

PATIENT'S REPORT( )

:  
:

:9

INTRODUCTION TO HAIR TISSUE MINERAL ANALYSIS (HTMA)

( )

,

.

.

,

.

.

가

TEI가

UNDERSTANDING THE GRAPHICS( )

NUTRITIONAL ELEMENTS( ):

15가

( , ) " "

가

TOXIC ELEMENTS( ):

7가

가

가

ADDITIONAL ELEMENTS( ):

14가

SIGNIFICANT RATIOS( ):

7가

TOXIC RATIOS( ):

:

가

**ADDITIONAL RATIOS( ):**

**METABOLIC TYPE ( )**

**SLOW METABOLISM (TYPE #4) ( 4 )**

\*

\*

\* ( ) (4 )

가

**NUTRIENT MINERAL LEVELS ( )**

가 : 가

**INSOMNIA (TYPE #2) (2 )**

2가 , 1 2

2

. 2

가

**GERMANIUM (Ge, \_\_\_\_\_)**

0.004mg%

**RUBIDIUM (Rb, \_\_\_\_\_)**

가

**NUTRIENT MINERAL RATIOS( \_\_\_\_\_ )**

가

**LOW SODIUM/POTASSIUM (Na/K) RATIO ( \_\_\_\_\_ / \_\_\_\_\_ )**

가

**LOW CALCIUM/POTASSIUM (Ca/K) RATIO ( \_\_\_\_\_ / \_\_\_\_\_ )**

**HIGH SODIUM/MAGNESIUM ( \_\_\_\_\_ / \_\_\_\_\_ )**

(4.0/1).

가

가

가

가

**HIGH CALCIUM/MAGNESIUM(Ca/Mg) RATIO ( \_\_\_\_\_ / \_\_\_\_\_ )**

가

( \_\_\_\_\_ / \_\_\_\_\_ ),

가

**MINERAL METABOLISM AND VITAMIN B6 ( \_\_\_\_\_ B6)**

B6 가 ,  
B6가 가 가  
가 B6 가

**TOXIC METAL LEVELS( \_\_\_\_\_ )**

**TOXIC METAL RATIOS( \_\_\_\_\_ )**

가

**SELENIUM/MERCURY(Se/Hg) RATIO( \_\_\_\_\_ / \_\_\_\_\_ )**

가

/ 가 (free radical)

**ZINC/MERCURY(Zn/Hg) RATIO ( \_\_\_\_\_ / \_\_\_\_\_ )**

가 ( / )

**DIETARY SUGGESTIONS ( \_\_\_\_\_ )**

가 : , , 가

**SLOW METABOLISM ( \_\_\_\_\_ )**

가

**GENERAL DIETARY GUIDELINE FOR THE SLOW METABOLISM ( \_\_\_\_\_ )**

\_\_\_\_\_ )

\* EAT A HIGH PROTEIN FOOD AT EACH MEAL :

40%

\* INCREASE FREQUENCY OF MEALS :

\* EAT A MODERATE AMOUNT OF UNREFINED CARBOHYDRATES :

40%

\* AVOID ALL SUGAR AND REFINED CARBOHYDRATES :

\* AVOID HIGH PURINE PROTEIN :

\* REDUCE INTAKE OF FATS AND OILS :

20%

\* REDUCE OR AVOID MILK AND MILK PRODUCTS :

3 4

\* REDUCE FRUIT JUICE INTAKE :

**THE FOLLOWING HIGH SODIUM FOODS SHOULD BE REDUCED UNTIL THE NEXT EVALUATION (**

**\_\_\_\_\_ )**

가

( , )

( , )

**TISSUE CATABOLISM AND LOW CALCIUM TO POTASSIUM ( \_\_\_\_\_ /**

**\_\_\_\_\_ )**

/ / 가 ( )

Guideline Dietary suggestion( ) General Dietary  
25%가 , 50%,  
가

**FOODS HIGH IN MAGNESIUM ( \_\_\_\_\_ )**

( , , )  
( , )

### **FOODS HIGH IN IRON CONTENT ( )**

( )

:

60%

### **METHIONINE RICH FOODS ( )**

가

\_\_\_\_\_ :

가

" " " "

### **CONCLUSION ( )**

, , 가  
가

### **OBJECTIVE OF THE PROGRAM ( )**

**WHAT TO EXPECT DURING THE PROGRAM ( \_\_\_\_\_ )**