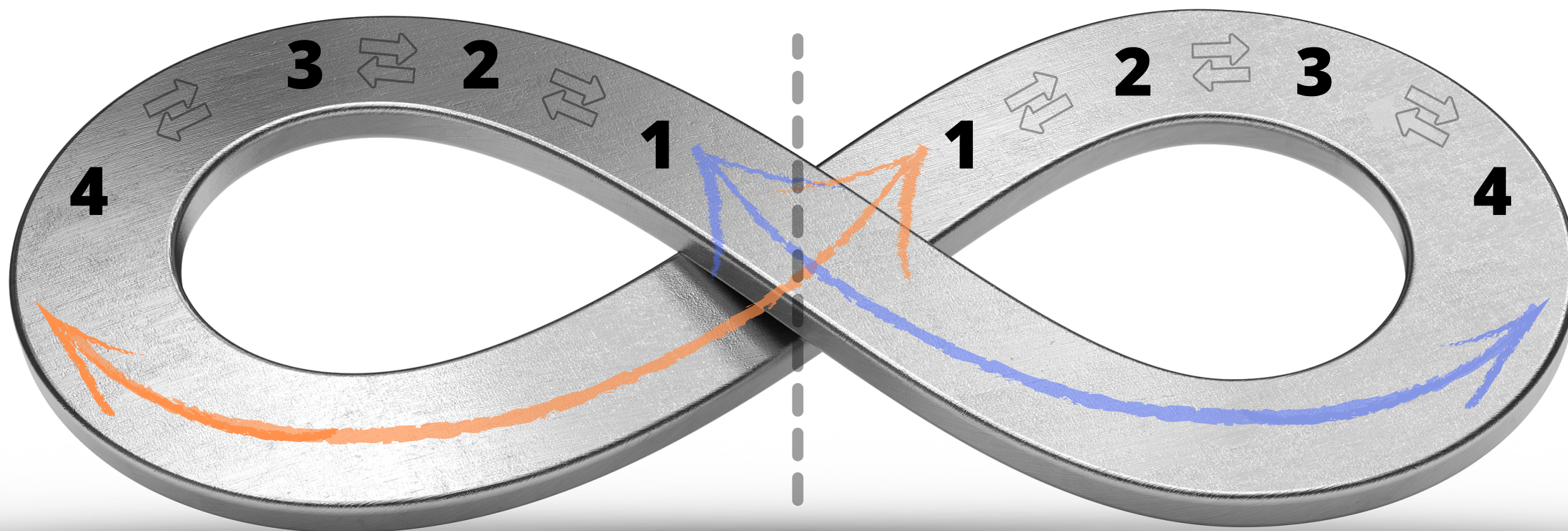


HTMA Metabolic Type Chart

Para sympathetic Dominance High Ca/P (Greater than 2.6 to 1)				Sympathetic Dominance Low Ca/P (Less than 2.6 to 1)			
SLOW				FAST			
Acute Alarm/ Chronic Resistance	Resistance Stage	Alarm Stage	Initial/ Basic Response Stage	Initial/ Basic Response Stage	Alarm Stage	Resistance Stage	Chronic Resistance/ Exhaustion
Slow 4	Slow 3	Slow 2	Slow 1	Fast 1	Fast 2	Fast 3	Fast 4

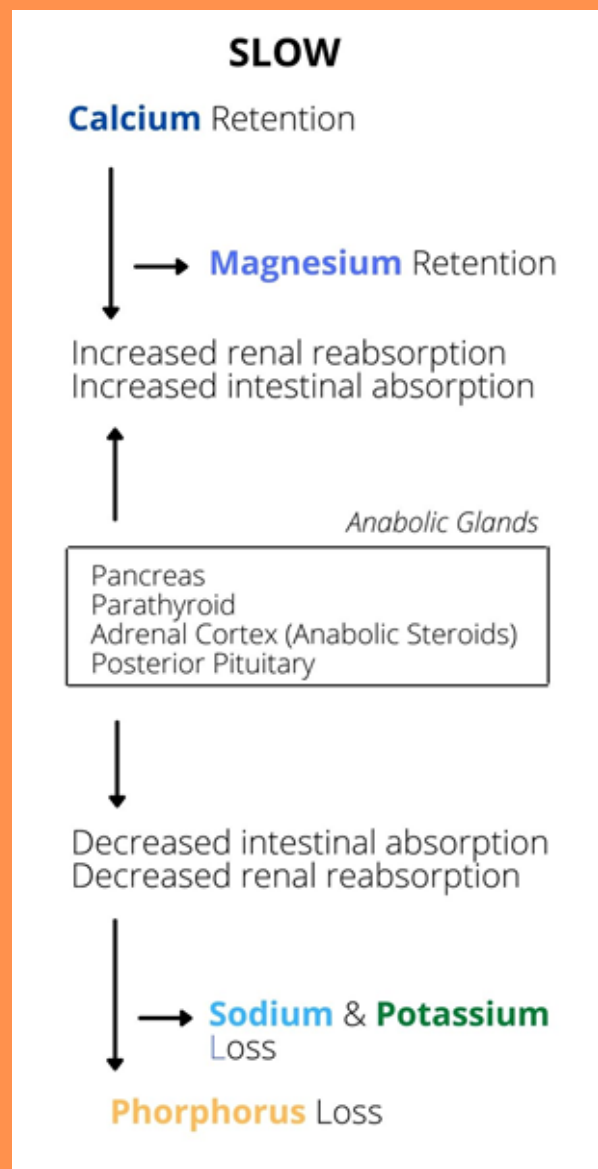


Adrenal function Mineral Ratio	Increased High Na/Mg	Decreased Low Na/Mg Low Na/K	Increased High Na/Mg High Na/K	Decreased Low Na/Mg		Increased High Na/Mg	Increase High Na/Mg High Na/K	Decrease Low Na/Mg Low Na/K	Decreased Low Na/Mg
Thyroid function Mineral Ratio	Increased Low Ca/K	Increased Low Ca/K	Decreased High Ca/K	Decreased High Ca/K		Increased Low Ca/K	Decreased High Ca/K	Increased Low Ca/K	Decreased High Ca/K

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SLOW

Illustrates the endocrine glands that are dominant in the slow metaboliser and the effect they have upon mineral retention and excretion.

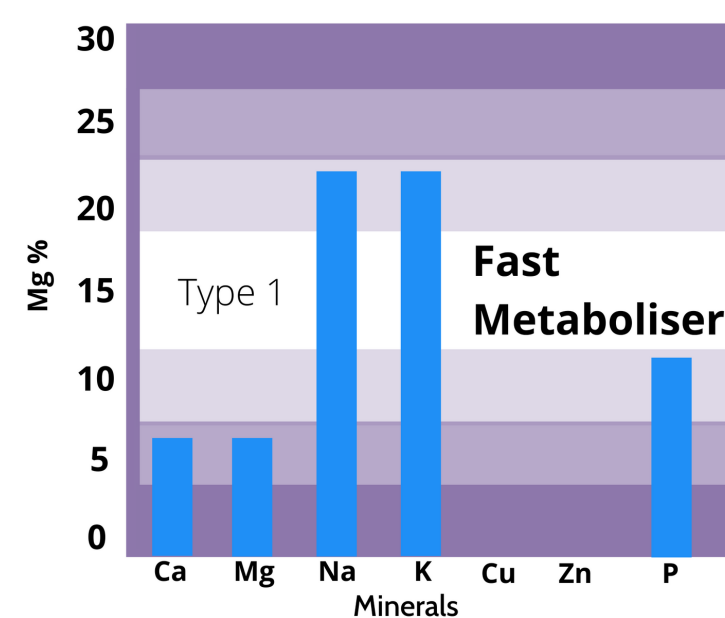
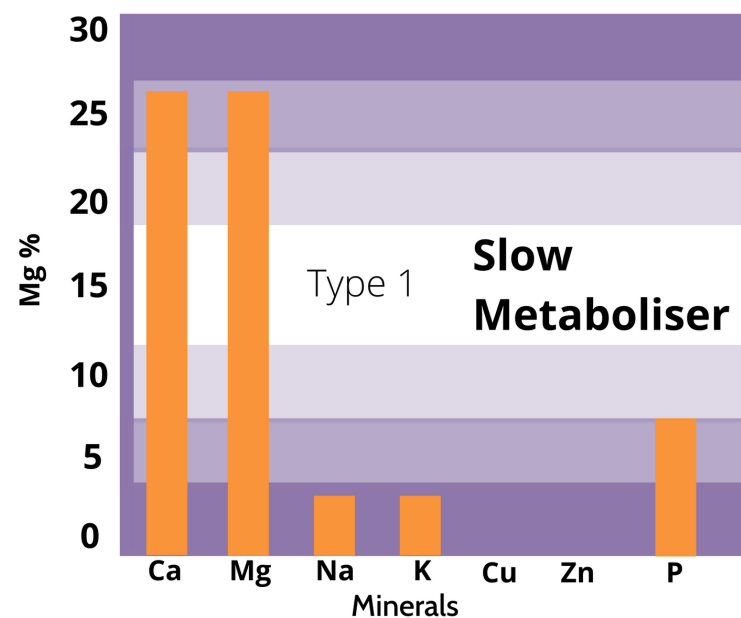


Metabolism is the term used to describe nutrient utilisation or efficiency on a cellular level resulting in energy production and maintenance. Cellular metabolism is controlled by neurological and endocrine function, which will affect nutrient absorption, retention and excretion.

Sedative Nutrients	Transitional Nutrients	Stimulatory Nutrients
	MINERALS	
Ca, Mg, Zn, Cu, Cr	Zn, Cu, Se	P, Na, K, Fe, Mn, Se
	VITAMINS	
D, B2, B12, Choline	B5, B6	A, E, B1, B6, PABA

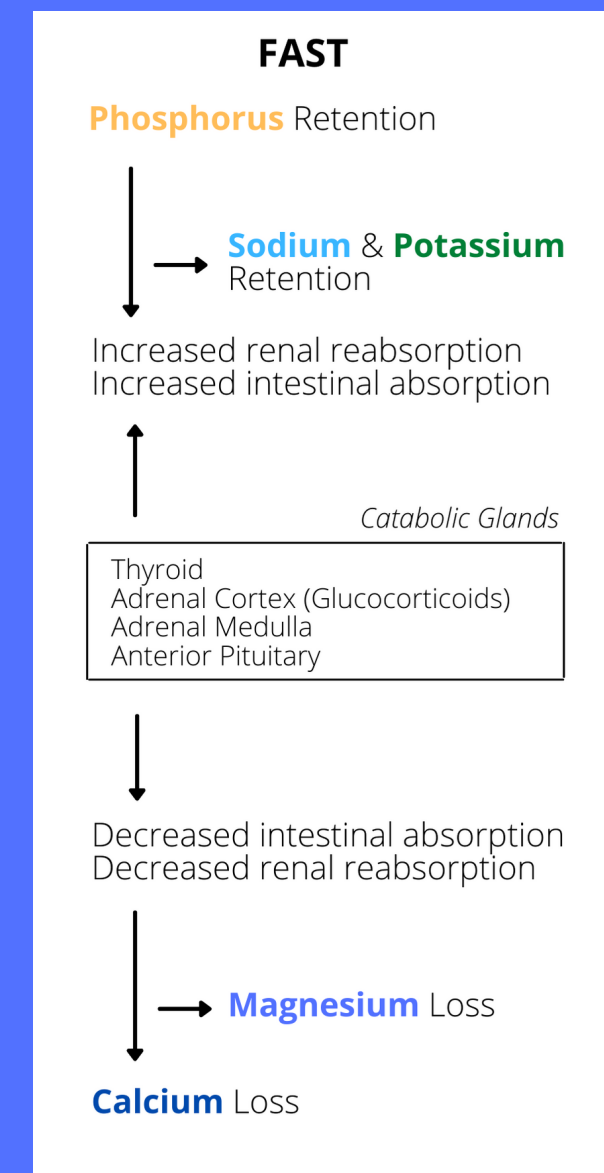
Endocrine	Mineral Ratios Increased	Mineral Ratios Decreased
Parathyroid	Ca/P - Ca/Mg - Ca/Na - Ca/K - Ca/Fe	Fe/Cu
Thyroid	Na/Mg - Fe/Cu	Ca/P - Ca/K
Adrenal Cortex (Anabolic)	Na/K - Na/Mg - Fe/Cu - Ca/Mg	Ca/P - Ca/K - Ca/Na
Adrenal Cortex (Catabolic)	Fe/Cu - Na/Mg	Na/K - Ca/K - Ca/P - Ca/Mg - Ca/Na
Pancreas	Ca/P - Ca/Mg - Ca/K - Ca/Na - Ca/Fe - Na/K	Zn/Cu - Fe/Cu
Oestrogen	Ca/Mg - Ca/P - Ca/K - Ca/Na - Ca/Fe - Na/K	Zn/Cu - Fe/Cu
Progesterone	Zn/Cu - Fe/Cu	Na/K - Ca/K

General Mineral Pattern of a Slow and Fast Metabolic Type



FAST

Illustrates the endocrine glands that are dominant in the fast metaboliser and the effect they have upon mineral retention and excretion.



Conditions associated with the slow metabolic type



SLOW

Arthritis, Asthma, Anorexia, Hypotension, Hypoadrenia, Lupus, Yeast infections, Diabetes (adult onset), Allergies (low histamine), AIDS, Fungus, Hypothyroidism, Infections (Viral), PMS, Ulcers (gastric), Increased Cellular Immune response

Sedative nutrients

Vitamin B2
Vitamin B12
Vitamin D
Calcium
Magnesium
Zinc
Copper
Chromium

Stimulating and Sedative Nutrients



Stimulating nutrients

Vitamin A
Vitamin B1
Vitamin B3
Vitamin B5
Vitamin B6
Vitamin E
Phosphorus
Sodium
Potassium
Iron
Manganese
Selenium

Conditions associated with the fast metabolic type

FAST



Anxiety Allergies (histamine), Hypertension, Hyperadrenia, Leukemia, Multiple Sclerosis, Ulcers (peptic or duodenal), Arthritis (rheumatoid), Hyperthyroidism, Hodgkin's disease, Infections (bacterial), Parkinson's Disease, Diabetes (juvenile), Increased Humoral Immune response