



Energetic Wellness School of Naturopathy

Minerals and Emotions

Boron – Working Together
Calcium – Needing to Hold Things Together
Carbon – Needing to Build Things
Chlorine – Needing to Clean Things
Chromium – The Energizer
Cobalt – Low Motivation
Cooper – Needing to Cooperate/Excess – Known As “Hot Head”
Fluorine – Needing to Join and Connect
Hydrogen – Needing to Go with the Flow
Iodine – Needing to Make Things Happen
Iron – The Energy Maker – Loss of Purpose Or Will
Magnesium – Needing to Relax, Emotional Stress
Manganese – Needing Love
Molybdenum – Synthesize, Working Together
Nitrogen – Need for Power
Oxygen – Need for Enthusiasm. Needing to be More.
Phosphorus – Need for Insight and Enlightenment
Potassium – Need for Balance of Extremes
Selenium – Resilience
Silica – Need for Optimism
Sodium – Desire to Stay Young
Sulfur – Desire for Mysticism and the Esoteric. Love of Beauty. Love of Life. Will to Live.
Zinc – Need to Make Things Right

Minerals and Support

Boron – Bone Metabolism, Bone Loss, and Cell Minus Bone Programs

Calcium – Bone Metabolism, Bone Loss, and Cell Minus Bone Programs

Chromium – Blood Sugar – Insulin Sensitivity and Enhances Protein, Carbohydrate, and Lipid Metabolism

Cobalt – Absorption and Processing of Vitamin B12, Red Blood Cell Production (Hemoglobin), and an Integral Part of the Smooth Functioning of the Nervous System (Creating Myelin Sheath)

Copper – Iron and Carries Oxygen to Every Cell

Iodine – Thyroid and Metabolism

Iron – Healthy Blood and Oxygen Transport

Magnesium – Metabolic Processes, Muscle Relaxation, and Enzymatic Functions

Manganese – Energy Metabolism

Molybdenum – Function of Several Enzymes

Phosphorus – Bone, Brain, and Nerves

Potassium – Fluid Balance (Acid/Alkaline), Nerve Signals, and Muscle Contraction

Selenium – Detoxification

Silica – Collagen Formation and Mineralization of Bones and Teeth

Sodium – Fluid Balance and Energy Exchange Between the Cells

Sulfur – Detoxification, Enzymatic Reactions, and Wellbeing

Zinc – Cell Growth and Replication, Sexual Maturity, Fertility, and Reproduction

Vitamins & Emotions

If A Person Needs These Vitamins, They Are:

Vitamin A – Avoiding the Negative and Confrontations

Vitamin B – Not Feeling Financially Secure/Or Able to Communicate

Vitamin C – Not Feeling Like They Can Connect with Other/Isolative

Vitamin D – Not Able to Find the Strength to Overcome Challenges

Vitamin E – Needing to Be Protective

Vitamin F – Not Able to Be Flexible

Vitamin U – Not Able to Stomach Things Well/A Worrier