

# The Concept Of Balance

An essential concept in health and healing is balance. Balance represents the idea that relationships exist between parts of the body, minerals, foods or other aspects of the body and mind. Examples are the contraction and relaxation of muscles, high and low blood pressure or blood sugar, activity and rest. Balance implies the existence of a set of complementary opposites that need to be weighed against each other (balanced) to form the most harmonious situation for healing.

The concept of restoring balance is different from the prevailing medical view of "curing" or eliminating disease entities. The curing model possesses a lot of value, however the concept of balancing is often missing from prevailing drug medicine methodology. While prescription drug treatments will, for example eliminate infections, the same drug may also cause an imbalance in body chemistry. As a result, the problem may possibly reoccur, or more complicated problems may develop.

Without a balanced body chemistry healing can not occur. Here are examples of balancing concepts that are incorporated into the hair mineral analysis programs we offer.

## Balancing The Oxidation Rate

The [oxidation rate](#) is associated with the rate of metabolism and is largely due to the activity of the sympathetic nervous system, which affects the thyroid and adrenals glands. We attempt to balance the oxidation rate mainly with diet, supplements and lifestyle modification. For slow oxidation, foods and supplements that enhance the oxidation rate include protein foods, especially animal proteins and vegetables, most of the B-complex vitamins, thyroid and adrenal glandulars, and vitamins C and E also enhance the rate. For fast oxidation we recommend high quality fats and heavier proteins in the diet along with supplements such as thymus glandular, additional calcium and magnesium, copper, zinc, vitamins A and D, choline and inositol.

## Balancing Minerals

Each mineral in the body affects all the others as there is a mineral system. Dr. William Albrecht first explored this idea in the soil and in plant life early in the twentieth century. Balancing the ratios and levels of the minerals involves understanding how the system works and providing appropriate amounts of certain minerals while avoiding supplementing with those that would move the system away from balance.

Balancing the minerals can be complicated at times because giving a particular mineral may in fact lead to a lowering of that mineral level. Giving calcium to someone with a low calcium would often result in a lower hair level of calcium. He reasoned it was because giving just calcium upset the balance with magnesium, which in turn caused a lowering of the calcium. He found he needed to give copper along with magnesium in order to raise a low calcium level, rather than give just calcium.

Another example is that giving zinc to raise the zinc level is also ineffective in most cases. This may occur because giving zinc lowers the sodium/potassium ratio, a critical ratio in the body. Since this is often undesirable, the body does not utilize the zinc and there is little effect on the zinc level in the hair.

In order to raise the zinc level, one must increase the sodium/potassium ratio in many cases, and this is done using vitamins B1, B3, B5, C, E, chromium, selenium and adrenal or thyroid glandulars.

## Balancing Yin And Yang Qualities In The Diet

Another very important area in which balance is most helpful is the proper choice of foods. Macrobiotics is a science of eating based on the principles of yin and yang and how these affect health. The yin principle is cool, fragmented, expanded, receptive and feminine. The yang principle is warmer, harder, more contracted, more active and more masculine.

Slow oxidizers are generally associated with yin principles and fast oxidizers with yang principles. The slower the oxidation rate, the more yin a person tends to be. Today, however, most everyone is a slow oxidizer or very yin. This can be due to varying possibilities:

- **Radiation Exposure.** Ionizing radiation from multiple sources affects everyone today.

- **Toxic Metals and Chemicals.** These are in the food supply, the air and the water and affect everyone, no matter where one lives.
- **Changes In The Food Supply.** Hybrid crops, industrial agricultural methods, superphosphate fertilizers and food processing and refining have made all of our food more yin. Refined foods like white flour and white sugar are extremely yin.
- **Modern Medicine.** Most drugs are considered yin. This includes most antibiotics, anti-depressants, anti-inflammatories and other classes of drugs.
- **Recreational Drugs.** Alcohol, marijuana and other recreational drugs are also very yin.
- **Electromagnetic Pollution.** Electromagnetic pollution is very common in large cities filled with cell phone towers, and radio and TV signals moving through the air. Computers, television sets, and all wireless devices in particular produce electromagnetic fields.

**Yin and Yang Foods.** The most yang foods are eggs, meats, sea salt, poultry, fish and cooked root vegetables. Grains, cooked beans and cooked vegetables are more neutral. Raw vegetables and fruits, juices, sugars, alcohol and drugs are much more yin.

Cooking food and adding sea salt increase the yang energy. (Table salt is refined and much more yin.) Cutting up, grinding or powdering food makes it more yin. Protein powders, for example, are much more yin than eating protein foods. They are usually missing yang components of the original food such as fats and minerals.

Flour products, in general, are much more yin than whole unprocessed grains. Whole grain flours, however, are far superior to refined flours as the refined flours lack vital yang minerals and other nutrients.

Raw "green drinks" and fruit juices are also quite yin food items. They are fragmented foods. Juices also lack the more yang component of fiber.

### Yin And Yang Illness

Illnesses may also be classified as yin or yang. Many times the same symptom can have either a yin or a yang effect. In hair analysis interpretation, the same symptom may be due to fast or to slow oxidation.

For example, osteoporosis may occur in a fast oxidizer due to a copper deficiency. However, it may also occur in a slow oxidizer due to biologically inactive or unavailable calcium. This may, in turn, be due to adrenal exhaustion or other causes. A proper corrective program depends on assessing the cause.

### Yin And Yang Healing Methods

Healing methods may be considered either more yin or more yang. Healing methods that are more yang tend to heat, tone and contract the tissues. They include saunas, hyperthermia or fever therapy, sweating, exposure to the sun and the use of heat lamps. Fasting, heating herbs such as ginger and burdock, coffee enemas and hot baths are also more yang therapies. Others that are relatively yang include chiropractic manipulation, biofeedback, some acupuncture and acupressure. Others include some types of meditation, some psychotherapy, certain kinds of body work and some color therapy.

Yin healing methods tend to cool the body and flush toxins. They include most homeopathy, visualization and imagery. Others are most pharmaceuticals, radiation therapy and most surgery. Megadose vitamin therapy and many synthetic or isolated nutrients are also quite yin, especially synthesized vitamins in high doses.

### Yang Healing

Yang healing brings balance to almost everyone today. Here is a summary of the basic nutritional approach.

**The Yang Diet.** This is a diet of mainly cooked, high-quality and natural meats such as lamb, beef, chicken and

turkey. Smaller fish such as wild salmon and sardines are also quite acceptable. Lightly cooked eggs and cooked grains such as blue corn are also excellent foods. Organic blue corn chips are a superb grain food. White and yellow corn chips, as well as potato chips are not as healthful, as they are made with much more yin flours.

Wheat and spelt are more yin and less desirable today due to the use of hybrid crops. These foods are also quite pro-inflammatory due to their high L-glutamine content. Other whole grains, however, are excellent foods that are relatively yang.

The diet also includes plenty of cooked vegetables, especially root vegetables such as onion, carrot, turnip and parsnip. Others include rutabaga, daikon radish, garlic, celery root, ginger and burdock root. Red beets are slightly toxic. However, golden beets are excellent. For most people, kelp is quite essential for its iodine content. Sea salt is also essential for its trace element content. Even those with high blood pressure can often use sea salt in moderation.

Some goat dairy foods supply needed minerals and other nutrients and are not excessively yin. Cows milk products, on the other hand, are much more yin today. This applies as well, though less so, to organic cows milk products.

**Less Recommended Foods.** Foods to avoid are sugars in all forms, including juices of most fruits. It is also recommended to reduce most fruit and uncooked food. Fruit today is almost all hybrid and much more yin than in the past.

Salads, while quite healthful, supply a lot fewer minerals than cooked vegetables. Cooking both concentrates the food and renders the fiber more digestible. Its minerals are not damaged by cooking. In fact, they are rendered more absorbable when the fiber is broken down by cooking.

Raw foods, especially raw meats, eggs and dairy products, may harbor harmful bacteria.

We are aware that some health authorities advocate eating more raw foods. This may be helpful for a time, however, deficiencies and imbalances often arise.

**Yang Supplements.** Supplements that are most yang include animal extracts such as glandular products, ox bile and pancreatin. Vitamins derived from animal sources are also more yang such as vitamins A and D from fish liver oil. Minerals are quite yang, as they are natural products that are quite contracted.

Yang herbs include ginger, burdock, dandelion, milk thistle, skullcap and nettles. Others that are slightly more yin but still excellent include pau d'arco, Russian and Spanish black radish, among others.

**Other Yang Therapies.** Sauna therapy, preferably with an infrared electric light sauna, is the most yang. We also suggest spending half an hour a day in the sun. Another vital yang therapy is adequate rest and sleep.

### **Why guess when you can be sure.**

Wellness is simple when you use the BIA (Biological Immunity Analysis), a simple urine and saliva test which not only measures the cause and effect of applied nutrition but gives us the ability to detect potential health problems prior to symptoms appearing. Find out today what your specific BIA profile looks like.

The BIA is about prevention. It is not a cure-all nor a panacea. The BIA gives you feedback where other modalities fail to show anything is wrong. This is valuable knowledge, but only if you possess it.

We are committed to providing you with the best resources and information necessary to live a long and healthy life. Begin living a life free of degenerative disease, free of chronic pain, and free of prescription drugs. Outstanding mental function, emotional health, physical stamina and optimism can be yours. Perfect Health is just a phone call away - Order your BIA today by calling: 866.837.8474 (866.Test.4.ph) or visit our website for more information: [Click here](#)