

THE HOMEOSTASIS PROTOCOL

Systemic Balance: The Interdependency of Minerals & Nutrients

In the "Human Engine," no nutrient works in isolation. An unregulated mineral levels act like a short circuit in your electrical system. To maintain structural integrity, we must look at how these elements balance each other to prevent systemic failure.

Critical Mineral Couplings & Consequences

Potassium & Insulin: Potassium is the "key" that opens cells for sugar.

Imbalance: Insulin resistance, unregulated blood sugar, and risk of Type 2 Diabetes. (PMID: 21300839)

Iodine & The Thyroid: The core fuel for metabolic hormones.

Imbalance: Thyroid dysfunction, extreme fatigue, and brain fog. (PMID: 25591461)

Magnesium & Vitamin D: Vitamin D cannot be activated without Magnesium.

Imbalance: Soft tissue calcification and heart palpitations. (PMID: 29480918)

Zinc & Copper: These exist on a biological "see-saw."

Imbalance: Neurological glitches and weakened immune response. (PMID: 26085547)

Calcium & Vitamin K2: K2 acts as the "Traffic Cop" for Calcium.

Imbalance: Calcium deposits in the arteries (clogged pipes) instead of bones.

B12 & Nerve Sheaths: The insulation for your body's wiring.

Imbalance: Nerve "shorts," tingling, and permanent neuropathy.

The "Garden Reset" Diet Example

Goal: High mineral density and inflammatory control to support fascial glide.

- **Morning:** 16oz Warm Water + 1/4 tsp Sea Salt (Minerals) + Lemon. Followed by pasture-raised eggs (Choline/Amino Acids) and sautéed greens (Magnesium).
- **Afternoon:** Wild-caught fish or grass-fed beef (Iron/B12) + Baked Sweet Potato (Potassium) + Avocado (Healthy Fats for hormone transport).
- **Evening:** Bone Broth (Collagen/Glycine) with root vegetables and seaweed (Iodine).
- **The Rule:** Avoid refined sugars—they "flush" Magnesium and Potassium out of the system.

"Be water like the wind — move with heart and honor your rhythm."