

# STEP DOWN PATTERN

**Double pattern/efforting pattern.** Both are what are called double ratio patterns, involving the calcium/magnesium ratio and sodium/potassium ratio. With the Step Down pattern, both ratios are elevated.

Double patterns in this case indicates determination or efforting, and this is the case with this pattern. It has to do with willpower and strong directed effort. Both have to do with stubbornness or "digging in one's heels".

**This is a visual pattern.** This means that the pattern can be visualized on the calibrated hair analysis graph.

**Straight line patterns.** While not always exactly true, this means that if one connects the top of the bars or hash marks, the shape of the pattern is more or less a straight line. The Step Down pattern looks like a line tilting downward to the right.

The straight line may have to do with directed will. The straight line also may have to do with a certain type of alignment, coordination or integration of love and will that occurs with this pattern. The Step Down pattern is highly directed and the energy is not random or scattered.

The steeper the tilt of the line the more extreme the pattern. A steeper slope of the steps means a more determined person and therefore a more extreme pattern.

**"Wall" pattern.** This just means that it appears visually as if the person is "up against a wall". This has psychological importance in the pattern. With the Step Down pattern, the wall is seen behind the person and they are steadily moving away from it. The idea is "back to the wall with nowhere to go but forward".

**Clear movement in relation to earth life.** Step Down is a clear movement of "stepping into life", unless four lows is also present, in which case it is the opposite.

**Sympathetic nervous system pattern.** The Step Down pattern is a strong use of the sympathetic nervous system to continue in life, or to enter the mainstream of life more. This is the opposite if four lows is also present.

**Picking up speed.** This is a type of aircraft wing analogy. The shape of the Step Down pattern (an aircraft wing tilting downward, when viewed from the side) is that of a dive or picking up speed. This is the meaning of Step Down, in one sense. Those familiar with aircraft know that

neither of these tilts to the wings are that safe or stable. A Step Down pattern or a wing that in the dive position, is not that bad provided one can stabilize it. In fact, pilots may put their aircraft into a dive temporarily to gain airspeed.

In this regard, the Step Down pattern indicates increasing air speed. Adequate airspeed is essential for flight, and it is essential for life.

**Double discharging versus double charging pattern.** The Step Down pattern is double charging (double high ratio), and this is a very good trend. Charging and discharging of the cells electrically is an important concept in nutritional balancing. A high sodium/potassium ratio is charging, generally, while a low sodium/potassium ratio is discharging. Double patterns just reinforce this tendency.

Moving almost directly yin or yang. The Step Down pattern is a movement in and down, which is more yang. The exception is when four lows pattern is also present, in which case the opposite is true.

**Hard and fast patterns.** This is not a vague or wishy-washy pattern.

**A need for energy center balancing.** With The Step Down pattern, the first energy center may need balancing.

**About the heart.** Both the Step Up and the Step Down patterns have to do with the heart, both the physical and the emotional heart or soul. The Step Down pattern is often found in people with heart, or those who are "following their heart", at least to some degree. This may be why it is generally a positive pattern. However, they need to work to strengthen the lower "follow-through" power organs such as the adrenals and the kidneys.

**About the kidneys.** Step up is more associated with stronger kidneys, whereas The Step Down is associated with weaker kidneys.

**Some reversal in both patterns.** The Step Down pattern involves reversal because the oxidation rate is quite slow in most cases. However, the Na/K ratio and the Ca/Mg ratio are both high, indicating a strong efforting tendency and underlying strength.

**Both Step Up and Step Down patterns are blocked movement patterns.** With the Step Down pattern, slow oxidation is associated with fatigue, burnout, exhaustion and introversion. A double high ratio, however, is associated with aggressiveness, some anger and moving forward. In the Step Down pattern, a person who is quite tired, in other words, is moving ahead, "making a move" or "moving on out", slowly but surely.

**Good and bad anger.** The Step Down Pattern is associated with a high Na/K ratio, associated with some acute anger and some acute stress, which in this case are being channeled positively.

**Father/mother imbalance patterns.** A low calcium/magnesium ratio, as seen in the step up pattern, tends to be associated with psychological imbalances related to mother. A high calcium/magnesium ratio, associated with the Step Down pattern, has more to do with issues related to one's father. In both cases, more awareness of these issues and perhaps more maturity may be needed to resolve the patterns easily.

#### STEP DOWN PATTERN

This is the opposite of the Step Up pattern. Instead of steps ascending to the right, it appears as steps descending from the left to the right on the hair graph.

#### MEANING OF THE STEP DOWN PATTERN

**We find the Step Down pattern is more common in women.** The person is often very determined to move ahead in his or her life, in spite of fatigue or exhaustion. The person is often moving ahead slowly and doing well, even though the energy level is low. It is thus a pattern of overcoming odds against oneself and slowly pushing forward in one's life. One can call it "digging in one's heels" and moving ahead in spite of obstacles.

**Developing the will.** The Step Down pattern is associated with developing the quality of focused and concentrated will in one's life. This is in contrast to a step up pattern, which is associated with a need to develop the quality of love and surrender, and to move past the lower will of the ego

#### ROLE OF COPPER, ZINC, SELENIUM AND OTHER MINERALS IN THE STEP DOWN PATTERN

**Copper.** Those with the Step Down pattern tend to be high in copper, even if the hair copper level is normal or low. Often indicators of hidden copper toxicity are present with this pattern. These might include an elevated calcium level, or a very low potassium level.

As with the step-up pattern, some of the copper is usually biounavailable

**Iron.** Most people with the Step Down pattern also have too much biounavailable iron. This raises the sodium level and can give rise to a high sodium/potassium ratio. They also have too much of the other metals, such as aluminum, manganese, and biounavailable chromium, selenium, nickel, molybdenum, cobalt, boron.

**Other toxic metals.** Those with the Step Down pattern are usually quite toxic. This has to do with their slow oxidation rate, which is always associated with the accumulation of many toxic

metals, even if they are not revealed on any type of blood, urine, saliva or hair test. These toxic metals include lead, cadmium, arsenic, aluminum and mercury.

**A strong need for zinc.** Dr. Eck discovered that when the sodium/potassium ratio is high, one needs a lot of supplementary zinc. Zinc tends to lower this ratio.

Zinc supplementation is even more necessary when the double high ratio pattern is present, which occurs with the Step Down pattern.

**A more yin pattern.** The Step Down pattern is a more yin or pattern (high copper and slow oxidation). One of the most important minerals to correct this tendency is the modern "male" mineral, zinc.

**Selenium.** Another male mineral, selenium, may also be helpful for the Step Down pattern. Selenium is an even more advanced or spiritual "male" mineral that helps to balance this pattern.

**Avoid taking copper.** Although a copper supplement is vital for the step up pattern, it can be damaging for those with the Step Down pattern. Do not take copper supplements, or high copper foods for the Step Down pattern, even if the hair copper level is very low.

#### OTHER ISSUES INVOLVED WITH THE STEP DOWN PATTERN

**Conflict issues.** The Step Down pattern is definitely a pattern related to some internal conflict. The person is determined to move ahead, but is somewhat slowed down by low energy, low adrenal and thyroid activity and usually by sympathetic dominance, which involves some fear, anxiety, anger and depression.

**Scattered, yet focused.** The Step Down pattern is also a combination of a tendency to be somewhat spacey or scattered (high copper) and a determination to move forward in a focused way.

**Often intelligent, spiritually-minded individuals.** The Step Down pattern often occurs in people who are of above average intelligence and often those who are interested in spiritual matters.

#### STEP DOWN PATTERN ON A MINERAL ANALYSIS RETEST

**This is a wonderful event.** It usually means a person is feeling better, and has made some important decisions to enter into a new life path or a new project, at least. It is a decision to move ahead with life in some way. It might be to pursue a new job or career, or to begin or deepen an interpersonal relationship, or to move one's residence, or simply to take a new

interest in living. This is in stark contrast to step-up pattern on a retest, which is not very important.

All Step Down patterns are “karmic beginnings”, or starting a new movement in one’s life. This is also the case when it occurs on a retest during a nutritional balancing program.

#### A SYMPATHETIC DOMINANCE PATTERN

While the degree varies, all Step Down patterns tend to have sympathetic dominance pattern as part of their quality. Sympathetic dominance is associated with a tendency to push oneself and to overuse the sympathetic nervous system.

© This material was edited and adapted from an article by Dr. Lawrence Wilson, the Center For Development. Any information missing from the original article was deemed to be irrelevant or unnecessary for our purposes. Dr. Wilson is an amazing resource for hair mineral analysis education. He may be contacted at POB 54, Prescott, AZ 86302-0054, 928-445-7690.