

“turbocharger” of the body. It can give the engine an incredible burst of energy (fuel) when it is needed.

In a Hair Tissue Mineral Analysis, the minerals in your body are the true regulators of the efficiency of these energy producing glands. By understanding how these minerals react with one another, you can control your body’s ability to produce energy. The efficiency of the Thyroid and Adrenals determines the speed of metabolism, and the oxidation type.

Do you know what your energy quotient is? Your Metabolic Blueprint? Are you suffering from symptoms no one seems to have an answer for? Maybe it is time to use Hair Analysis as a screening tool to discover your biochemical individuality.

By Kate Montgomery, ND
www.sportstouch.com

Resource: Energy by Colin and Loren Chatsworth