

C E L L U L A R
R E S P O N S E T H E R A P Y



2 M O N T H S A P A R T
T H E N 1 Y E A R A P A R T

S A R C O D E S & N O S O D E S

Sarcodes

Sarcodes are another one that was adopted by homeopathy, but really do not belong in homeopathy, because the only method of potentisation, low enough, at the time that they became more widely used, was to use the homeopathy method of dosing. They actually go back to early Egypt, long before homeopathy ever existed. And these are actual biological samples from a cow, pig, sheep, or human that are potentised in doses that will either stimulate, normalize or sedate/detoxify, the same organ, tissue, gland, hormone, protein etc., that is being used. You should also note, that Tim does not use frequency-based sarcodes. Tim only uses real biological sarcodes. This will be explained in greater detail in the sarcodes section.

Nosodes

Nosodes are also biological samples, but unlike sarcodes, nosodes are pathogens and only used at high sedation/detoxification potencies, because we never want to stimulate or normalize an infection, and this is the one that does follow the principles of homeopathy to a degree. This is where we can take pathogens, such as bacteria, viruses, and fungi, and sedate the actual infection to allow the immune system the opportunity to detoxify and remove even small remnants of the infection itself.

M A L A B S O R P T I O N

Malabsorption is a growing concern and is present in 70% + of my clients especially if you have grown up in Australia and NZ and weren't fed organic produce.

The WHO have cleverly named this 'multi micronutrient deficiency syndrome' aka wide spread mineral deficiency which when you are deficient in these 12 essential minerals it inhibits to uptake of other minerals and vitamins and therefore begin to display with wide spread deficiencies.

If one is presenting with malabsorption this is a priority treatment of care as once corrected the foundation of optimal health is then formed. It presents with a straight crease on the chin.



M I N E R A L S A N D F A C I A L S I G N S O F D E F I C I E N C Y

On the following pages you will find an educational library of facial indicators of mineral deficiencies. Please be aware this information is the copyright of my teacher and can only be shared with consent and recognition.

Not all minerals have clear markers of deficiency and therefore this library only covers those in which have confirmed indicators. A thorough analysis of symptoms and health history can usually indicate the others which may be deficient.

Reminder that this information is not to diagnose however educate on the potential minerals you need to support your bodies health. Always consult with your health care professional before starting any new treatment and/or supplementation.

CALCIUM FLUORIDE

DESCRIPTION OF THE VISIBLE SIGN:

Creases in the skin that begin at the inside corner of the eyes and flow down and outward. Also known as a **cubicle fold**.

RELATIONSHIP TO HEALTH:

While fluoride gets a very bad rap in our community of natural health and living, it is actually **essential to maintaining human life**.

Calcium fluoride is responsible for the elasticity of all tissues, including connective tissue in the human body. **Without it we couldn't survive.**

Our muscles would not be able to contract, the ovaries or testes could not excrete hormones, our heart would not be able to feed, our lungs would not be able to expand, our tendons and ligaments would just break when we stretched them.

RELATED VISIBLE SIGNS IN PHOTO:

You will notice that everybody with a calcium fluoride deficiency will not only have the cubicle fold, but they'll also have **crows feet wrinkles**.

When facing an issue of a loss of elasticity in any tissue of the body, it is always best to **combine calcium fluoride with silica and copper arsenite**. These 3 deficiencies are often found together.



CALCIUM PHOSPHATE

DESCRIPTION OF THE VISIBLE SIGN:

Graying of the upper eyelids that **DOES NOT** extend beyond the upper eyelids themselves.

RELATIONSHIP TO HEALTH:

Everybody with a calcium phosphate deficiency is likely to develop a milk/dairy allergy. If they have the grayed upper eyelids, they really should stay away from dairy products.

The most common relationships are that to bone and teeth health, however because it is a phosphate, you can expect a wide range of behavioral issues to be associated with this deficiency as well.

Phosphates are our brain and nerve nutrients and thus, a calcium phosphate deficiency has over 100 possible indications or symptoms associated with this deficiency.

RELATED VISIBLE SIGNS IN PHOTO:

In this instance, we should look at the inside corner of the lower eyelids and we can see a reddish gray discoloration, this is actually vascular convulsions associated with allergies.

This would lead me to believe that there is a high probability that the milk/dairy allergy associated with the deficiency, may have already taken set in.



POTASSIUM SULPHATE

DESCRIPTION OF THE VISIBLE SIGN:

Potassium sulphate and sodium sulphate have identical facial sign, and that is that you should be looking for yellowing of the skin around the mouth and eyes. You should also be looking for yellowing of the whites of the eyes, at the inside and outside corners of the eye. However, as you will see in the last section, there is one way to differentiate between the potassium and sodium sulphate deficiencies.

RELATIONSHIP TO HEALTH:

Potassium sulphate combats the 3rd and final stage of inflammation, after the heat and redness of inflammation in the 2nd stage has gone. Also working upon eliminating pus, this mineral will also play a significant role in our natural abilities to drain the mucous membranes of the body.

RELATED VISIBLE SIGNS IN PHOTO:

Once again, open the mouth and have them stick out their tongue. Those with a potassium sulphate deficiency, but NOT a sodium sulphate deficiency, will have a yellowish coating on their tongue. This is how you differentiate between the 2 deficiencies.



IRON PHOSPHATE

DESCRIPTION OF THE VISIBLE SIGN:

The visible blue veins around the eyes, ears or cheeks are a sign of either iron deficiency [anemia] or iron excess [hemochromatosis]. The color of the lips and gums will tell you which one it is. Pale lips and gums is anemia, dark red lips and gums is hemochromatosis.

RELATIONSHIP TO HEALTH:

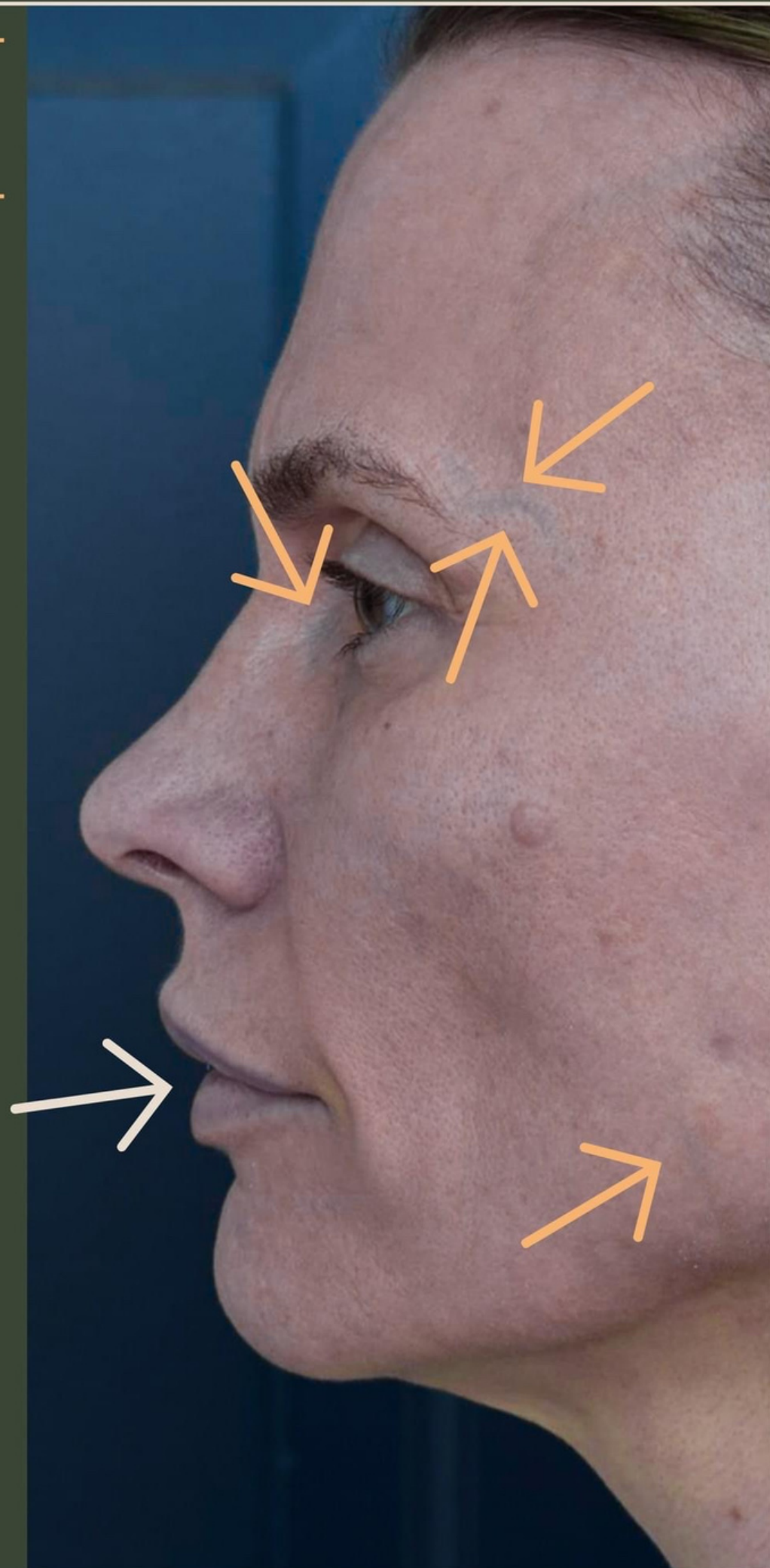
Iron is utilized by the red blood cells and is the carrier of oxygen throughout the human body. Expect issues with breathing, stage 1 inflammation, fatigue, recurring infections and so much more when iron is low in the human body. When iron is high, it's really quite the opposite however it can be quite dangerous to the heart if untreated.

RELATED VISIBLE SIGNS IN PHOTO:

As indicated in the first section, the telltale as to whether the visible veins on the side of the face are related to low iron or high iron, can easily be found in the color of the lips and gums.

Pale lips, as seen in this photo, identify low iron a.k.a. anemia. If they were dark red in color, it would be high iron, also known as hemochromatosis.

But wherever you see visible veins, outside of an infant or toddler, there's going to be an issue with the levels of iron in that individual body.



SODIUM CHLORIDE

DESCRIPTION OF THE VISIBLE SIGN:

The green arrows in the photo to the right indicate the main indication. That is the presence of **nasolabial folds**. While this is the main facial sign, there's much more to look for as will be described below. Please note that the **signs of a sodium phosphate deficiency are almost identical**, except in sodium phosphate you will see drooping of the skin along the jaw line and under the chin.

RELATIONSHIP TO HEALTH:

Sodium, along with potassium are the 2 main electrolytes in the human body, which means that one of their main functions is that of carrying **electrical signaling** within the human body. It plays a significant role in **blood pressure, heart rhythm, water distribution, kidney function** and so much more.

RELATED VISIBLE SIGNS IN PHOTO:

In a sodium chloride deficiency, you will also see what will appear like a **shiny or oily T-zone**. Which is depicted in the photo, by the black arrows. One of the other things that you will see, as depicted by the white arrows, is like a **humid or damp shine on the upper eyelids**. You can also expect to see **enlarged pores**, especially on the nose, which are visible in the photo but not pointed out with any arrows. Please note that the signs of sodium chloride and sodium phosphate are almost identical. **See first section for more info** ^



MAGNESIUM PHOSPHATE

DESCRIPTION OF THE VISIBLE SIGN:

In a magnesium phosphate deficiency, you should be looking for a constant redness of the ears that has no other reasonable cause, but you will often also find milia around the eyes, which are actually calcium deposits caused by a lack of magnesium and/or vitamin D to help the calcium absorb into the body.

RELATIONSHIP TO HEALTH:

Magnesium phosphate is a life maintaining and essential nutrient, responsible for stress management, thyroid function, blood pressure regulation, muscle function, heart health, liver health, brain and nerve health, and so much more. But please do not make the common mistake of taking too much magnesium. It will block the ability of many other nutrients to be absorbed into the body if taken in excessive amounts.

RELATED VISIBLE SIGNS IN PHOTO:

Along with the red ears and milia, simply reach out and touch their nose. People with a magnesium deficiency will have a constantly cold nose, hands and/or feet. They often will also suffer from involuntary twitching of one or both eyes.



POTASSIUM PHOSPHATE

DESCRIPTION OF THE VISIBLE SIGN:

Potassium phosphate, which I have nicknamed the **attitude adjuster**, has a single visible sign of deficiency, and that is **indents on the outside corners of the eyes**, as shown in the photo on the right. **This is an extreme case**, it doesn't have to be this deep in order for it to be identified as a potassium phosphate deficiency.

RELATIONSHIP TO HEALTH:

Potassium phosphate works mainly upon the brain and nerves. It is indicated in a wide range of behavioral issues, including **addictions, brain fog, claustrophobia, inability to commit, and even linked to the cheaters**. But also, should be considered in all cases of **neuralgia**.

RELATED VISIBLE SIGNS IN PHOTO:

This is one deficiency that has no additional signs. The one and only sign is that of the indents on the outside corners of the eyes. There's nothing else to look for.

PLEASE NOTE: THIS PHOTO WAS PHOTOSHOPPED TO EXAGGERATE THE SIGNS IN ORDER TO HELP YOU BETTER BE ABLE TO VISUALIZE THEM.



SODIUM PHOSPHATE

DESCRIPTION OF THE VISIBLE SIGN:

Very close to the same signs as a sodium chloride deficiency, with a **humid or damp shine on the upper eyelids**, but the shiny T-zone now becomes just a **shiny nose and complete forehead**. People with a sodium phosphate deficiency, you will have **hanging skin on the jaw line and under the chin**. Be careful, they are easy to confuse.

RELATIONSHIP TO HEALTH:

The main purpose of sodium phosphate in the human body is that of **neutralizing acids, including uric and lactic acids**. Thus, it plays a significant role in the **kidneys, muscles, joints and preventing plaque buildup in the arteries**. It's **one of the most important and critical tissue salts/minerals**.

RELATED VISIBLE SIGNS IN PHOTO:

While there's a lot to cover in identifying a sodium phosphate deficiency, such as the dull shine of the forehead, the shiny upper eyelids, the shiny nose, the hanging skin on the jaw line or under the chin, perhaps even in front of the neck, there is another sign, and this will require a small flashlight in them to open their mouth and stick out their tongue. Yes, because people with a sodium phosphate deficiency will **typically have a yellowing of the tongue, at the back of the tongue**. In the **mucous membranes will be very pale in color**.



SODIUM SULPHATE

DESCRIPTION OF THE VISIBLE SIGN:

Sodium sulphate is utilized in the human body in the interstitial fluids of the body, which I will explain below, and thus its main function begins at the liver, and when the liver is congested, expect to see yellowing of the whites of the eyes, and on the skin around the mouth or eyes. Also expect a reddish, bluish or almost purpleish color of the bulb of the nose in the most severe of cases.

RELATIONSHIP TO HEALTH:

Acting upon the interstitial fluids, which are the fluids between the blood vessels and the cells of the body which carry nutrients throughout it, sodium sulphate **plays a significant role in the entire lymphatic system beginning at the liver.** It is your **nutrient of natural process detoxification.**

RELATED VISIBLE SIGNS IN PHOTO:

Another nutrient where you will want to have a look at the tongue to identify the deficiency. In sodium sulphate, a deficiency **may present as a greenish coating at the back of the tongue,** and the tongue may appear somewhat dirty. It's not, it's just the appearance that it gives. **Always look for the yellow,** when attempting to identify a sodium sulfate deficiency.

PLEASE NOTE: THIS PHOTO WAS PHOTOSHOPPED TO EXAGGERATE THE SIGNS IN ORDER TO HELP YOU BETTER BE ABLE TO VISUALIZE THEM.



POTASSIUM CHLORIDE

DESCRIPTION OF THE VISIBLE SIGN:

Potassium chloride is another essential nutrient that gets and unwarranted bad rap, because it's used in lethal injection. However it's used a toxic and lethal amounts, not nutritional amounts. To identify potassium chloride deficiency, look for pale, almost grayish skin with redness inflammation around the eyes and possibly throughout the face.

RELATIONSHIP TO HEALTH:

Potassium chloride combats stage II inflammation, which is the stage of the elimination of pus in all infections. It also acts upon the mucous membranes as the human body relies upon potassium chloride to detoxify or drain the mucous membranes.

RELATED VISIBLE SIGNS IN PHOTO:

If you want to confirm a potassium chloride deficiency, beyond the pale and grayish skin, you only have to ask them to open their mouth and stick their tongue out. If that tongue has a white coating, in combination with the presentations listed in the first section above, and that will confirm a potassium chloride deficiency. Yes, even in the case of thrush. But it doesn't have to be that severe, in order to identify potassium chloride deficiencies.



SILICA

DESCRIPTION OF THE VISIBLE SIGN:

Silica, the love of women worldwide. It's so significant and hair, skin and nail health, that it has become a staple mineral, in those seeking beauty, but when combined with copper arsenite, and calcium fluoride, it's a powerhouse. The one sign of deficiency, is vertical folds in front of the ears as depicted in the 2 photos on the right. A slight version, and a severe version.

RELATIONSHIP TO HEALTH:

Silica, just like calcium fluoride and copper arsenite, are responsible for the elasticity of all connective tissue in the human body. This includes the skin, hair, nails, but also the inner tissues, such as the tendons, the ligaments, the pericardium that surrounds your heart, the linings of your lungs and so much more. Without this trio, we could never survive.

RELATED VISIBLE SIGNS IN PHOTO:

This is another deficiency that has no additional signs. The one and only sign is that of the indents on the outside corners of the eyes. There's nothing else to look for.



CALCIUM SULFIDE

DESCRIPTION OF THE VISIBLE SIGN:

Calcium sulfide is another one with the single telltale sign. You may hear people talk about calcium sulfide and calcium sulfate. It's the exact same thing! No matter which you buy, you get calcium sulfide. Don't let people trick you. But the single telltale sign of a calcium sulfide deficiency is lines that begin under the lower eyelids, and work outward and then down the cheeks. In some less severe cases, they may not have extended enough to begin turning down the cheeks.

RELATIONSHIP TO HEALTH:

Calcium sulfide acts upon the liver, the blood and purification all of it, the joints, detoxification of heavy metals and much more. Again, I know they list calcium sulfide and calcium sulfate. You will get the exact same thing in the packagings. I've discussed this with just about every manufacturer and they are the exact same thing. Don't let somebody try to sell you 2 of them.

RELATED VISIBLE SIGNS IN PHOTO:

This is another deficiency that has no additional signs. The one and only sign is that of the indents on the outside corners of the eyes. There's nothing else to look for.



POTASSIUM ARSENITE

DESCRIPTION OF THE VISIBLE SIGN:

Potassium arsenite is another well with this single facial sign, and it's quite easy to find, just look for the **small break in the contour of the skin above the upper eyelid** typically, the skin between the break and the inside corner of the eyes will be a bit puffy in nature. This is a potassium arsenite deficiency with or without the puffiness.

RELATIONSHIP TO HEALTH:

Potassium arsenite plays a major role in the lymphatic system, thus it acts upon the thyroid, the liver, the lymph nodes, but it also upregulates serotonin in the human brain, and is a powerful mineral for people who suffer from panic attacks or depression. It is utilized in the brain, the kidneys, the skin and even the hair.

RELATED VISIBLE SIGNS IN PHOTO:

This is another deficiency that has no additional signs. The one and only sign is that of the indents on the outside corners of the eyes. There's nothing else to look for.



POTASSIUM IODIDE

DESCRIPTION OF THE VISIBLE SIGN:

With a **potassium iodide** deficiency, you going to look for the main sign being that of **red edges along the lower and upper lips of the eyelids**. However, to make sure that this is not just somebody who's tired, or spends too much time in front of the computer, you will only considered a potassium iodide deficiency if the edges of the eyelids are red, but the whites of the eyes are not. Meaning that the eyes are not bloodshot as well. Only then is it considered a potassium iodide deficiency.

RELATIONSHIP TO HEALTH:

While potassium iodide plays several roles in the human body, the most considered is that of its function in thyroid. Competing or balancing with potassium bromide, to maintain optimal thyroid health. However, it is also responsible for clearing heavy metals from the body, a cofactor of many enzymes, a nutrient of the lungs and helps protect the glands that it resides in, from radioactivity.

RELATED VISIBLE SIGNS IN PHOTO:

This is another deficiency that has no additional signs. The one and only sign is that which is indicated above.



POTASSIUM BROMIDE

DESCRIPTION OF THE VISIBLE SIGN:

Potassium bromide has about one indication of the human skin, and it is that of cherry angiomas, which are red moles that can occur anywhere on the body, but are most often found around the neck and chest. The difficult part in this, is a cherry angiomas can indicate either a deficiency or toxicity of potassium bromide. Thus one must be very careful.

RELATIONSHIP TO HEALTH:

Potassium bromide plays a critical role in thyroid health. It competes with iodine, to create a balance of iodine/bromide in the thyroid. When there is too much iodine, your body will utilize bromide, to reduce the excess iodine. However, when you have a potassium bromide deficiency, there is no bromide available to do that, and thus, hyperthyroidism would be expected to follow.

RELATED VISIBLE SIGNS IN PHOTO:

This is another deficiency that has no additional signs. The one and only sign is that which is indicated above.



ARSENIC IODIDE

DESCRIPTION A VISIBLE SIGN:

Will present as 1, 2, 3 or more, vertical folds between the eyebrows.

RELATIONSHIP TO HEALTH:

Arsenic Iodide deficiency is directly associated with reduced function of the lymphatic system. This is proven in the drug arsenic trioxide.

This deficiency should always be taken quite seriously, as the lymphatic system must be working optimally in case of an onset of cancer.

When arsenic iodide is at optimal levels, cancer almost never makes it into the lymph nodes, or transfers to a secondary location where it may metastasize.

RELATED VISIBLE SIGNS IN PHOTO:

If you look closely or even blow up the photo, you will notice yellowing around the mouth. This is a sign of jaundice, a yellow bile like substance that can cause yellowing of the skin or the inner and outer corners of the eyes. This is because the liver is the most significant organ in the lymphatic system, and a great indication that the arsenic iodine deficiency is severe. You will not see this in most people, only the most severe of deficiencies.



COPPER ARSENITE

DESCRIPTION OF THE VISIBLE SIGN:

In a **copper arsenite** deficiency, you will find **the inside corners of the eyes, where the upper and lower eyelids meet, to have lost most pigmentation**. It will be much lighter than the typical skin color throughout the face. Just as shown in the photo to the right.

RELATIONSHIP TO HEALTH:

Copper plays a major role in so many aspects of human health. It is a **component of superoxide dismutase**, your most powerful antioxidant that **neutralizes superoxide radicals**. It is a **cofactor in many enzymes and amino acids**. It **stimulates the production of both collagen and elastin** in the human face. Thus, when such a deficiency exists, even in this young lady, you're starting to see vertical wrinkles developing in her forehead. It plays a role in **digestive health, mental health, skin health**, and so much more.

RELATED VISIBLE SIGNS IN PHOTO:

Wherever there is a copper deficiency, no matter the age of the individual, you will see either **widespread wrinkling or wrinkling in the face, forehead, around the eyes or mouth**, that have fully developed or are developing. This is the main secondary sign that you should be looking for beyond that listed in the first section.



ZINC CHLORIDE

DESCRIPTION OF THE VISIBLE SIGN:

A **zinc chloride** deficiency is very easy to detect. What you will look for is a **white line that follows the contour of the upper lip**. This is known as the **Vermillion line**, and when it is **pale white in color** as though this skin along the contour of the upper lip has lost pigmentation, you are looking at a zinc chloride deficiency.

RELATIONSHIP TO HEALTH:

Zinc, much like copper, plays a major role in so many aspects of human health. It is a **component of superoxide dismutase**, your most powerful antioxidant that **neutralizes superoxide radicals**. **Zinc and copper compete against each other**, while working synergistically in the body, in **kidney health, skin health, thyroid health, neurological health, mental health, enzyme in amino acid production, digestive health** and so much more.

RELATED VISIBLE SIGNS IN PHOTO:

Now, this is an interesting one with a couple of other telltale signs. One will be to look at the beds of the fingernails, and if you see **white spots under the fingernail**, you're facing a zinc deficiency. But also, in **late onset cystic acne**, you can almost be assured that there is a zinc chloride deficiency. Thus, when you see the vermilion line and cystic acne, it's almost certain that the zinc chloride will resolve that acne.



SELENIUM

DESCRIPTION OF THE VISIBLE SIGN:

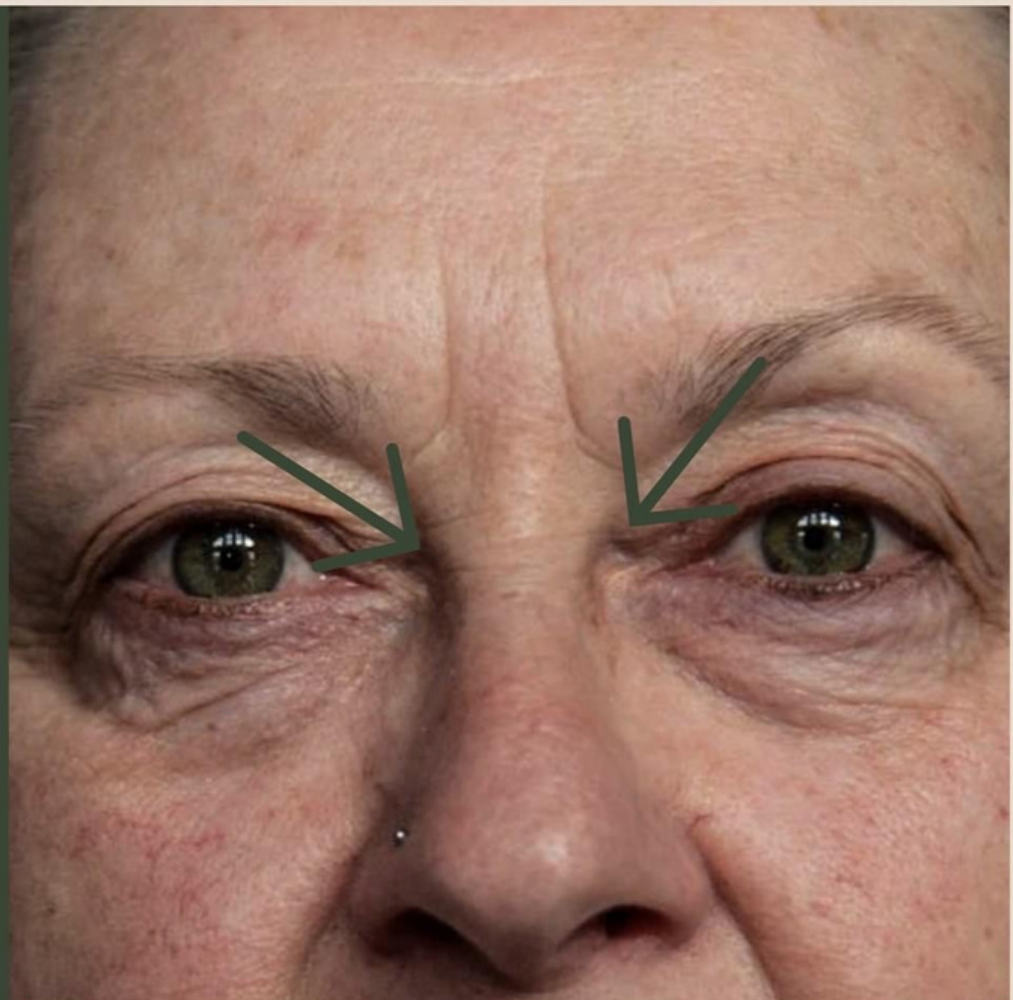
Selenium is a critical nutrient that has only one facial sign, and that's the appearance **as though somebody was just wearing glasses**, even though they don't wear glasses. It is **indents at the inside corners of the eyes, along the sides of the nose**. Please take note that whenever you see this, you can be assured that this person is hypothyroid. Because without selenium, selenium based proteins required to convert thyroid hormones will be unavailable.

RELATIONSHIP TO HEALTH:

Selenium plays a **significant role in cellular activity** as a whole, and thus, **fatigue and brain fog** are expected in a selenium deficiency. However, it's also responsible for **nutritional metabolism**, is also a **component of superoxide dismutase**, and plays a role in the **development of many amino acids and enzymes**. It is a **cancer preventative and protective**, but also is critical in **all functions of the frontal cortex** of the human brain. **Processing our emotions!**

RELATED VISIBLE SIGNS IN PHOTO:

With this mineral, it has no other facial signs other than that described in the first section. **There are no secondary facial signs.**



CALCIUM CARBONATE

DESCRIPTION OF THE VISIBLE SIGN:

When it comes to a **calcium carbonate** deficiency, it's very easy to see. When the **skin above the upper eyelids droops or hangs down to cover the upper eyelid**, you have a calcium carbonate deficiency and somebody that you can be absolutely certain that they are a chronic over thinker.

RELATIONSHIP TO HEALTH:

Calcium carbonate is best recognize, in **bone formation**, however, it plays a pivotal role in **longevity, antiaging, developmental delays**, the **lymphatic system** and **human behavior**. As I stated above, whenever you see the hanging skin above the eyelids, unless they are in ethnicity, such as **Japanese, where this is present in everybody**, but when it's not present in the whole ethnicity, you can rest assured that this is a **chronic over thinker**.

RELATED VISIBLE SIGNS IN PHOTO:

With this mineral, it has no other facial signs other than that described in the first section. **There are no secondary facial signs.**



M I N E R A L S & E M O T I O N S

Minerals and their biochemical interaction with every cell in the body can be depleted by chemical, emotional and physical stressors. The way in which we think, feel and act is a direct correlation to the bodies signal of what it is lacking and therefore needing to rebalance. Common emotional states that can be associated with deficiencies when indicating deficiency include;

Aggressiveness- Potassium Sulphate

Anger – Expressed At Smallest Things Nickel

Annoyance (Constant And Irrational) -Potassium Phosphate, Sodium Sulphate, Potassium Arsenite, Sodium Chloride, Copper Arsenite, Arsenic Iodide

Anxiety -Magnesium Phosphate, Aurum Chloride Sodium (Gold), Silver Nitrate, Boron/Borax, Nickel, Cobalt

Anxiety (About The Future) - Sodium Chloride

Courage (Lacking Or Excessive) - Lithium Chloride/Lithium Carbonate, Ferrum Phosphate, Sodium Chloride

Dependence (Feelings Of) - Aurum Chloride Sodium (Gold)

Depression -Potassium Phosphate, Potassium Sulphate, Magnesium Phosphate, Silica, Potassium Arsenite, Potassium Bromide, Manganese Sulphate, Potassium Iodide, Lithium Chloride/Lithium Carbonate, Calcium Carbonate, Aurum Chloride Sodium (Gold), Boron/Borax, Nickel, Vanadium, Cobalt

Desperation (Irrational or Constant State) - Sodium Chloride, Calcium Carbonate, Calcium Phosphate, Lithium Chloride/Lithium Carbonate, Aurum Chloride Sodium (Gold)

Dignity (Lacking) Sodium Phosphate, Arsenic Iodide, Aurum Chloride Sodium (Gold)

Disappointment (Constant Feelings Of) - Sodium Chloride, Calcium Carbonate, Selenium

Disinterest (Constant, In Most Things) - Potassium Arsenite, Sodium Sulphate, Sodium Chloride

Emotional Control (Lacking) - Silica

M I N E R A L S & E M O T I O N S

Emotional Instability - Lithium Chloride/Lithium Carbonate

Enthusiasm Ability (Lacking) - Magnesium Phosphate

Excitability (Easily Excited) - Lithium Chloride/Lithium Carbonate, Potassium Dichromate/Bichromate

Excitement (Lacks Ability for) - Calcium Phosphate

Failure (Irrational Fear of) Ferrum Phosphate, Potassium Phosphate, Sodium Chloride, Sodium Sulphate, Potassium Arsenite, Potassium Bromide, Copper Arsenite, Sodium Bicarbonate, Arsenic Iodide

Fear (Unreasonable And Irrational) Potassium Phosphate, Calcium Carbonate, Calcium Phosphate, Aurum Chloride Sodium (Gold)

Forgiveness (Lacking) - Sodium Chloride

Friendliness (Lacking) - Potassium Sulphate, Sodium Phosphate, Silica

Indecisive (Lacking Decision-Making Power) Calcium Phosphate, Calcium Sulphate, Ferrum Phosphate, Sodium Sulphate, Sodium Phosphate, Silica, Lithium Chloride/Lithium Carbonate, Copper Arsenite

Indifference (Constant Or Frequent Feelings Of) Sodium Chloride, Calcium Phosphate, Potassium Arsenite, Silica, Selenium

Inferiority Complex Calcium Fluoride, Calcium Phosphate, Manganese Sulphate, Potassium Phosphate, Aurum Chloride Sodium (Gold)

Insecurity (Feeling Insecure Constantly) Calcium Phosphate, Silica, Calcium Sulphate, Manganese Sulphate, Arsenic Iodide

Instability (Feelings of Emotional Instability) Calcium Phosphate

Intemperance (Constant) Potassium Sulphate

M I N E R A L S & E M O T I O N S

Irritability Calcium Flouride, Calcium Phosphate, Potassium Phosphate, Sodium Chloride, Copper Arsenite, Calcium Carbonate, Cobalt, Potassium Arsenite, Potassium Iodide
Jealousy (Irrational) Potassium Sulphate, Potassium Arsenite, Calcium Sulphate, Selenium
Joy (lacking) Calcium Flouride, Calcium Phosphate, Ferrum Phosphate, Potassium Phosphate, Magnesium Phosphate, Lithium Chloride/Lithium Carbonate, Arsenic Iodide, Aurum Chloride Sodium (Gold), Selenium
Listlessness Ferrum Phosphate
Loneliness (Feelings Of) - Sodium Chloride, Arsenic Iodide
Melancholy - Silica, Potassium Bromide, Potassium Iodide, Calcium Carbonate, Vanadium
Nervousness (Constant or Frequent Irrational) Calcium Phosphate, Sodium Chloride, Selenium
Overexcited (Easily) Potassium Phosphate, Magnesium Phosphate
Overly Sensitive (Emotionally) Silica
Perseverance (Lacking) - Ferrum Phosphate, Calcium Phosphate, Magnesium Phosphate, Sodium Chloride, Silica, Arsenic Iodide
Pessimism (Constant Or Frequent) Sodium Chloride, Potassium Arsenite, Ferrum Phosphate
Positivity Potassium Phosphate
Rage Calcium Flouride, Calcium Phosphate, Ferrum Phosphate, Potassium Sulphate, Magnesium Phosphate, Sodium Chloride, Silica, Lithium Chloride/Lithium Carbonate, Arsenic Iodide, Potassium Dichromate/Bichromate
Rage (Abrupt) Aurum Chloride Sodium (Gold)
Relaxation (Inability To Relax) Selenium, Magnesium Phosphate
Sentimental (Overly) Magnesium Phosphate, Calcium Flouride, Potassium Bromide, Arsenic Iodide, Aurum Chloride Sodium (Gold), Potassium Dichromate/Bichromate
Seriousness (Constant or Frequent) Calcium Phosphate, Sodium Chloride, Arsenic Iodide
Shyness (Excessive) Calcium Phosphate, Arsenic Iodide, Aurum Chloride Sodium (Gold)

M I N E R A L S & E M O T I O N S

Stress (Constant State of) Calcium Phosphate, Magnesium Phosphate, Potassium Phosphate, Manganese Sulphate, Calcium Carbonate, Cobalt, Selenium

Unhappy Being Calcium Fluoride, Sodium Chloride, Lithium Chloride/Lithium Carbonate, Copper Arsenite

Vulnerability (Constant Feelings Of) Sodium Chloride, Silica

Worry (Constant, Unreasonable) Potassium Chloride, Potassium Phosphate, Calcium Fluoride, Alumen

As you can see minerals play a key role in the ability to process and regulate our behaviours and emotions. If you or others are experiencing these emotions or behaviours remember they don't necessarily mean they are deficient in all of the associated minerals however with an overall examination we come to realise which are prominent and therefore necessary to correct, the phosphates in particular are powerful minerals for this.

MINERALS FOR OPTIMAL THYROID FUNCTION

- **Copper:** A copper deficiency renders the hypothalamus incapable of regulating thyroid gland activity. Published research shows that copper helps catalyze the formation of tyrosine, the amino acid “backbone” of thyroxine.
- **Iron:** Iron is a mineral that requires stomach acid for its absorption. In addition, iron is a component of many digestive enzymes. Low iron has multiple impacts on thyroid function. Iron is a component of the enzyme thyroid peroxidase, which catalyzes the first two steps in thyroid hormone production. Low iron will slow down thyroid activity through a decrease in thyroid hormone production and a lower rate of conversion of T4 to T3.
- **Iodine:** Iodine is one of the most essential nutrients for the thyroid. Each molecule of thyroxine (T4) has four atoms of iodine, and each molecule of triiodo-L-thyronine (T3) has three atoms of iodine. A deficiency in iodine can result in hypothyroidism.
- **Bromide:** Bromide and iodine compete in the thyroid. When bromide is too low, and iodine is too high, hyperthyroidism occurs. When bromide is too high, and iodine is too low, hypothyroidism occurs. It also plays a role in the production of sex hormones.
- **Manganese:** Manganese is involved in the formation of thyroxine. Low manganese will result in poor thyroid gland function. In addition, manganese is part of the intracellular antioxidant enzyme, Manganese Superoxide Dismutase. This antioxidant enzyme is an important protector of the thyroid gland. Hypothyroidism also leads to poor absorption of manganese.

MINERALS FOR OPTIMAL THYROID FUNCTION

- Magnesium: Magnesium plays vital roles in maintaining thyroid function¹. It is involved in the formation of thyroid stimulating hormone (TSH) in the anterior pituitary, leading to an increase in thyroxine (T4) production. Thyroxine (T4) is the less active form of thyroid hormone. Triiodo-L-thyronine (T3) is the more active form, having 4 times the metabolic activity of T4².
- Zinc: Zinc stimulates the hypothalamus to form thyrotropin-releasing hormone (TRH), which in turn stimulates the anterior pituitary to release thyroid-stimulating hormone (TSH)³. The release of TSH causes the thyroid to increase production of thyroxine (T4). Zinc is needed for the conversion of thyroxine (T4) into the much more active triiodo-L-thyronine (T3). Zinc is responsible for maintaining proper serum levels of T3, T4, and TSH⁴.
- Selenium: The thyroid gland contains more selenium per gram of tissue than any other body component. Selenium is a key component of the iodothyronine deiodinases. The iodinases are involved in removing an iodine atom from thyroxine (T4) to form T3. In addition, selenium is important for protection of the thyroid gland. In the process of thyroxine production, the thyroid gland generates hydrogen peroxide, which is damaging to the thyrocytes. Selenium is a component of glutathione peroxidase, which is an intracellular antioxidant. Glutathione peroxidase protects the thyroid from the free radical effects of hydrogen peroxide. It has been shown⁶ that high iodine content with inadequate selenium levels will lead to the destruction of thyroid cells.

MINERALS FOR OPTIMAL THYROID FUNCTION

- Molybdenum: Although the amount of molybdenum required by the human body is very low, it plays some very important roles. Molybdenum-dependent enzymes operate in the oxidative system of the thyroid epithelial cell called thyrocytes. These are the cells of the thyroid responsible for the production and secretion of the thyroid hormones. Molybdenum plays a role in the release of triiodo-l-thyronine (T3) from the thyroid gland.
- Boron: According to a study done in Russia, boron plays a role in the conversion of thyroxine (T4) to triiodo-l-thyronine (T3).
- Vitamins: It is also important to note that Vitamin A, B1, B2, B3, B6, B12, C, D & E all play a role in thyroid function.

Where ever there is autoimmune thyroid condition it is important to be aware that antioxidants should be avoided until such time as the autoimmune as gone into remission as these are immune boosters which can worsen symptoms on an already over-driven immune system.

W O R K I N G W I T H M E

If you would like to work on a program with me below is an outline of cost and also minimum requirements.

1. You would be willing and able to refrain from alcohol for minimum of 3 months which is the requirement of time for an initial program. Drinking alcohol will waste your time and money on the minerals as they will be deemed ineffective to the level we need to see the results possible.
2. You are committed to an initial 3 month program (ongoing care is not required however is recommended when addressing deeper imbalances. Your body will always indicate priority of care for an initial program.
3. To see optimal results changing other habits relating to lifestyle, food and drink that support the body and its systems to restore will yield the greatest potential of results.
4. Be realistic about what is possible in 3 months when it comes to rebalancing and restoring especially if you have multiple conditions / symptoms.
5. There are some prescription drugs that may disturb the uptake of the minerals and it may be that you will need to work alongside your care provider for support. I will never recommend you go off prescriptions however will encourage you to speak to your acting physician to see what is possible to be monitored.
6. 1:1 Session full analysis including facial, history of symptoms and presenting condition is assessed alongside muscle testing when in person. Self muscle testing is essential so we will ensure you are confident in this throughout the program. Cost \$150 - \$200 (usually takes 2 - 2.5hrs of my time to complete 90min session and post mapping + report)
7. A mineral program can range from \$190 - \$360 + depending on what we can work on and also financially what you can afford, usually it is a minimum of 2 formulas at 1 time if not 3. Rarely do I see a client on 1 unless in maintenance phase of treatment. Unfortunately exchange rates and shipping cost adjust the overall price to the formulas.