

- cessation of dietary and psychological errors, (p.32,143,148,159,165,190)
- undertaking and implementing a systemic program to restore the body's natural detoxification. (p.59,166,168,170,186,191)

Effective measures to overcome and avoid states of genotoxic stress also include: positive lifestyle changes, (p.170-185) careful selection of foods in the daily menu, (p.163,168) regular physical activity, (p.186) active relaxation and rest, active creative and mental activity, daily positive and constructive attitude (p. 69) , controlling and controlling negative moods and emotions, states of tension and stress. (p.33,42,146-155,160,189,192)

Table 10: The seven guardians of our personal energy balance

The mechanisms that maintain the energy and vital balance in our body are governed by *the Seven vital minerals*. (p.42,60,79,95,97,98)

These minerals have the property to be depleted in stress and irregular lifestyle or to accumulate in case of excessive daily intake, which should not exceed the following daily needs of the body:

Mineral	Governing Life power Functional principle	Physiological role of the Seven Macronutrients maintaining pH, electrolyte and redox balance in the body. Daily needs.
S	Conscious power Regeneration Nervous system	Sulfur - part of many enzymes. Participates in the construction of skin, hair and nails. Supports redox processes. Supports cell healing and flexibility. <i>Structural element: dairy products, root vegetables, fish, meat, garlic.</i>
Na⁺	Mental strength Metabolism Hormonal activity	Sodium - together with potassium regulates water balance and the supply of nutrients to cells. At the same time they expel toxins. Support muscle activity. Excessive intake of salt (sodium) leads to calcium and magnesium deficiency. <i>1500 mg: table salt, seafood, cheese, dairy products, spinach, olives..</i>
K⁺	Intuitive power Respiration, Alkaline-acid balance	Potassium - regulates the osmotic balance. It plays an important role in maintaining heart rate and blood pressure. Enhances metabolism, promotes cell regeneration, growth. <i>4700 mg: potatoes, tomatoes, beans, lentils, dairy, seafood, carrots, bananas, turnip.</i>
Cl⁻	Heart strength Detoxification Circulation Blood vessels	Chlorine - improves the mineral balance of cells. It plays an important role in hydrochloric acid secretion. Maintains the pH of body fluids and blood. <i>2300 mg: lettuce, table salt, mineral and drinking water.</i>
P	Spiritual power Digestion Absorption	Phosphorus - participates in the structure of DNA, in the activation of cellular metabolism and the production of cellular energy. Builds bones. Maintains the pH of cellular fluids. <i>700 mg: red meat, dairy products, fish, bread, rice.</i>
Mg⁺⁺	Sacred power Immunity Essential blood, Rhythm, Status	Magnesium - cofactor for over 300 enzymes. Maintains cellular activity and metabolism. Participates in the supply of cellular energy - ATP, necessary for electrolyte balance. Supports heart function, muscles and nervous balance. <i>250 mg: spinach, tomatoes, cereals, legumes, dairy foods, nuts, seeds, Cocoa, fish.</i>
Ca⁺⁺	Primary force Movement Energy	Calcium - strengthens the cell membrane. Activates enzymes. Builds bones and teeth. Strengthens muscles and heart activity. Lack of calcium leads to osteoporosis. <i>1200 mg: dairy products, eggs, fish, lettuce, thyme, oregano, dill, cinnamon</i>