

**TOP 5**

**CHRONIC ILLNESSES**

**ASSOCIATED WITH**

**MINERAL IMBALANCE**

---

**VERONICA WORLEY**

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

What if I told you that there is one thing you can do to prevent and overcome disease; would you be interested? Yes, eating right, exercising, stress reduction, sleep...all of that is HUGE, but there is one way that encompasses ALL aspects of health and disease. In my own personal health history, and now my work with clients, I know that mineral imbalance can be at the root of bone loss, menopause symptoms, and so much more!

To learn more about Hair Tissue Mineral Analysis, go here to take the quiz now!  
<https://veronicashealthyliving.com/htma/>

To set up a complimentary Functional Health Assessment Call, go here:  
<https://p.bttr.to/361E25K>

To learn more about Veronica, go here: [www.veronicashealthyliving.com](http://www.veronicashealthyliving.com)

## MINERAL TESTING

Getting your mineral levels tested through hair mineral analysis is the # one thing you can do to understand the root cause of symptoms and disease. It can help prevent disease by showing the deficiencies and the body's lack of, and therefore, the need for specific nutrients that your own body needs.

This is where many of us get tripped up. We hear about a nutrient or supplement that has great benefits, and without further research on our own body's needs we add it to our daily supplement regimen. This could be the worst thing you can do: taking supplements without checking mineral levels first. Taking supplements and herbs without first checking mineral levels with a functional medicine practitioner can create more of a mineral imbalance and therefore more havoc and more symptoms in the body.



## Top 5 Chronic Illnesses Associated with Mineral Imbalance

Mineral imbalances in the body are responsible for nearly all disease and illness, as quoted by Linus Pauling, “You can trace every sickness, every disease and every ailment to a mineral deficiency.” Dr. Linus Pauling, a 2-time Nobel Peace Prize winner, was considered the father of molecular biology. He practiced mineral balancing in his own life and lived to the ripe old age of 91 (Feb. 28, 1901-Aug. 19, 1994).



### MINERAL BALANCING

What is it?

Minerals interact within the body and enhance the body's natural ability to detox toxins, wastes, metals, damaged cells, and even cancer cells. When our nutrition and minerals are balanced, all organs, systems, and bodily processes work efficiently creating health and well-being. The body must maintain the proper chemical balance, and this depends on

adequate mineral levels and ratios. Each mineral level affects every other mineral, and if there is an imbalance in one, an imbalance or deficiency is created in others.

As the body seeks to replace the deficient mineral, it will replace the missing mineral with what it can find, which is usually a toxic metal with sub-par functional properties to that mineral. Over time, the imbalance becomes greater, the body becomes weaker and accumulates more metals and toxins, causing more symptoms and illness.

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

### WHY BALANCE MINERALS?

When the preferred minerals are not available or are lacking in the diet, the body has to compensate, and so seeks a substance of similar properties, with less-than adequate abilities. This substance, usually a metal, will sustain the body temporarily, and possibly maintain biological functions and homeostasis, but will do so in a sub-par manor creating more havoc than before.

These toxic metals include lead, mercury, cadmium, arsenic, aluminum, and even fluoride. For example, when **calcium** is deficient or unavailable, it can be displaced by lead. If inadequate calcium and other minerals remain at large, lead and other metals begin to accumulate in the body causing brain dysfunction, memory loss, heart conditions, high blood pressure, etc. Many times people are diagnosed with other illness and disease, when the best place to start is by balancing the minerals. Other examples are the minerals **zinc** by cadmium, mercury or nickel, **chromium** by lead and cadmium, **selenium** by mercury, **potassium** by rubidium, **boron** by aluminum, **phosphorus** by lead and arsenic, and **iodine** by fluoride.

When minerals become unbalanced, symptoms occur and breakdown the body creating more disease and illness. As deficient minerals are displaced by toxic metals, the mineral levels shift, making it more difficult for the body to hold onto nutrition, and absorption issues and malabsorption can incur. More metals are accumulated to make-up for the lack of nutrients, and more and more illness sets in.

There are many illnesses and disease associated with mineral imbalance.

But I want to touch on the top 5 chronic illnesses many people deal with, that can be supported and even reversed by balancing minerals.

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

### 1. HEART DISEASE

Heart disease, heart arrhythmias, heart attacks, heart palpitations, and even atrial fibrillation are all associated with mineral imbalance, all which can be monitored through hair analysis.

The minerals associated with cardiovascular conditions are primarily calcium, magnesium, sodium and potassium. However, the mineral ratios are as important if not *more* important than mineral levels. One should not start taking these minerals without first having a hair analysis done to check mineral ratio levels, as taking one or more of these supplements could contribute to worse symptoms. Disease trends, metabolic rate, stage of stress and many other important conditions can be determined by looking in detail at mineral ratios.

#### Common Heart Conditions as Affected by Mineral Balancing

1. An **impending heart attack** and cardiac stress can be monitored and predicted using hair analysis. For example, on the hair analysis test, a low sodium/potassium (Na/K) ratio is the prime maker indicating cardiac stress, and very low ratio is indicative of significant cardiac stress. Low calcium and magnesium levels are often seen with this ratio.
2. **Atherosclerosis and Arteriosclerosis** - There are various indicators given for atherosclerosis and arteriosclerosis.
  - a. Low copper level – associated with atherosclerosis
  - b. High calcium level – indicates calcium deposits in the arteries
3. Cadmium (heavy metal) toxicity and/or low zinc – associated with hardening of the arteries. When the body is deficient of zinc, cadmium can replace zinc in the arteries causing brittleness and inflammation, creating calcium plaques and increase in cholesterol
4. Diabetes – common cause of atherosclerosis – low sodium/potassium and/or imbalance calcium/magnesium ratio



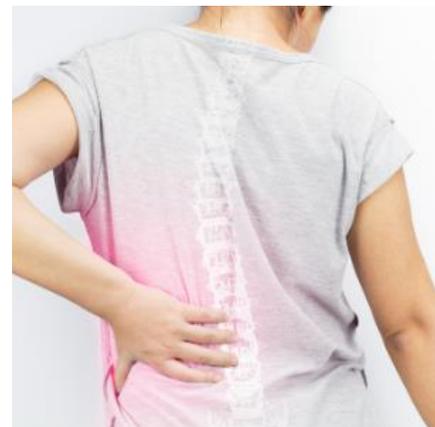
## Top 5 Chronic Illnesses Associated with Mineral Imbalance

5. **Heart Arrhythmias, Palpitations, and Tachycardia** – usually a fast oxidizer with low calcium and magnesium levels. Fast oxidizers tend to have excessive glandular activity that can cause a fast pulse and therefore palpitations and arrhythmias. Stress is a huge contributor. Copper imbalance or copper toxicity can also cause arrhythmias and palpitations. Slow oxidizers may experience palpitations due to bio unavailable calcium, magnesium or copper, or a potassium deficiency. A very low potassium level of could indicate impending cardiac arrest of death if potassium is depleted for too long.
6. **Type A' Personality** – hard driving, aggressive personalities tend to be fast oxidizers with high blood pressure, ulcers and a tendency toward hostility, and frustration – all associated with low sodium/potassium ratio.
7. **High Blood Pressure** – is not necessarily a result of too much sodium in the diet. Hypertension can have several causes as seen on a hair analysis.
  - Zinc deficiency displaced by cadmium or copper causing atherosclerosis
  - High hair calcium level or imbalanced calcium/magnesium ratio signifying arteriosclerosis, which is an advanced stage of atherosclerosis
  - Kidney problems – a common hidden cause of hypertension – include low or very high sodium/potassium ratio and cadmium, nickel or mercury which accumulate in the kidneys

## 2. OSTEOPOROSIS, OSTEOPENIA AND BONE LOSS

There can be many causes of osteoporosis, most which can be addressed through mineral balancing. Some of the major causes which can cause bone loss are

- **Menopause** - which brings on a sharp decrease in estrogen. Estrogen is a hormone that protects bones.



## Top 5 Chronic Illnesses Associated with Mineral Imbalance

- **Diet** – eating junk and processed foods full of chemicals and preservatives are very acidifying to the body and to the bones. There are certain “healthy” foods, such as grains, meat, and some nuts that are also acidifying, so a diet high these foods, even if organic, can cause bone loss in some people. A diet low in calcium can also enhance bone loss.
- **Lifestyle** (alcohol, smoking, drugs, sleep issues, stress, environmental toxin exposure, etc.)
- Lack of exercise and movement
- Family History
- **Medical Conditions** (endocrine & hormonal disease, GI issues, certain cancers, anorexia, etc.)
- **Thyroid** disease, particularly hyperparathyroidism and hyperthyroidism - these conditions cause the body to create more thyroid hormone than is needed, which in turn, causes too much calcium to be removed from bones
- Aging
- Chronic inflammation
- Low testosterone in men
- Malabsorption of nutrients
- **Chemotherapy** – can cause early menopause due to the toxic effects on ovaries

## Lifestyle Factors and Deficiencies Associated with Osteoporosis

- **Elevated hair calcium and magnesium** with low sodium and potassium. When sodium and potassium are low, the body is unable to maintain calcium in the blood. Calcium then finds its way into the soft tissues of the body, causing elevated levels. And calcium is then drawn out of bones to help maintain the needed blood levels. Eventually osteoporosis can occur. Just taking calcium supplementation will not replace lost calcium in the bones. Calcium needs a balance of other minerals to help it ionize in the blood so it can get to the bones as needed.
- **Low hair calcium and magnesium** with high sodium and potassium. These results as seen on the hair analysis reveal continual calcium loss because of chronic stress. In this case, calcium is excreted through the urine. If adequate calcium is not replaced then bone loss can occur.

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

- **Copper imbalance** – A copper imbalance is quite common and is particularly noticeable in women with osteoporosis. Copper is needed to maintain calcium levels in the bone. If copper is deficient or bio unavailable, thus bone loss can occur. This can easily be determined by looking at the hair analysis and working to correct this imbalance.
- **Other minerals, such as manganese, zinc, and boron** play a vital role in preventing osteoporosis. Other necessary nutrients needed to help balance out these minerals are Vitamins A, C, D, and K. However, one should not supplement with these vitamins and minerals without first having minerals checked through hair tissue analysis.
- **Inadequate exercise** – moderate exercise stimulates bone growth and helps maintain adequate glandular activity, which in turn, helps to maintain estrogen levels so they can protect the body against bone loss.

### 3. HORMONE AND MENOPAUSE DYSFUNCTION

Copper imbalance is the number one cause of many female reproductive conditions and can also disrupt male hormones. The minerals, sodium and magnesium, help to regulate our adrenal glands, which are responsible for the release of sex hormones. A zinc deficiency is often discovered with a hormone imbalance as well as copper toxicity.

Copper imbalance is more common in women as opposed to men because of their use of birth control pills. Other causes of copper toxicity are drinking water from copper pipes, copper cookware, physical and emotional stress, zinc deficiency, other metal toxicity, congenital high (children born with high copper from the mother)



## Top 5 Chronic Illnesses Associated with Mineral Imbalance

### Common Hormone Conditions Associated with Mineral Imbalance

- **Premenstrual syndrome (PMS)** – PMS in estrogen-dominant women is associated with high sodium/potassium; high copper levels. Zinc, B6, and other minerals as needed according to hair levels can be very helpful, along with progesterone therapy. Women with low estrogen and PMS is more often associated with a low sodium/potassium ratio and bio unavailable copper. They may feel better with supplemental copper, Vitamin E, Vitamin C and other nutrients to assist adrenal glands.
- **Menopause** – A sharp drop in estrogen can bring on uncomfortable symptoms that take women to their doctor for hormone replacement. It is very common at this stage to see high calcium/magnesium levels with low sodium/potassium levels, along with bio unavailable copper and zinc. We often see a very low sodium/magnesium ratio signifying adrenal imbalance or high stress on the body in some way. This is where correct interpretation of hair analysis is important as the high calcium/magnesium levels are often interpreted as the woman having plenty of these minerals. In reality the high ratio signifies a loss and these minerals as not getting into the bones and tissues where needed. This creates a severe deficiency that usually ends up with bone loss and menopause symptoms. Correcting the mineral imbalance, including necessary supplements and a healthy diet can reduce if not eliminate symptoms.
- **Amenorrhea and Irregular periods** – This condition is usually due to inadequate hormone production. Most cases have low minerals and several deficiencies can be overcome in most cases by correcting nutritional balances. Eating a nutritional diet, balancing minerals, and adding a health nutrition regimen will help correct this condition.
- **PCOS** – Polycystic Ovary Syndrome is a common form of hormone imbalance where one produces a higher-than-normal androgens or male hormones, like testosterone and DHEA. There is usually a copper/zinc ratio imbalance along with calcium/magnesium imbalance signifying blood sugar dysregulation and insulin resistance. With PCOS it is very important to understand the mineral levels that need to be corrected so as to properly balance nutrient minerals to encourage a decrease in symptoms.

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

- **Impotence** – This condition is associated with a zinc deficiency and adrenal exhaustion. Elevated cadmium, low phosphorus and either elevated copper/zinc or very low copper/zinc ratio is usually indicated. A simple mineral correction and nutritional supplementation will correct this condition.
- **Prostate enlargement** – Another male hormone condition that is associated with zinc deficiency, cadmium toxicity and either elevated sodium/potassium ratio or low sodium/potassium ratio. Besides balancing minerals, studies show that a diet high in fruits and vegetables help this condition along with several herbal supplements including saw palmetto and stinging nettle.

## 4. THYROID

Hair analysis does not assess thyroid hormone levels, but it can be used to assess thyroid activity at the cellular level. Although no assessment method is perfect, hair analysis is often as good predictor of thyroid activity as the standard blood tests. The most common minerals and mineral ratios that give insight into thyroid activity are calcium/potassium and calcium/magnesium ratios. The majority of hair analyses' results reveal underactive thyroid activity which can be addressed and corrected with the proper minerals, nutrients, thyroid glandular, herbs, and adequate dietary protein.



The thyroid hormone's job is to lower calcium levels, whereas the parathyroid hormone activity increases calcium retention. Generally, a low calcium level on the hair analysis indicates excessive thyroid activity, and a high hair calcium level can indicate sluggish thyroid activity.

On the other hand, potassium is needed in the body to sensitize tissues to thyroxine or T4. Thyroxine is needed in order to help the body make T3, which

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

together with T4 regulates the temperature, metabolism, heart rate along with many other functions in the body. It is the T3 levels that doctors measure to assess any thyroid dysfunction. Selenium is a mineral that is often deficient in those with hypothyroidism as it is a necessary nutrient that helps T4 convert to T3.

Many times, thyroid dysfunction can be corrected, based on the hair analysis, just by looking at minerals first, without adding medication. Diet, exercise, correct mineral support along with proper nutrients for the body is many times all that is needed to correct thyroid issues and symptoms.

## 5. WEIGHT GAIN

Minerals are required by our body to obtain overall health in varying amounts depending of whether it is a macro or micromineral. Macrominerals are calcium, magnesium, sodium, potassium, phosphorus and chloride and are needed in larger amounts in our body. Microminerals or trace minerals are needed by the body in smaller amounts and included iron, zinc, copper, manganese, molybdenum, iodine, fluoride, chromium and selenium.



These minerals are used for various enzyme activities helping us maintain homeostasis within our bodies, keeping bones and teeth strong, boosting immunity, aiding in muscle and nerve function, and regulating our energy metabolism. When all of these are functioning properly, then we are able to maintain a healthy body and a healthy weight.

Weight gain and the inability to lose weight is a symptom of something deeper going on and does not always equate with eating too much nor exercising too little. Just one imbalance in one of the above minerals can shift the body to “panic” mode and hold onto fluids in order protect its most valuable assets; the

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

internal organs. Inflammation begins to rise within the body, and more and more fluid is collected around the organs (usually seen as big belly or belly fat). No matter how hard one tries, when this inflammation like happens, no matter is done, the person cannot lose weight, and therefore become discourage, and sometimes desperate.

A simple solution is to have the minerals tested to discover where the imbalance lies, and then begin nourishing the body with the right foods, supplements and healthy habits.

## BONUS #1 – CANCER

You've got cancer! The three words no one wants to hear, yet more and more cases seem to be growing at an exponential speed each year. There are over 200 different types of cancer and the causes are numerous. There is no one thing that causes cancer, and there is no one thing that will cure cancer. Many things are involved and depends on not only diet, but genetics, environmental exposures, medical illnesses, radiation exposure, and more.



When I work with cancer clients, the first thing I start with is diet as that is HUGE! But learning the mineral status is also important as it reveals the exact mineral deficiencies and gives insight into foods and supplementations needed.

### Common Minerals Associated with Cancer on Hair Analysis

Many cancer patients get cancer because they are deficient in vitamins and minerals for various reasons. This is amplified if the person has undergone chemotherapy, radiation, medication or other cancer treatments. Most cancer patients die of malnutrition and not the cancer itself, as noted by Dr. Patrick Quillin, author of [Beating Cancer with Nutrition](#).

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

The following are some of the most common minerals and substances seen as deficient (minerals) or in excess (metals) in cancer patients. Again, the diet and the mineral status needs to be analyzed and compared with clinical correlation before one randomly begins adding in supplements to the diet.

- Magnesium – stress has a huge impact on cancer patients, and most cancer patients are highly stressed with all they are dealing with. If the patient is undergoing chemotherapy or any kind of cancer treatment, this causes the body to lose massive amounts of magnesium as well as many other nutrients.
- Selenium
- Iron
- Zinc
- Vitamin D – not found on hair test, but studies show most cancer patients are deficient
- Heavy metal toxicity – most cancers are affected by elevated levels of metals

Just because the body is low in these minerals or has metal toxicity does not necessarily mean that one will contract cancer. There are other reasons why the above minerals may be deficient and why certain metals are building in the body. But if one is concerned about cancer, or has a cancer diagnosis, learning the status of the above minerals is crucial so as to begin repleting them in the diet and nourishing the body with the proper nutrients. Metal toxicity is rampant in many people and is associated with many illnesses. In fact, the hair analysis test is not the most effective means to determine exact levels of metals in the body. However, hair analysis is a great way to see if metals, especially copper, may be building in the soft tissue, be at the root cause of so many symptoms.

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

### BONUS #2 - ANXIETY AND DEPRESSION AND MENTAL DISORDERS

There are many psychological dysfunctions, and hair analysis has shown amazing results in being able to pinpoint biochemical aspects of the mental, chemical, and personality complaints. Much research has been done in this field, but for the sake of this paper, general minerals and ratios will be discussed.



As quoted by Dr. Lawrence Wilson, “While mineral imbalances can cause emotional and mental disorders, emotions can cause mineral imbalances. The greatest benefit occurs when all aspects of a problem is addressed.”

As with any illness, reliance on just one test result does not give the full picture, and must be interpreted based on all aspects of test analysis, symptoms and clinical correlation.

In general, with psychological disorders, one can find the following:

- Sugar and carbohydrate intolerance
- Sensitivities to foods and chemical additives
- Deficiencies of trace elements
- Hypoglycemia
- Significant copper or metal toxicity
- Zinc deficiency
- Iron toxicity
- High or low sodium/potassium ratio

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

### CONCLUSION

There are many more conditions that are affected by a mineral imbalance. The five conditions I mentioned above, plus the sixth bonus condition are some of the most common illness and disease that affects Americans each year, and all can be addressed through mineral balancing. This first test I recommend with someone who has symptoms, a diagnosis, or just can't seem to lose weight. The body is constantly searching for the correct nutrients to supply what is lacking, and many times, this is the easiest and least expensive route to go to overcome symptoms and eliminate disease.

Other Conditions Affected by a Mineral Imbalance are:

- Insulin Resistance
- Diabetes
- Low Libido
- Kidney Stress
- Immune System
- Digestion
- Seizures
- Headaches/Migraines
- Depression, Anxiety, Panic Attacks
- Mood Swings
- Spaciness
- ADHD, ADD, Behavioral Issues

The above conditions are just a few other symptoms and disease that are associated with mineral balancing, and would be worth studying at greater depths regarding mineral levels, if you are affected by one or more of these issues.

**I recommend Hair Tissue Mineral Analysis testing regularly every 2 – 4 months**, so as to adjust the diet, supplementation, and lifestyle practices according to your own personal needs.

## Top 5 Chronic Illnesses Associated with Mineral Imbalance

### ARE YOUR MINERALS IMBALANCED?

Take the quiz! Your hair can tell you almost EVERYTHING about your health. If you could do one test for the benefit of your health - hair analysis should be THE one!

#### Hair Tissue Mineral Analysis

Clinically proven to be effective in identifying mineral deficiencies, excesses, and toxicity.



If you have symptoms of menopause, bone loss or other chronic illness but the doctors just can't pin- point the cause, or maybe you have already been diagnosed with an illness and want to get to the root cause, then Hair Mineral Analysis Testing is for you! This test assesses your overall health through hair analysis to determine your nutritional and mineral needs to feel well for overall better energy, weight, and well-being!

To learn more about Hair Tissue Mineral Analysis, go here to take the quiz now!  
<https://veronicashealthyliving.com/htma/>

To set up a complimentary Functional Health Assessment Call, go here:  
<https://p.btrr.to/361E25K>

To learn more about Veronica, go here: [www.veronicashealthyliving.com](http://www.veronicashealthyliving.com)



## Top 5 Chronic Illnesses Associated with Mineral Imbalance

### REFERENCES

<http://www.thetruthaboutfoodandhealth.com/healtharticles/orthomolecular-psychiatry-medicine-linus-pauling.html>

[Nutritional Balancing by Dr. Larry Wilson \(drlwilson.com\)](#)

[5 Nutrient Deficiencies That Cause Cardiovascular Disease | Newsmax.com](#)

[https://drdanenberg.com/my-personal-protocols-upper-respiratory-infections/?fbclid=IwAR3KsbT3kaYagjMXHMTwGuF-RJHn-JceLWh1bZhF\\_BxZgVKei8p9Lxpf7u8](https://drdanenberg.com/my-personal-protocols-upper-respiratory-infections/?fbclid=IwAR3KsbT3kaYagjMXHMTwGuF-RJHn-JceLWh1bZhF_BxZgVKei8p9Lxpf7u8)<https://www.consumerreports.org/toxic-chemicals-substances/heavy-metals-and-heart-disease/>

[Osteoporosis: Treatment, Symptoms, Causes, Medications, Exercise & Diet \(medicinenet.com\)](#)

<https://www.healthline.com/health>

[What Causes Mineral Imbalances? | Tissue Mineral Levels Pinpoint Your True Health Condition \(wordpress.com\)](#)

[What Causes Mineral Imbalances? | Tissue Mineral Levels Pinpoint Your True Health Condition \(wordpress.com\)](#)

[Two Must-Have Minerals for Fighting Breast Cancer - Natural Society](#)

[Minerals and trace elements crucial for health and cancer prevention \(healingcancernaturally.com\)](#)

[The Deadly Biology of Lead Exposure - Science in the News \(harvard.edu\)](#)

Nutritional Balancing and Hair Mineral Analysis, by Dr. Lawrence Wilson

Beating Cancer with Nutrition, by Patrick Quillin

#### *Disclaimer*

*Please check with your doctor before embarking on any new medical or nutrition program. This information is not intended to diagnose, treat, prevent or cure any illness or disease. The information provided in this document is for general educational purposes, and has not been reviewed nor approved by the FDA and is not intended to take the place or advice of your medical professional. You are solely responsible for your health care and activity choices. Please seek the advice from your health care professional.*

[Schedule a Consultation](#)

[Mineral Balancing \(HTMA\) Quiz](#)

[veronicashealthyliving.com](http://veronicashealthyliving.com)