

## Filter Test / Balancing Item

Amino Acid Deficiencies (generic) (27)

Lysine / L-Lysine

Functions as essential building block of all proteins, also promotes growth, tissue repair and production of antibodies, hormones, and enzymes. Deficiency symptoms may include: slowed growth in children, apathy, depigmentation of hair, edema, lethargy, liver damage, loss of muscle and fat, skin lesions, and weakness. It is needed for proper growth, and bone development in children; it helps calcium absorption and maintains a proper nitrogen balance in adults. This amino acid aids in the production of antibodies, hormones, and enzymes, and helps in collagen formation and tissue repair. Because it helps to build muscle protein, it is good for those recovering from surgery and sports injuries. It also lowers high serum triglyceride levels. Sources: cheese, eggs, fish, lima beans, milk, potatoes, red meat, soy products and yeast.

Amino Acid Deficiencies (generic) (65)

Phenylalanine

Can be converted into tyrosine once it is in the body. This is used to synthesize two key neurotransmitters that promote alertness - (Dopamine and norepinephrine.) It can elevate mood, decrease pain, aid in memory and learning, and suppress the appetite. Can be used in the treatment of arthritis, depression, menstrual cramps, migraines, obesity, Parkinson's disease and schizophrenia. Available in three forms designated L, D and DL. Caution: Supplements should not be taken by pregnant women or by people who suffer from anxiety attacks, diabetes, high blood pressure, phenylketonuria (PKU) or preexisting pigmented melanoma.

Enzyme Deficiencies (generic) (29)

Invertase

Assists in the digestion of sugars.

Enzyme Deficiencies (generic) (33)

Lactase

This enzyme helps those who are lactose intolerant; it also helps with the absorption of calcium. Deficiency symptoms may include: dairy intolerance (lactose, milk, ice cream, butter, etc.), cramping, bloating, nausea, diarrhea, and insomnia.

Enzyme Deficiencies (generic) (40)

Protease

Fatty Acid Deficiencies (generic) (59)

Eicosapentaenoic Acid (EPA)

Essential fatty acids aid with endocrine, cardiovascular, joints, and circulatory function.

Fatty Acid Deficiencies (generic) (68)

Flax Seed Oil

Stressed

Weakened

Symptomatic / Causal

Balanced

Retest

1 of 3

Contains numerous essential fatty acids. These aid with endocrine, cardiovascular, joints, skin, and nervous system function.

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Mineral Deficiencies (generic) (89)

Selenium

Principal function is to inhibit the oxidation of lipids (fats). It is a vital antioxidant, especially when combined with vitamin E. It protects the immune system by preventing the formation of free radicals, which can damage the body. It has also been found to function as a preventive against the formation of certain types of tumors.

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Mineral Deficiencies (generic) (69)

Sulphur

An acid-forming mineral that is part of the chemical structure of the amino acids methionine, cysteine, taurine and glutathione, sulfur disinfects the blood, helps the body to resist bacteria, and protects the protoplasm of the cells. It aids in necessary oxidation reactions in the body, stimulates bile secretion, and protects the protoplasm of cells. It aids in necessary oxidation reaction in the body, stimulates bile secretion, and protects against toxic substances. Slows down the aging process.

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Supplement Deficiencies (generic) (42)

Bee Pollen

Speculated benefits: energizes body, regulates bowels, treats prostate problems, renews skin, relieves stress, boosts immunity, decreases allergy symptoms, and reduces risk of heart disease and arthritis.

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Supplement Deficiencies (generic) (64)

Dietary Fiber

Helps control blood-sugar level in people with diabetes. Helps reduce cholesterol and triglycerides in blood. Speculated benefits: reduces risk of heart disease, reduces risk of colon cancer, and reduces risk of diverticulitis.

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Supplement Deficiencies (generic) (42)

Spirulina

Spirulina's advocates say that it is a low fat, low calorie, cholesterol-free source of protein (65-72% protein) containing all the essential amino acids. It also contains antioxidants and B-Vitamins.

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Supplement Deficiencies (generic) (42)

Trimethylglycine

Trimethylglycine is used to treat high homocysteine levels. Kilmer S McCully MD theorised that cholesterol and clogged arteries were symptoms rather than causes of heart disease and proposed homocysteine as a more likely culprit. If it were not for his work, homocysteine would not have been thought harmful and so supplements to lower homocysteine would not have been thought necessary.

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Vitamin Deficiencies (generic) (66)

Cyanocobalamin (Vitamin B-12)

Needed to prevent anemia. It aids folic acid in regulating the formation of red blood cells, and helps in the utilization of iron. This vitamin is also required for proper digestion, absorption of foods, the synthesis of protein, and the metabolism of carbohydrates and fats. It aids in cell formation and cellular longevity. In addition it prevents nerve damage, maintains fertility, and promotes normal growth and development by maintaining the fatty sheaths that cover and protect nerve endings. It is linked to the production of acetylcholine, a neurotransmitter that assists memory and learning.

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Vitamin Deficiencies (generic) (40)

Vitamin A (Beta-carotene)

Reasons to use: aids in treatment of many eye disorders, promotes bone growth and teeth development. Helps form and maintain healthy skin, hair, and mucous membranes. Help to build the body's resistance to respiratory infections. Improves skin resistance to infection and helps to improve eyesight. If severely deficient you may experience night blindness, lack of tear secretion, rough dry

Stressed

Weakened

Symptomatic / Causal

Balanced

Retest

2 of 3

skin, poor bone growth, weak tooth enamel, and changes in mucous membranes.

Stressed

Weakened

Symptomatic / Causal

Balanced

Retest

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Re-establishing balance to the energetic pathways (that run through specific organs, glands, and tissues) may hold the key to restoring and maintaining optimum health. This approach is not looking for any particular disease state, and therefore no claim of diagnosis can be made.