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Lifestyle Recommendation

Minerals and Vitamines related to metabolism some how disturbed: very slow metabolism expected

The minerals and enzymes involved for breaking down. The Fat, carbohydrate and lipid are disturbed which lead for progress of high lipid profile, diabetic and fatty liver.

Symptoms:

- Overweight or obesity
- Large abdominal/waist circumference
- Chronic fatigue
- sugar craving frequent thirst and urination

Improve metabolism

- Maintaining a healthy weight
- Incorporating regular exercise
- Following a healthy diet such (Non-starchy vegetables, Lean protein, such as poultry, fish, beans and legumes)
- Managing stress
- Getting quality sleep

Minerals and Vitamines related to Hormonal balance some how disturbed

Vitamins and minerals act as co factors for every single metabolic reaction in the body. This means that every time our body creates a hormone or detoxifies a toxin in the liver,

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it also needs a certain mineral or vitamin to make this happen. To enable optimal function within the body, we need to provide it with plenty of nutrients.

Symptoms:

- Weight Gain.
- Fatigue.
- Increased Sensitivity to cold or heat.
- Constipation or more frequent bowel movements.
- Dry skin.
- Puffy face.
- Unexplained weight loss (sometimes sudden)

Manage Unbalanced Hormone.

- Eat Enough Protein at Every Meal.
 - Engage in Regular Exercise.
 - Avoid Sugar and Refined Carbs
 - Learn to Manage Stress.
 - Consume Healthy Fats.
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Minerals and Vitamines related to nutrients absorption in the GI some how disturbed: Weak Absorption expected

Symptoms of malabsorption syndrome are caused when unabsorbed nutrients pass through the digestive tract. Many symptoms differ depending on the specific nutrient or nutrients that arent being absorbed properly. Other symptoms are a result of a deficiency of that nutrient, which is caused by its poor absorption.

Symptoms:

- vomiting
- Nausea
- bloating
- diarrhea
- muscle wasting
- weight loss or weight gain

Boost absorption

- Eat a variety of foods in one meal slowly.
- Pair vitamin C-rich foods with iron.
- Include healthy fats with each meal.
- Take a probiotic.
- Avoid drinking tea at mealtimes.

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Minerals and Vitamines related to immunity some how disturbed e expected signs of weak immunity

Healthy Immune system depend on balanced mix of vitamins and minerals over time,

Symptoms:

- Fatigue
- Easy to get sick
- Digestive problem
- Loss of appetite
- Abdominal cramp
- Body inflammation

Improve your immunity

- Get enough sleep.
 - Eat more whole plant foods.
 - Eat more healthy fats.
 - Improve your gut health by taking probiotics
 - Limit added sugars.
 - Exercise.
 - Stay hydrated.
 - Manage your stress levels.
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Elements Recommendation

MINERAL

Magnesium Borderline Deficiency

S & S include:

Muscle cramps especially after exercising, Muscle spasms,

Magnesium sources:

Spinach, figs, avocado, banana and raspberries. Nuts and seeds, Legumes Peas, broccoli, cabbage, green beans, artichokes, Seafood

Phosphorus Borderline Excess

S & S include:

Muscle cramps, numbness or tingling. bone and joint pain, skin rash

Phosphorus sources:

Protein-rich foods such as meats, Poultry, Fish, Nuts, Beans, and egg.

Silicium Borderline Deficiency

S & S include:

Weak bones, Thinning of the hair, Brittleness of nails, Wrinkle formation, Dry skin

Silicium sources:

Apples, cherries, and oranges Raw cabbages, carrots, onions, cucumbers, and pumpkins.

Copper Borderline Excess

S & S include:

Infections, Fatigue, Headaches (migraine), Mood swings, Estrogen imbalance, Tooth decay

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Copper sources:

Liver, Oysters, Spirulina, Nuts and Seeds, Lobster, Dark Chocolate

Zinc Borderline Excess**S & S include:**

Anemia, Iron deficiency, Nausea, Depression, Vomiting, Diarrhea

Zinc sources:

Meat, Shellfish, Legumes, lentils and beans, Seeds, Nuts, Dairy, Eggs, Whole Grains.

Lithium Border line Deficiency**S & S include:**

Heightened reflexes. Mood swings. Agitation. Slurred speech. Rapid heartbeat.

Lithium sources:

Mushroom, Mustard, Kelp, Pistachios, Dairy, Fish, and Meat.

RATIOS

Cu/Zn Unbalanced ratio:**S&S may include:**

Arthritis, Hormone balance , Immunity

VITAMINS

Vitamin C - Deficiency**S & S include:**

Rough, bumpy skin. Dry, damaged skin. Easy bruising. Slowly healing wounds.

Vitamin C sources:

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Broccoli, Brussels sprouts, and cauliflower. Green and red peppers. Spinach, cabbage. Potatoes. Tomatoes and Tomato juice.

Vitamin B12 - Deficiency

S & S include:

Weakness, tiredness, or light headedness. Loss of appetite, or Gas. Nerve problems like numbness or tingling, muscle weakness

Vitamin B12 sources:

Beef, liver, and chicken. Salmon, tuna fish, and clams. Low-fat milk, yogurt, and cheese. Eggs.

Vitamin D - Deficiency

S & S include:

Getting sick or infected often. Fatigue and tiredness. Bone and back pain. Hair loss. Muscle pain.

Vitamin D sources:

Tuna, Mackerel, and Salmon. Dairyproducts, orange juice, soy milk, and cereals. Beef liver. Cheese. Egg yolks.

Folic Acid - Deficiency

S & S include:

fatigue,Breathlessness. Headaches,mouth sores , palpitations

Folic Acid sources:

spinach. orange juice.Beans.cereals

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Blood Tests

- Vitamin D test
- CBC
- Folate serum Test

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Active Ingredients

- ASCORBIC ACID
- BIOTIN
- DEXPANTHENOL
- MAGNESIUM CHLORIDE
- N-ACETYLCYSTEINE
- PYRIDOXINE HCl (VIT. B6)
- SELENIUM
- THIAMINE HCl (VIT. B1)
- ZINC SULFATE

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Recommended Drip

- IMMUNE BOOST DRIP

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Food Supplements

- SILICON TABLET ONCE DAILY
- Glutathione 250mg Once daily
- Probiotic tablet once daily
- Folic acid 400mcg tablet Once daily
- Magnesium 500mg - Once daily



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