the pro-inflammatory adrenal hormones (aldosterone) and the anti-inflammatory adrenal hormones (cortisone).

High Zinc/Copper Ratio: Zinc dominant - diminished emotionality, depression, apathy, Martyrdom. However, frequently copper is bio-unavailable and zinc is displaced upwards by cadmium so that a high zinc/copper is not always a true reflection of the condition of the body chemistry.

Low Zinc/Copper Ratio: Copper dominance is characterized by fears, heightened emotionalism, panic attacks, depression, anxiety, etc.

Physiological: Zinc and copper have an important synergistic/antagonistic relationship. The ratio of zinc and copper can be a helpful indicator for determining zinc and copper status.

High Calcium/Potassium and low Sodium/Magnesium Ratios (Slow oxidation): Fatigued, plodding, apathetic, withdrawn, introverted, low energy, depressed, thinking of the past, fearful, despairing and anxious.

Low Calcium/Potassium and high Sodium/Potassium Ratios (Fast oxidation): Extroverted, outgoing, high energy, nervous, anxious, thinking of the future, aggressive, paranoid, prone to energy and mood swings.

Physiological: Slow Oxidation - Calcium levels are regulated by both the thyroid and adrenal glands. Sodium and potassium levels are regulated by adrenal function. A high calcium level corresponds to a reduced thyroid function. Low sodium and potassium levels correspond to reduced adrenal hormone output. For these reasons, a high calcium/potassium ratio and low sodium/magnesium ratios correspond to a slow metabolic rate. As the metabolic rate falls energy production diminishes and the release of glycogen from the liver is impaired. As a result, the sedative elements calcium and magnesium, rise in the tissues, causing feelings of depression and fatigue.

One reason slow oxidizers dwell in the past is that most slow oxidizers remember a time when they had more energy. Slow oxidizers can become apathetic and withdrawn because they lack the energy to do things or interact with people. Withdrawal and apathy are means of conserving energy.

Slow oxidizers can live in despair because when energy production drops to a certain level life hardly feels worth living. A frightening fact is that many teenagers and children are in this group of despairing slow oxidizers. This can lead to drug or alcohol use and suicide.

Fast Oxidation -- Fast oxidizers (high sodium/potassium ratio and low (calcium/potassium ratio) are lavish with energy and often look for people or things on which to spend it.

The true fast oxidizer has the energy to spend but this type of individual is rare. Frequently, the fast oxidizer is addicted to stress and becomes uncomfortable if there is no action. The reason is that without stress the adrenal glands would slow down and symptoms develop associated with slow oxidation. To avoid that state, the fast oxidizer instinctively seeks stress and keeps going no matter what. Some people can do well this way for a long time and suddenly they "hit the wall".

When the oxidation rate becomes too fast, a person begins to experience the effects of low calcium and magnesium - namely a hyperactivity of the nervous and muscular system, anxiety, muscle spasms and cramps. Paranoia and aggression appear because the increased secretion of adrenal hormones and low calcium gives the nervous system a hair-trigger sensitivity and irritability. This is designed as a protective device as part of the fight-flight response but when the metabolic rate becomes too fast, judgment becomes impaired, the individual becomes hyper excitable and enters what can be an out-of-control state.

The effect of fast oxidation can be seen easily in a baby who becomes tired as the day goes on. He becomes more irritable, more difficult to control to the point of simply screaming at the slightest provocation. A vicious cycle is set up because as the child's oxidation rate increases, calcium and magnesium levels drops making him more sensitive to stress. Each stress in turn causes increased adrenal secretion, worsening the fast oxidation. A nap frequently solves the problem by breaking the vicious cycle, allowing restoration of the calcium and magnesium (sedative elements) and resting the adrenal and thyroid glands.

Know your Family

It is very important that you know the mineral makeup for each member of your family. It helps you know how to interact with them and how to help them learn with maximum efficiency.

Your Mind Made Visible

Your body is your Mind made visible. Your body must do what your mind believes. Therefore, your thoughts and emotions are the cause behind your mineral makeup. Your MemGram® Chart will explain how stress has affected you and your health. Please call to set a time for your FREE MemGram® Chart orientation. Most people have no idea how related is stress and mineral balance are related.

We need some data from you to generate your MemGram® Chart. When you receive your MemGram® Chart please call to set a time for your FREE MemGram® Chart Orientation Session. During the session, we will be speaking about some very specific information that will greatly assist you in defending yourself against the emotional onslaught that is taking its toll on your aging, health and longevity. Items such as:

- Who Are You?
- Why Are You Here?
- What Your Childhood Experience Has To Do With It?
- What is The Plan Against Your Life?
- Why It Seems So Personal?
- What Is Your Invisible Belief System Manipulating & Controlling Your Life?
- Why You Are Today and Why You Have The Body You Have?

When you are ready, submit your MemGram® Data at the following link:

<http://newclient.biri.org>

Please complete the following tabs:

- Client Data,
- General Symptoms
- MemGram® Questionnaire

If you need to close the file and re-enter at later time to finish the data input, remember to write down the File#, then you can use the following link to re-enter your file:

<http://client.biri.org>

File #: Use Yours

Birth Date: Use Yours: MMDDYYYY

More info at: www.my3words.com and <http://hma.biri.org>

HAIR MINERAL ANALYSIS (HMA):

Metal toxicity is often the hidden cause behind a "mysterious illness". The easiest way to determine if metal toxicity is behind your symptoms is to do a Hair Mineral Analysis (HMA).

Order the HMA specimen kit and return it with a hair specimen. Mineral levels in your body are an all-important factor for establishing overall wellness of the body. Everything comes from minerals. Minerals are the basic building blocks of the body. So go your minerals, so goes your body -- often ending up in a disease state when in reality it all started with improper mineral ratios that should have been noticed and corrected years earlier. Minerals are the FIRST domino. Most symptoms later in life are the result of unbalanced mineral ratios earlier in life. If your mineral ratios are out of balance, no amount of right anything is going to have a lasting effect until you fix those ratios.

You cannot get this info from blood, urine or saliva. For example, the body will "rob Peter to pay Paul" for years to keep the blood normal. Blood is your lifeline. The body will rob from less critical areas to provide what the blood needs to remain normal. This may create symptoms, like the ones you are reporting, but they won't be life-threatening symptoms like it would be if your blood falls out of normal ranges. This is why you can feel terrible and still have a blood test that is "normal." More info at: <http://hma.biri.org>

You may order the specimen kit from BIRI, or from Healthy Habits. The report is separate from the consultation, which is optional. I encourage you to save \$20 by ordering the pre-paid consultation at the same time as you order the specimen kit.

<https://www.healthyhabits.com/product/hair-mineral-analysis-kit/>

If you have questions, please call my assistant, Lisa, 888-221-4116. She is a walking encyclopedia.