Oligoscan Quick Interpretation Guide

A Simple Way to Understand Your Results

2026 v.1

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Disclaimer

This guide is intended for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease, and should not be considered medical advice.

The OligoScan is a non-invasive screening tool that provides insight into mineral balance and heavy metal presence at the tissue level. It is not a diagnostic device and does not replace laboratory testing, medical evaluation, or professional healthcare advice.

All information presented in this guide reflects general principles and patterns. Individual results may vary, and interpretation should be considered within the context of personal health history, lifestyle, and environment.

Any decisions regarding diet, supplementation, lifestyle changes, or medical care should be made in consultation with a qualified healthcare provider.

By using this guide, you acknowledge that you are responsible for your own health decisions.

Section 1:

Why Your Lab Work Looks “Normal”…

But You Don’t Feel Normal

Most people who come in for an OligoScan have already had standard lab work done—and most of the time, they’ve been told the same thing:

“Everything looks normal.”

But they don’t feel normal.

Energy isn’t what it used to be. Recovery is slower. Sleep becomes inconsistent. Stress hits harder than it should. Things just feel… off.

This is where conventional testing often falls short. Most lab tests measure what is circulating in the blood at a single moment in time. They don’t show what your body is actually using at the cellular level—where function really happens.

The OligoScan looks at something different: mineral balance and heavy metal burden inside the tissues.

At the most basic level, your body runs on chemistry. Minerals drive enzyme activity, enzymes drive every chemical reaction, and those reactions determine how you feel, perform, and recover. When minerals are out of balance—or when heavy metals interfere with them—things can start to break down long before it ever shows up on standard labs.

That’s how someone can be told they’re ‘fine’… while their body is already struggling to keep up.

Your Results Are Not Random

Every pattern on your scan tells a story.

Not just about what you’re low in or what’s too high—but how your body is adapting to stress, toxicity, and nutrient demand over time.

Once you understand how to read those patterns, things start to make a lot more sense.

What This Guide Will (and Won’t) Do

This guide isn’t meant to break down every mineral or heavy metal in detail.

Instead, it’s designed to help you:

- understand the key patterns in your results
- make sense of what stands out
- and see how different elements interact

The full system—and how to correct these patterns step-by-step—is covered in the complete book.

Section 2:

What the OligoScan Actually Measures

What This Test Is (and What It Isn't)

The OligoScan is not a diagnostic test. It does not diagnose disease, replace lab work, or assign medical conditions. What it does is measure something most testing overlooks:

The availability of minerals and the presence of heavy metals at the tissue level.

At the most basic level, this matters because function doesn't happen in the bloodstream—it happens inside cells.

Blood vs. Tissue: Why the Difference Matters

Most conventional tests focus on what's circulating in the blood at a single moment in time. The issue is, your body works hard to keep those levels stable—even when deeper imbalances are present.

Blood is best thought of as a **transport system**, not the destination. It shows what's moving, but not necessarily what's being used.

The OligoScan helps fill in that gap by providing insight into what's actually reaching and interacting within tissues.

What the OligoScan Reflects

Rather than measuring just one compartment, the scan reflects a combination of:

- cellular (tissue) levels
- interstitial space (the fluid surrounding cells)
- and circulating elements

Together, this creates a picture of **bioavailability**—what your body can actually access and use.

This is why results don't always match blood work, and why the two can sometimes tell very different stories.

Why This Matters for How You Feel

Your body runs on chemical reactions—and those reactions depend on minerals being available in the right balance.

Minerals act as cofactors. Enzymes rely on them to function. And those enzyme-driven reactions influence things like energy production, stress response, recovery, and overall resilience. When something is off—whether from deficiency, imbalance, or interference from heavy metals—those reactions become less efficient.

That's when you start to notice subtle changes like:

- lower energy
- slower recovery
- increased stress sensitivity
- or symptoms that don’t show up clearly on standard tests

Important Context

The OligoScan is a tool, not a standalone answer.

Results need to be interpreted alongside your lifestyle, diet, environment, stress levels, and personal history. The same pattern can mean different things depending on the individual.

Section 3:

The 5 Rules That Make Sense of Your Results

Most people look at their results and immediately focus on one thing:

“What am I low in?”
“What’s too high?”

That’s understandable—but it’s also where most interpretations go wrong. Minerals and metals don’t act in isolation. They behave as a system. And once you start looking at them that way, the results become much easier to understand.

The five rules below will help you make sense of what your scan is actually showing.

Rule #1: Minerals Work in Relationships, Not Isolation

No mineral acts alone. Every element supports, competes with, and influences others at the same time.

Because of this, a “normal” level doesn’t always mean optimal—and an “abnormal” level doesn’t automatically indicate a problem by itself. What matters is how everything is working together.

Rule #2: High Doesn’t Always Mean High (The Blockade Concept)

One of the most misunderstood patterns is when a mineral appears elevated but isn’t being properly used.

In some cases, minerals are pushed out of tissues and accumulate elsewhere. On the report, this can look like a high value—even though functionally, the body may still be lacking it where it’s needed most.

This is often referred to as a **blockade pattern**. Blockades may include calcium, zinc, copper, boron, iodine, germanium, lithium and selenium.

Rule #3: Low Minerals Increase Metal Vulnerability

When essential minerals are low or out of balance, the body becomes more vulnerable to heavy metals.

Many heavy metals closely resemble essential minerals. When the body doesn’t have enough of what it needs, it may substitute these look-alike elements to maintain basic function.

It works as a short-term survival strategy—but over time, it creates more problems than it solves.

Rule #4: Detox Depends on Mineral Status

The body cannot effectively eliminate toxins without the right mineral support.

Systems like the liver, lymphatics, and antioxidant pathways all rely on adequate mineral availability. Without that foundation, detoxification becomes less efficient.

This is why trying to force detox often backfires.

The goal isn't to push detox—it's to support the system that allows it to happen.

Rule #5: Patterns Matter More Than Single Results

One number by itself doesn't tell you much. Real insight comes from:

- clusters of minerals
- relationships and ratios
- and how things change over time

The story is in the pattern—not the individual value.

The Shift That Changes Everything

Instead of asking: "What supplement do I need?"

A better question is: **"What pattern is my body showing—and why?"**

That shift moves you from guessing… to actually understanding what's going on.

Section 4:

How to Read Your Results

At first glance, your OligoScan report can feel like a lot—multiple charts, colors, and numbers all competing for attention.

The goal isn't to analyze everything at once. It's to simplify what you're looking at so you can quickly recognize what matters.

Start with the Colors, Not the Numbers

Before getting into details, begin with the overall color patterns.

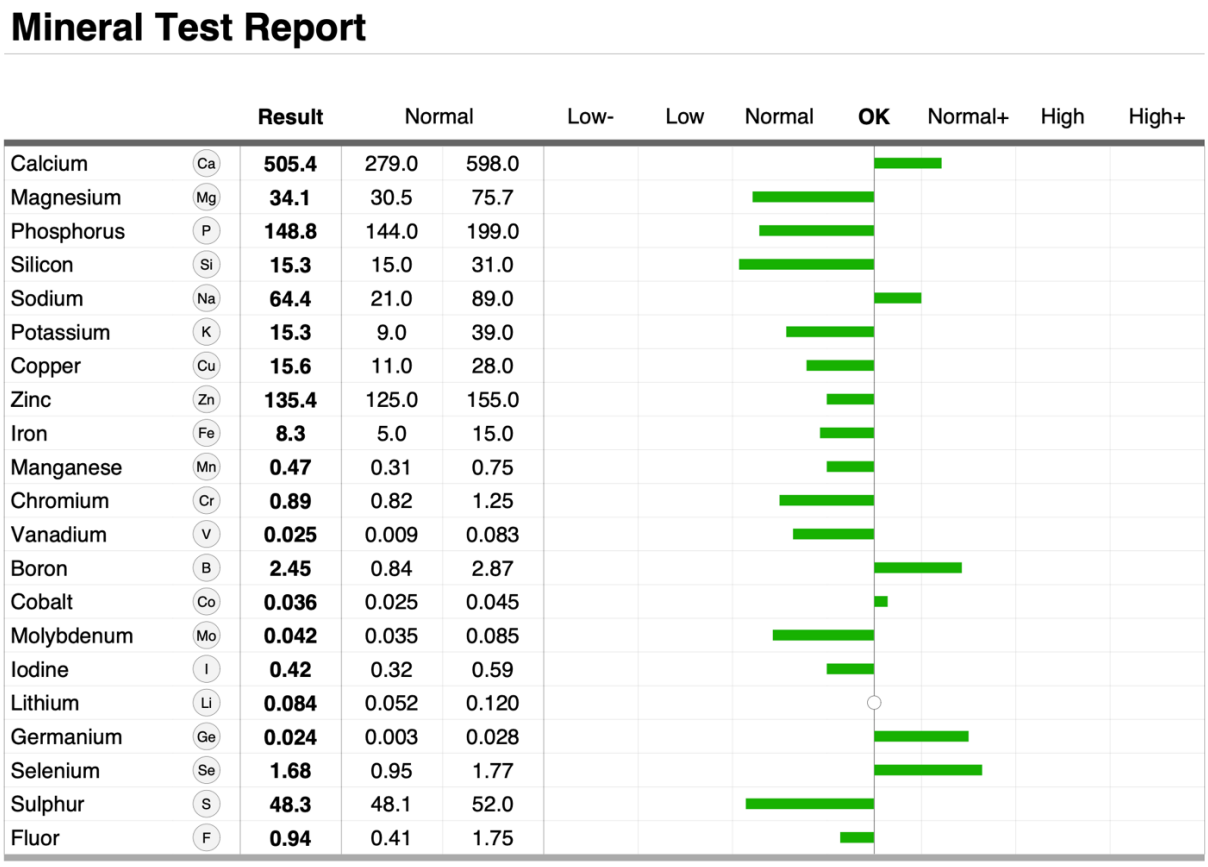
Each section of your report follows the same general structure:

- **Green** reflects relative stability
- **Yellow** suggests early imbalance or adaptation
- **Red** indicates a more significant stress pattern

Rather than thinking in terms of "good" and "bad," it helps to see this as a spectrum:

Stable → Adapting → Struggling

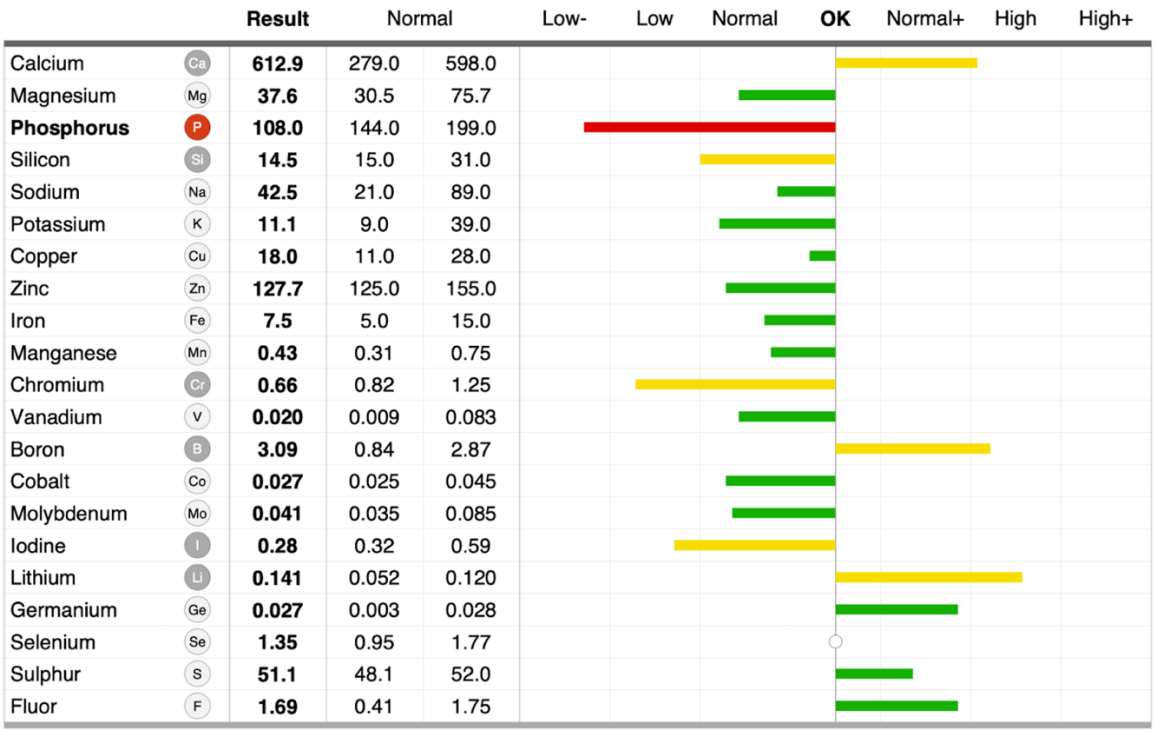
Not every yellow or red value is a problem on its own—but it does show where your body is working harder to maintain balance.



Mineral Test Report

	Result	Normal	
Calcium (Ca)	**505.4**	279.0	598.0
Magnesium (Mg)	**34.1**	30.5	75.7
Phosphorus (P)	**148.8**	144.0	199.0
Silicon (Si)	**15.3**	15.0	31.0
Sodium (Na)	**64.4**	21.0	89.0
Potassium (K)	**15.3**	9.0	39.0
Copper (Cu)	**15.6**	11.0	28.0
Zinc (Zn)	**135.4**	125.0	155.0
Iron (Fe)	**8.3**	5.0	15.0
Manganese (Mn)	**0.47**	0.31	0.75
Chromium (Cr)	**0.89**	0.82	1.25
Vanadium (V)	**0.025**	0.009	0.083
Boron (B)	**2.45**	0.84	2.87
Cobalt (Co)	**0.036**	0.025	0.045
Molybdenum (Mo)	**0.042**	0.035	0.085
Iodine (I)	**0.42**	0.32	0.59
Lithium (Li)	**0.084**	0.052	0.120
Germanium (Ge)	**0.024**	0.003	0.028
Selenium (Se)	**1.68**	0.95	1.77
Sulphur (S)	**48.3**	48.1	52.0
Fluor (F)	**0.94**	0.41	1.75

Figure 4a: This Oligoscan mineral chart has a perfect mix of balanced minerals.



	Result	Normal		Low-	Low	Normal	OK	Normal+	High	High+
Calcium (Ca)	**612.9**	279.0	598.0							
Magnesium (Mg)	**37.6**	30.5	75.7							
Phosphorus (P)	**108.0**	144.0	199.0							
Silicon (Si)	**14.5**	15.0	31.0							
Sodium (Na)	**42.5**	21.0	89.0							
Potassium (K)	**11.1**	9.0	39.0							
Copper (Cu)	**18.0**	11.0	28.0							
Zinc (Zn)	**127.7**	125.0	155.0							
Iron (Fe)	**7.5**	5.0	15.0							
Manganese (Mn)	**0.43**	0.31	0.75							
Chromium (Cr)	**0.66**	0.82	1.25							
Vanadium (V)	**0.020**	0.009	0.083							
Boron (B)	**3.09**	0.84	2.87							
Cobalt (Co)	**0.027**	0.025	0.045							
Molybdenum (Mo)	**0.041**	0.035	0.085							
Iodine (I)	**0.28**	0.32	0.59							
Lithium (Li)	**0.141**	0.052	0.120							
Germanium (Ge)	**0.027**	0.003	0.028							
Selenium (Se)	**1.35**	0.95	1.77							
Sulphur (S)	**51.1**	48.1	52.0							
Fluor (F)	**1.69**	0.41	1.75							

Figure 4b: This pattern shows the body working harder to maintain balance, with multiple areas under stress.

Vitamins

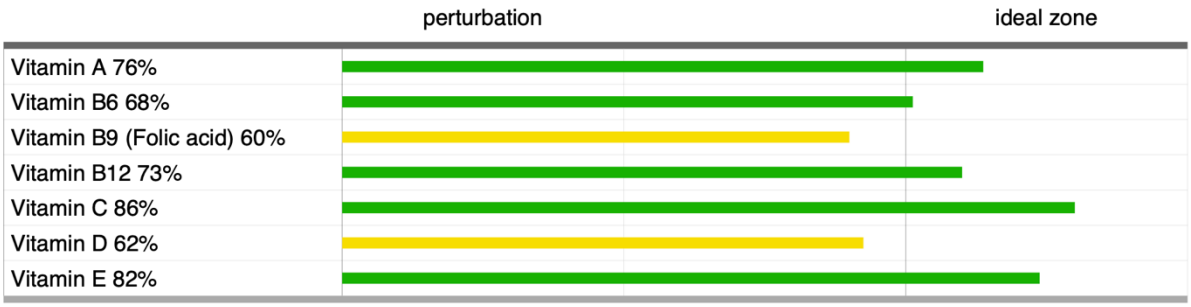


Figure 4c: This Oligoscan vitamin chart has well-balanced levels.

Vitamins

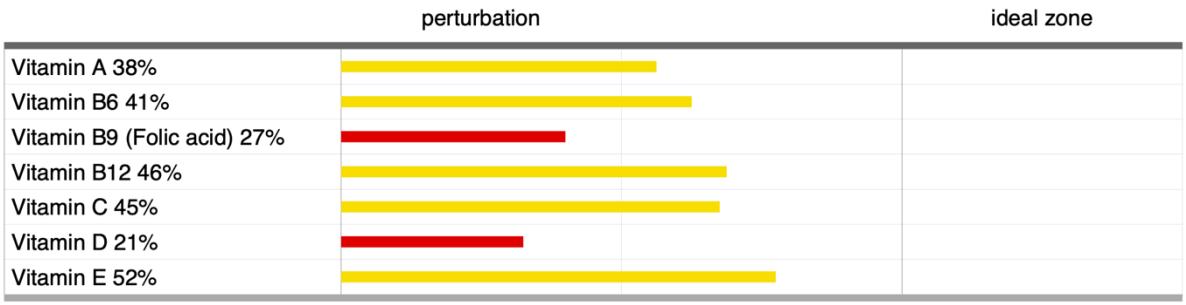
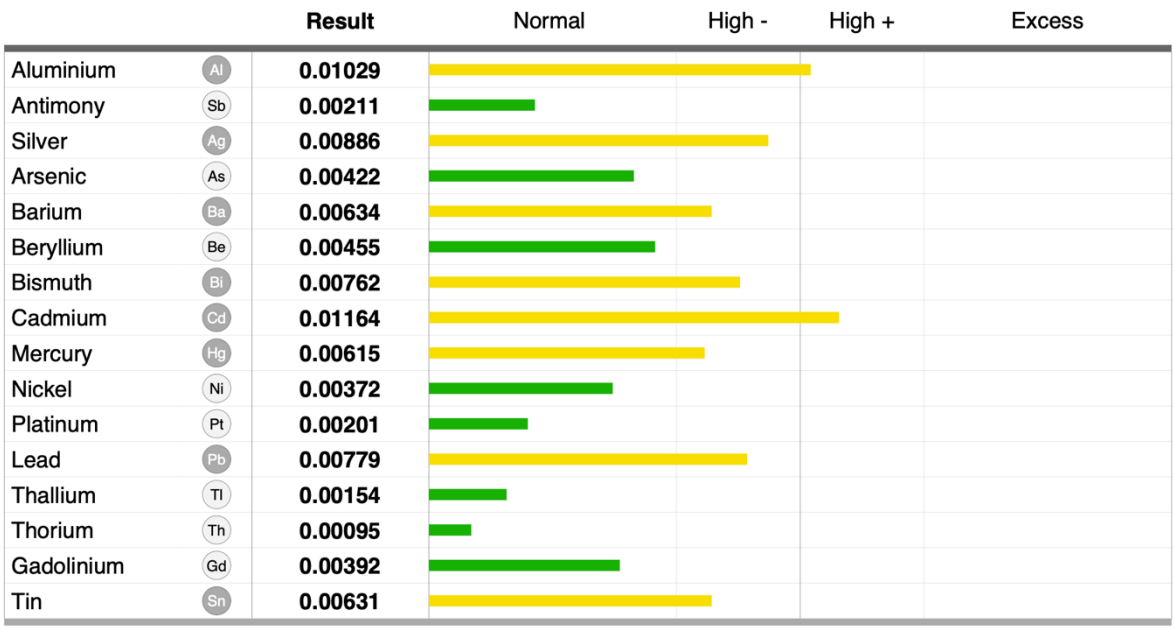


Figure 4d: This Oligoscan vitamin chart shows clear deficiency.

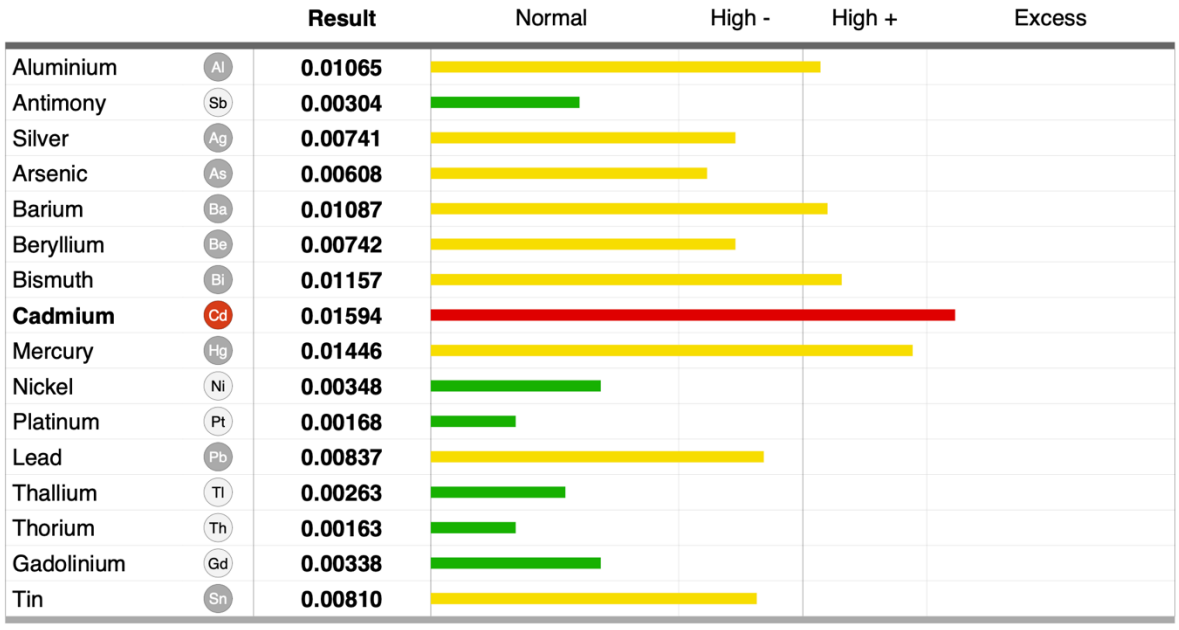
Heavy Metal Test Report



		Result	Normal	High -	High +	Excess
Aluminium	Al	0.01029				
Antimony	Sb	0.00211				
Silver	Ag	0.00886				
Arsenic	As	0.00422				
Barium	Ba	0.00634				
Beryllium	Be	0.00455				
Bismuth	Bi	0.00762				
Cadmium	Cd	0.01164				
Mercury	Hg	0.00615				
Nickel	Ni	0.00372				
Platinum	Pt	0.00201				
Lead	Pb	0.00779				
Thallium	Tl	0.00154				
Thorium	Th	0.00095				
Gadolinium	Gd	0.00392				
Tin	Sn	0.00631				

Figure 4e: This Oligoscan heavy metal chart has lower-than-average heavy metal load.

Heavy Metal Test Report



		Result	Normal	High -	High +	Excess
Aluminium	Al	0.01065				
Antimony	Sb	0.00304				
Silver	Ag	0.00741				
Arsenic	As	0.00608				
Barium	Ba	0.01087				
Beryllium	Be	0.00742				
Bismuth	Bi	0.01157				
Cadmium	Cd	0.01594				
Mercury	Hg	0.01446				
Nickel	Ni	0.00348				
Platinum	Pt	0.00168				
Lead	Pb	0.00837				
Thallium	Tl	0.00263				
Thorium	Th	0.00163				
Gadolinium	Gd	0.00338				
Tin	Sn	0.00810				

Figure 4f: This Oligoscan mineral chart shows a mix of green, yellow, and red, indicating that toxins may be affecting health.

Look at the Overall Pattern First

Before focusing on individual minerals, take a step back and look at the shape of the graph as a whole.

In a more balanced pattern, values tend to stay closer to the center with a relatively smooth flow across the chart. When things are more dysregulated, you'll start to see sharper spikes, deeper dips, or uneven clustering.

That overall shape often tells you more than any single number.

Understand Distance from Center

Each mineral is plotted based on how far it sits from an optimal range.

- Values closer to center tend to reflect more stability
- Values further away suggest greater stress or compensation

The further something moves from center, the more likely it is influencing how the system is functioning.

Break It Down by Section

Once you've looked at the big picture, you can start to look more closely at each category.

Minerals
Focus on balance rather than perfection. Look for clusters of highs or lows and pay attention to how key minerals relate to each other.

Vitamins
These tend to fluctuate more and are often influenced by recent intake or short-term changes. Patterns are more useful than isolated values here.

Heavy Metals
Ideally, these remain below the threshold line. When multiple metals are elevated, it often points to a broader burden rather than a single exposure.

Don’t Overlook the Ratios

Some of the most useful insights come from how minerals relate to each other.

Ratios like sodium to potassium, calcium to magnesium, and zinc to copper can reflect:

- stress response
- energy regulation
- hormonal signaling

In many cases, these relationships are more meaningful than the individual values themselves.

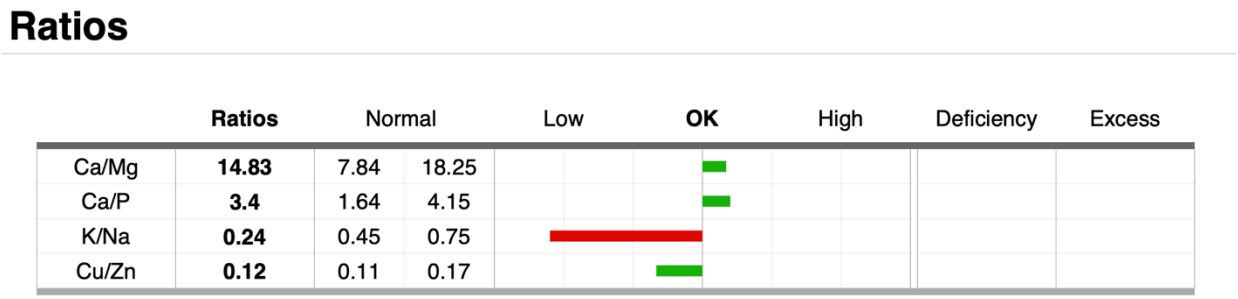


Figure 4g: This Oligoscan ratio chart shows mostly balance minerals, but either a shortage of potassium (K) or an excess of sodium (Na).

Look at Trends, Not Snapshots

One test is just a moment in time. Real insight comes from watching how things move across multiple scans. As patterns begin to shift, you may see minerals change direction or metals temporarily rise as they’re mobilized.

That kind of movement is often a sign that the system is adapting.

A Common Mistake

One of the biggest mistakes is trying to fix one number at a time. That approach often leads to over-supplementation, conflicting signals in the body, and slower, less consistent progress.

A better approach is to step back and focus on the overall pattern.

What to Focus on Instead

You’re not looking for perfect numbers.

You’re looking for direction—how your body is responding, where it’s compensating, and how those patterns change over time.

That's what turns this from a report… into something you can actually use.

Section 5:

Common Patterns on the OligoScan

While every individual is unique, certain patterns show up repeatedly.

These patterns reflect how the body responds over time to stress, toxic exposure, nutrient depletion, and lifestyle factors. Most people don't fall into just one category—but recognizing these trends can help you understand what your body may be dealing with.

The Balanced Pattern (What "Good" Looks Like)

This is the reference point.

In a balanced pattern, minerals tend to stay relatively close to center, with a smooth and consistent flow across the chart. There are no major spikes or dips, and heavy metals remain below threshold.

This kind of pattern often reflects strong regulation and adaptability. The body is able to maintain balance, respond to stress appropriately, and use minerals efficiently.

Even here, small imbalances can still exist—but overall function is stable.

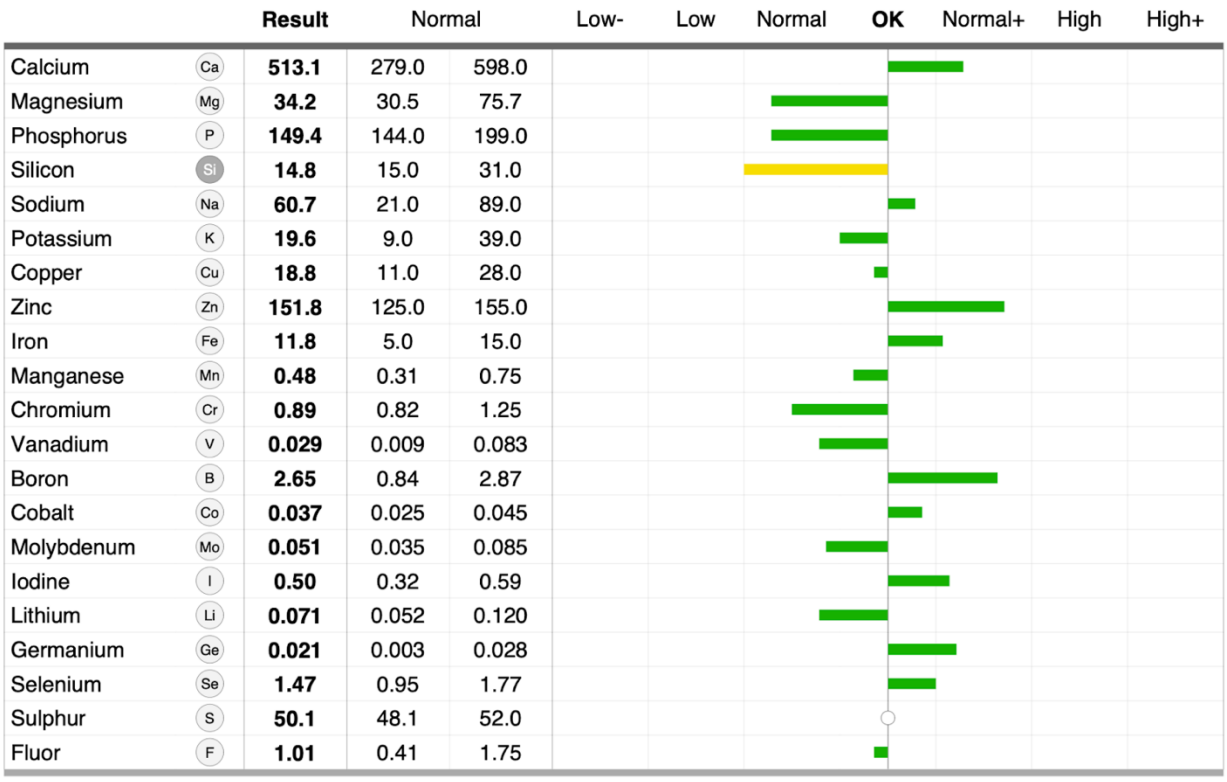


Figure 5a: An example of a near perfect test. There is a resemblance to the DNA helix in the spiral from left to right on this report.

The Depletion Pattern (Running on Empty)

This is one of the most common patterns—and one of the most overlooked.

Instead of one or two low values, you'll often see multiple minerals trending low across the chart, sometimes alongside low vitamin levels. This can reflect a system that's simply under-resourced.

It's frequently associated with long-term stress, restrictive diets, poor absorption, or high-output lifestyles where demand has outpaced supply.

When this pattern shows up, the issue isn't just one deficiency.

The body doesn't have enough raw material to keep up.

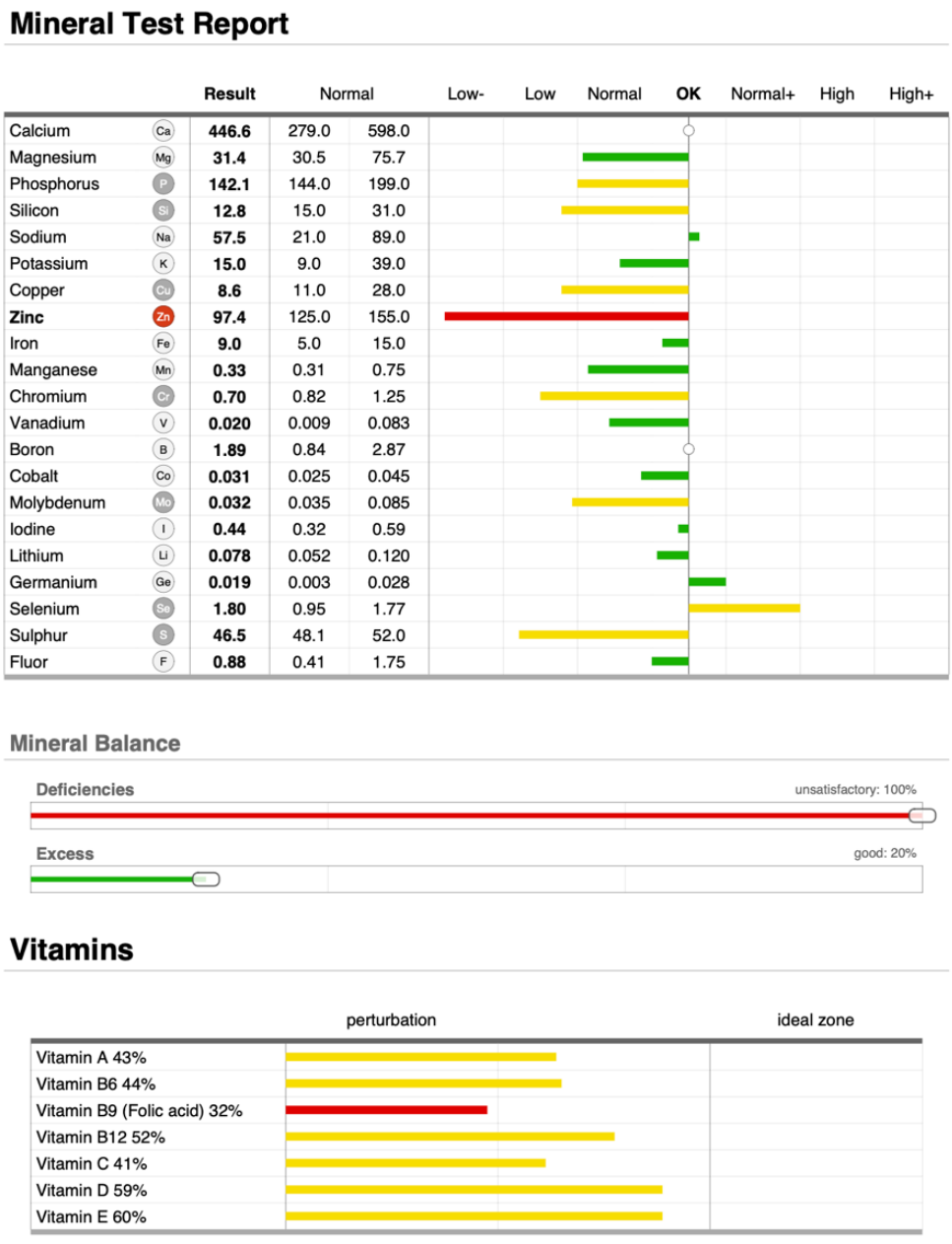


Figure 5b: A vegetarian who is either not getting enough vitamin density from food, or is not absorbing nutrients properly.

The Toxicity Pattern (Interference from Heavy Metals)

In this pattern, heavy metals begin to influence the overall picture.

You may see multiple metals elevated, along with disruption in key minerals that normally support detoxification and cellular function. Over time, this creates a kind of interference—where minerals are present, but not functioning as they should.

Common sources can vary widely, from environmental exposure to dental work to everyday inputs like water, food, or plastics.

These metals don’t just accumulate—they interfere.

Mineral Test Report

	Result	Normal		Low-	Low	Normal	OK	Normal+	High	High+
Calcium (Ca)	**609.2**	279.0	598.0							
Magnesium (Mg)	**28.6**	30.5	75.7							
Phosphorus (P)	**151.6**	144.0	199.0							
Silicon (Si)	**14.9**	15.0	31.0							
Sodium (Na)	**60.3**	21.0	89.0							
Potassium (K)	**13.1**	9.0	39.0							
Copper (Cu)	**34.4**	11.0	28.0							
Zinc (Zn)	**202.0**	125.0	155.0							
Iron (Fe)	**11.9**	5.0	15.0							
Manganese (Mn)	**0.58**	0.31	0.75							
Chromium (Cr)	**0.47**	0.82	1.25							
Vanadium (V)	**0.012**	0.009	0.083							
Boron (B)	**3.72**	0.84	2.87							
Cobalt (Co)	**0.034**	0.025	0.045							
Molybdenum (Mo)	**0.043**	0.035	0.085							
Iodine (I)	**0.13**	0.32	0.59							
Lithium (Li)	**0.095**	0.052	0.120							
Germanium (Ge)	**0.026**	0.003	0.028							
Selenium (Se)	**0.80**	0.95	1.77							
Sulphur (S)	**52.3**	48.1	52.0							
Fluor (F)	**1.80**	0.41	1.75							

Mineral Balance

Vitamins

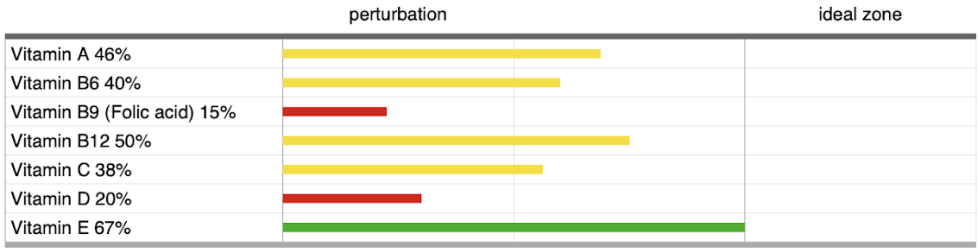
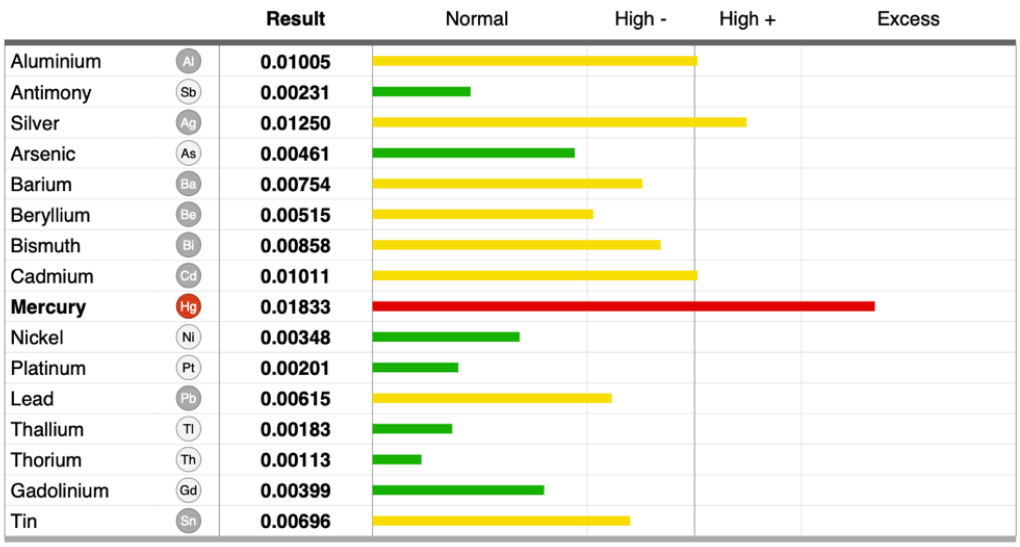


Figure 5c: Vitamin and mineral charts showing a very scattered pattern of deficiency.

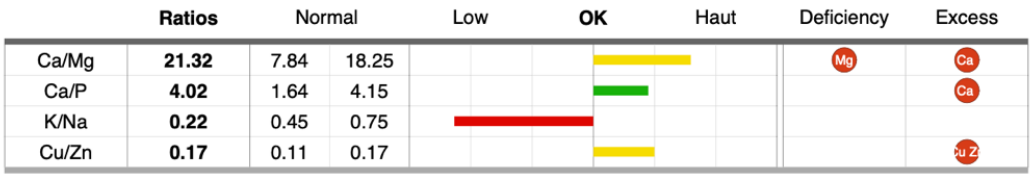
Heavy Metal Test Report



	Result	Normal	High -	High +	Excess
Aluminium (Al)	0.01005				
Antimony (Sb)	0.00231				
Silver (Ag)	0.01250				
Arsenic (As)	0.00461				
Barium (Ba)	0.00754				
Beryllium (Be)	0.00515				
Bismuth (Bi)	0.00858				
Cadmium (Cd)	0.01011				
Mercury (Hg)	0.01833				
Nickel (Ni)	0.00348				
Platinum (Pt)	0.00201				
Lead (Pb)	0.00615				
Thallium (Tl)	0.00183				
Thorium (Th)	0.00113				
Gadolinium (Gd)	0.00399				
Tin (Sn)	0.00696				

Heavy Metals Intoxication

Ratios



	Ratios	Normal		Low	OK	Haut	Deficiency	Excess
Ca/Mg	**21.32**	7.84	18.25				Mg	Ca
Ca/P	**4.02**	1.64	4.15					Ca
K/Na	**0.22**	0.45	0.75					
Cu/Zn	**0.17**	0.11	0.17					Cu Zn

Figure 5d: Heavy metal and ratio charts showing excess toxin load, and deficiency/imbalance of minerals.

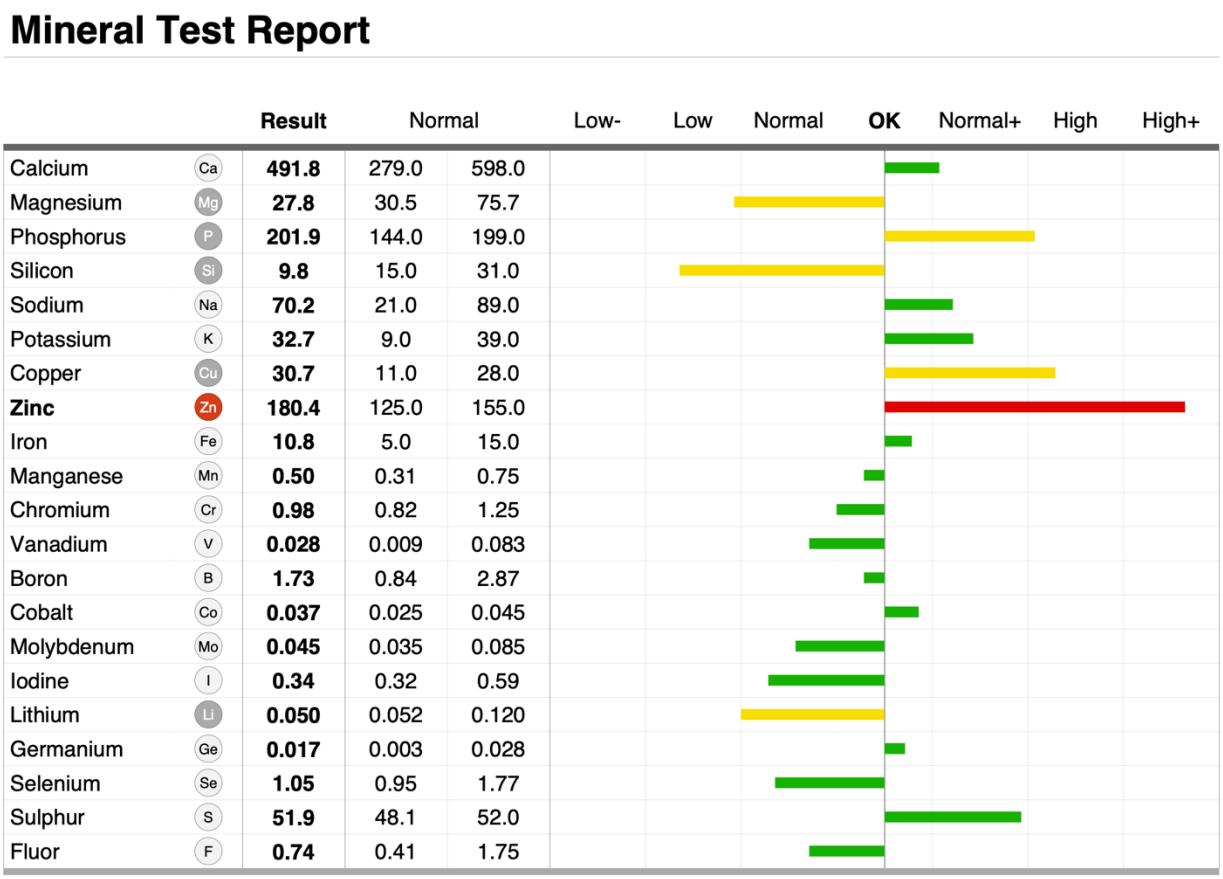
The Stress Pattern (High Output / Adrenal Load)

This pattern reflects a system that has been under consistent demand.

Rather than recovering between stressors, the body stays in a heightened output state. Certain minerals—especially sodium, potassium, and phosphorus—may appear dysregulated, while others like zinc and copper can become unstable or blockaded.

This is often seen with chronic emotional stress, overtraining, or insufficient recovery.

The body is working hard—but not getting the chance to reset.



Mineral Test Report

	Result	Normal	
Calcium (Ca)	**491.8**	279.0	598.0
Magnesium (Mg)	**27.8**	30.5	75.7
Phosphorus (P)	**201.9**	144.0	199.0
Silicon (Si)	**9.8**	15.0	31.0
Sodium (Na)	**70.2**	21.0	89.0
Potassium (K)	**32.7**	9.0	39.0
Copper (Cu)	**30.7**	11.0	28.0
Zinc (Zn)	**180.4**	125.0	155.0
Iron (Fe)	**10.8**	5.0	15.0
Manganese (Mn)	**0.50**	0.31	0.75
Chromium (Cr)	**0.98**	0.82	1.25
Vanadium (V)	**0.028**	0.009	0.083
Boron (B)	**1.73**	0.84	2.87
Cobalt (Co)	**0.037**	0.025	0.045
Molybdenum (Mo)	**0.045**	0.035	0.085
Iodine (I)	**0.34**	0.32	0.59
Lithium (Li)	**0.050**	0.052	0.120
Germanium (Ge)	**0.017**	0.003	0.028
Selenium (Se)	**1.05**	0.95	1.77
Sulphur (S)	**51.9**	48.1	52.0
Fluor (F)	**0.74**	0.41	1.75

Figure 5e: A common pattern of adrenal stress,s showing high phosphorus, sodium, potassium, copper, zinc, plus a shortage of lithium.

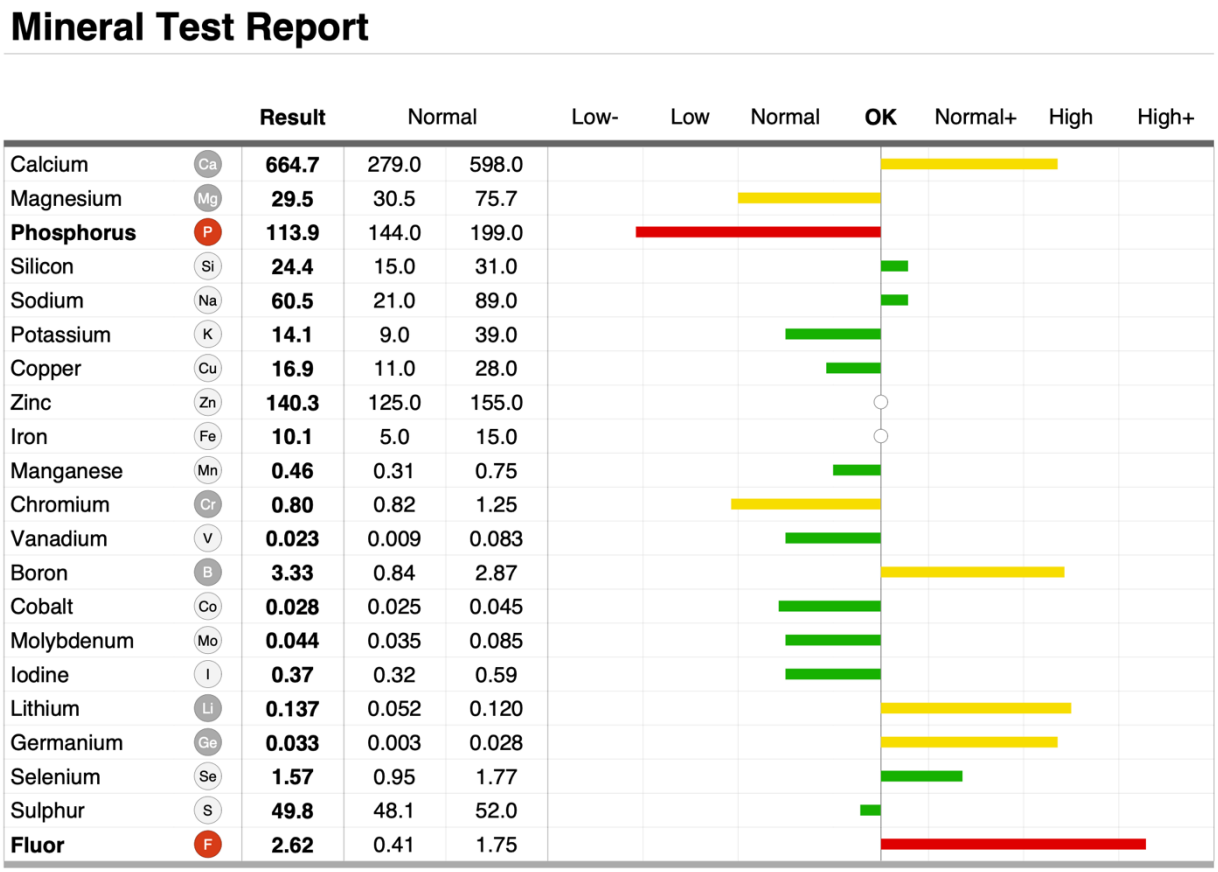
The Blockade Pattern (Looks High, Functions Low)

This is where things can become counterintuitive.

Certain minerals may appear elevated on the report, but that doesn't necessarily mean they're being used effectively. In some cases, they're being redistributed or pushed out of where they're needed.

This pattern shows up in different ways—calcium dysregulation, copper/zinc imbalance, boron blockade—but the underlying theme is the same:

The body is moving minerals, but not utilizing them efficiently.



Mineral Test Report

	Result	Normal	
Calcium (Ca)	**664.7**	279.0	598.0
Magnesium (Mg)	**29.5**	30.5	75.7
Phosphorus (P)	**113.9**	144.0	199.0
Silicon (Si)	**24.4**	15.0	31.0
Sodium (Na)	**60.5**	21.0	89.0
Potassium (K)	**14.1**	9.0	39.0
Copper (Cu)	**16.9**	11.0	28.0
Zinc (Zn)	**140.3**	125.0	155.0
Iron (Fe)	**10.1**	5.0	15.0
Manganese (Mn)	**0.46**	0.31	0.75
Chromium (Cr)	**0.80**	0.82	1.25
Vanadium (V)	**0.023**	0.009	0.083
Boron (B)	**3.33**	0.84	2.87
Cobalt (Co)	**0.028**	0.025	0.045
Molybdenum (Mo)	**0.044**	0.035	0.085
Iodine (I)	**0.37**	0.32	0.59
Lithium (Li)	**0.137**	0.052	0.120
Germanium (Ge)	**0.033**	0.003	0.028
Selenium (Se)	**1.57**	0.95	1.77
Sulphur (S)	**49.8**	48.1	52.0
Fluor (F)	**2.62**	0.41	1.75

Figure 5f: Common blockades mainly reflect deficiency, not excess. Here we see blockades of calcium, boron, lithium, and selenium.

The Metabolic / Hormonal Pattern (System-Wide Dysregulation)

This pattern is usually layered rather than isolated.

You may see signs of blood sugar dysregulation, hormonal imbalance, thyroid involvement, and detox strain all at once. Minerals like chromium, iodine, selenium, and boron are often involved, along with broader signs of inflammation.

This is commonly associated with weight resistance, chronic inflammation, or long-term metabolic stress.

Multiple systems are out of sync—and reinforcing each other.

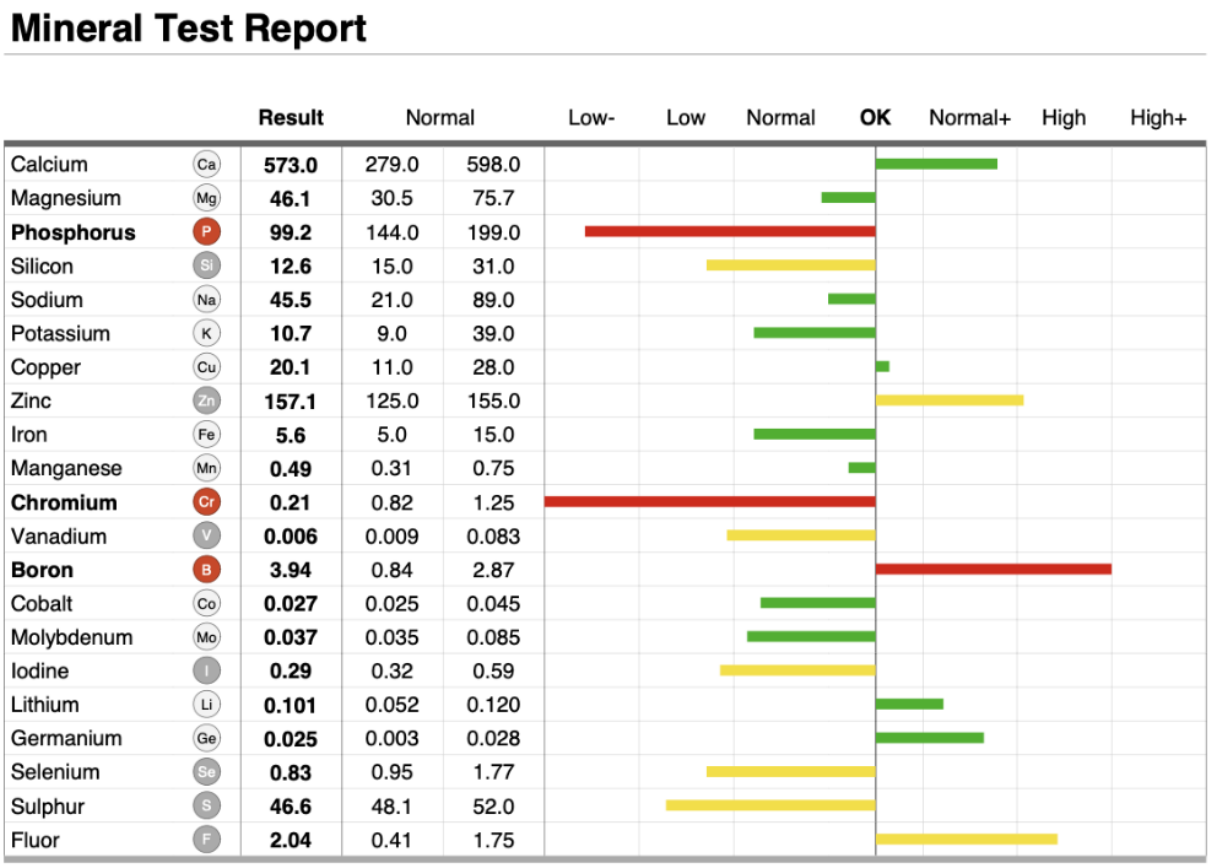


Figure 5g: System wide dysregulation of minerals is indicated here, with low chromium affecting blood sugar, boron affecting hormones, and iodine and selenium affecting thyroid and metabolism.

Most People Are a Combination

Very few people fit cleanly into just one pattern.

More often, you'll see a combination—two or three overlapping trends, with one pattern playing a more dominant role. That's where interpretation becomes important, because the same individual values can mean different things depending on the bigger picture.

Instead of asking: "Which mineral is the problem?"

A better question is: **"Which pattern is my body showing?"**

Because once you understand the pattern, you can start addressing the root—not just the surface-level numbers.

Section 6:

What Actually Fixes These Patterns

Once you start recognizing patterns, the next question is obvious:

“What do I actually do about it?”

There isn’t a single supplement or quick fix that resolves these patterns. They develop over time—from a combination of nutrient depletion, ongoing exposure, stress, and lifestyle factors—and they tend to shift the same way: gradually, and in layers.

What works best is a structured approach that supports the body as a system, rather than trying to fix one number at a time.

A Simple Framework

Instead of chasing individual values, the goal is to improve how the system functions overall.

In most cases, that comes down to three things: reducing what’s working against you, restoring what’s missing, and supporting how the body clears what it no longer needs.

Reduce Ongoing Inputs

If the body is constantly dealing with incoming stressors, it has very little capacity left to recover.

This can include environmental exposures, dietary factors, poor sleep, and chronic stress. Even small, consistent reductions in these inputs can make a noticeable difference over time.

You can’t out-supplement ongoing exposure.

Rebuild Mineral Balance

Minerals are foundational to how the body functions—but it’s not just about taking more of one thing.

The goal is to restore balance by improving availability, absorption, and how minerals relate to each other.

As that balance improves, systems that depend on those minerals—like energy production, stress response, and detoxification—tend to improve as well.

Support Natural Detoxification

The body already has built-in systems to eliminate toxins. The issue is usually not that detox doesn’t exist—it’s that those systems are under-supported.

Rather than forcing detox, the focus is on supporting the conditions that allow it to happen:

- adequate hydration
- regular elimination

- sufficient mineral support
- and time

When those systems are functioning well, the body can begin to reduce its overall burden more effectively.

Why Quick Fixes Fall Short

It's natural to look for something direct—something that targets one number or one issue.

But approaches that rely on high-dose supplementation or aggressive protocols often create new imbalances or add stress to the system. Progress tends to be less consistent and harder to sustain.

What Progress Actually Looks Like

Improvement doesn't always show up as immediate "perfect" results.

More often, it looks like movement:

- minerals shifting before stabilizing
- patterns becoming less extreme
- gradual improvement across multiple areas

You may even see temporary changes—like certain metals rising—as the body begins to mobilize what's been stored. That kind of movement is often part of the process, not a setback.

Bringing It Together

There isn't a single fix—and there doesn't need to be.

When you reduce what's working against the body, rebuild what it depends on, and support how it clears excess, patterns begin to shift over time.

That's where real, lasting change comes from.

Section 7:

Where to Go from Here

By this point, you should have a clearer sense of what your results are showing—and how to start thinking about them differently. Not as isolated numbers, but as patterns that reflect how your body has been adapting over time.

This Is a Starting Point

This guide is meant to help you understand what you're looking at and begin connecting the dots.

But real progress comes from applying that understanding in context—your context.

Because the same pattern can mean different things depending on your history, environment, stress load, and overall state of health. That's where interpretation becomes important.

What Happens Next

From here, the focus shifts from understanding to application.

That might mean continuing to work through your results with guidance, tracking changes over time with repeat testing, or gradually applying strategies that support your specific patterns.

There isn't a single path forward—but there is a process.

If You Want to Go Deeper

This guide simplifies how to read your results and recognize patterns.

The full book expands on those ideas, including how individual minerals function, how heavy metals interfere with those systems, what drives specific patterns, and how to approach correction in a more targeted way.

You can find more information and resources here:
👉 www.oligoscanbook.com

Final Thought

Your body isn't random. It's responding—consistently—to what it's exposed to, what it has available, and what it's trying to keep in balance.

When you understand those patterns, you can start working with your body instead of guessing at it.

And over time, that's what leads to real, lasting change.