



Oxidation Types

Compliments of Dr. Donna F. Smith

HOW OXIDATION TYPE IS DETERMINED

On a Tissue Mineral Hair Analysis of an unwashed sample, the oxidation rate is determined by the first four macro-minerals, i.e., the individual levels and ratios of Calcium, Magnesium, Sodium and Potassium. Your oxidation type is indicated on the bottom of the first page of the Hair Analysis graph. 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 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 some of the Tendencies of Slow and Fast 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. | If there is a Na/K inversion, needs HCL digestive support, 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.
- In other words, 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.
- Flexibly is Mixed Oxidation (fast or slow as needed), which is considered balanced.



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CHILDREN

As you learn more about what a Tissue Mineral Hair Analysis can tell you about your body, you can see how valuable it is for both adults and children. And because taking a hair sample is easier on children, than drawing blood, this is where I prefer to start when testing the biochemistry of 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 nor 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 the nutrients from food into electrical energy. If this process is impaired, the 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 that 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.*”