

What is Meant by Oxidation Type



By Dr Paul C. Eck

Throughout this article I will refer to various individuals as “slow oxidizers”, or “fast oxidizers”, etc... This is just a way of classifying the rate at which the body is releasing energy from the foods a person eats. Some people refer to this as a person’s metabolism.

We have four main classifications: *slow oxidizer*, *fast oxidizer*, *mixed oxidizer* and *balanced oxidizer*. The word oxidizer comes from the term *oxidation*. Oxidation in turn, comes from the word *oxygen*.

Oxidation is the process by which certain elements in the body chemically combine with oxygen to *release* energy. Oxidation is the basic chemical process of *burning*. For example, when you burn a piece of wood, you are oxidizing the wood. You are causing the wood to combine *rapidly* with oxygen to cause a *high-intensity* energy release.

Oxidation can occur at different speeds. It is not necessarily a fast process. It can occur quickly, as with burning wood, or it can occur

slowly, as in the case of a rusting nail. When a nail is rusting, it is reacting with oxygen in the air and being consumed. The rust you see is merely the *evidence* of incomplete combustion.

All oxidation releases energy, whether you feel it or not. The reason you do not feel the heat from a rusty nail is because the oxidation process is occurring too *slowly*. Heat is being released, but is dissipating as quickly as it is being released.

The human oxidation *rate*, is the rate at which your cells are "*burning*" their fuel. When we say that there are various types of oxidizers, we don't really mean that there are different *kinds* of oxidation. All we mean is that people release energy from their foods at different *rates*.

The Slow Oxidizer - releases energy too slowly. He or she is like a wood stove whose fire is too small to heat the room. To help him, you must speed up the human metabolic furnace or in other terms *increase* the person's oxidation rate.

The Fast Oxidizer – releases energy too quickly. He or she is like a wood stove with a fire burning too fast, overheating the room (the body), and running out of fuel. The oxidation *rate* for this person must be *decreased*.

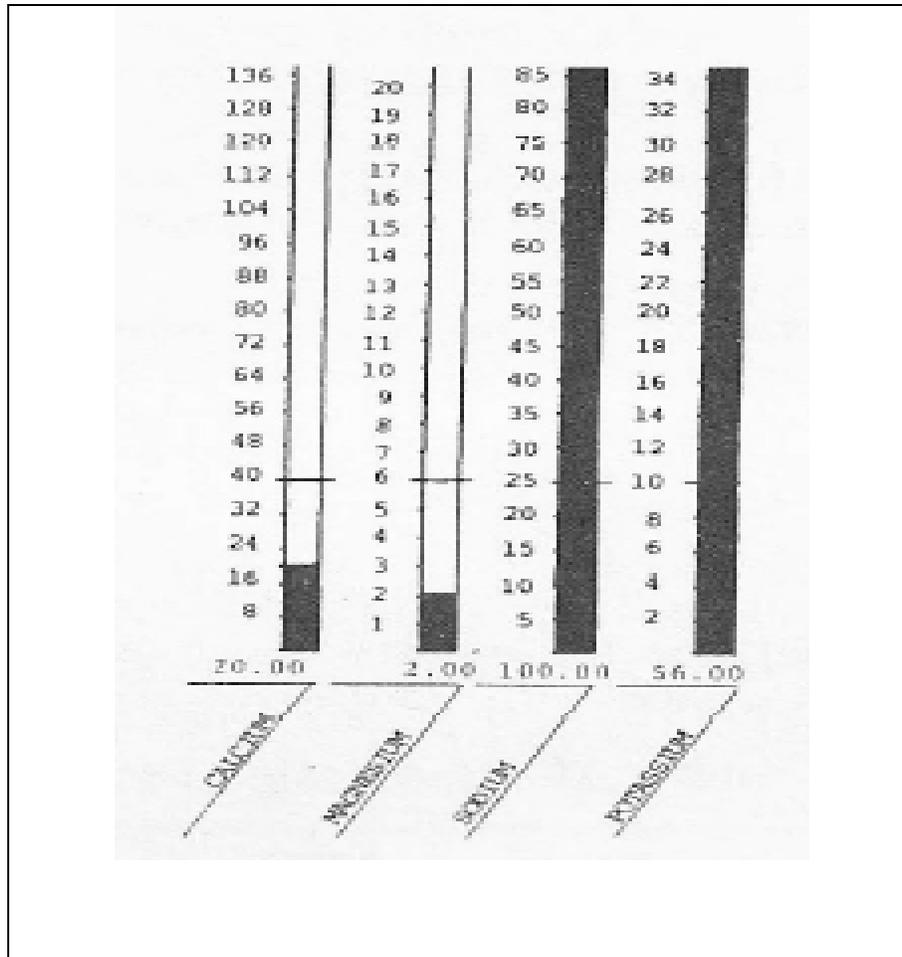
The Mixed Oxidizer – has an erratic metabolism which is sometimes too fast. Other times it is too slow. To give a *mixed oxidizer* more energy, you must *stabilize* his or her's oxidation rate.

The Balanced Oxidizer – has the most *efficient* metabolism. It is neither too slow nor too fast. The person's system produces the *maximum* amount of usable human energy. To bring a person into a state of *balanced oxidation* is the real goal of mineral rebalancing programs.

Some rates of energy release for people are more efficient than others. That's why some people are energetic and others are tired. It all has to do with oxidation rates. This is what the science of human energy is all about. The more efficient a person's oxidation rate becomes, the more energetic the person.

Below are charts for fast, slow, mixed and balanced oxidizers.

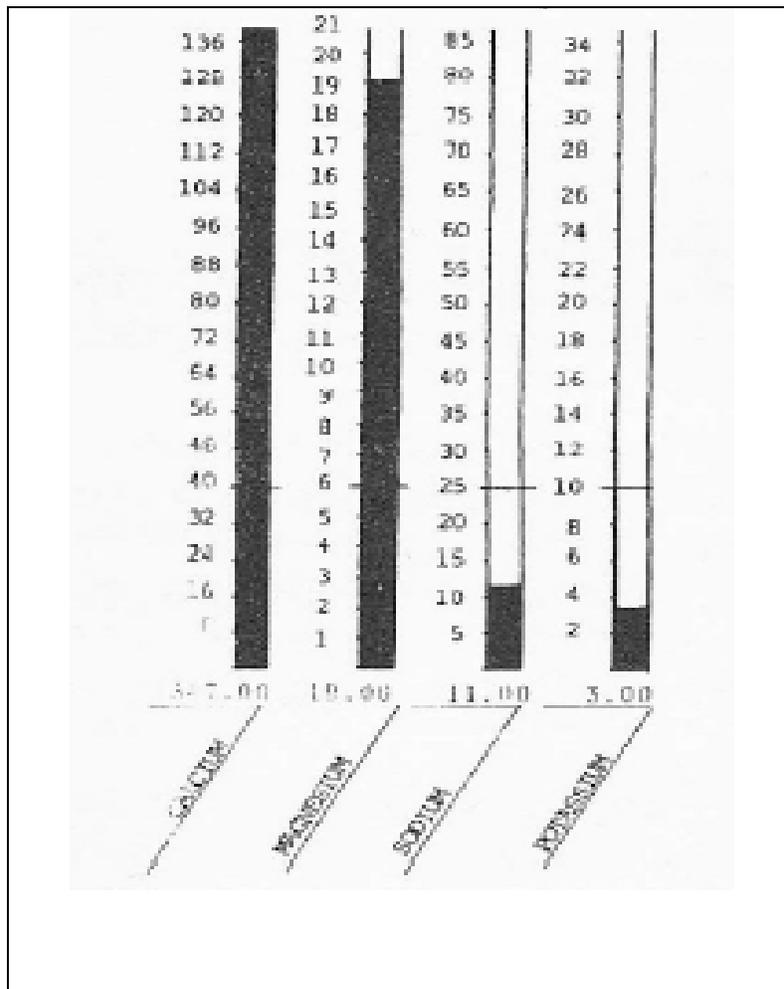
Fast Oxidizer Chart



In a *fast oxidizer*, calcium and magnesium are low and sodium and potassium are high. A fast oxidizer has over active thyroid and adrenal glands. The fast oxidizer does not give in to fatigue. He attacks it. He goes into over burn so that he can maintain the same pace.

The fast oxidizer *needs stress* to keep he or she going. If this person did not stay hyped up he or she would collapse. That's why the fast oxidizer goes to pieces when things become too peaceful. When things are too quiet, the person's organs don't get the stimulation they need to carry on.

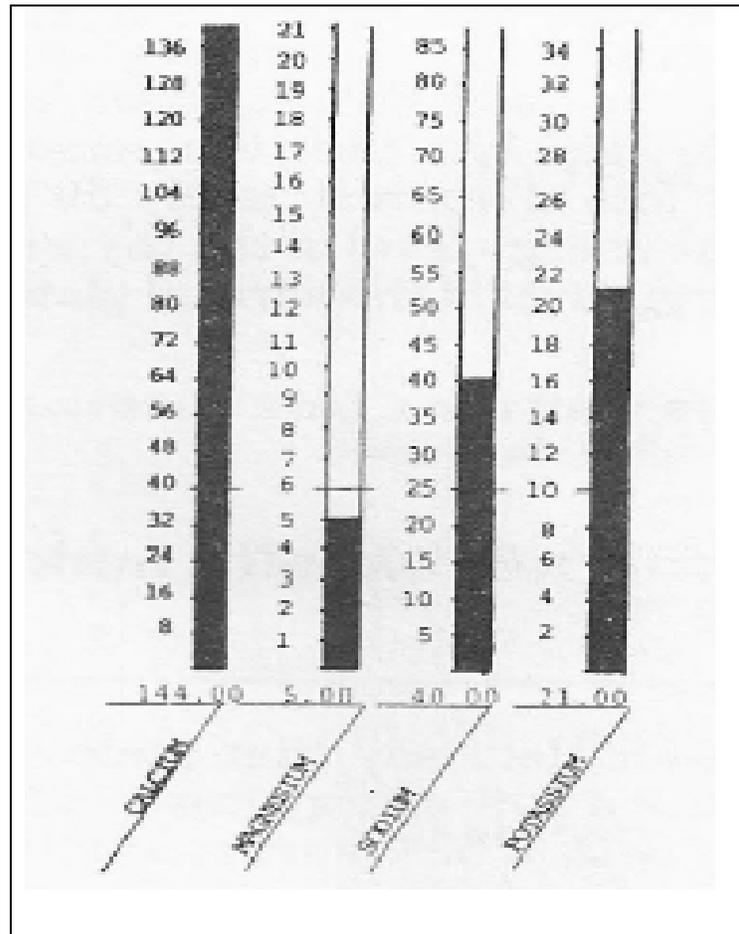
Slow Oxidizer Chart



A slow oxidizer has calcium and magnesium levels higher than normal and sodium and potassium levels lower than normal. A slow oxidizer has underactive thyroid and adrenal glands.

The super slow oxidizer feels weak and tired. He or she is lethargic, doesn't like to start new things and is too tired to even care about things happening around him or her.

Mixed Oxidizer Chart

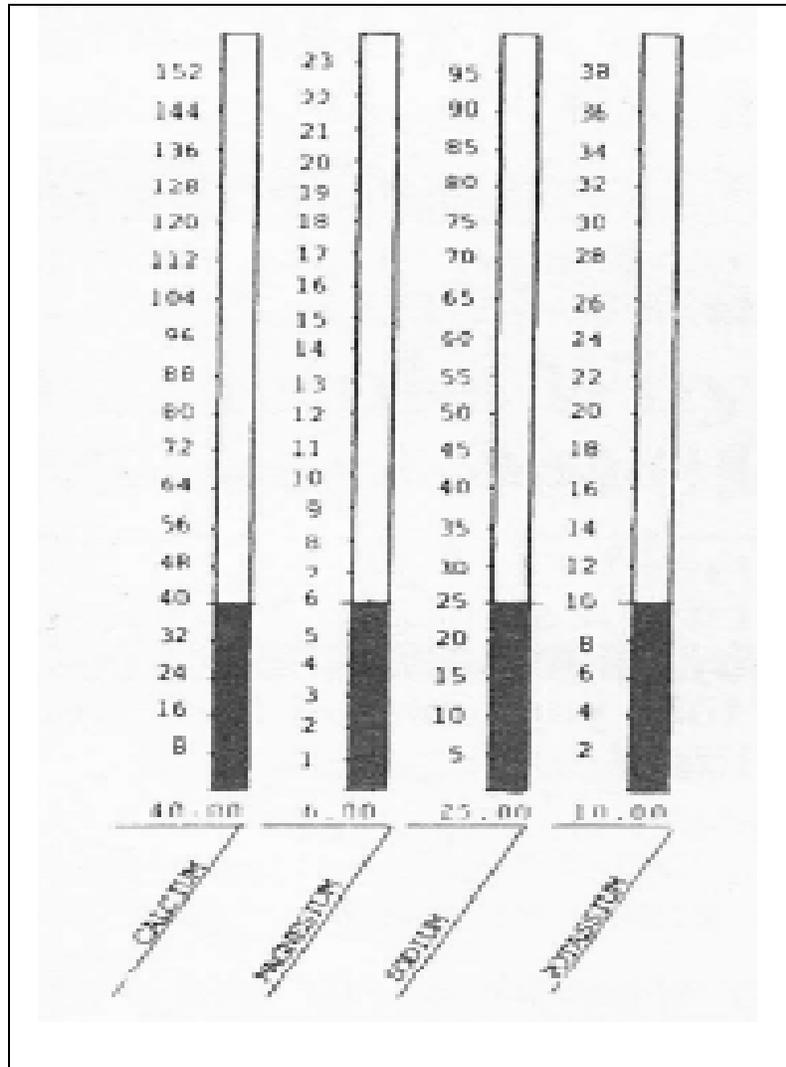


A mixed oxidizer is a person who has one of their two energy producing glands, (thyroid and adrenals) underactive while the other is overactive.

In a mixed oxidizer, one of the two energy producing glands (thyroid and adrenals) are overactive while the other is underactive. These two glands are out of sync. Mixed oxidizers are on a energy roller coaster, having periods of energy spurts followed by extreme slow downs.

A mixed oxidizer will have a tendency toward either fast or slow oxidation. The further this trend is toward fast, the more pronounced will be the roller coaster effect. A mixed oxidizer who leans toward slow oxidation will probably not notice much energy fluctuation at all.

Balanced Oxidizer Chart

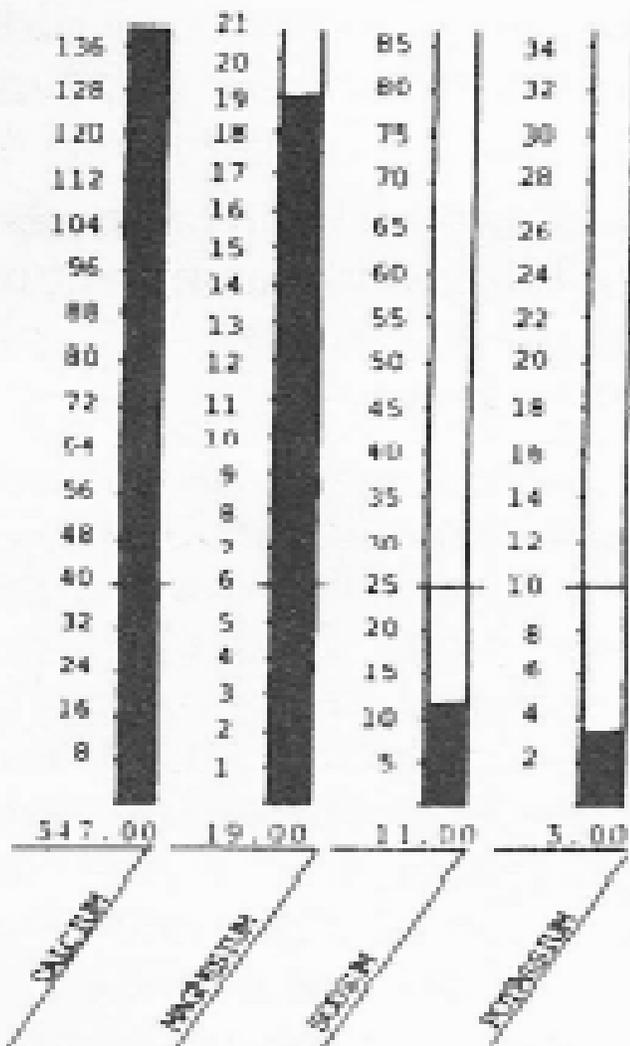


The balanced oxidizer is so healthy it is rarely ever seen. The levels of his or hers major minerals are almost perfect along with the other minerals in a hair chart.

The balanced oxidizer, the most powerful of all oxidation types, has an oxidation rate that is just right – not too fast and not too slow. Balanced oxidizers are potentially the most productive people of all.

Their bodies provide them with a steady, controlled and constant release of useable energy. They are happy, content, open and uncomplicated. They possess an inner calm and steadiness.

Health Conditions Often Associated with Slow Oxidation



1. Excessive fatigue
2. Depression
3. Dry skin
4. Poor skin tone
5. Acne
6. Digestion problems
7. Migraine headaches
8. Constipation
9. Overweight
10. Allergies
11. Anxieties
12. Hypoglycemia
13. Diabetes
14. Osteo-arthritis
15. Heart Disease
16. Muscular dystrophy
17. Multiple sclerosis
18. Asthma

There are a number of different types of mineral imbalances associated with slow oxidation. This explains why some slow oxidizers may experience some conditions and why others may experience different ones.

Note: It is important to stress that all of the above conditions can occur in **fast oxidizers** as well but only they are caused by different biochemical reasons.

For a Free Phone Consultation call 1-800-381-2898
or email your questions to >>> info@bodybalanced.net