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and get more out of life - naturally?



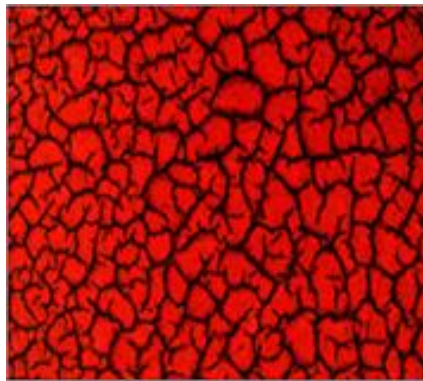
No magic  
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No one size  
fits all



Real science  
Real results



Unleash your Health Potential!  
*Electrolyte Deficiency 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.*

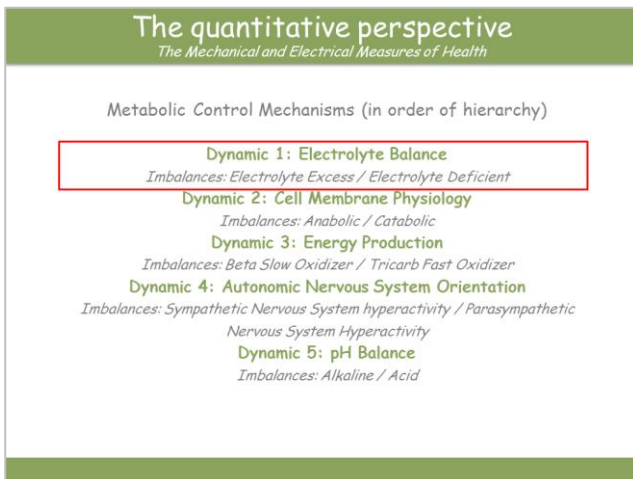
*I understand that I assume all risks from the use, non-use or misuse of information, materials or opinions provided by Mark Hathaway during my health coaching sessions, trainings or presentations.*

# Electrolyte Balance

## Electrolyte Deficiency 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?

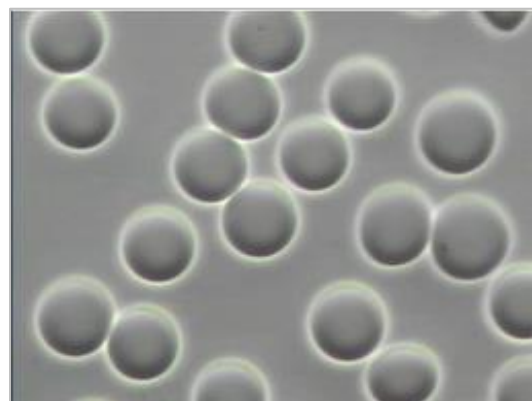
Well, if our electrolyte balance falls too far out of range, either towards electrolyte excess or electrolyte deficiency, then the delicate electromagnetic suspension that holds our blood cells apart (a state of dispersion, or colloidal suspension maintained by an electromagnetic force known as Zeta 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

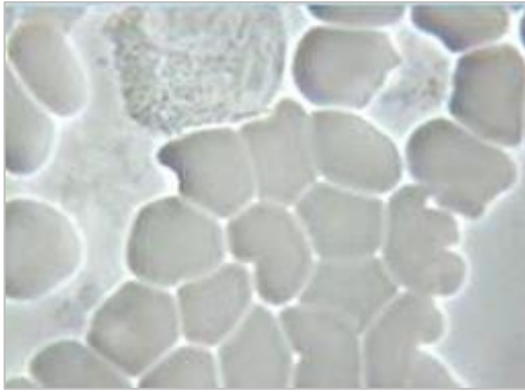
been made by an osteopathic physician, Dr. T.C. McDaniels. He was the first, or one of the first, to note that blood is a “colloidal suspension maintained by zeta potential”. What exactly that means is that our blood cells maintain proper spacing and circulation so long as there is sufficient anionic 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 Deficiency Imbalance

Very few doctors will ever complain about your blood pressure being low. Since there is no drug for low blood pressure, the ramifications are not in their training. We all know that high blood pressure can cause heart attacks and strokes (blowouts). When they say your blood pressure is great even though it's too low, they're saying that you'll never have a blowout. But is it fun to run around on flat tires all day? An optimal blood pressure reading is said to be 120 over 80. So, if 140 over 90 is considered high blood pressure in the medical world, wouldn't having those numbers off by the same

amount in the other direction be regarded as low blood pressure? Shouldn't a reading of 100 over 70 be considered low?

When blood pressure is low, this is often a reflection of low mineral content in the bloodstream. When the mineral levels decrease, it is a reflection of a decrease in your salts or the vascular system being too open (dilated). Our mineral content not only comes from actual salt, but from our food too. If your digestion is not working properly, you can't assimilate the minerals from the food you're eating and the mineral content in the system can decrease. There are a few other possible contributing factors that can result in low blood pressure. In most cases, however, digestion is the most prevalent contributing factor to low blood pressure. When we see low blood pressure, for example, anything lower than a systolic reading (the top number) of 112 and a diastolic reading (the bottom number) lower than 73, we consider that there is likely an Electrolyte Deficiency Imbalance present.

The minerals, or salts, in the system represent the conductivity, or ability for electricity to flow through the system. When the mineral content is low, there's no spark; and energy can be low. Without this energy, the brain can't function at its full potential, a result created by the lack of minerals required for signals to travel through. Many people with depression, and even other manifestations of "mental illness," are often just cases where there is not enough mineral in the system. Low mineral levels often mean there's not enough spark to give the brain what it needs to function correctly, or there is not enough mineral to control blood pH sufficiently.



## Some common symptoms of an Electrolyte Deficiency Imbalance

- Chronic fatigue
- Low blood pressure
- Menstrual cramps
- Poor circulation
- Decreased libido
- Depression or anxiety
- Vertigo or dizziness when standing
- Cravings
- Insomnia
- Lack of self-assurance
- Accelerated ageing
- Anemia
- Osteoporosis
- Digestive Problems
- Mental Disorders
- Strong Cravings for sweet, salty or foods with carbs.
- Headaches
- Loss of Coordination

## Some Electrolyte Deficient biological markers

- Resting systolic blood pressure is  $< 112$
- Standing diastolic blood pressure is  $< 73$
- Pulse is  $< 70$
- The difference between resting pulse to standing pulse is  $> 12$  (this is a strong validation that this imbalance is current).

## Avoid with this Imbalance

- Avoid drinking too much water or being unconscious about water intake. This doesn't mean you don't need more water, you may. However, you need to qualify to drink more water. If you have a low amount of minerals in the system,

drinking a lot of water will just wash away the small amount you do have. Work on correcting digestion and increasing your unrefined salt intake and then you can increase your water as your blood pressure comes up.

- Avoid drinking distilled water or tap water. Since distilled water contains no minerals, drinking it can wash minerals out without replenishing them. Chlorine and fluoride in tap water can also reduce minerals in the body since the body needs to use those minerals to help safely remove the chlorine and fluoride from the body.
- Avoid eating too many sugars and especially starchy carbohydrates. These foods can spike insulin levels and cause your blood sugar to drop too low, too quickly.

## Implement with this Imbalance

- Correctly digesting your food
- Eating food. This means eating breakfast! Often because digestion is not functioning properly, understandably, many people skip breakfast. After all, why eat protein for breakfast when it's going to make you feel miserable for the next six hours? But if the mineral level is low because of poor digestion, as digestion is repaired, something needs to be given to the body to digest. Once the body sees that it has the ability to pull nutrients out of the food you're eating, the body is going to want more of that.
- Tomatoes and/or tomato sauce. Tomatoes have the ability to thicken your blood, thereby raising your blood pressure.
- Using an unrefined salt with your food. In my opinion, when it comes to food, unrefined salt (Himalayan or Celtic sea salt

are good choices) can be the most important component to implement for an Electrolyte Deficiency Imbalance. Yes, it is true that correcting any digestive issues takes center stage for this imbalance. However, if you're not getting enough chloride into your system, your body can't begin to make its own HCL in the stomach. This is often the missing factor when a person has digestive issues. When I have clients with extremely low blood pressure and all the numbers are pointing to a severe Electrolyte Deficiency Imbalance, I like to see them load up the unrefined salt at every meal as much as they can (5-10g per day).

## FAQ's

**Q:** I've always been taught that salt is bad for you so I avoid it. Everybody knows that.

**A:** Though the average table salt is processed in a fashion that is not totally healthful, a nice, unrefined sea salt can still be beneficial to someone who has a very low mineral content. Yes, if someone has high blood pressure and their mineral content is already too high, then salt could make them worse. But these people usually are not drinking enough water or they have another imbalance that is keeping their system from cleaning minerals out of the system and they're holding on to it all. Rarely would someone have high blood pressure simply by adding salt to their food. The best bet, if your mineral content is low, is to use a natural Celtic sea salt or Himalayan salt.

**Q:** But I eat a lot of vegetables, how can I have a low mineral content?

**A:** Well, first of all, just because you're eating it, doesn't mean that you're digesting it. If

your body can't assimilate the nutrients, then they don't go into the system. Beyond that, if you're buying conventionally grown produce, chances are you will receive very low levels of mineral from that food. This is because of the chemicals and soil used to grow produce conventionally; it's literally void of most of the mineral and nutrients that our bodies require. A pretty safe bet, believe it or not, is organic, frozen vegetables. They're ripened on the vine and frozen immediately. "Fresh" produce is often picked 2 weeks before you buy it and survived by cannibalizing itself of its nutrients; it is also gassed to make it look appetizing. So, organic, frozen or locally-grown produce is your best bet unless you just want it to look pretty. (Not that freezing doesn't represent a compromise, it's just a better compromise than being picked before it's ripe.)

**Q:** Why don't I have any energy?

**A:** Well, if a toaster isn't working, what's the first thing you check? Is it plugged in? Is it getting electricity. Same goes for people. Our mineral content is what conducts the electricity that gives the spark that makes things happen. Without proper mineral levels, conductivity is low and so is the body's activities and your energy.

**Q:** Why do I crave sweet or salty things and carbs?

**A:** If your sugars are real low, you can have seizures. If your salts (electrolytes) are real low, you can have seizures. If your salts and sugars are low, you're pretty much going to have seizures. But if one is low, your body can buffer the deficiency by increasing the other one. With low salts (electrolyte deficiency), your body might send signals to crave sugar or even salts or carbs. It's not an "emotional" craving. Your body just knows what it needs to do to keep you from having seizures. Once

your electrolyte deficiency is improved, your cravings for sweet, salty or refined carb-type foods should drop significantly.

## Electrolyte Deficiency Supplement Formulas

Specific supplements to help correct an Electrolyte Deficiency Imbalance:

NOTE: The most important factors with an Electrolyte Deficiency Imbalance are correcting digestion and adding more unrefined salt. Try to make these your priorities and add other supplements from below as secondary tools.

- **Electrolyte Deficiency** - 2 caps with each meal
- **Auralife** - 2 caps with each meal
- **L-Glutamine** - An amino acid – Avoid with an Anabolic Imbalance. L-Glutamine can be bought in powder or capsule form in just about any health food store. It's a good idea to use powder since many people use doses of a full teaspoon at a time. You would need to take a lot of capsules to equal one teaspoon. If you become constipated while using L-Glutamine, you could be using too much and may need to reduce your dose.
- **L-Tyrosine** - an amino acid. (Avoid at night and if you have a Catabolic imbalance)

- **Zinc** - Keep the dose low with an Anabolic Imbalance.
- **Blackstrap Molasses**

NOTE: Most of these supplements can be ordered by contacting Mark (when ordering in Australia) or via Naturalreference.com (when ordering in the USA). You will need to enter practitioner code 40551240 to order from NR.

## Supplements to Avoid with this Imbalance

- Vitamin E
- L-Arginine An amino acid

## Contact Mark

Mark: +61 (0)400 629 063

Email: [mark@biosynergypro.com](mailto:mark@biosynergypro.com)

Website: [www.biosynergypro.com](http://www.biosynergypro.com)

Facebook Group:

<https://www.facebook.com/groups/biosynergyhealth>