



PHONE CONSULTATION SUMMARY

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9/9/2022

This document contains your summary from our phone consultation. It contains, information pertaining to minerals we discussed, important ratios, and links to necessary supplements to help you achieve optimal health.

We appreciate you choosing Evenbetternow for your health needs!

Rebecca Yenchik
CNC, CMH, HTMAp
www.evenbetternow.com



TRACE ELEMENTS

4501 Sunbelt Drive · Addison, Tx · 75001 · U.S.A.

LABORATORY NO.:

PROFILE NO.: 1

SAMPLE TYPE: SCALP

PATIENT:

AGE:

SEX: F

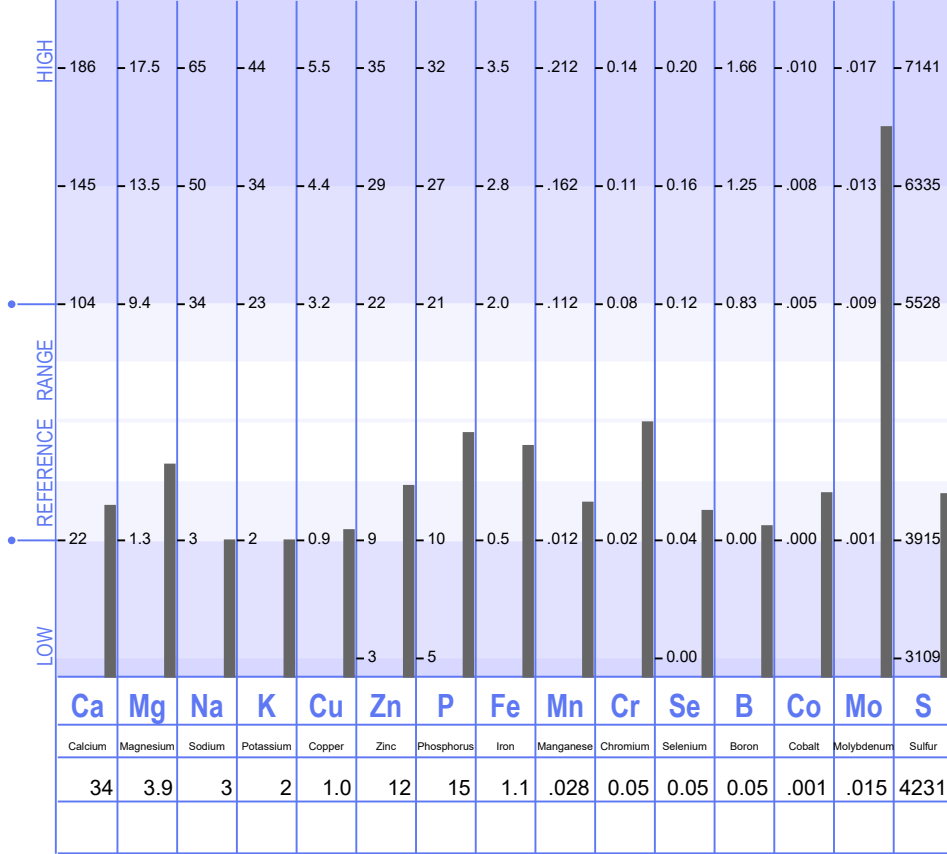
METABOLIC TYPE: FAST 4

REQUESTED BY: EVENBETTERNOW.COM

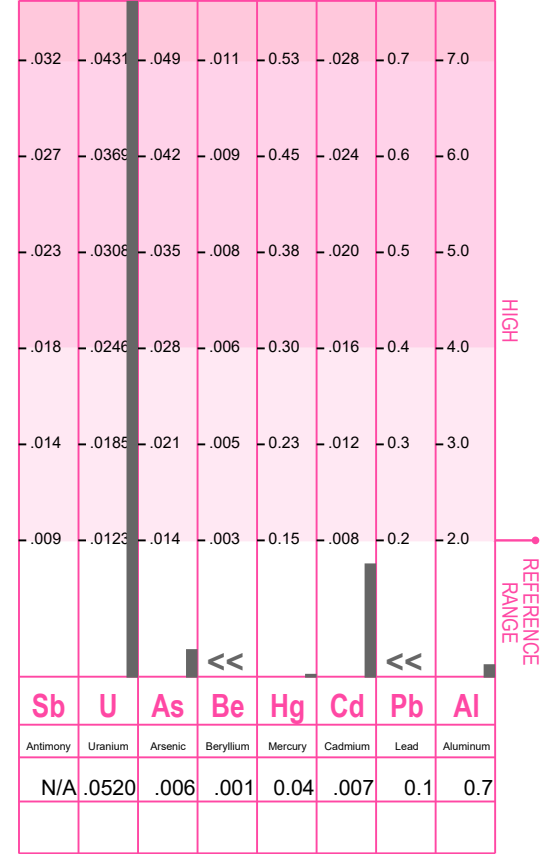
ACCOUNT NO.:

DATE:

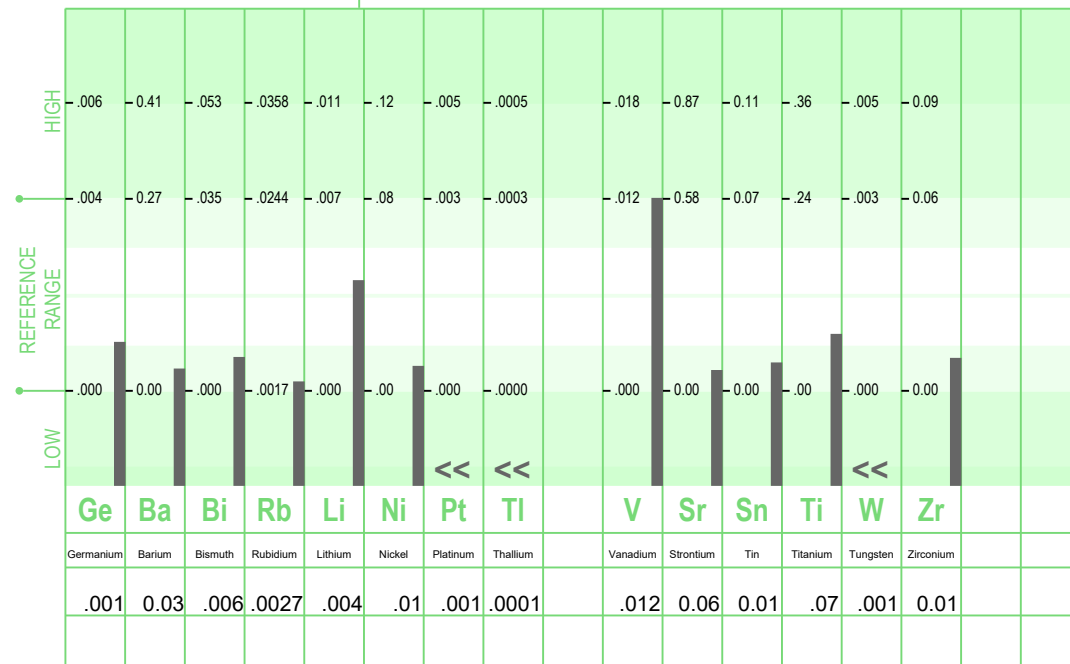
NUTRITIONAL ELEMENTS



TOXIC ELEMENTS



ADDITIONAL ELEMENTS



"<<": Below Calibration Limit; Value Given Is Calibration Limit

"QNS": Sample Size Was Inadequate For Analysis.

"N/A": Currently Not Available

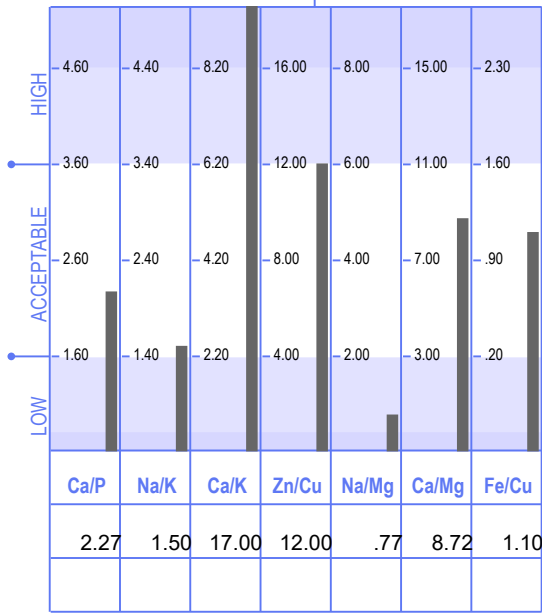
Ideal Levels And Interpretation Have Been Based On Hair Samples Obtained From The Mid-Parietal To The Occipital Region Of The Scalp.

Laboratory Analysis Provided by Trace Elements, Inc. an H. H. S. Licensed Clinical Laboratory. No. 45 D0481787 Lab Dir: P. Mendershausen, Ph.D.

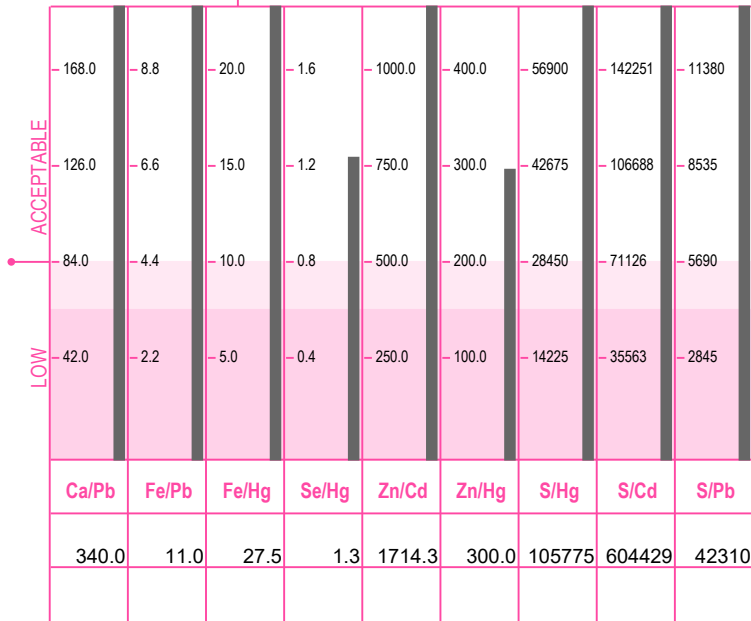
CURRENT TEST RESULTS

PREVIOUS TEST RESULTS

SIGNIFICANT RATIOS



TOXIC RATIOS



ADDITIONAL RATIOS

RATIO	CALCULATED VALUE		EXPECTED
	Current	Previous	
Ca/Sr	566.67		263/1
Cr/V	4.17		8/1
Cu/Mo	66.67		356/1
Fe/Co	1100.00		615/1
K/Co	2000.00		6350/1
K/Li	500.00		6350/1
Mg/B	78.00		21/1
S/Cu	4231.00		2668/1
Se/Tl	500.00		370/1
Se/Sn	5.00		3.2/1
Zn/Sn	1200.00		624/1

LEVELS

All mineral levels are reported in milligrams percent (milligrams per one-hundred grams of hair). One milligram percent (mg%) is equal to ten parts per million (ppm).

NUTRITIONAL ELEMENTS

Extensively studied, the nutrient elements have been well defined and are considered essential for many biological functions in the human body. They play key roles in such metabolic processes as muscular activity, endocrine function, reproduction, skeletal integrity and overall development.

TOXIC ELEMENTS

The toxic elements or "heavy metals" are well-known for their interference upon normal biochemical function. They are commonly found in the environment and therefore are present to some degree, in all biological systems. However, these metals clearly pose a concern for toxicity when accumulation occurs to excess.

ADDITIONAL ELEMENTS

These elements are considered as possibly essential by the human body. Additional studies are being conducted to better define their requirements and amounts needed.

RATIOS

A calculated comparison of two elements to each other is called a ratio. To calculate a ratio value, the first mineral level is divided by the second mineral level.

EXAMPLE: A sodium (Na) test level of 24 mg% divided by a potassium (K) level of 10 mg% equals a Na/K ratio of 2.4 to 1.

SIGNIFICANT RATIOS

If the synergistic relationship (or ratio) between certain minerals in the body is disturbed, studies show that normal biological functions and metabolic activity can be adversely affected. Even at extremely low concentrations, the synergistic and/or antagonistic relationships between minerals still exist, which can indirectly affect metabolism.

TOXIC RATIOS

It is important to note that individuals with elevated toxic levels may not always exhibit clinical symptoms associated with those particular toxic minerals. However, research has shown that toxic minerals can also produce an antagonistic effect on various essential minerals eventually leading to disturbances in their metabolic utilization.

ADDITIONAL RATIOS

These ratios are being reported solely for the purpose of gathering research data. This information will then be used to help the attending health-care professional in evaluating their impact upon health.

REFERENCE INTERVALS

Generally, reference intervals should be considered as guidelines for comparison with the reported test values. These reference intervals have been statistically established from studying an international population of "healthy" individuals.

Important Note: The reference intervals should not be considered as absolute limits for determining deficiency, toxicity or acceptance.



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MOST IMPORTANT MINERALS:

CALCIUM		
IDEAL	PREVIOUS	CURRENT
63	N/A	34

Low calcium – Calcium and magnesium work together to maintain blood sugar. Calcium is necessary for a healthy nervous system and proper thyroid function. Low calcium can lead to impaired thyroid function, blood sugar issues, muscle tension, sleep issues, and anxiety.

MAGNESIUM		
IDEAL	PREVIOUS	CURRENT
6	N/A	3.9

Low magnesium - A low magnesium level can make sleep difficult, induce anxiety, depression may be present, and low energy. You may also have a low tolerance for stress.

SODIUM		
IDEAL	PREVIOUS	CURRENT
19	N/A	3

Low sodium – Sodium is necessary for fluid balance, stomach acid production, blood pressure, and energy. Low hair sodium on an HTMA is an excellent indicator of low adrenal gland activity.

POTASSIUM		
IDEAL	PREVIOUS	CURRENT
13	N/A	2

Low potassium – Low potassium increases the stress response which can lead to anger, anxiety, fatigue, and depression. Low potassium results in overall loss of vitality and muscle cramping.

COPPER		
IDEAL	PREVIOUS	CURRENT
2.2	N/A	1.0
Cu/Mo RATIO		
IDEAL	PREVIOUS	CURRENT
356	N/A	66.67

Low copper - Your copper is showing low, but you have markers on your HTMA that indicate you are dealing with possible copper overload as many of your other minerals are out of balance. Copper hiding in the tissues of the body can cause stress and alter healthy mineral status. It is a leading cause of for numerous mental and physical health conditions including anxiety, depression, premature aging, insomnia, fertility issues, and hormone imbalance. **Previous birth control use, previous vegetarian diet, and copper piping all have contributed to your copper overload. Please*

read more about copper overload [here](#).

ZINC		
IDEAL	PREVIOUS	CURRENT
16	N/A	12

Low zinc – Zinc is necessary for immunity and is important for progesterone/testosterone production. Zinc may be low from poor digestion and absorption. Zinc may also be low if experiencing copper overload.

PHOSPORUS		
IDEAL	PREVIOUS	CURRENT
16	N/A	15

Slightly low phosphorus – Phosphorus is stored mainly in bones and is plays a role in energy production. It can also be low because of poor digestion, zinc deficiency, digestive enzyme deficiency, or low hydrochloric acid level.

IRON		
IDEAL	PREVIOUS	CURRENT
1.3	N/A	1.1

Slightly low iron – Iron is necessary to prevent anemia and to form healthy hemoglobin. Symptoms of low iron can be fatigue, restless legs, low stamina, and shortness of breath. Iron will be low with copper overload.

MOST IMPORTANT RATIOS:

Mineral ratios are at times more important than individual minerals levels. Ratios indicate metabolic rate, stress/vitality, thyroid function, hormone balance, adrenal function, blood sugar management, and inflammation/bacterial issues. Restoring balance to these ratios allows the body to regain optimal cellular function which promotes better health.

Ca/P – Calcium/Phosphorus indicates metabolic rate .	IDEAL	PREVIOUS	CURRENT
	2.60	N/A	2.27

Below 2.60 indicates a fast metabolizer. Fast metabolizers are usually deficient in calcium and magnesium. They tend to have overactive thyroids and overactive adrenals.

You are a FAST metabolizer with low thyroid and adrenal function. This represents intense stress on the nervous system most likely cause by copper overload. All stress affects the nervous system, and your nervous system is stuck in a "sympathetic state".

Na/K – Sodium/Potassium indicates vitality/energy .	IDEAL	PREVIOUS	CURRENT
	2.40	N/A	1.50

The sodium potassium ratio represents kidney, liver, and adrenal gland function. Both of these minerals affect energy, stamina, detoxification, digestion, and overall well-being. High or low sodium is a marker for adrenal dysfunction.

Ca/K – Calcium/Potassium indicates thyroid activity .	IDEAL	PREVIOUS	CURRENT
	4.20	N/A	17.00

Above the ideal, indicates hypothyroidism. Symptoms include dry skin, hair loss, weight gain, and fatigue. Potassium plays a role in the absorption of thyroid hormone into the cells and excess calcium can prevent this.

Your ratio implies HYPOTHYROIDISM.

Zn/Cu – Zinc/Copper indicates hormonal balance .	IDEAL	PREVIOUS	CURRENT
	8.00	N/A	12.00

The zinc copper ratio represents the balance of hormones. Zinc is related to progesterone and testosterone. Copper is related to estrogen balance. Zinc also plays a role in immunity and copper is anti-fungal, which can help balance the microbiome.

Na/Mg - Sodium/Magnesium indicates adrenal health .	IDEAL	PREVIOUS	CURRENT
	4.00	N/A	.77

The sodium magnesium ratio represents adrenal health. Low sodium can result in exhaustion, never feeling rested, poor sleep, anxiety, and dizziness/vertigo. Adrenal health greatly affects inflammation, histamine issues, hormones, and weight gain/loss.

Your adrenals are in a severe state of exhaustion. Rest more and try not to push yourself until minerals replenish allowing for better adrenal performance.

Ca/Mg – Calcium/Magnesium indicates blood sugar .	IDEAL	PREVIOUS	CURRENT
	7.00	N/A	8.72

The calcium magnesium ratio represents blood sugar management within the body. A higher ratio indicates a tendency for hypoglycemia. Calcium helps release insulin from the pancreas and magnesium is needed to help regulate insulin.

Fe/Cu – Iron/Copper indicates infections.	IDEAL	PREVIOUS	CURRENT
	.90	N/A	1.10

The iron copper ratio can represent infections within the body. A high ratio may signify an infection such as Lyme disease or root canal infection. A low ratio maybe associated with iron deficiency or thyroid disturbance.

TOXIC ELEMENTS:

Your uranium is high. You may want to have your home checked for radon as uranium tends to be found with radon gas. Granite is a potential source of uranium exposure. This level can also raise when there are other mineral imbalances. Keep in my mind that uranium exposure may also be related to the area in which you live. For example, Pennsylvania is known to have high radon levels; this can prompt high uranium levels on an HTMA. You may want to consider having your water tested for uranium as well.

ADDITIONAL ELEMENTS:

Your vanadium is high. Vanadium is a blue metal found from heating ore and crushing it. It is found in metal refining. High doses of vanadium are toxic to humans, but scientists think we may need the element in very small amounts for normal bone growth and blood sugar management. Vanadium can be found in trace amounts in many types of food, including mushrooms, black pepper, parsley, dill weed, shellfish, beer, wine, and grain. *Your elevation of vanadium represents blood sugar imbalance. Working on calcium and magnesium rich foods is important as these minerals help regulate blood sugar.*

Most often, toxic elements and additional elements appear due to lack of other necessary minerals to combat them. When your minerals status improves, so will your ability to prevent the absorption of toxic elements.

MAIN GOALS: It is very important with any HTMA pattern to focus on balancing the first four minerals: calcium, magnesium, sodium, and potassium. These minerals are critical for rebalancing the body and assist in regaining balance of other trace minerals. Balancing these minerals are important to set the foundation for proper detoxification. They play critical roles for thyroid health, adrenal performance, vitality, and blood sugar management.

CALCIUM	Eat plenty of calcium rich foods daily, no calcium supplements. Begin taking cod liver oil daily to support calcium and potassium levels naturally. Cod liver oil contains natural vitamin D and A.
MAGNESIUM	Eat plenty of magnesium rich foods and reduce your magnesium dose to 50-100 mgs. a day. <u>As another option</u> , you can skip oral magnesium and do Epsom salt foot soaks once or twice a week to get magnesium. It is important to get B6 rich foods like bee pollen, beef liver, or nutritional yeast in your diet. As an option, you may want to consider 50 mgs. of B6 from a supplement.
SODIUM	Use generous amounts of Celtic Sea salt on all foods and take adrenal cocktail twice a day. (recipe below) Don't skip the salt. Salt helps overall mineral balance.
POTASSIUM	Potassium is an important mineral to replenish daily. It is heavily used during times of stress. Be sure to aim for approximately 4700 – 5500 mgs. of potassium rich foods daily. You may choose to supplement with Trace Elements Potassium Plus. Two with breakfast and two with lunch if not getting enough from food.

SUPPLEMENTS TO STOP:

(as your diet allows or per doctor's advisement)

Suggest reducing oral magnesium dose **OR** replace with magnesium foot soaks once or twice a week.

SUGGESTED SUPPLEMENTS TO START:

(as your diet allows or per doctor's advisement)

NUTRITIONAL SUPPORT	SUPPLEMENT	SUGGESTED DOSE
Digestive Enzymes <i>*very important</i>	Trace Elements HCL-V Plus	2 with each meal
B-6 support	Trace Elements Pyridox Plus	½ caplet a day
Magnesium	Continue your magnesium at reduced dose OR Epsom Salt foot soaks – 20 mins.	50-100 mgs oral magnesium daily OR soaks once or twice a week
Calcium		Calcium rich foods daily!
Adrenal Support	Trace Elements Adrenal Complex	2 with breakfast and 2 with lunch

Adrenal Cocktail	¼ tsp. sea salt + 8oz. Coconut water	Drink twice a day
Sea Salt	Celtic Sea Salt or Redmond's Salt	Use on food or in adrenal cocktail
Cod Liver Oil	Nordic Naturals or Nutrapro	1 tsp. a day
Liver & Detox Support	DETOX clay – foot baths or tub baths	Soaking for 20 mins. about once a week.
Probiotic	Hyperbiotics	1 daily
OPTIONAL:		
Collagen	Perfect Supplements Hydrolyzed Grass-fed Collagen	Use in smoothies or coffee
Potassium	Trace Elements Potassium Plus	1 with breakfast and 1 with lunch

You may click the hyperlinks above for easy ordering with [evenbetternow.com](#). Don't forget to use your EBN5PERCENT returning customer discount code to receive 5% off your order. Evenbetternow offers free shipping on most products!

IDEAS FOR LIVER & DETOX SUPPORT (It is not necessary to do all of these):
(as your diet allows or per doctor's advisement)

[Clay baths](#) - very powerful & gentle way to detox the body of metals and toxins. It's a great way to improve overall health.

Coffee enema: 1 per week – More information [here](#).

Dandelion root tea

Castor oil packs – More information [here](#).

Daily lemon water

Mineral balancing really helps the liver

Milk Thistle extract – check out Bioray Liver Life

FINAL NOTES:

- Work on eating more cooked foods, less raw.
- Work on digestion, add in digestive enzymes. Crucial for nutrient absorption.
- Drink and cook with spring water only.
- Eat balanced with protein, carb, and fat at meals to help stabilize blood sugar.
- There were copper toxicity markers in your last hair analysis. It will take some time to correct this.

Overall, your pattern requires solid nutrition which needs to be acquired through diet and supplementation. Foods are completely balanced allowing the body to absorb each nutrient and mineral with its natural co-factors. Supplements do not replace food but are helpful.

The combination of mineral balancing, blood sugar balancing, correcting digestion, and removing toxins from the body will all contribute to bringing the body back into balance. Lifestyle, lack of minerals in the soil, environment, and many other factors will affect our bodies. We all need to be more conscious of our food choices, practice self-care, reduce stress, and limit our exposures to

unnecessary toxins.

It is recommended to retest in 3 months to see progress and make modifications to the program.

<https://www.evenbetternow.com/proddetail.asp?prod=Hair-Mineral-Analysis-Retest>

If you feel you would like to speak with me further about this summary, you can purchase a consultation(s) at the link below. You will then be emailed a link to setup a consultation appointment at a convenient time for you.

20 Minute Brief Consultation:

<https://www.evenbetternow.com/proddetail.asp?prod=Hair-Analysis-Brief-Consult>

If you feel you need more than 20 mins., please purchase additional 20 minute consultations.

If you need help completing your purchase or assistance ordering suggested products, please call

520-877-8637 PST/MT and leave a voicemail OR you may email rebecca@evenbetternow.com.

****Information provided here is not intended to be used as medical advice and the information is for health education purposes only. Please consult your doctor before beginning any health, exercise, or nutritional program.****