



Rosemary Slade Mineral-Nutritional-Balancing Practitioner

Energy and Vitality through Mineral-Nutritional Balancing

Mineral-Nutritional Balancing is based on the research of Dr. Paul Eck. His main discoveries were the result of experimenting with Hair Tissue Mineral Analysis (hair biopsy).

Dr. Paul Eck was a US-based physician, researcher and clinician who spent 35 years doing mineral and biochemical research in the areas of nutrition and biochemistry. He stumbled upon the new assessment method of Hair Tissue Mineral Analysis in the early 1970s. Where others saw it mainly as a way to detect toxic metals, Dr. Eck recognized how the relationships between minerals and other nutrients in your body determine your energy level. By studying these relationships, Dr. Eck was able to determine why some people have more energy than others.

From this he developed Nutritional Balancing Science, a new system of healing based upon simple principles and techniques that he found effective to balance the ratios and patterns based on the results of a Hair Tissue Mineral Analysis test.

Dr Eck found that nutrition was the most basic and powerful way to increase enzyme activity. This furthers healing more than any other single factor. Other sciences use the word "vital force" to describe the life force that does all of the healing.

Dr Eck viewed health as an expression of energy and vitality. He used to say that all that is worthwhile in human endeavor springs from a fountain of energy such as love, understanding and creativity as well as drive, ambition, and productivity. Reduced or depleted energy levels can lead to sentiments such as fear, envy, hatred, low self-esteem, and boredom.

Health and Vitality Flow from Energy

