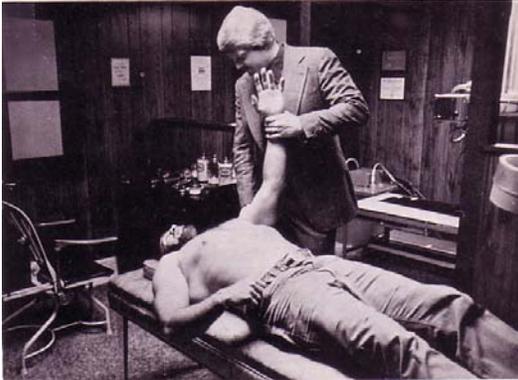


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# ***Exciting News About Cellular Mineral Analysis***

**By: Dennis B. Weis**

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**Dr. Knowlton, Director of Nutritional Research, at the Anderson Chiropractic Clinic, performs a "muscle test" on Pro- Wrestler, Baron Karl Von Krupp, former North American Champion.**

For years bodybuilders and powerlifters alike have been looking for a controlled nutritional program that will guarantee **MAXIMUM RESULTS** in added muscle size, strength and a sense of well being. **RESULTS** are what the iron game is all about, isn't it?

Well, for the past year, I have been reading with much interest, **Iron Man** and **Powerlifting USA** magazine reviews of a **CELLULAR MINERAL ANALYSIS**, out of the Anderson Chiropractic Clinic, Tulsa, Oklahoma.

In order to update you about these reviews, I will briefly explain the Cellular Mineral Analysis. It involves the taking of a sample of a person's hair in order to analyze it for minerals. From this analysis, suggestions in diet and certain supplements in the correct balance can be recommended.

The idea of Cellular Mineral Analysis seemed **EXCITING** to me because it might eventually dispel that fallacy pushed in the iron game that "IF A LITTLE AMOUNT OF VITAMINS IS GOOD, A LOT IS BETTER."

Naturally, having involved myself in bodybuilding for the past 16 years as a competitor and an author of several books dealing with bodybuilding and powerlifting, I was very eager to do some additional research into this system of CELLULAR MINERAL ANALYSIS.

I immediately sent a letter of inquiry off and within a few days I received a letter from a Dr. Knowlton, Director of Nutritional Research of the Anderson Chiropractic Clinic.

Within the letter structure, Dr. Knowlton briefly described the work at the clinic. This is interesting. I felt the time had come to obtain more explicit details about the CMA program and pass this information on to the readers of Iron Man. As well, I asked to have a Cellular Mineral Analysis test run on myself also.

I am going to share with you the informational input I received via a **20-QUESTION & ANSWER FORUM** which I conducted with the doctors and then I will conclude this article with the results of my test and advanced notes. Here we go.

### **20-Questions and Answers About Cellular Mineral Analysis**

#### **1. Dr. Knowlton, what is the purpose behind the Cellular Mineral Analysis method?**

We feel it is the answer to drugs, and nutritional guesswork on the lifters part. We are doing this also, to keep steroids out of sports, and I hope we will do some good.

#### **2. Doctor, would you briefly describe how you perform a Cellular Mineral Analysis using a hair sample?**

O.K. After a client has sent us a hair sample (per our instructions) we then rinse the hair in distilled water to remove any impurities. The hair is then reduced to a liquid and analyzed for trace minerals. By comparing the amplitudes (quality) and ratios of these minerals, we can determine what supplements you need to take.

#### **3. Basically, how are you able to determine the nutritional needs of a client, from something as simple as a hair sample?**

For the answer to this particular question, I think that the following information that we have compiled at the clinic might best answer this question most accurately.

## **Hair Analysis**

**WHAT IS IT?** The hair analysis is an assay of the mineral composition in the hair by an Atomic Absorption Spectrophotometer. Hair is cut close to the scalp at the nape of the neck to reflect the most recent growth and health. The hair test used with other clinical tests provides a more complete picture of a person's health status.

**WHY USE THE HAIR?** The hair is a representative sample of the processes occurring inside the cells (intracellular metabolism) and the sub molecular figures of the body; whereas blood tests reveal the concentrations outside the cell and waste material being discarded. The hair gives a biopsy type of reading of the nutrient reserves that are stored in the body. The hair is often more revealed due to the homeostatic mechanisms that maintain many of the components of the blood at a constant level. The normal concentration readings of the hair and the blood are different because they are two different metabolic worlds. However, there are relationships and health indicators between the two types of tests that are important. A high calcium reading in the hair and a low calcium reading in the blood is an example. The hair (cell) is the first indicator of health imbalance. The advantage of the hair analysis is that it is easily obtained, stored, transported and analyzed.

**WHAT CAN THE ANALYSIS REVEAL?** Nutritional deficiencies caused by imbalanced or inadequate diet are identified through the hair. Accumulated toxic metals are also determined. Hair analysis is the method of choice for lead, mercury, cadmium and copper poisoning and determining sub-clinical intoxication before they become full blown maladies. Many people in the healing arts are looking to the hair analysis for the answers to arthritis, bursitis, anemia, wound and burn healing, diabetes and arteriosclerosis to name a few.

**WHY MINERALS?** The metabolic functions of minerals are essential in all phases of the life process. A variety of diseased states are reflected by mineral imbalances. They play an important roll in enzymic reactions in human metabolism. The ratios and inter-relationships of the various metals are more significant in explaining bio-chemical problems than using the concentrations relative to normal ranges.

Vitamins and other nutrients have an interrelationship with minerals as they are found in organic compounds. Therefore, levels of vitamins and other nutrients can be interpreted through a mineral analysis.

### **I. Criteria**

The hair analysis interpretation will give a physiological description based on the way in which the pattern of the minerals is found. Interpreting the way in which a group of minerals interrelate is more effective than taking each mineral by itself.

Elevated calcium, by itself, could mean many things. However, elevated calcium with elevated magnesium and copper and low sodium and potassium describe a trend toward allergies and hypoglycemia; when more information is taken into consideration it allows for a more specific determination of the problem. No one would think of telling a patient that he's diabetic only on the fact that the patient was very thirsty. This would be like telling a person that they were diabetic because they had high calcium.

The physiological trends are determined for each case by comparing the mineral patterns with standard known patterns that represent health abnormalities. The standardized patterns of abnormalities were formulated by comparing many cases that had been diagnosed by other methods. Blood tests, urine tests, symptom interpretation, and review of the health literature were some of the methods used to standardize the diagnosis. People who had sugar metabolism problems were analyzed by blood and urine studies and samples of hair were collected and categorized at the same time. When sufficient amounts of these cases (sugar metabolism) were compiled, they were then looked at to see what their mineral patterns had in-common. This was statistically analyzed and then stored, so that in the future, when a patient had that mineral arrangement we would, with a high degree of certainty, say that they had sugar metabolism problems.

Patient information is the first consideration in recommending nutritional corrective action. The quantities and dosages of supplements are tailor-made depending on the age, sex, weight, height, disease state, race, and occupation. Other information is helpful to further narrow down the specific needs of that person. If this information is not included, we will assume a normal average person. Additional information will greatly help our ongoing research which will ultimately help the patient with more precise interpretation and recommendations.

The patterns of minerals are also needed for the recommendations. Just because a mineral is low does not mean that you can simply give more of that particular mineral and disregard the other minerals. Low calcium, for example, can not be corrected by only giving calcium. If the sodium is high and potassium low, then potassium and Vitamin C are given to lower the sodium. The sodium was depressing the calcium. Now that the sodium is removed; the calcium is free to increase; otherwise, all the calcium by itself would be lost through excretion.

This is like only giving iron to a patient with a low hemoglobin reading. Low hemoglobin readings (red blood cells) could indicate a deficiency of B6, B12, folic acid, protein, Vitamin E, Vitamin C and more as well as iron.

The levels of vitamins, enzymes, and other nutrients are understood by looking at the mineral (hair) test because they are found together in so many known

compounds in nature. This, of course, is the reason vitamins are formulated in certain groups and ratios. For example: Manganese needs Vitamin D, B1 and Vitamin C, for proper metabolism. B12 contains cobalt, and magnesium is found concentrated in chlorophyll.

## **II. Applications**

The interpretations and recommendations are a guide based solely on the hair test. The hair gives a picture of what is going on inside the cells of the body structure. In contrast, the blood tests reveal only what is in the blood and likewise the urine tests reveal only what is in the urine.

One type of lab test, such as the hair test, is generally sufficient to determine the problem and to set a course of action. However, it is always a good practice to check other findings like symptoms, blood work, etc. so that a holistic (total) picture is obtained. Although the hair test is a very sophisticated test, it does not take the place of all the testing methods that have gone before it. The two different worlds of blood, and the inside workings of tissue (hair test) are very complimentary and should both be looked at for a clearer, more comprehensive study of the patient. This also applies to other tests like urine, symptoms, case histories, x-rays, etc. Therefore, the recommendations may need to be adjusted to meet the specific needs of the patient.

**4. Along with the hair sample, I completed and sent in to you a Body Scope-Nutritional Evaluation Profile pamphlet. Is this Body scope pamphlet important to the success of the cellular mineral analysis program?**

We feel that the individual determining factor is the mineral levels and their ratios. This is, of course, calculated along with the nutritional profile of information that you have sent to us. Along with this, we also make dietary suggestions. While these diets don't necessarily give specific grams of proteins, fats and carbs per daily consumption, they usually turn out to be amazingly accurate.

**5. Using your program including the suggestions you make with regard to supplementation and diet specs, what type of a time period are we looking for to reach 100 percent maximum nutritional efficiency?**

Usually the individual is in such shape that we start them off with several supplements and gradually cut back to a maintenance level. We also stress a natural diet of **meat, poultry, dairy products, vegetables** and **fruit**. \$500 worth of supplements won't help somebody who eats junk food and dines at fast-food drive-ins. Most individuals can feel a difference with a few days. Most experience results within 3-4 months. By then, the body chemistry is balanced and they have learned to eat natural foods and are then put on maintenance supplements.

**6. Is the age of a client a consideration when talking in terms of the success of the program?**

The age makes no difference as we have used CMA on an 8-year old girl to people in their eighties. It has no age or sex barriers. The CMA program is geared for everybody. From the competitive bodybuilder to the housewife. Everybody can benefit from improved nutrition. After all, the machines that analyze the hair have no idea who you are.

**7. Suppose a bodybuilder is in need of a lower bodyfat count for improved definition qualities or more bodyweight for added size. Along with this you have an audience of powerlifters who are in constant need of tremendous strength and an improved total. How will the CMA method accurately determine these additional needs?**

Let me begin by saying this. Most bodybuilders and powerlifters alike will include the information within the area's you mention, along with their hair sample, and from the information given, we can figure it out. For example, if somebody writes in and is 6' tall and weighs 130 pounds...

Relating for a moment to the term of powerlifting, we have specific supplements that we use for powerlifters, as we have found through research that most PLers have joint problems, but it all depends upon the levels and ratios. We give them the information needed in order to eat and supplement for maximum benefits. There is no more guesswork! Most have reported added strength, but that comes mainly, I feel, from progressive resistance work.

**8. What about the occasional bodybuilder or powerlifter who might 'cheat' on the CMA program, in that he will take the prescribed supplements, but will not adhere 100 percent to the diet specs or vise-versa. What type of results can this individual expect?**

He can expect good results, but not as good as one who strictly adheres to the program. After all, how can one expect good results if they miss a workout or loaf through one.

**9. Is the metabolic and digestion efficiency of a client of prime importance to the success of these supplement and dietary suggestions?**

The metabolic and digestive capabilities are revealed in the cellular mineral analysis, and we try to affect any necessary changes by supplementation.

**10. Along with the CMA program, are you set up to assist a person who is in need of a properly calculated workout program?**

For an extra fee, we also give workout advice. However, there are a number of variables to a workout. Does the individual use correct form? Does he cheat? Or has he learned to go all out during a workout? There are a number of things you cannot teach through the mail. I have always thought it was a mistake to write to a so-called champion for a workout program for the above reasons. Our workout advice has been given to those who we can supervise. There is no workout fee for those we presently supervise.

We teach classes at a major club, Tulsa Aerobic & Racquetball Club, at no charge. Actually, we have taught anybody who is in the gym with us at the time, at no charge. This club has requested that we teach their members how to exercise and some basic nutrition. These scheduled classes will begin in the very near future. We now have a special program, where a lifter or bodybuilder with a problem such as a chronic inability to gain weight or a chronic problem such as a knee, shoulder, or low back can come to Tulsa and stay with us for one week (Monday-Friday). From 9-4 the person is given a complete physical exam, blood work, meridian acupuncture exam, etc. Then he receives treatment throughout the entire day according to his needs. This could include acupuncture, chiropractic, diathermy, ultra-sound, traction, and other treatment methods we have in our office.

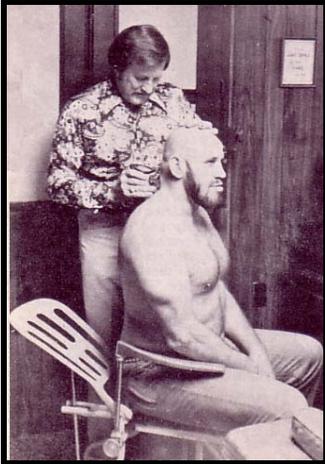
The package cost is \$1200 (current May of 1979). This includes all treatments and tests, as well as a life energizer unit. We have worked out a plan with a nearby hotel and we will prepare a special diet for each person and it will be served by the hotel. Anyway, from 4-6 we supervise a specially designed workout for the person. From 6 on, the person is free to tour the sights or they may stay and converse with us.

**11. Will this program of Cellular Mineral Analysis help to overcome or reduce some types of joint-elbow and lower back injuries through proper dietary guidelines?**

We have had people report that they have healed faster when on our program. Certainly, a properly supplied body is less prone to injury. However, a lifter with an injury should seek out the advice of a physician. Especially in the realm of the lower back, the chiropractor should be sought out. The chiropractor seeks to remove the cause of the injury, whereas another mode of the physician might only give a painkiller or a shot. This masks the pain, but does not remove the cause.

**12. How well will this scientific applications of CMA assist in the recovery time from a hard and applied workout? Though this should not give the bodybuilder or powerlifter the idea that he can now train more often, with greater results.**

Not only does this program seem to speed recovery time up from workout to workout, it seems to help speed recovery time between sets. Most lifters tear down tissue, but do not know how or when to supplement it from maximum gains.



Dr. C. E. Anderson of the Anderson Chiropractic Clinic checks for nerve Interference on famous Pro-Wrestler, Baron Karl Von Krupp, who is the Former North America Champion.

**13. Lets talk a minute about steroids and their use within the Iron Game. Would you care to make a comment one way or the other as to what a powerlifter or bodybuilder might experience in the way of results if he gradually phased out the anabolics and began to follow CMA?**

We have seen steroids add temporary size, but I do not see how they can add strength. Strength can only come from progressive resistance exercise by adding sets, reps, and weight with each workout. One cannot just take drugs and expect to lift like a champion. When you think about it, the idea is ridiculous and without bias.

We have had lifters come to us who have been on steroids and want to quit. They all wished they had never started. They experience such things as liver and gall bladder trouble, bouts of kidney trouble, almost continuous nose bleeds and terrific headaches.

**Anabolic Steroids are not the answer.** We condemn their use. When you quit them, you lose size. We had some come in with excellent physiques but could only bench around 200 pounds. The best bet for the steroid user is to quit. This fallacy that most champions are edgy around contest time, due to lack of calcium or stress is completely untrue. Most are jittery because they are going through withdrawal pains just like any drug user. Many in the medical profession have told us that the steroids are addictive with continued use, and you have to increase the dosage as time passes. The next step after quitting is body detoxification, which is rather an involved process which we will have to deal with in another article. The detoxification is based on the CMA results. But a person can still expect good results if he quits steroids and goes with our program. I would rather have both my kidneys than a trophy.

**14. How about the powerlifter or bodybuilder who is already into heavy dosages of steroids and not about to give them up for any reason. Can he expect any noticeable results by adding the CMA program to his unhealthy practices with the anabolics?**

For the heavy user of steroids, we have noticed that he has to take many supplements and extremely large dosages of them, just to protect his body. Due to this large abuse, the steroid over-user can only expect to protect his body and only limited protection for a limited amount of time. Most heavy steroid users have a shift to the right in their CMA. Now a normal body will have all normal values. A "shift to the left" means that all values are low and this is due to inadequate dietary intake or poor digestion, ergo, a "shift to the right" would indicate all high values. Now this is the opposite of what you think it means. It does not mean that this is a healthy body. What it usually means is that the body is unable to utilize the nutrient intake and it is being thrown off and demonstrated by the high levels in the hair. We are doing more research and feel that CMA would be a good screen for steroid use, instead of a blood test.

**15. I realize that you are a doctor at the Anderson Chiropractic Clinic, but what qualifies you to work with the specialized needs of the bodybuilder and powerlifter alike?**

Both doctors (Dr. Anderson and I, Dr. Knowlton) are active in the field of lifting. We both lift three times per week, using mainly nautilus. You see, I lifted about six years ago in Kansas City. There were no teachers in my area and nobody told me not to lift with a partner on a slippery basement floor. As a result, I ruptured a disc in my low back. I went the usual medical route, ending with an expensive and useless operation. My back still hurt and finally, in desperation, I went to a chiropractor. He corrected the problem. This spurred my interest and then I enrolled in school. By the way, I was in such pain that I wore my lifting belt underneath my gown to receive my diploma from UMKC, That, of course, was six years ago. Here, at the clinic, we treat many athletes, such as professional wrestlers. Both doctors also have done advanced study in acupuncture meridian therapy, nutrition, iridology, muscle testing and kinesiology.

**16. I am looking at the catalog of nutritional aids that you have made available to the public. The description of the basis of these items looks to be of the highest quality and at a reasonable price. Would you care to comment on this?**

We have put out this line because we were tired of the public being taken for a ride by the so-called experts who put out an inferior product with a lot of publicity. For example, many weight gain schemes are mostly sugar. Sugar is worthless in any form and should be avoided. Our brute force III item is a no-carb protein and sells for \$8.95 a pound and our natural source milk and egg is only 2 carbs per serving and sells for \$7.50 per pound.

**Authors note:** This is a considerable savings when you realize that there is some other brands no-carb protein selling for as much as \$28.00 per pound. It seems that some nutritional plans call for a massive over-kill, using tremendous amounts of over-priced supplements.

**17. After one has involved himself with the CMA method, will you, from time to time, continue to upgrade and evaluate the individual's program, if this is his pleasure?**

After a person has followed our program for the suggested time, he either has the option of a retest, or if he is having financial problems, he may write us about present problems and we will restructure his plan. Most find that many minor complaints such as bleeding gums, aching joints, lack of energy, lack of hunger, usually vanish within a few weeks. Not everybody who takes our program will get a 21 inch arm (such matters are usually genetic) but most everybody will improve their health.

**18. What is the initial cost of a Cellular Mineral Analysis?**

The CMA runs from \$60-\$100, depending upon choice. The 16 element assay works fantastic for most people. Then there is the most comprehensive 22 mineral assay that includes a complete dietary evaluation.

**19. If you are requested to upgrade or give a retest of the original CMA method, what type of cost factor are we looking at?**

The cost of a retest is \$60. There is no charge for a restructured program, for anybody who has had a CMA.

**Author's Note:** These are current suggested prices, and may change in the near future.

**20. Finally, doctor, I am 34 years of age, and am still into powerlifting. What can I expect in the way of improved powerlifting totals?**

Your improvement depends upon your training and how closely you follow our plan. Best results will be from the more elaborate supplementation program.

### **\_\_\_CMA Test Results on Dennis B. Weis\_\_\_**

As I promised earlier in the article, I am going to share my CMA test results with you. Due to the extreme length of the question and answer forum and space allotted within **Iron Man** magazine, I will more or less capsule comment the test results.

My results came back to me in two installments. I have received an 11 page **nutritional profile** of computerized information on proteins, fats, carbohydrates and ratio breakdown of various nutrients, relating to my particular requirements. This is somewhat like a lecture on basic nutrition, and very interesting to say the least.

My prognostic **Mineral Evaluation 22** assay report is as follows:

**The following minerals on Dennis B. Weis are high:**

<b>Minerals</b>	<b>Patient Value</b>	<b>Normal Range</b>
<b>Cadmium</b>	<b>.16</b>	<b>0.0-0.1</b>
<b>Aluminum</b>	<b>.6</b>	<b>0.0-0.2</b>

**The following minerals on Dennis B. Weis are low:**

<b>Minerals</b>	<b>Patient Value</b>	<b>Normal Range</b>
<b>Calcium</b>	<b>9</b>	<b>20.0-60.0</b>
<b>Manganese</b>	<b>.07</b>	<b>0.1-1.0</b>
<b>Magnesium</b>	<b>1</b>	<b>2.5-7.5</b>
<b>Zinc</b>	<b>12</b>	<b>16-24</b>
<b>Sodium</b>	<b>14</b>	<b>15.0-35.0</b>
<b>Tin</b>	<b>.1</b>	<b>15-.45</b>

**The following minerals on Dennis B. Weis are within normal ranges:**

Potassium, Chromium, Phosphorus, Cobalt, Arsenic, Iron, Selenium, Molybdenum, Lead, Copper, Nickel, Lithium and Mercury.

For the sake of space, I have not given a defined breakdown of the remaining minerals that were within normal range, for example of Calcium, 20.0-60.0 takes into account the variance among individuals. These ranges were arrived at by statistical means, as is any average.

At this point, I would like to make a few points clear about my test, as I understand it from Anderson Chiropractic Clinic.

My aluminum is moderately high. This can come from aluminum cookware, cigarettes (that's out because I have never smoked) deodorants and others. It is best to find and eliminate this source. Dr. Knowlton suggested that I should add a couple of glasses of sugar-free apple juice to my daily diet. The apple pectin tends to bind with the toxins and help to flush them out of the system.

The low manganese could lead to joint problems.

The low calcium suggests an inability to utilize calcium. The doctor suggested the addition of calcium to the diet, as well as a digestive support.

The low magnesium could interfere with protein synthesis and cardiovascular system.

The low zinc could affect wound healing.

The low tin could produce low energy levels.

There is a slight indication of gastrointestinal and bone and joint problems. Along with this summary, my **body scope profile** material showed that my eating habits suggest a trend of dysinsulinism (check a medical dictionary for this term). The idea here is to space my meals out to six small high protein meals per day.

The values that were disclosed in my hair analysis gave Dr. Knowlton enough information to make the following supplement recommendations for my particular needs at this time.

Quota-Pro	1 tablespoon after each meal
Cal-Pho-Min	6 at bedtime
Vitamin E chewable 150 IU	2 at bedtime
Bio-Pan	2 after each meal
Boo-Gest	4 before each meal
Liva_Chol	2 after each meal
Elimitox	2 after each meal
Reg-A-Min	2 with each meal
Manganese B6	2 after each meal
Bio-Drenal	1 after each meal
Zinc A&C	1 after each meal

The brand names of these supplements are products of the **Anderson Chiropractic Clinic**. A catalog is available upon request. The cost of the above program is very reasonable when you realize that the guess work is finally taken out of the controlled nutrition.

The analysis report was based on the fact that I am a normal, healthy person, free from medical conditions such as diabetes, ulcers, etc. As I give my 100 percent attention to following the suggestions of CMA, I will monitor my progress and will from time to time report my findings through the pages of **Iron Man**.

In closing, I might mention that I have enjoyed having this opportunity of bringing you this report on **Cellular Mineral Analysis**. Thanks so much for reading it.