



Oxidation Type

Compliments of Dr. Donna F. Smith

HOW OXIDATION TYPE IS DETERMINED

On a Hair Analysis of an unwashed sample, oxidation rate is determined by the first four macro-minerals, and is indicated on the bottom of the first page of the Hair Analysis graph. These are the levels and ratios of Calcium, Magnesium, Sodium and Potassium. Oxidation Type describes the rate at which food is burned for energy at the cellular level. Oxidation Type corresponds to the RPMs in a combustion engine.

THREE TYPES OF OXIDATION

1. Slow Oxidizers convert food more slowly into energy.
2. Fast Oxidizers convert food more quickly into energy.
3. Mixed Oxidizers are both slow and fast oxidizers, whichever is needed at the time to maintain oxidation balance.

The table below provides the Tendencies of each of the two types of Oxidation

SLOW OXIDATION	FAST OXIDATION
Decreased cell membrane permeability	Increased cell membrane permeability
Dry skin and hair	Oily skin and hair
Little sweating'	Excessive sweating
Tendency toward constipation	Tendency toward frequent or loose stools
Tendency toward depression	Nervous energy or irritability
Fatigue	Tendency toward anxiety
Low blood pressure	Higher blood pressure
Introvert	Extrovert
Tendency to be cold	Tendency to be warm
Sluggish adrenals and thyroid	Hyper-functioning adrenals and thyroid
Copper (Cu) toxicity and Copper is bio-unavailable.	Tendency to become Cu deficient
Usually needs HCL digestive support (<i>i.e.</i> Zypan)	If there is a Na/K inversion, needs, HCL digestive support (<i>Zypan</i>), i.e., Sodium (Na) is High and Potassium (K) is low or vice versa.

FLEXIBLE OXIDATION

- One oxidation type is not better than or preferable to another.
- The goal is to be a flexible slow oxidizer or a flexible fast oxidizer, i.e., your energy production (RPM) should be able to speed up or slow down as needed.
- In other words, Mixed Oxidation (fast or slow as needed) is considered balanced.



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CHILDREN

- Slow Oxidation for children before puberty is an alarm.
- Children should be born in fast oxidation and stay that way until puberty.
- At puberty, oxidation should be balanced (i.e., mixed, neither fast or slow is ideal).
- Children's cells are permeable, which is why they get poisoned more easily than adults and why they are more reactive or sensitive to everything.
- This is another reason why parents should be educated on the serious side effects of vaccinations.
 - Vaccinations are not required by law unless you enroll your child in a public school.
 - Even if you choose public, rather than private or home-schooling, there are ways to become legally exempted from having your child vaccinated. Ask me for more information.
 - Everyone is at dangerous risks from getting vaccines, with Infants, toddlers and elderly being the most fragile.

VACCINE-AUTISM CONNECTION

Supreme Court Rules Mercury Toxicity Caused Autism (11/09/2007) - Government concedes Vaccine-Autism Case (from the Alliance for Human Research Protection). “The US government has made an unprecedented concession in Federal Court: Vaccines caused a child to become autistic and the child is entitled to compensation.”

In its written concession, the government said: “The vaccinations received...significantly aggravated an underlying mitochondrial disorder ...” Mitochondria are the little powerhouses within cells that convert food into electrical energy. If this process is impaired, mitochondrial disorder will ensue.

“After years of insisting there is no evidence to link vaccines with the onset of autism spectrum disorder (ASD), the US government has quietly conceded a vaccine-autism case in the Court of Federal Claims.”

The claim at issue is only one of 4,900 autism cases currently pending in Federal “Vaccine Court.” The claim against the government was that mercury-containing vaccines were the cause of autism. Doctors conceded that the child was healthy and developing normally until her 18-month well-baby visit when she received vaccinations against nine different diseases all at one time. Two contained Thimerosal, a vaccine preservative which contains mercury and which has been in use for the past 20 years.

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References: More on the above court case: http://www.huffingtonpost.com/david-kirby/government-concedes-vacci_b_88323.html
Current Information on more cases: <http://ahrp.org/cms/content/view/804/9/> and <http://focusautisminc.org>.

For more information about the Autism - Causes and Solutions, [click here](#) to go to my Newsletter Archives, type in your Subscriber User's Name and Passcode, then scroll down to and read, “*HealthQuest e-News, Volume 63, August/September 2010, on Mental Health.*”