

Older: [You can have anything but not at the same time](#)

Newer:



What's the truth about you? Your health

by [Sophie Benshitta Maven](#) — Category: [Healing](#), [Raise your vibration](#) — May 16, 2016 [Click to comment](#)



Trace minerals... what do you need to know

I have been doing these 90 essential nutrient evaluations for about a month now.

Yesterday I had some time and tested a few people I know, clients, readers, friends, and emailed them my findings... at least the numbers.

I sent an email to one of my clients, and she wrote back arguing. I had a typo in the email... by mistake I wrote that she had 90 of the 90 essentials missing... obvious typo.

But yet, there is a question that she didn't ask, and I want to ask it for her, so you can learn something.

Trace minerals are needed in higher quantities when you are under stress.



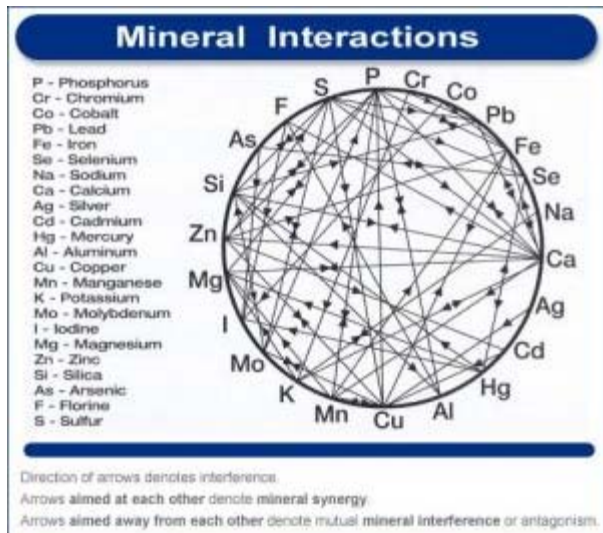
Deadline, illness, moving... you need more of your trace minerals.

For example, I just spent an hour with someone on the phone who was tense, and when we hung up I muscle tested, and needed to replenish all my trace minerals... even though I took them an hour before the call.

On a normal day they last me for the whole day.

If you are under duress, or just finished a period when you were taken to the edge of your endurance... you'll be very deficient in a lot of nutrients.

Once the deficiencies are replenished, I retest people to see what a "normal" life needs them to have in their diet or what supplements they need to take.



If you are like me, your life is never normal: I have to test myself twice a day to be anywhere near well.

But I always live on the edge...

Here is a list of the 90 essentials, for your information...

How to eat... is as important as what to eat or when to eat...

Your health will depend a lot whether you absorb what you eat or not.

If you eat with your mind, then you'll eat when it's time to eat, and eat what you think is good for you.

But you are not a machine, and this doesn't work for anyone.

I know a few different types a person may belong to, that quite accurately tells them how to eat.

The CAT: the cat type person needs to use their nose to inform them and their innards of what's coming. It's not the look and not even the taste of the food that matters to the CAT person, it is the smell.



The smell starts the digestion process even before you took a bite.

Unless the smell of the food makes you salivate, you should not eat. Not at all.

If you are the CAT type, your nose knows best, and you need to trust it.

The TASTE person: you need to take a tiny bite, and wait. If your mouth doesn't fill with saliva, you are not ready to eat, and you may try to eat the wrong food.

This method works with almost anyone, except the CAT person.

When you start salivating, your stomach is ready, your gall bladder is ready, your pancreas is ready... you can start eating... but not before.

And the third type I can recognize is the SEPARATOR: this is the hardest of all types: a separator can only eat one thing at a time... or the stomach, etc. doesn't know what is coming, and will not do a good job. Result: indigestion, self-toxicity, craziness, brain fog, etc. All nasty symptoms of not eating according to your type.

I am a SEPARATOR... and when I violate my own rules, I pay dearly.

But that is the case with all rules that are physical rules: you pay the consequences.

Another factor that largely influences what to eat and how to eat to be well is your Ayurvedic type

You can be on of three types, vata, pita and kapha...

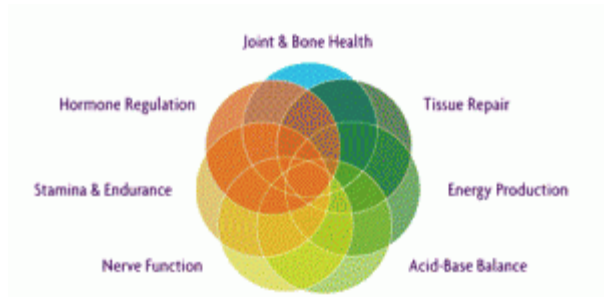
Vata tends to be thin body type, likes talking, and vata, when out of balance, makes you feel light headed, disoriented, stressed, and anxious.

Certain foods, cold foods, certain tastes, certain behavior are all enemies of a vata person... but if you manage to be a vata in balance, you can be well. I am never quite well, my mother was never quite well... vata is the hardest to manage, because it is air... gets out of hand easily.

Pita is fire and attending to the digestive fire is their challenge: if the digestive fire is not high enough, indigestion and damping of your spirits follows... self toxicity.

Kapha's challenge is laziness and heaviness... because what you are is what you want to eat...

Your blood type and your diet



This was a very popular diet 20 years ago when the Blood Type Diet book was published. It's largely true, but only largely.

But in the staple foods it is quite reliable... so I recommend that you get a cursory idea about it... if you can.

In the upcoming workshop series

In the upcoming workshop series I won't do evaluations, I prefer to get paid for that, but in my experience, unless you eat according to your type, and unless you handle your nutrient deficiencies, your chances to grow, your chances to evolve, are slim.

Here is the link to register in the workshop series.

It's free. Its purpose is for me to see who I want to work with. You'll know if it is you.

One registration admits you to all sessions...

Here is the link to register



<http://www.yourvibration.com/workshop>

Two nutrients that are not on the list, but are essential

Oxygen and water...

Unless you breathe deeply and freely, and unless you are hydrated, you cannot be well, you cannot stay out of your mind, and you cannot raise your vibration.

Bad news, right?

The good news is that with the [Energized Water®](#) you can be hydrated. I am in the middle of writing a new article about it, maybe even making a video... cross your fingers, lol. And breathing... oxygen... I find that when you are stressed, not at peace, or when you are in your mind, you don't breathe... you pant at best.

So the [Heaven on Earth](#) or for some of you the [Unconditional Love Activator](#) is the answer: you get inner peace... and you breathe deeply like a baby.

OK, and lastly, here is the list of the 90 essentials according to Dr Joel Wallach... 70% truth value... Haven't figured it out why... My hunch is that enzymes and co-enzymes are also essential nutrients and they are not on the list...

60 Essential Minerals

Aluminum
Arsenic
Barium
Beryllium
Boron
Bromine
Calcium
Carbon
Cerium
Cesium
Chloride
Chromium
Cobalt
Copper
Dysprosium
Erbium
Europium
Gadolinium
Gallium
Germanium
Gold
Hafnium
Holmium
Hydrogen
Iodine
Iron
Lanthanum
Lithium
Lutetium
Magnesium
Manganese
Molybdenum
Neodymium
Nickel
Niobium
Nitrogen
Oxygen
Phosphorus
Potassium
Praseodymium
Rhenium
Rubidium
Samarium
Scandium
Selenium
Silica
Silver
Sodium
Strontium
Sulfur

Tantalum
Terbium
Thulium
Tin
Titanium
Vanadium
Ytterbium
Yttrium
Zinc
Zirconium

16 Essential Vitamins

Vitamin A
Vitamin B3 (Niacin)
Vitamin B12 (Cobalamin)
Vitamin E
Choline
Inositol
Vitamin B1 (Thiamine)
Vitamin B5 (Pantothenic Acid)
Vitamin C
Vitamin K
Flavonoids & Bioflavonoids
Vitamin B2 (Riboflavin)
Vitamin B6 (Pyridoxine)
Vitamin D
Biotin
Folic Acid

12 Essential Amino Acids

Arginine
Histidine
Isoleucine
Leucine
Lysine
Methionine
Phenylalanine
Taurine
Threonine
Tryptophan
Tyrosine
Valine

3 Essential Fatty Acids

Omega 3 (EPA, DHA, ALA)
Omega 6
Omega 9

In the [subscribers only area](#) of the site you have access to Dr. Joel Wallach's book that gives you answers what these essentials do when they are present, and what is bound to happen if they are missing.

Related Posts:

- [Are you taking supplements? Do you eat well? Is it possible that you are doing the wrong things?](#)

- [How I can help you with your health](#)
- [Reverse Poisoning: Why you are fat, tired, listless, dumb, moody, and lack libido \(if you do\)...](#)
- [Is Muscle testing a good truth method for picking a diet?](#)
- [Narcolepsy, tiredness, adrenal fatigue, brain fog, panic attacks... can you do this work if you are not well?](#)

Tags: [symptoms](#), [Truth](#), [stomach](#), [how to eat](#), [light](#)

Tags: [Healing](#) · [Raise your vibration](#)