

# SYMPATHETIC DOMINANCE PATTERN

Sympathetic dominance is one of the most important and most interesting patterns seen on hair mineral analyses. The pattern always indicates an imbalance involving the autonomic nervous system. It may also have to do with lifestyle, toxic metals and other factors.

## THE MEANING OF SYMPATHETIC DOMINANCE

Sympathetic dominance indicates a person who is over-utilizing his or her sympathetic nervous system. In simple terms, the person is pushing himself or herself, or worrying too much. The sodium and potassium readings and their ratio have to do with the utilization of this branch of the autonomic nervous system.

While some use of this fight-or-flight system is normal and needed, when it is overused it becomes exhausted. The body flips into a parasympathetic state we call slow oxidation. However, if one keeps on using the sympathetic system after exhaustion occurs, the sodium and potassium levels in the hair keep declining, revealing the pattern we are discussing.

The result is the elimination of sodium and potassium in the urine and sweat beyond what is ideal. This causes the low levels. The pattern also has to do with the level of aldosterone and more complex mechanisms that come into play when the adrenal glands are very stressed and depleted.

## SYMPTOMS

**More physical activity than is appropriate.** People who are in a sympathetic dominant mode of behavior often are too physically active. Many are forever busy. They have trouble relaxing, sitting still, resting and being idle.

They often feel compelled, obsessive or compulsive, though usually not in a pathological way. This can be a positive trait when it is controlled. Many are caring and thoughtful but, if it is taken to an extreme, it eventually damages the body.

Some believe they are still fast oxidizers, when, in fact, the body has "burned out" of fast oxidation and is now in slow oxidation.

Many feel they are being "chased by tigers" -- they may have been taught that to relax is a "waste of time" or "unproductive" or "lazy".

They are doers. Often they identify themselves with their 'doingness', meaning their activities, physical or mental, rather than identifying with their beingness. The latter would be more like a young child who is just happy to be himself or herself and need not run around or do much of anything to be happy.

**Anxious or worriers.** This is a form of "running around aimlessly" in the mind. Too much time spent at the "what-if movies." Ask your practitioner to explain this.

**Tired, but somewhat out of touch with the fatigue and exhaustion.** They often feel tired only when they slow down. The reason for this is that the body is in a "second wind" mode of living much of the time. If they relax, they often feel like going to sleep. This is disturbing for them, so they get up and go again, putting themselves back in a sympathetic nervous mode.

**A very active mind.** Sympathetic dominant individuals are generally smart and have an active mind which easily gets overactive. This can make relaxing, sleeping or just sitting more difficult.

**Willfulness.** This is a good thing if it is used wisely. However, the best use of the will for the sympathetic dominant type of person is to will oneself to slow down, relax and meditate and to do MemGram® Processing. This can undo the Sympathetic Dominant pattern better than anything else. The use of the will for other purposes, such as planning, moving the body, thinking too much, etc., tends to make the sympathetic dominant pattern worse.

**Fearful and somewhat depressed due to fears, worries and fatigue.** Some with sympathetic dominance are running away from confrontation because it feels less stressful than dealing with it.

**A high copper personality type.** They generally have hidden or overt copper toxicity. This helps explain some of their symptoms such as an active, analytical, emotional aspect of the personality.

**Reduced libido.** This may stem from hidden fatigue and an inability to relax.

**Ungrounded and not centered enough.** This goes with the tendency to run around or worry too much.

**Problems with the first and second energy centers.** Oriental medicine calls these the first and second chakras. This has to do with grounding and centering.

**Often occurs in intelligent, spiritually-oriented people.** Mental activity can be as exhausting as physical activity. The obsession or compulsion to "solve" every problem, even if it is just for oneself, can drive a person to extreme exhaustion.

## CAUSES FOR SYMPATHETIC DOMINANCE

Causes for this pattern can come from the spiritual, mental or physical realm.

**Spiritual imbalances as a cause of sympathetic dominance.** Sympathetic dominant individuals are usually spiritually oriented or advanced, compared to the masses. One wants to "move on", so to speak, but does not know how to do this without burning out the nervous system in a fight-or-flight reaction.

This is where the Roy Masters meditation and MemGram® Processing can be essential and powerful. It is a productive way to use the will and other mental faculties without burning oneself out.

The same will that gets one into trouble with this mineral pattern can be used in a powerful, healing, creative manner. Beware of using just any meditation, as many do not have nearly the same effect as the Roy Masters Observation-Meditation. Beware of using any counseling technique that does not have the capability of helping you discover The Plan Against Your Life as it will only create "black holes" from which you may never recover. Ask your practitioner to explain. The results you will achieve by engaging in MemGram® Processing far exceeds anything else you may choose.

Another spiritual aspect of the Sympathetic Dominance pattern is that many with sympathetic dominance are somewhat lonely because of their level of mental development. They react to this by trying to 'fit in with the crowd'. To do so, they tend to overwork, overachieve and generally run themselves ragged. Many make the mistake of trying to constantly please others. As a result, they exhaust themselves.

Another spiritual aspect is that these individuals are generally quite ungrounded and uncentered. They have a strong need for grounding and centering. There are only a few ways to achieve this. One is the Roy Masters meditation exercise mentioned above and another is to engage in MemGram® Processing. Daily walking slowly is another excellent way to become centered and grounded and is highly recommended. Learning to maintain strict boundaries and learning basic truths about the world and about people is also helpful.

**Mental/emotional causes of sympathetic dominance.** This has much to do with one's upbringing. Many people are taught to not be lazy, to be productive, to not waste time, etc. This can become exaggerated into sympathetic dominance. It is a compulsive or obsessive quality.

Another emotional cause may be excessive emotions that are fearful, negative, angry or harmful. Fear of poverty, fear of the unknown, fear of self, can drive people to achieve highly or to be constantly moving.

**Fear.** The sympathetic nervous system is the fight-or-flight system. It is the body's response to fear. Anything that creates fear, whether it be listening to the news, watching a horror movie or war movie, being in the company of harmful friends or family, or other fearful situations can contribute to sympathetic dominance symptoms. Too much time is spent "at the what-if movies." Ask your practitioner to explain this.

**Anger.** Many people with sympathetic dominance are internally angry. This is partially because they are spiritually advanced people who are having trouble handling the world. It can also be for all sorts of other reasons, such as childhood traumas. Dealing with anger, which is always an adrenal response to fear that is projected onto others, is important for many people with sympathetic dominance pattern. Too much time is spent "at the past movies." Ask your practitioner to explain this. Again, MemGram® Processing is the best solution.

**Biochemical or nutritional causes of sympathetic dominance.** Copper imbalance is always present with this pattern. Other toxic metals, especially mercury and cadmium, or even toxic chemicals in the body may irritate and drive a person even when they want to relax.

Fatigue depletes vital nutrients such as zinc, chromium and selenium. These vital minerals are often replaced by toxic metals such as cadmium and copper.

If one follows a nutritional balancing program, the toxic metals and chemicals will slowly be eliminated from the body. As that happens, a person often calms down, worries less, relaxes more and the sympathetic dominance pattern disappears.

Many other toxic and physiological minerals can contribute to the pattern.

**Physical causes of sympathetic dominance.** An interesting cause of this pattern is muscle tension. This may take the form of simple tense muscles or it may cause spinal misalignments and other distortions of the physical body and posture that require handling by chiropractors or osteopaths.

It might also take the form of tight fascia that can be addressed by Rolfing or Massage, tight ligaments, bad posture or other structural or physical imbalances.

This is a strictly physical situation for the most part. This also means that anyone with sympathetic dominance should consider physical therapies such as chiropractic and structural integration as part of an overall healing program.

An interesting structural aspect is that a so-called cringing posture will tend to cause this pattern by irritating the sympathetic nerves in the upper and lower spinal area. As the posture changes, the nerves can relax.

## SOLUTIONS

The nutritional balancing programs we recommend are geared to correct sympathetic dominance:

**Basic good nutrition.** Those with sympathetic dominance often have poor eating habits, as they are always somewhat on the run. They also are depleted by their pattern. Also, the sympathetic nervous system interferes with their digestion and their elimination, so these areas of their bodies are weakened. These are specifically addressed with nutritional balancing programs with the right food, good eating habits and the use of correct, quality supplements.

**Balancing the oxidation rate.** This helps eliminate toxic metals and restore the autonomic and other parts of the nervous system to optimal functioning.

**Toxic metal removal.** The nutritional balancing program assists to remove all of the toxic metals

**Specific nutrients.** Specific nutrients to help rebuild the brain and nervous system may be suggested, however, this is never as important as the basic lifestyle changes.

**Supplement program special alterations.** Fewer stimulating supplements are suggested for the Sympathetic Dominant person. More parasympathetic-oriented supplements are used. These may include calcium, magnesium, zinc, ox bile, pancreatin or other supplements if temporarily needed for sleep or relaxation.

**Lifestyle.** More rest and sleep, going to bed early and making a concerted effort to slow down your thinking, moving, eating, learning to start each day slowly, taking slow walks during the day and deep breathing on a regular basis are all important.

**Dietary suggestions.** Eliminate stimulants such as caffeine and sugar. Eat more fats and oils. This helps relax the nervous system and aids digestion.

**Spiritual recommendations.** We recommend the Roy Masters Observation-Meditation Exercise and MemGram® Processing. This will help you slowly undo the emotional reasons for the Sympathetic Dominant pattern.

**Other healing modalities.** It is helpful to use a far infrared sauna, massage table, Bio-Mat® every morning and the KinoTox® pads every night for 5 nights, off 2 nights. This may initially make one tired, but that is because it is relaxing the autonomic nervous system

**Foot reflexology and coffee enemas.** Foot reflexology or KinoTox® pads are superb to rebalance the acupuncture meridians and relax the nervous system. Coffee enemas bring energy downward in the body and are needed by people with the Sympathetic Dominant pattern. They can be life-saving and usually feel very good. These procedures, along with the far infrared sessions, are specifically helpful for this mineral and personality pattern.

**Chiropractic and Rolfing.** Consider a program of regular chiropractic manipulation and Rolfing or other structural integration therapies.

#### SYMPATHETIC DOMINANCE ON RETEST HAIR MINERAL ANALYSES

On retest hair mineral analyses when a person is following a nutritional balancing program, the Sympathetic Dominant pattern appearing is less important because it is usually a retracing effect that is temporary and will pass usually in a few days to a few weeks.

One may still experience the symptoms of sympathetic dominance while one is retracing the pattern, but the symptoms are usually transient and mild.

#### VARIANTS OF SYMPATHETIC DOMINANCE

**Burned Out Sympathetic Dominance.** This pattern is present when the sympathetic dominance pattern of a low potassium level combines with a sodium/potassium ratio less than 2.5. This may indicate that a person has been in sympathetic dominance for a long time, or it has been extreme, so that now the adrenal glands are exhausted, causing a low sodium/potassium ratio. It is not a healthful pattern and is associated with exhaustion, fatigue, depression and chronic illnesses.

**Hunted.** This is a way to express or understand an extreme sympathetic dominance pattern. Criteria for a "hunted" pattern include a potassium level of 1 mg% or less, a Ca/K ratio greater than 200, and an Na/K ratio of 4 or more.

© 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.