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Minerals: The Vital Kingdom to Wellness

How mineral deficiencies and imbalances affect your health, and how spectrophotometry testing at Holistique pinpoints what your tissues actually need.

Nooshin K. Darvish, ND, ABAAHP

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Dr. Darvish
I started going gray at age 19 and didn't know why. Looking back to my childhood, I realize that I was constantly fighting bugs and I was prescribed antibiotics every other week. Additionally, I had white spots on my nails and multiple chronic allergies. By the time I was 10, I had a mouth full of amalgams, and by age 18, I started having tendinitis and joint pain. As I got older, I started having multiple food allergies, digestive problems, and hormone issues. Teenage acne continued into my adult years and I was frustrated with my health.

I had no idea I was zinc deficient and now I know that all these were symptoms of zinc deficiency and heavy metal toxicity. Eliminating the heavy metals in my mouth and increasing my zinc intake has made a world of difference for me. Now, my skin is clear, I fight off 1-2 colds per year, my joints are pain-free, I'm no longer bloated, and no more spots on my nails! My endurance is much higher and most importantly, I now can focus on my spiritual growth, creating rather than be burdened by my physical concerns. I am inspired by the following quote to excel:

"...that we may attain perfection in each of these kingdoms, that we may possess the best qualities of the mineral, that we may acquire the power of growing as in the plant, that we may be adorned with the instincts of the animal and possess the faculties of sight, hearing, smell, touch, and taste, until from the animal kingdom we step into the world of humanity and are gifted with reason, the power of invention, and the forces of the spirit." ['Abdu'l-Bahá, Paris Talks, 1912-12-26].

Most of us have at least one mineral deficiency contributing to our health status and disease conditions. Approximately 99% of our body is comprised of minerals. Processed foods completely lack minerals. Plant-based diets contain more minerals but still remain deficient due to our mineral deficient soil. Sea salt and Himalayan salt, which contain over 80 trace minerals, therefore, become important additions to our diet for repleting our mineral deficient food.

One of the major root causes of many health concerns is mineral deficiencies as well as imbalances. "You can trace every sickness, every disease, every ailment to a mineral deficiency" (Linus Pauling). Digestive comfort, for instance, depends on adequate stomach acid, which relies on minerals like zinc,

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so we look at mineral status rather than assuming an antacid is the answer. Long-term antacid use can also contribute to magnesium depletion.

The thyroid relies on minerals such as iodine, selenium, and zinc to function normally, and deficiencies are sometimes missed on standard lab testing. Checking for and correcting them supports healthy thyroid function and overall wellness.

Mineral balance matters as much as individual mineral levels. Some researchers have linked an imbalance of calcium relative to potassium and magnesium to a range of health concerns (Thompson, Calcium Lie II), which is why we look at the whole picture rather than any single mineral in isolation.

As I studied integrative medicine, I was surprised to learn that osteoporosis is not simply a calcium deficiency but rather a trace mineral deficiency. In fact, too much calcium is linked to an increase in bone fractures. The Harvard Nurses' Health Study followed 77,761 females over 12 years, and those who had over 2 glasses of milk per day had an increased risk of bone fractures. Trace minerals such as boron, strontium, and magnesium often play a larger role in bone health than calcium alone, so we look at overall mineral status when supporting strong, healthy bones.

But how do we test for tissue mineral levels? Blood tests do not accurately reflect tissue mineral levels. Urine, stool, and hair analysis give us more information but are still not as accurate as spectrophotometry, which is the gold standard technology in laboratory research. Now, spectrophotometry, an easy non-invasive test using the refraction, reflection, and absorption of light by different minerals and metals, helps us clinically analyze mineral tissue levels accurately and quickly in the office. Photospectrometry testing is reproducible and relatively inexpensive and can be used to monitor mineral restoration to improve and optimize health.

For more info on photospectrometry or to get your mineral levels tested, contact Holistique or call (425) 451-0404 to make an appointment with one of our Holistique physicians to evaluate your mineral status.

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