MAGNESIUM (Mg) PROFILE - muscles

tight muscles & cramps
muscle twitches / tics / spasm
backache / growing pains

headaches / migraines
anxiety / panic attacks
noise sensitivity
grinding teeth / hiccups
cold hands & feet



body rocking / restless legs
can't sit still / agitated / restless
sore & puffy soles of feet

MANGANESE (Mn) PROFILE - tendons

tinnitus / deafness
stiffness after sitting
twinges around joints
torn or pulled tendons
stuttering
diabetes



flat footed / pigeon toed

double jointed / knock kneed

growing pains / spurs / carpal tunnel / RSI

clumsiness - bump into doors / furniture

likes gingery foods / pepper / nuts / raisins

Silver (Ag) PROFILE - antibiotic

frequent infections

natural antibiotic

sore tummies (gastro)

food poisoning

sore throat



cellulitis



gastric ulcers - heliobacter

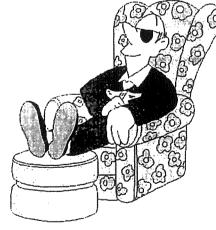
wound healing / burns dressings

infected sites

golden staph

Iodine (I) PROFILE - thyroid

goitre
tiredness
low thyroxine
dry hair
dry skin



low body temperature

depression

obesity

female cancers

fibrocystic breast disease

impaired intelligence

absorption of painted iodine within 24 hours