

mary anna hanse
natural health consultant

2, O'Neill's Place, Church Road, Holywood BT18 9BU
tel: 028 9042 1545 email maryannahanse@btinternet.com
www.maryannahanse.com

Dear -----

[Results of your Mora Therapy Test](#)

It has been a pleasure to carry out this test for you and I hope it will be really helpful. I will start by listing what the testing shows and then make comments and give recommendations after that.

[General items:](#)

Candida Colonic
Adrenal Gland Dysfunction
Low Blood Sugar
Leaky Gut
Food intolerance
Viral infection
Body too acidic
Fungal infections

[Organs showing an imbalance:](#)

Parathyroid
Liver
Ductuli Biliferi
Duodenum
Pancreas
Tunica Mucosa (Lining of Colon)
Vertebra Cervicalis
 " Thoracica
 " Lumbalis
 " Sacralis
Sympathetic Nervous System
Vagus Nerve

[Vitamins and Minerals showing a deficiency:](#)

Calcium
Magnesium
Silica

Chromium
Sulfur
Vitamin B5
Vitamin D3
Vitamin P

Foods showing an intolerance:

Cow's Milk
Margarine
Corn Oil
Mushrooms
Tomatoes
Millet
Corn Meal
Wheat
Chillies
Sugar
Lactose.

Comments and Recommendations

..... the place to start, I think, is to eliminate the Virus and the Candida and Fungal Infections, and heal up the Leaky Gut. The Leaky Gut heals quickly with L.Glutamine, so one box will be sufficient. Your gut is not functioning well at the Duodenum. At the same time you need to be really careful with the Candida and strictly follow the rules as follows:

- Stay completely off all sugars, including fruit, and all yeast, as these feed the candida.
- Take good quality Pro-biotics
- Stay off foods which show as being intolerant or as having an allergic reaction to you
- Use a product which kills off Candida.

Viral infection. I am testing for Candida and Viruses to see if Black Walnut Hull tincture or L.Lysine or both are needed to clear these. I will know when you come later.

Low Blood Sugar.

I think the anti-candida diet will greatly help your blood sugar levels; especially when you stop eating wheat. Try to eat as few grains as you can and get your carbohydrates mostly from Nuts and Seeds and Beans.

It is useful to take a supplement of Chromium to help balance the blood sugar levels.

Deficiencies.

It is most important that you start to absorb Magnesium, Vitamin D and Silica.

You can get Silica in Apples, Beets, Brown rice, Horsetail, Legumes, Root vegetables, Soybeans and Whole grains. Also in nettles and nettle tea.

I am trying to source an easily absorbed Silica for you.

Nervous System

With Sympathetic Nervous System and Vagus Nerve showing, it would be good to do some relaxation work and self-nourishment.

I will send you, separately, information sheets on Candida Albicans, Relaxation, Strong bones.

I look forward to chatting this over with you, and hope it all makes sense. Please email if you want to ask any questions which may occur to you later.

With very best wishes,
Mary Anna.