



# Nutritional Balancing And Hair Mineral Analysis

*Lawrence Wilson*

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## **Nutritional Balancing And Hair Mineral Analysis** Lawrence Wilson

Nutritional balancing is predictive, preventive, safe and cost-effective and is a whole systems and thoroughly holistic approach to health care.

Nutritional balancing is a synthesis and unique application of principles from many healing sciences, including nutritional sciences, naturopathy, Western medicine, cybernetics, systems theory, the stress theory of disease, and macrobiotics.

The secret of nutritional balancing is the way in which a number of components are combined for each individual to balance and strengthen the body and mind. These include a diet for one's metabolic type, the proper drinking water, a healthful lifestyle, about 9 nutritional supplements used in a unique way, detoxification with infrared saunas and colon cleansing, and a specific meditation-observation exercise.

This expanded edition of Nutritional Balancing And Hair Mineral Analysis is divided into seven sections as follows:

- I. Introduction and the New Healing Paradigm
- II. The Theoretical Basis for Nutritional Balancing
- III. Introduction To The Minerals
- IV. Hair Mineral Analysis And Its Interpretation
- V. Physical Health Conditions And Their Handling With Nutritional Balancing Science
- VI. Mental And Emotional Health Conditions And Their Handling With Nutritional Balancing Science
- VII. Therapeutics, And Practical and Procedural Aspects Of A Nutritional Balancing Practice.

In addition, the book has seven Appendices including a lengthy Mineral Reference Guide, glossary, and descriptions of many adjunctive healing procedures, recommended products, a lengthy set of references and complete index.

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