



Micronutrient Testing: Micronutrient Testing: How To Find What Vitamins, Minerals, and Antioxidants You Need (Health Restoration Series) (Volume 2)

Dr Kelly Miller

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Micronutrient Testing: How to Find What Vitamins, Minerals, and Anti-Oxidants You Need is the second book in a seven book series called Health Restoration and complements the first book, 13 Secrets To Optimal Aging. It demonstrates the importance of finding micronutrient deficiencies/levels to ensure adequacy to handle the enzymatic production and conversion of the hormones, the detoxification of the hormones, tissue/organ function, neurotransmitter formation and degradation, detoxification, and mitochondrial energy. Specific tissues/organs require more of certain micronutrients. Deficiency of such a micronutrient manifests in the tissue/organ that requires it most. Multiple examples of this are given within the book in the chapters and the case history at the end of the book. This book furthers the concept of the 8 variables that determine health: genetic variances, environmental toxins, what we eat, what we drink, how we exercise, how we rest, what we breathe, and what we think.

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