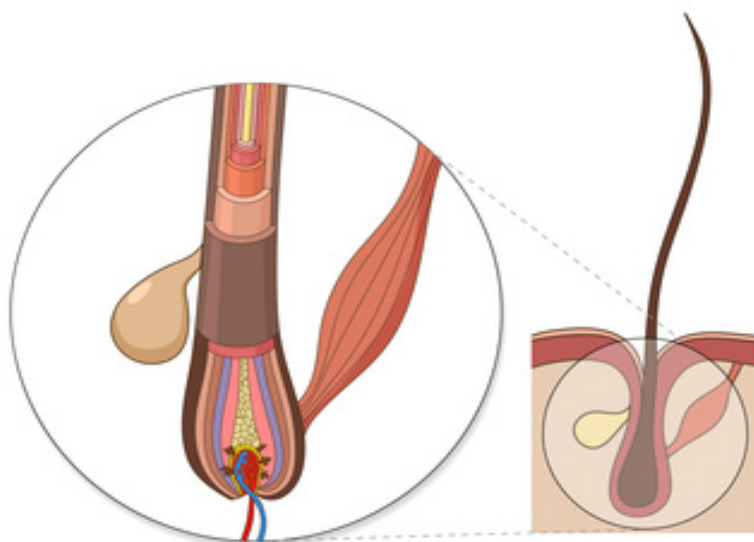


How A Bioresonance Hair Analysis Can Identify Stressors And Illness Factors

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One of the most complex organisms in existence is the human body. The human body consists of numerous systems, organs, cells and other body parts that all need to work together for survival. Not only do these body parts contribute to our survival; they also contribute to our overall wellbeing. When an organ fails to function properly or another body part fails to do what it is supposed to do at an optimal level, we can start to experience numerous symptoms and also start to feel ill. This can be unpleasant and not only affect our quality-of-life, but also greatly contribute to poor performance in the workplace, in the gym, while participating in sexual activities with a partner and during our day-to-day activities.

What Causes Ill Feelings And Poor Health

When we do not attend to the wellbeing of our bodies, we are prone to experience symptoms related to underlying health problems arising. Even some of the more insignificant underlying problems in our bodies can cause us to experience numerous

unpleasant symptoms that can make performing daily tasks more difficult.

In many cases, the ill feelings we experience, which may soon turn into chronic feelings of being unwell left untreated, can be caused by quite a large number of lifestyle factors. Let's take a look at some of the factors in our daily lives that can cause us to feel tired, sick and unmotivated:

- **Stress** – Stress is a major cause of ill health. According to [WebMD](#), experiencing high levels of stress on a daily basis causes a constant release of stress hormones by the sympathetic nervous system. Cortisol is one excellent example of such a hormone being released by this system. In turn, this can cause levels of triglycerides and blood sugar to become elevated. Additionally, our body may have a physical reaction to these hormones, which may cause irritability, muscle tension, nausea, dry mouth symptoms, dizziness, an elevated heartbeat, headaches, concentration problems, muscle aches, excessive sweating, trembling, rapid breathing and a shortness of breath.
- **Poor Diet** – Another common lifestyle factor that contributes to feeling unwell is a poor diet. Our body requires a daily supply of important nutrients, which is usually obtained through a balanced diet that includes a lot of fresh fruits and vegetables. Exposing the body to a large number of unhealthy foods and failing to consume healthy foods can cause numerous problems, including nutritional deficiencies. [Mother Nature Network](#) explains that an unhealthy diet often comprises our body of nutrients such as vitamin B12, vitamin C, vitamin D, Iodine, Iron, Magnesium and Zinc. Additionally, the refined sugars, oils and fats added to fast foods and other unhealthy food choices contribute to inflammation and poor organ function.
- **Dehydration** – Dehydration is a problem that affects millions of people worldwide. While some are unable to have control over their hydration levels due to restricted access to clean water, the levels of dehydration still remain alarmingly high amongst those who do have access to clean water. [Mayo Clinic](#) explains that dehydration can cause confusion, fatigue, extreme thirst, dizziness and even cause urine to become darker and less frequent. Leaving the body dehydrated can lead to additional harm to different systems and parts of the body that depends on hydration to keep functioning at an optimal level.

Other lifestyle factors that can also contribute to ill health include exposure to free radicals, having a high acidity level in the body and toxic overload, which can be

obtained from consuming too many unhealthy foods. Improper absorption of nutrients by the digestive tract can also cause nutritional deficiencies, which is often caused by an unhealthy gastrointestinal system.

Bioresonance Hair Analysis

Bioresonance technologies have advanced significantly over the last few years. Today, all that is needed for an optimal analysis is a few strands of hair. Through a bioresonance hair analysis, a patient's body can be tested for food sensitivities, nutritional deficiencies and problems with the digestive system can be identified, such as a poor metabolism or problems with the digestive tract's ability to properly absorb nutrients. Organ health, stress factors and the immune system's response can also be effectively tested and monitored through bioresonance hair analysis; thus providing a patient with a comprehensive overview of why they may be feeling ill, and which areas of their current lifestyle need improvement in order to offer a considerable improvement in how they feel and how their body functions.

Conclusion

We expose our bodies to numerous environmental factors and unhealthy lifestyle choices on a daily basis, which gradually builds up in our systems and causes the malfunction of organs, bodily systems and other parts of the human body. This can eventually cause us to feel unwell and even limit our day-to-day abilities. Through bioresonance hair analysis, numerous systems can be tested for toxicity, free radical damage, nutritional deficiencies and sensitivities; thus providing a person with important information as to how they are poisoning their bodies, and how they can restore optimal health.

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