



Do you want to lose weight, feel healthier, look younger,
and get more out of life - naturally?



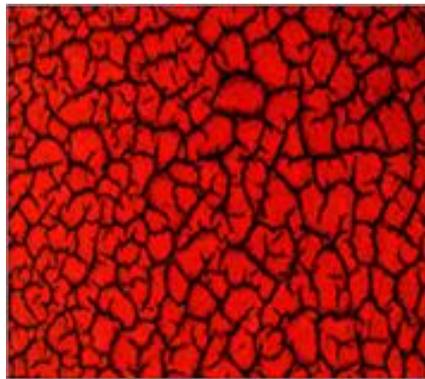
No magic
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No one size
fits all



Real science
Real results



Unleash your Health Potential!
Electrolyte Excess Imbalance

Disclaimer

I understand that Mark Hathaway provides educational assistance, tutoring, consulting and coaching services to help me understand concepts in nutrition, diet, food and other areas deemed important in order to live a fuller and healthier life, and in association with this education to learn specifically of the foods, dietary supplements or more that can assist in balancing my state of health.

I further request and accept the use of any tools of the "health trade," and at my sole discretion under retained right, in whatever form available in a free market that may be provided for my use to further my health education be it software, workshops, testing or health auditing apparatus, clinical or laboratory equipment.

I understand that Mark received certification in Flow Systems technology for health auditing through professional training programs from Biomedx (Chicago), but is neither offering nor providing a service under this agreement under any official government certification and/or license as a health, or diet professional.

I understand that the health coaching services under this agreement does not, cannot, and will not provide any diagnosis, prescription, or treatment options for any medically or otherwise defined health ailment wherein only a licensed professional may be competent to address such issue, and further, should miscommunication result in a perception that such is the case, I acknowledge that I alone bear full responsibility for any actions taken due to the miscommunication. At no time is this coaching service intended as a substitute for regular medical or other licensed care.

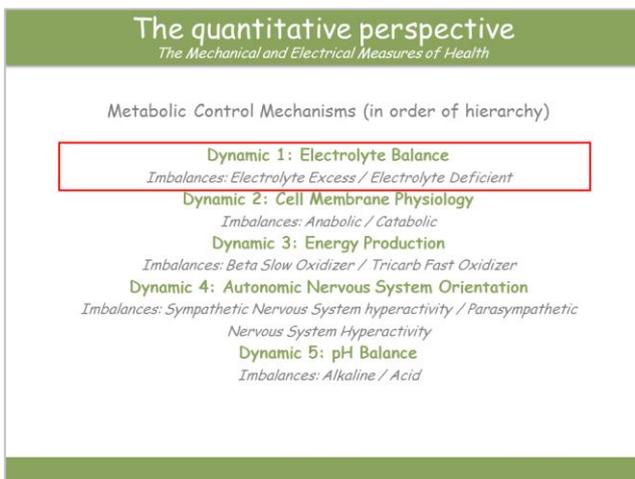
I understand that I assume all risks from the use, non-use or misuse of information, materials or opinions provided by Mark Hathaway during my health coaching sessions, trainings or presentations.

Electrolyte Balance

Electrolyte Excess Imbalance

Overview Electrolyte Balance

Electrolyte Balance comes in at the top of the hierarchy of all the points of stasis that we are looking to bring into balance. Certain issues with digestion may take priority from a point of view of processes that need to be corrected before anything else can get better, but as far as those ideal ranges of things to watch, our electrolyte balance is the most critical.



Why is it so important?

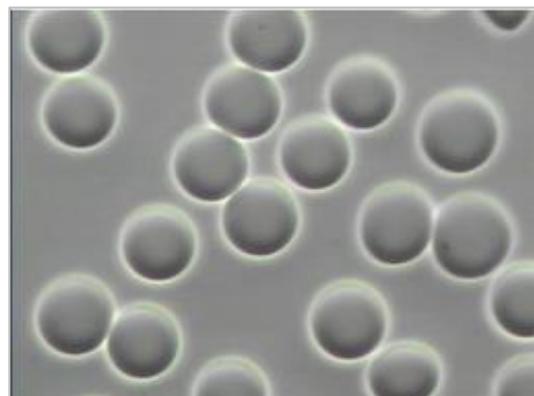
Well, if our electrolyte balance falls too far out of range, either towards electrolyte excess or electrolyte deficiency, then the delicate electromagnetic suspension that holds our blood cells apart (a state of dispersion, or colloidal suspension maintained by an electromagnetic force known as Zeta Potential) could fail and our blood could clot together, resulting in widespread clotting of the blood known as disseminated intravascular coagulation.

Revolutionary insight into the national epidemic that is cardiovascular disease has

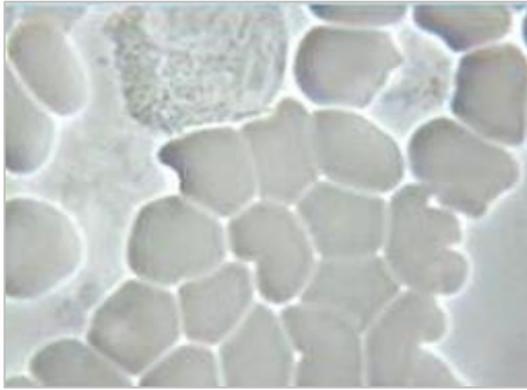
been made by an osteopathic physician, Dr. T.C. McDaniels. He was the first, or one of the first, to note that blood is a “colloidal suspension maintained by zeta potential”. What exactly that means is that our blood cells maintain proper spacing and circulation so long as there is sufficient anionic energy to keep the cells dispersed. If we eat and drink in such a way as to support healthy electrolyte balance, then our blood will have the ionic energy to maintain healthy circulation.

Definition of terms

- **Zeta Potential**- Zeta potential indicates the degree of repulsion between adjacent, similarly charged particles in a dispersion.
- **Anionic** (-) negative charged. Anionic substances in the blood repel each other and keep the blood dispersed.
- **Cationic** (+) positive charged. Cationic substances in the blood causes the blood to aggregate or clump together.



Red blood cells reflecting good zeta potential



Red blood cells reflecting bad zeta potential

Either too many or too few electrolytes, or electrolytes with the wrong electromagnetic charges, can result in a collapse of the colloidal suspension with severe disease consequences.

If you or someone you care about has a history or risk of heart failure, heart disease, cardiovascular disease or kidney disease, we highly recommend you take an active role in preventative health care by monitoring your electrolyte balance and reading the work of Dr. T.C. McDaniel, whose insights have contributed greatly to the information presented in this booklet.

Electrolyte Excess Imbalance

The electrolyte state is defined by blood pressure. When blood pressure is high, it's an indication of high amounts of minerals in the system. (Sugars and proteins are also in the mix.) High blood pressure is usually caused by high electrolytes (mineral/salts), sugars, or protein or any combination of those three.

Basically, high blood pressure can be an expression of insufficient, or lousy, kidney function, meaning that when excessive electrolytes become concentrated in the body fluids, it's usually a result of a lack of hydration (not drinking enough pure water), or impaired excretion of mineral salts. High blood pressure can also result from a

constricted vascular system. In either case, electrolyte stress can lead to hypertension (high blood pressure) and other circulatory and cardiovascular problems.

A vascular system that is constricted often points to an autonomic nervous system issue or a build-up on the arterial walls. Stiffening arterial walls can lift pulse pressure (which is the difference between the systolic and diastolic blood pressure numbers.) When the pulse pressure becomes greater and greater as the arterial walls become stiffer and stiffer, the heart becomes weaker and weaker.

Watching the pulse pressure correct itself helps to validate that you are doing the right thing.

Some Causes of Electrolyte Excess

- Not drinking enough pure clean water to dilute the system.
- A catabolic imbalance where the body is sending too much water to the bowel and not enough through the kidneys.
- Kidneys becoming compromised.
- An autonomic nervous system disturbance, which can constrict the vascular system too much.
- "Plaqued-up" arterial walls.

Some common symptoms of an Electrolyte Excess Imbalance

- High Blood Pressure
- Circulatory Problems
- Cardiovascular Disease
- Hypertension

Some Electrolyte Excess biological markers

- Resting systolic BP > 130
- Standing Diastolic BP > 87
- The difference between resting pulse to standing pulse is > 12 (this is a strong validation that this imbalance is current).

How to Improve this Imbalance

Change the aspects of your diet and lifestyle that are making this imbalance worse.

These can include:

- Not using an unrefined sea salt with your food.
- Not properly digesting your food. Many adults do not have their digestion functioning optimally and they have no idea that there is even a problem. I will lay out some simple steps you can take to improve your digestion so you can pull more minerals out of your food.
- Drinking too little water
- Drinking tap water that is loaded with chlorine and/or fluoride
- Eating too many sugars or starchy carbohydrates
- Taking antacids
- Not eating enough green vegetables
- Eating polyunsaturated oils (such as mayonnaise, salad dressings, margarine and foods fried or cooked with vegetable oils -- olive oil is okay)

Supplements often used with this Imbalance

NOTE: Use water as a supplement. If you have an Electrolyte Excess Imbalance, odds are great that you are not drinking enough water. If you also have a Catabolic Imbalance, and if drinking more water gives you diarrhoea, first improve your Catabolic Imbalance; and then you may be able to increase your water intake without inducing a loose stool.

- **Electrolyte Excess** - 2 caps with each meal
- **L-Taurine** An amino acid - Avoid with a Catabolic Imbalance. (Best taken in the morning, and near lunch.)
- **Vitamin E** Avoid with an Anabolic or Carb Burner Imbalance. (Best taken with dinner.)
- **Auto S** - (good if also catabolic)
- **Phosphoric acid** -(good if also anabolic)
- **Magnesium Chloride** - (good if also beta slow oxidizer)
- **Potassium Bicarbonate** - (good if also tricarb fast oxidizer)

Supplements to Avoid with this Imbalance

- - Vitamin D3
- - L-Glutamine An amino acid.

Contact Mark

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