Mind Balance Hawaii

Hair Mineral Review

Name: [Client name] **Age:** 12 **Test date:** 9/1/2026 **Review date:** 10/21/2026 **Retest:** February 2027

1. SNAPSHOT

Minerals carry the electrical charge cells use to make energy, send nerve signals, and keep hormones in rhythm. Hair shows which minerals the body has been holding and releasing over roughly the last 3 months. This review turns your son's pattern into a simple, step-by-step plan.

Metabolic type: slow oxidizer

His body is in a conserve-energy state. After a stretch of stress, the adrenals and thyroid slow down to protect him. This can look like tiredness, sugar cravings, slow digestion, or low motivation. At the same time, his stress minerals (sodium and potassium) are reading very high, which points to a body that is working hard to cope. The goal is to calm that stress response, support the liver, and help his body clear extra copper gently.

Top 3 priorities

1. **Open liver and bile flow first.** Copper is high and already moving out. A clear liver and gut let it leave smoothly instead of recirculating.
2. **Bring copper and zinc back into balance.** Zinc, molybdenum, and vitamin C, added only after step 1 is in place.
3. **Calm the stress response and lower mercury.** Magnesium, potassium-rich foods, good sleep, and fewer large fish.

Patterns flagged on this test

- ☐ **Copper release in progress.** Copper is about 4× the ideal level and high compared with zinc and molybdenum. His body is actively clearing stored copper, so we go slowly — see "What to expect."
- ☐ **Loss pattern.** Calcium, magnesium, potassium, zinc, phosphorus, and chromium all read high. In a slow oxidizer, this usually means these minerals are being lost under stress, not that he has too much of them. Don't read the numbers at face value.
- ☐ **Allergy pattern.** Since age 5 he has had near-constant sneezing, itchy red eyes, runny nose, postnasal drip, and cough. These fit his test. A very high stress ratio (Na/K) and high copper compared with zinc are both linked to allergies and histamine reactions. Copper raises histamine, and zinc helps keep it in check. As copper and zinc come back into balance, many people find their reactions calm down.
- ☐ **Toxic metals:** mercury, vanadium, and strontium are elevated. See section 3 for sources to reduce.

2. KEY RATIOS

Ratios show how minerals work together — they are often more telling than any single number.

Ratio	Ideal (range)	His result	What it means
Na/K Stress & vitality	2.4 (2.1–3.1)	**9.29** **High**	An acute stress and inflammation pattern, closely linked to allergies — this matches his sneezing, runny nose, and itchy eyes. His high copper and mercury are likely pushing sodium up and driving this ratio. It can also show up as irritability or trouble settling.
Ca/P Nervous system balance	2.6 (1.6–3.6)	**5.86** **High**	His body has defaulted to "rest mode" because it is tired — fatigue, sugar cravings, and blood sugar dips.
Zn/Cu Hormone balance	8 (6–12)	**3.00** **Low**	Copper is high relative to zinc. Copper raises histamine and zinc helps control it, so this pattern feeds allergy symptoms. Also linked to mood swings and quick frustration.

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Ratio	Ideal (range)	His result	What it means
Cu/Mo Copper check	625 (400–850)	**1600** **High**	Confirms a copper overload pattern and an increased need for molybdenum. Often seen with sensitivity to chemicals and smells.
Ca/K Thyroid at the cell level	4.2 (2.2–6.2)	**6.14** **Borderline high**	Thyroid energy is reaching his cells a little slowly — feeling cold, low energy, constipation.
Ca/Mg Blood sugar	7 (3–11)	**3.15** **Borderline low**	Points to magnesium being lost; supports cutting back on sugar and refined carbs.
Fe/Cu Immune stress	0.9 (0.2–1.6)	**0.21** **Borderline low**	A pattern linked to viral stress and copper interfering with iron use.

3. MINERALS TO FOCUS ON

Mineral	Ideal (range)	His result	What it means
Copper (Cu)	2.2 (0.9–3.9)	**8.0** ↑	Copper build-up that is now being released. High copper raises histamine, which can keep allergy symptoms going. Can also affect sleep, focus, and mood.
Sodium (Na)	25 (4–36)	**195** ↑	A strong sign of stress, inflammation, and toxic-metal burden. His high copper and mercury are the most likely drivers — both push sodium up. This matches the salt and kidney stress on his scan and his constant allergy symptoms.
Potassium (K)	10 (2–24)	**21** ↑	Potassium being lost under stress — energy and blood sugar swings, muscle tiredness.
Calcium (Ca)	42 (22–97)	**129** ↑	Calcium is moving into soft tissue instead of bones and teeth — stiffness, fatigue, low mood.
Magnesium (Mg)	6 (2–11)	**41.0** ↑	Magnesium being lost under stress, not too much of it. He needs more, not less.
Zinc (Zn)	18 (10–21)	**24** ↑	Zinc being lost — common with high copper and stress. Supports immunity, focus, skin, and growth.
Phosphorus (P)	16 (11–20)	**22** ↑	Phosphorus loss; protein is not being used as well as it could be.
Chromium (Cr)	0.05 (0.02–0.08)	**0.10** ↑	Chromium loss — affects steady blood sugar. Vanadium (below) works against chromium.
Iron (Fe)	1.1 (0.5–1.6)	**1.7** ↑	Slightly high — likely a loss pattern. Copper interferes with iron use.

Toxic metals detected

Metals have no useful role in the body and compete with good minerals. The fastest win is reducing exposure.

Metal	His result	Common sources to reduce	Why it matters
Mercury	0.25	Large fish — ahi, tuna (including poke and canned), swordfish, marlin. Choose salmon, sardines, or other small fish instead.	Affects mood, focus, memory, and thyroid. His selenium is low compared with mercury.
Vanadium	.027	Processed and packaged foods, some shellfish, fuel exhaust	Disrupts blood sugar and pulls magnesium and chromium out
Strontium	0.74	Well water, some supplements	Competes with calcium

Helpful tool: scan foods and products with the Yuka app and check products at EWG.org.

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4. WHAT HIS VITALYZER SCAN SHOWED

His energetic scan (9/4/2026) lines up closely with his hair test and his symptoms.

Scan finding	Ties to	What we do
Nose, nasal tissue, and ear stress; immune cells working hardest; rhinovirus stress	Sneezing, runny nose, postnasal drip, cough, mild ear ringing; very high Na/K	Bioresonance sessions; calm the stress ratio with potassium and magnesium
Mast cell (histamine) pattern	High copper and low zinc-to-copper, which raise histamine	Rebalance copper and zinc; vitamin C with bioflavonoids
Animal dander, wool, and indoor moulds	Symptoms that stop on the boat — likely triggers at home	See “Finding his allergy triggers”
Stomach, duodenum, and bowel stress; intestinal lining; digestive hormone (secretin); pinworm stress	Occasional tummy aches	Digestion and gut steps; liver and bile support; bioresonance for the gut
Salt and electrolyte imbalance; kidney stress	Very high sodium and potassium on the hair test	Water, potassium foods, magnesium
Stress hormones (ACTH, cortisol) and pituitary	High Na/K and Ca/P — a stressed, tired system	Sleep, daily calm, magnesium, neurofeedback
Silver amalgam stress	Elevated mercury	Selenium; fewer large fish. Does he have any metal fillings?

Foods his scan favors: broccoli, cauliflower, Brussels sprouts, red cabbage, radish, potatoes, oats, rice, lemon, honey, black currant, flax oil.

Foods his scan flags: dairy (milk, ice cream, cheese, sour cream, butter), chocolate, sunflower seeds, tuna, cod, trout, kale, carrots, beets, red peppers, raspberries, figs, garlic, dill, mayonnaise. Chocolate, seeds, and tuna were already on his avoid list for copper and mercury.

5. THE PLAN

Go in order. Each step prepares the body for the next, so stored copper and metals leave gently instead of all at once.

Step 1 — Foundation (weeks 1–4)

- ☐ **Water:** about 35–40 oz of clean, filtered water daily (half his body weight in ounces).
- ☐ **Digestion:** Betaine HCl with pepsin at the start of meals (lowest dose to start), or for kids 1 tsp raw organic apple cider vinegar in a little water 15–30 min before meals. Small sips only with meals. Supports stomach acid, which can help his occasional tummy aches.
- ☐ **Liver & bile:** [Liver support product — child’s dose per label] daily. Castor oil pack over the liver 3× per week.
- ☐ **Bioresonance sessions:** [every 1–2 weeks] at Mind Balance Hawaii to support liver and bile flow, gut balance, a calmer nervous system (ANS), and his sensitivities.
- ☐ **Binder at bedtime:** [PectaSol or other binder — child’s dose] away from food and supplements. Helps carry copper and metals out.
- ☐ **Gut:** MegaSporebiotic probiotic (child’s dose) plus an organic fermented food daily — sauerkraut or kimchi (skip yogurt and other dairy for now).
- ☐ **Potassium foods daily:** organic coconut water, fresh-squeezed organic OJ, organic celery juice, potatoes, or squash.
- ☐ **Potassium powder:** 150–450 mg split with meals, starting at the low end (e.g., Magna Electrolytes or Redmond Re-Lyte). Lowers the high stress ratio; cell energy.
- ☐ **Magnesium glycinate:** 200–300 mg split, afternoon + bedtime. Replaces magnesium being lost; calms the stress response; sleep.

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☐ **Mineral bath:** Epsom salt bath (1 cup, 20 min) or foot bath (¼ cup, 20 min), 3× per week.

Step 2 — Mineral support (start week 5, one new item every 3–4 days)

Amounts are sized for a child under 80 lb. Start at the low end. Because of his allergies, check every label for his allergens (common hidden ones: soy, corn, dairy, fish/shellfish, gelatin) and add only one new item at a time.

Supplement	How much	When	Why
Vitamin B6 (P-5-P)	10–20 mg	Breakfast	Helps him absorb and use magnesium
Vitamin C with bioflavonoids (buffered)	500 mg–1.5 g, split	Breakfast + lunch	Helps balance copper and clear histamine; flagged on his scan
Vitamin E	200 IU	Meal with fat	Antioxidant; counters vanadium; flagged on his scan
Vitamin K2 (MK-7)	90–180 mcg	Meal with fat	Moves calcium into bones, out of soft tissue
Selenium (selenomethionine)	50 mcg	With food	Binds mercury; supports thyroid
Zinc	8–15 mg	Dinner	Rebalances copper — start only after Step 1 has been in place for 4 weeks
Molybdenum	500 mcg	With food	Clears copper from the blood
Taurine	1000–1500 mg	Split, with food	Supports bile flow and copper clearing

Please avoid unless I recommend them: copper, iron, calcium, vitamin D, and multivitamins that contain copper or iron.

Most items are in the Mind Balance Hawaii shop. You can also ask me about one combined mineral formula for his pattern.

Step 3 — Food

Eat more	Eat less
• Organic, grass-fed or pasture-raised protein at every meal: poultry, eggs, lamb, wild-caught small fish (salmon, sardines) • 2–6 cups cooked organic vegetables daily • Organic high-potassium foods: coconut water, potatoes, squash, broccoli • Grass-fed bone broth, organ meats, and collagen • Organic fermented vegetables • Scan favorites: cauliflower, Brussels sprouts, red cabbage, oats, rice, lemon	• Sugar, sweets, and sweet drinks • Starchy and refined carbs, packaged snacks • Fats: keep to 2–6 tbsp per day • Large fish: ahi, tuna, swordfish • High-copper foods: chocolate, nuts and seeds, avocado, shellfish, soy • Dairy for now, plus the other foods his scan flagged (section 4)

Choose organic produce and grass-fed or pasture-raised meats and eggs every time you can. Skip anything on this list he is allergic to.

Step 4 — Lifestyle

☐ Sleep 9–11 hours, with screens off an hour before bed

☐ Morning sunlight and time outdoors daily

☐ Hum or sing for 5 minutes daily — it calms the nervous system, and humming also raises nitric oxide in the nose, which supports the sinuses

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Finding his allergy triggers

His symptoms stop on the boat and return everywhere else. That points to something on land — most often dust mites, mold, pollen, or pets at home or school. Simple ways to narrow it down:

- ☐ Bedroom first: HEPA air purifier, dust-mite covers on pillow and mattress, wash bedding in hot water weekly, swap wool blankets and rugs for cotton
- ☐ Check the home for mold or dampness: bathrooms, A/C units, under sinks, closets
- ☐ Shower and change clothes after time outdoors; keep pets out of his bedroom
- ☐ Keep a simple symptom diary for 2 weeks: where he was, what he ate, how he felt
- ☐ Bioresonance sessions to work on the sensitivities his scan showed (animal dander, wool, moulds)
- ☐ Daily calm: breathwork, quiet time, or binaural beats
- ☐ Neurofeedback, FSM, or bioresonance sessions to support the nervous system

6. WHAT TO EXPECT

- **This takes time.** Mineral balancing usually takes 1–2 years. We retest every 3–4 months to adjust the plan.
- **Good days and release days.** Many kids sleep better and feel calmer and more focused. As the body gets stronger it releases stored copper and metals in layers, so there may be short stretches of headaches, tiredness, rashes, or loose stools. This is normal.
- **If it feels like too much:** pause supplements for 2–3 days (keep water, potassium foods, and the binder), then restart at a lower dose.
- **Copper release signs** — anxiety, racing thoughts, irritability, meltdowns, headaches, nausea: pause zinc and vitamin C, give the binder up to 3× per day, keep magnesium and potassium foods going, and message me.
- Want to understand detox reactions? Watch this short video.

7. WHOLE-PERSON VIEW

His pattern	Traditional Chinese Medicine	Chakra
Allergies	Lung (Metal) — governs the nose and the protective Wei Qi. His scan shows excess Yang (heat) in the nose, ears, and stomach, which fits sneezing, itchy eyes, and phlegm	5th / Throat / Vishuddha — ears, nose, and throat; self-expression
Stress (Na/K)	Kidney (Water) — the deep energy reserve; drained by fear, pressure, and overdoing it	1st / Root / Muladhara — safety, grounding, feeling secure
Copper (Zn/Cu)	Liver (Wood) — keeps Qi moving smoothly; when stuck, shows up as irritability and frustration	3rd / Solar Plexus / Manipura — confidence, digestion, personal power
Nervous system (Ca/P)	Heart — houses the Shen (spirit); restlessness or low spark	4th / Heart / Anahata — connection, giving and receiving

8. NEXT STEPS

- ☐ **Retest:** February 2027
- ☐ **Before each session:** update symptoms at intake.mindbalancehawaii.com → “Returning Client” → code MBH-____.
- ☐ **Want support staying on track?** 10-week check-in program: one hour per week ($600) or 30 minutes per week ($400), online or in the office.

> **Please note:** I am not a medical doctor, and this review is not a diagnosis or treatment of any disease. It describes mineral patterns from a hair test for educational and wellness purposes. Please talk with your child’s healthcare provider before starting supplements, especially if he takes medications or has a health condition.

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