

MAGNESIUM (Mg) PROFILE - muscles

craving for chocolate
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

droopy eyelids
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
colds & flus
cellulitis
gastric ulcers - heliobacter
wound healing / burns dressings
infected sites
golden staph



Iodine (I) PROFILE - thyroid

goitre
tiredness
low thyroxine
dry hair
dry skin
obesity
low body temperature
depression
female cancers
fibrocystic breast disease
impaired intelligence
absorption of painted iodine within 24 hours

