

THE LOVE TETRA OF NUTRITIONAL BALANCING SCIENCE

by Lawrence Wilson, MD

© June 2013, The Center For Development

This is a more philosophical article that may seem somewhat irrelevant. However, it is very relevant and important for success with a nutritional balancing program. It is the concept of the **love tetra**

.

The four-sided pyramid. The word **tetra** means four, and is short for *tetrahedron*. This is a geometric solid with four equal sides and four corners. It looks like a pyramid that appears triangular when viewed looking at one of its points or corners. It is the most basic geometric or three-dimensional form in physical reality. Each of the points or corners of the tetrahedron or tetra represent structures that together create our physical existence or universe.

The four macrominerals of nutritional balancing. In nutritional balancing, special attention is paid to a tetra of minerals – calcium, magnesium, sodium and potassium. This is related to physical reality, as well, and to this conception, as explained below.

Meaning of the four points or corners of the tetra. In this understanding of physical existence, the four points of the basic tetra of life have the following meanings:

1. The love of God, the Creator being, or the One.
2. Love for other people.
3. Development of the will.
4. Development of wisdom and knowledge.

This article will help explain what these mean, why they are critical for nutritional balancing, and other details about them. Let us discuss these in more detail.

1. THE LOVE OF GOD, THE CREATOR BEING, OR THE ONE

Geometrically, the love of God is placed at the top of the tetra pyramid. This symbolizes that it has to be the most important thing in a person's life. Proper appreciation of love of God will keep a person balanced, centered, grounded, and focused properly at all times, or at least most of the time.

The love of God or the One means there is always a higher power at work in our lives. Also, we are always fully dependent upon this source of our being, and need to continuously seek to communicate with so that we know our direction or course.

If this is missing or weak. If a love of God, or the Creator being, or the One is missing, a person is generally egotistical, unbalanced, too physically focused or oriented, and not well grounded or centered. This is very common in modern secular societies in which traditional religions have declined in popularity and have been replaced by secular or more secular,

morally relativistic or new age thinking.

The mineral calcium. In nutritional balancing science, the love of God is represented by calcium, which is the basic structural material of which we are made. If we don't have enough in our bones, for example, the structure falls apart. Calcium, in the right amounts and compounds, keeps us balanced, grounded, centered and able to function physically.

2. A LOVE OF OTHER PEOPLE

This is also critical to maintain balance in your life, and to keep a healthy focus. To love others as thy self was one of the admonitions of Jesus of Nazareth, and of most other great teachers such as Confucius (Chinese philosopher who lived from 551-479 BC).

Loving others means giving of yourself to assist others for its own sake, not just for money, or for fame or popularity. It is a deep recognition that "we are all in this together", no matter who we are or think we are. This includes the plants, the animals and even the rocks, mountains and streams. Somehow we are all linked together and we must not act as though we are an island or isolated or that everything we touch and everything we do does not affect every other being everywhere in all the universes.

However, loving others must always be tempered by the understanding that there is a higher principle – that of loving God, the Creator or the One. This is necessary to keep the love of others in balance. Otherwise, people become martyrs, or "enablers", or they may burn out trying to help everyone, or other aberrations of the principle of service arise.

This principle or concept is an important part of nutritional balancing science, though it may seem to be in a somewhat indirect way. If you always realize your oneness with all others on planet earth and beyond, and always think of how to be of service to others, you will be more motivated to continue your program. You will also get well much faster, and you will tend to use your newfound knowledge wisely.

In other words, nutritional balancing is designed to make you better able to serve others, and not just yourself. If you only use it to make more money, or just to heal yourself so you can live a selfish life, you will be much less likely to succeed. Also, you have missed an opportunity. Therefore, service and love of others is a very important principle of nutritional balancing, even if I do not emphasize it enough.

The mineral magnesium. Magnesium is called the bright and shining mineral in nutritional balancing. In part this name is given because magnesium is required for more enzymes than any other mineral, and no other mineral can substitute for it in many of the body's most critical enzymes.

Magnesium is also a lightweight, flexible metals that burns very brightly when ignited. It is used to make flares, for example, that shine for miles around. It is also used to make racing bicycles that are extremely durable, yet very light in weight and flexible on the road. While it is not a structural mineral as is calcium, it is every bit as important to hold the body together in an energetic or enzymatic way as calcium holds it together physically. This is the critical function of magnesium.

Once again, the world's brightest teachers have emphasized the importance of others in our lives, that we are all held together by human relationships, which in fact are our saviors, in a sense, as they give us opportunities to serve, be served, and to love. Magnesium fulfills a function of this nature, holding all together in a light, flexible and powerful way, permitting our bodies and our world to function properly.

3. DEVELOPMENT OF THE WILL

As souls, we are all developing a quality of the soul called the will. It is more than just standing up for what you believe or just disciplining the body or mind. It is a deep and basic quality of the soul that signals its maturing process.

Of all the world's religions, the Jewish religion is most concerned about this quality. Throughout the Pentateuch, or the five books of the Jewish Torah or bible, the Hebrew people were subjected to wars and persecution in an effort to make them give up their concept of the One God and the Ten Commandments and other rules of conduct. They were instructed to just hold on tight and all would be well, but if they faltered and gave in, they would fail. This is nothing less than the development of the will.

If you are tossed about by your thoughts, feelings, bodily sensations, ideas or anything else, you have not developed your will. Developing the will means you can set a course and stay with it, even if obstacles present themselves from within you or from without. It means taking charge, in a sense. However, it must be done properly, keeping in mind that one is not really in charge. There is always a higher power, God, Creator or One that is above us.

Martyrdom. Developing the will does not mean becoming a martyr, although the martyr personality is certainly a willful one, and often a loving one. However, the martyr does not stop when deprivation or persecution become intolerable.

Developing the will also means learning when to let go, when to retreat, when to stop, and when to just go along with the will of others in order to save your life or other things such as your money, your health or perhaps a reputation or even a friendship or relationship. Otherwise, many people lose their lives, their health, or something else of value such as a marriage or friendship when it is not really needed or helpful because they are too focused on their will to succeed or accomplish some goal.

Goal orientation. The development of the will has to do with setting goals or a course, and then following it. This is admirable, but be careful about worldly teachings about setting goals. Too often, the goal is not really that of the Creator or the One. Too often it is, in fact, a selfish goal. One may use the will to accomplish the goal, and there is value in accomplishing anything. However, if the goal is not in line with our Creator's wishes, you will not be happy when the goal is fulfilled. You will set up a new goal – to make *more* money or to get a *new*

house or a
new
husband or wife, perhaps – and the process keeps going.

If this happens to you, know that your goals, admirable as they may be, are not aligned well enough with the will of the Creator or the One or the Holy Spirit. You have, in essence, not kept the tetra in mind well enough. This is your problem.

In this case, slow down. Stop making goals yourself and try to tune in and hear the still small voice within that is usually telling you to rest, relax more, and just live in the present, moment to moment and day to day. If you do this, the opportunities will be presented to you, and proper goals will be revealed to you each day and, in fact, each moment of each day.

This will keep you much safer and much healthier. Your real goal, in many cases, is or should be to tune in better to yourself, learn what is important and what is superficial and silly, understand yourself and others better, and treat yourself better, meaning to heal yourself rather than harm yourself with what may be called willfulness.

The mineral sodium and the development of the will. Sodium is a power mineral. Higher sodium on a hair mineral analysis indicates better adrenal and often better thyroid functioning, with more energy available. Very low sodium is associated with a lack of will and personal power. This is sometimes called *victimhood*

. Victims never have good willpower, or they would not be victims. They would persist in changing their situation until it changes.

4. THE DEVELOPMENT OF WISDOM AND KNOWLEDGE

This is the final corner or leg of the tetra of love. The development of wisdom and knowledge is a soul quality, just as are the development of the will, the development of a service mentality, and learning to love the Creator or God.

Knowledge may be thought of as facts or observations about life. Knowledge can come through the senses, from books, from personal experience, or by observing others.

Wisdom may be thought of as the skill of knowing how to prioritize knowledge, how to check your knowledge for truth and accuracy, and how to use knowledge correctly to better oneself, others and the universes. Together they represent a very important soul quality that may be called the development of power through knowledge.

The Buddha is sometimes credited with focusing on wisdom, just as Jesus of Nazareth focused on love and service to others, and Moses and the Jewish people teach a lot about the development of the will.

Too little or false knowledge is called ignorance. It causes a person to be dull and stupid, out of touch with reality, and rather boring to be around. It often leads to poor quality decisions and early death of an individual or a society.

Too much knowledge, if not tempered with wisdom, causes arrogance, confusion, and often delusions of grandeur. This is also very dangerous, and causes most of the problems of this world.

Too little wisdom means that one does not know what to do with knowledge and learning. It causes depression, confusion, and often mental illness. We see examples of it in the idiot savant mentality, when ones has a lot of knowledge in one area, but cannot integrate it well and therefore often has trouble functioning in society.

Too much wisdom is not a problem, as it really is a kind of knowing or ability to handle whatever comes along. Developing wisdom is therefore the ultimate goal of this aspect of the love tetra.

The mineral potassium and the development of wisdom. Potassium is another power mineral. It is part of what Dr. Eck called the thyroid ratio, which compares potassium with calcium, the structural mineral.

While calcium represents structure and magnesium represents love, potassium has more to do with follow through or knowing, while sodium is more concerned with raw power or brute force. Knowledge and wisdom are a type of power, but a more subtle type of power that take more time to develop and are more subtle in their nature.

In the hair analysis patterns, a very low potassium is a sign of an imbalance in the nervous system we call sympathetic dominance. It is a lack of wisdom, essentially, that often kills. A very high potassium is another nervous system imbalance associated with a *step up pattern*, also called *stepping out of life*. It also kills, and much faster.

COMMENTARY ON THE LOVE TETRA OF NUTRITIONAL BALANCING

1. The reason this works is because all physical forms, including human beings, operate within

the tetra concept.

2. Calcium and magnesium (Love of God and love of others) are *sedatives, more stable, divalent elements that form tough, hard compounds (think of cement or concrete, or metallic magnesium* , which is a very durable, tough metal). Love is the “glue” of the universe that pulls things and people together and holds them together.

3. Sodium and potassium (wisdom or knowledge, and will) are *monovalent elements that are powerful solvents.* They tend to excite, and tend to destroy or dissolve structures of all kinds to move souls forward in their development . All four elements are needed together in the right proportions in our bodies and in all physical forms, to some degree.

4. Between sodium and potassium, sodium (wisdom or mind) always leads. We call sodium on a hair test a directional indicator. Potassium or will follows and causes follow through.

In a similar way, magnesium leads and calcium follows through with physical structure. We say that magnesium controls calcium for this reason.

THE SECOND TETRA

This tetra consists of iron, copper, manganese and zinc. (this is an example of fractal design, which means simple repeating numbers – 4 in this case).

All of these four elements are called **Transition Metals** on the periodic table of the elements. This is the theme of the second tetra.

Iron and copper, the first two elements of this tetra, are “older” minerals and “builders”. Iron builds the oxygen in the body. Copper builds connective tissue. Both are needed in the electron transport system for energy production.

Manganese and zinc, the second two elements of this tetra, are “spiritual” minerals in nutritional balancing science. They are movers, regulators, and balancers. They have more to do with brain and nervous system development and what is called on this website *spiritual development*. They have less to do with specific tissues and energy production than the other two.

Dr. Eck gave more manganese to clients than I suggest today. However, today manganese is added to our gasoline used in cars, so there is a lot more around, although it is a slightly toxic form of it.

We also give everyone zinc, which is a critical spiritual mineral today, along with selenium (in the third tetra).

MALE AND FEMALE ELEMENTS IN THE TETRAS

In terms of male and female elements, here is how the tetras line up:

male□□□□□□□□□□ **female**□□□□□□□□□□□□□□□□□□ **female**□□□□□□□□□□□□□□□□□□ **male**

calcium magnesium sodium potassium

iron copper manganese zinc

THE THIRD TETRA

This consists of chromium, selenium, boron and vanadium. These are not transition metals. This is more advanced, and probably less important.

OTHER WELL-KNOWN TETRAS

- 1. DNA.** The way genetic information is coded in our genes is through a tetra of amino acids: adenine cytosine, guanine, thymine.
- 2. RNA.** This is also composed of a tetra: adenine, cytosine, guanine and uracil. It is less stable than DNA and used for copying the DNA.