

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 and can 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 conversely, that biochemical alterations can strongly affect your personality and behavior.

The Mineral Emotional Connections

When studying a hair mineral analysis the emotional characteristics that are revealed are an indicator of your current response to stress. The stress may be biochemical or it may be due to external factors.

It is impossible to have a toxic level of a mineral without having multiple underlying 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 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, it is the low manganese frequently based on personality factors. 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 provides a more grounded, in control feeling.

Mineral Interactions

Everyone is a combination of numerous 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 reinforce the effect of another mineral, while the presence of some minerals mask or balance 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 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.

Low Calcium:

Emotionally unstable, irritable, hyperkinetic behaviors, short tempered, tense, unable to slow down, extroverted.

High Calcium:

Rigid, withdrawn, calcium shell, introverted, sluggish, insensitive, diminished awareness.

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.

Low Magnesium:

High-strung, irritable, hyperactive, belligerent.

High Magnesium:

Withdrawn, sluggish, depressed, sleepy.

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.

Low Sodium:

Fatigued, lethargic, depressed, unable to get started.

High Sodium:

Active, high energy, aggressive, self-starters.

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.

Low Potassium:

Fatigued, depressed, withdrawn, low energy, low stamina.

High Potassium:

Overactive, good 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.

Low Iron:

Tired, weak, anemic, low energy.

High Iron:

Hostile, aggressive, rigid.

Physiological:

Brings oxygen to the tissues, energy production.

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

Low Copper:

Diminished emotional response.

High Copper:

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

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.

Low Zinc:

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

High Zinc:

Diminished emotional life, detached martyr type.

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.

Low Manganese:

Fatigued, lethargic, weakness.

High Manganese:

Rigid, schizophrenia.

Physiological:

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

Chromium -- Keyword: Flexibility.

Low Chromium:

Mood swings (hypoglycemia).

High Chromium:

Represents a chromium loss.

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, so, emotionally, cadmium 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

Low Sodium/Potassium Ratio:

Fatigued, burned-out, hostile, frustrated, resentful, defensive, depressed, unable to let go.

High Sodium/Potassium Ratio:

Forward-looking, a starter, anxious, aggressive, volatile, pushing it.

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).

Low Zinc/Copper Ratio:

Copper dominance is characterized by fears, heightened emotionalism, panic attacks, depression, anxiety, etc.

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.

Physiological:

Zinc and copper have an important synergistic/antagonistic relationship. The ratio of zinc to copper can thus 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 reduced thyroid function and 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 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 of some kind, his adrenal glands would slow down and he would begin to

develop many of the symptoms commonly 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. He may become paranoid and aggressive because the increased secretion of adrenal hormones and low calcium gives his 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.

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.