



HTMA

Comprehensive Personalized Summary

interpreted by:

Rebecca Yenchik CNC, CMH, HTMAp

This summary contains your Trace Elements hair analysis report (HTMA), my written analysis of your results, your detailed mineral ratios, my suggested supplements, and recommendations for you to attain optimal health.

LABORATORY NO.:

PROFILE NO.: **2**

SAMPLE TYPE: **UNKNOWN**

PATIENT:

AGE:

SEX: **M**

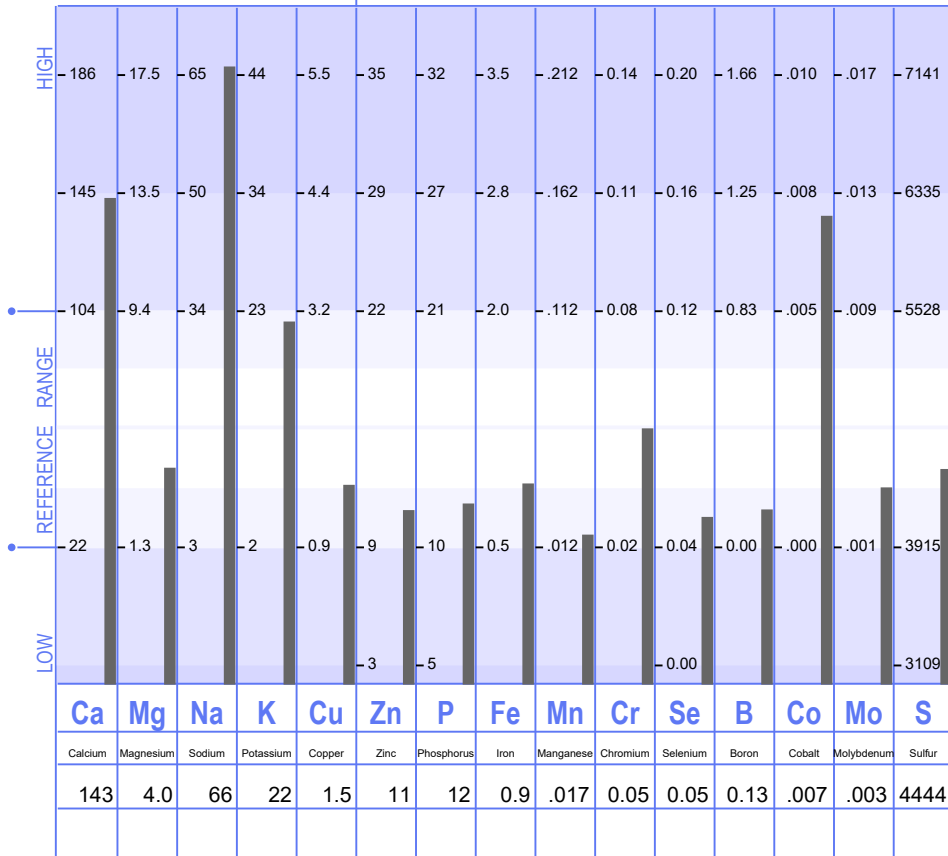
METABOLIC TYPE: **SLOW 2**

REQUESTED BY: **EVENBETTERNOW.COM**

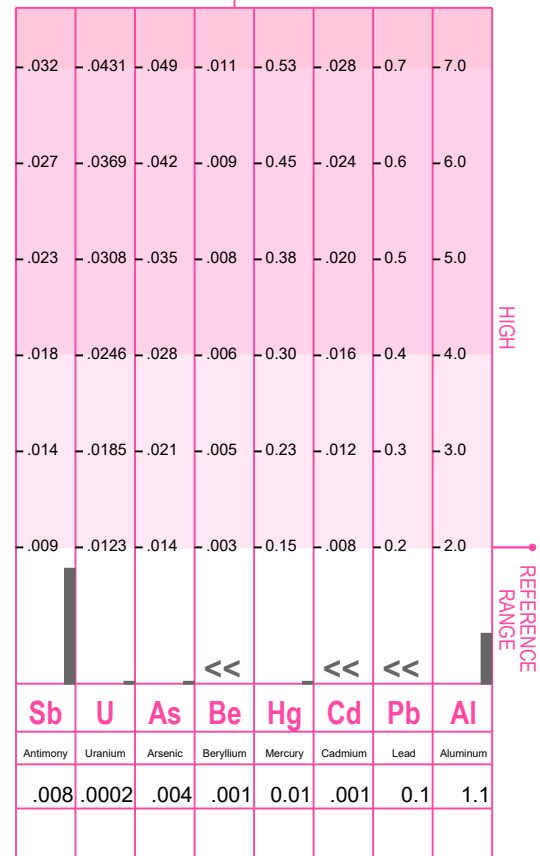
ACCOUNT NO.:

DATE: **8/29/2022**

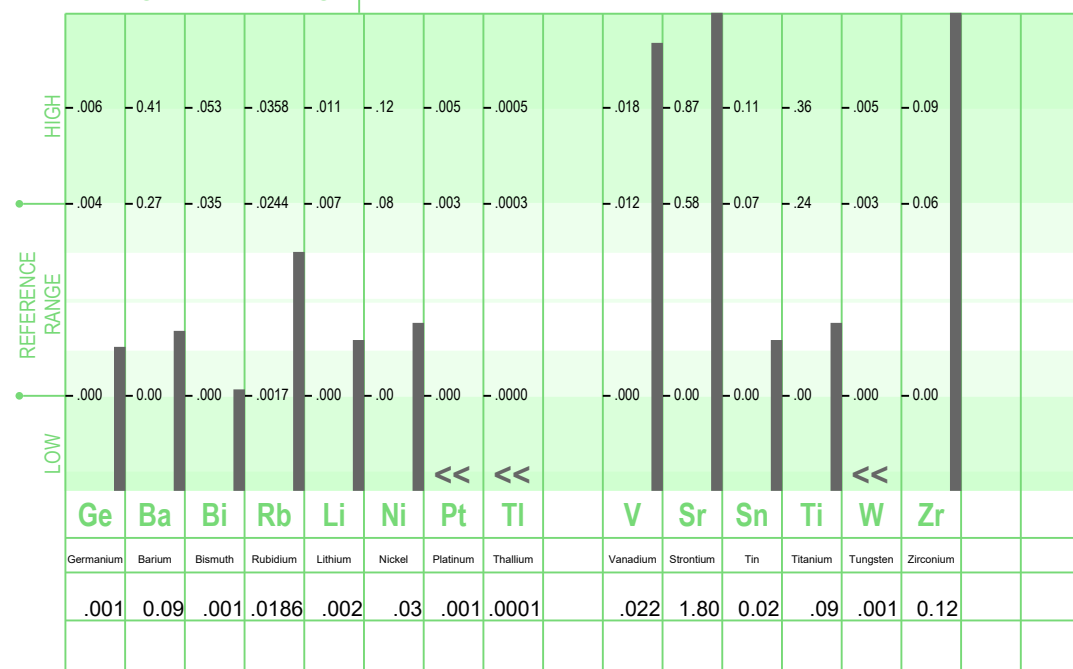
NUTRITIONAL ELEMENTS



TOXIC ELEMENTS



ADDITIONAL ELEMENTS



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

"QNS": Sample Size Was Inadequate For Analysis.

"N/A": Currently Not Available

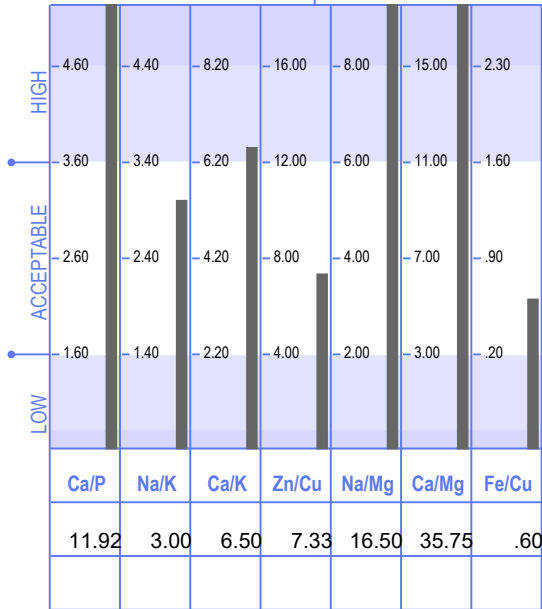
Ideal Levels And Interpretation Have Been Based On Hair Samples Obtained From The Mid-Parietal To The Occipital Region Of The Scalp.

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

8/29/2022
CURRENT TEST RESULTS

PREVIOUS TEST RESULTS

SIGNIFICANT RATIOS



TOXIC RATIOS



ADDITIONAL RATIOS

RATIO	CALCULATED VALUE		EXPECTED
	Current	Previous	
Ca/Sr	79.44		263/1
Cr/V	2.27		8/1
Cu/Mo	500.00		356/1
Fe/Co	128.57		615/1
K/Co	3142.86		6350/1
K/Li	11000.00		6350/1
Mg/B	30.77		21/1
S/Cu	2962.67		2668/1
Se/Tl	500.00		370/1
Se/Sn	2.50		3.2/1
Zn/Sn	550.00		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.

Personalized HTMA Summary Date: 9/7/2022

Hair analysis determines the metabolic rate of the body. There are two types, fast and slow metabolizers. This metabolic typing lets us know the way the body is responding to stress. The stress may be from within, such as nutrient deficiencies or toxicities. Stress may also arise from external sources like intense exercise, medications, or even occupational stress.

SUMMARY OF YOUR MOST IMPORTANT MINERAL VALUES:

CALCIUM		
IDEAL	PREVIOUS	CURRENT
63	N/A	143

High calcium – Your calcium is a mineral under stress and is being lost from your cells. Calcium and magnesium work together to maintain blood sugar. High calcium indicates the begin of a calcium shell. This means that calcium is not being used by the body properly. It is being absorbed by soft tissues in the body rather than by bones or teeth. Excess calcium in the soft tissues can lead to kidney stones, cause impaired thyroid function, blood sugar issues, muscle tension, and calcification of joints and arteries. Bringing magnesium, sodium, and potassium into balance will help regulate calcium in the body, along with addressing heavy metals and other conditions. Elevated calcium has very little to do with calcium in your diet. You actually need calcium in the diet daily, food only. Stay away from calcium supplements, antacids, and supplemental vitamin D. Copper toxicity is a cause for a calcium shell.

MAGNESIUM		
IDEAL	PREVIOUS	CURRENT
6	N/A	4.0

Low magnesium - Your magnesium level is low. This indicates a magnesium deficiency. Low sodium and potassium can make it difficult to restore and maintain magnesium. Adrenal support is necessary. 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. This pattern will do better with increased magnesium food intake and topical magnesium.

SODIUM		
IDEAL	PREVIOUS	CURRENT
19	N/A	66

High sodium – Your sodium is a mineral under stress and is being lost from your cells. High hair sodium is indicative of excessive adrenal gland activity. This often indicates excitability and fast oxidation. Sodium is referred to as the “volatility” mineral. Anxiety, anger, high blood pressure, irritability, and restlessness may be present. High sodium indicates the stress response, known as “fight or flight”. Sodium levels can be elevated by toxic metals, especially cadmium.

POTASSIUM		
IDEAL	PREVIOUS	CURRENT
13	N/A	22

High potassium – Your potassium is a loss and is mineral under stress. A potassium loss increases the stress response which can lead to anger, anxiety, fatigue, and depression. Losing potassium results in overall loss of vitality and muscle cramping. Potassium is necessary for good blood pressure and energy. Isolated vitamin D supplementation will lower potassium while driving

calcium at times too high. Mercury toxicity can also keep potassium levels too low. Mercury (other metals) can block the potassium channel, hindering absorption. We should take in approximately 4700 - 5500 mgs. a day of potassium rich foods.

COPPER		
IDEAL	PREVIOUS	CURRENT
2.2	N/A	1.5
Cu/Mo RATIO		
IDEAL	PREVIOUS	CURRENT
356	N/A	500

Low copper – Your copper is low. Copper is necessary for immunity, healthy skin, and is necessary for proper estrogen production. Copper is also antibacterial and antifungal.

Your copper is showing slightly low, but you have markers on your HTMA that indicate you are dealing with possible copper overload. Copper overload can be passed from mother to child in utero. Copper hiding in the tissues of the body can cause stress and alter healthy

mineral status. Mineral balancing is the best way to allow the body to recovery from copper overload. *Please read more about copper overload [here](#).*

ZINC		
IDEAL	PREVIOUS	CURRENT
16	N/A	11

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

PHOSPORUS		
IDEAL	PREVIOUS	CURRENT
16	N/A	12

Low phosphorus – Your phosphorus level is low. Phosphorus is derived from protein. A low phosphorus level is frequently associated with inadequate protein synthesis. Although most diets are adequate in phosphorus, those on low-protein diets or vegetarians may have a low phosphorus intake. Zinc is required for protein synthesis. Often a low phosphorus level is associated with a zinc deficiency, cadmium toxicity or zinc loss. When these imbalances are corrected, the phosphorus level improves. A low phosphorus level may be due to poor digestion or assimilation of protein. This may be due to digestive enzyme deficiency or low hydrochloric acid level.

IRON		
IDEAL	PREVIOUS	CURRENT
1.3	N/A	.9

Low iron – This level is likely low from poor absorption. Iron should rise when digestion and absorption improve. Iron is necessary to prevent anemia, as well as to form healthy hemoglobin. Hemoglobin is essential for moving oxygen into your blood from the lungs. Symptoms of low iron can be fatigue, restless legs, low stamina, and shortness of breath. Iron may be low if experiencing copper overload.

OTHER IMPORTANT TRACE MINERALS:

Low manganese - Your low manganese is likely low from copper overload. Manganese is a great antagonist of copper. When copper is in excess in the tissues, manganese cannot build in the body properly.

Low boron – Your boron level is low. Boron is necessary for magnesium and calcium absorption. It is also essential for bone growth. Boron can impact the body's estrogen and testosterone.

High cobalt – High cobalt is an indicator of liver stress, usually from excess metals in the body. Cobalt may also be high from excessive B-12 supplementation.

TOXIC ELEMENTS

Your Toxic Elements are in range currently. As the body gains strength, it will get better at detoxifying toxic metals, and you may see some of these begin to rise even higher.

A quick note about antimony:

This is usually an environmental pollutant or could be from occupations that deal with batteries, gunpowder, rubber, paints, or textiles. High levels can cause nausea, headaches, muscle weakness, and lung issues. Plastic pillowcases can emit antimony, as well as flame retardants used on clothing. Antimony is often used with lead to produce semiconductors and thermoelectric devices. Other exposures include pharmaceuticals, mining, making pewter, solder, and storage battery plates. Antimony is also used on children's pajamas and clothing to make it fireproof. Antimony toxicity can produce disorders that include cardiotoxicity which occurs with antimony pharmaceuticals. Occupational exposure – irritation of mucus membranes, eczema, chemical burns, perforation of the nasal septum, antimony spots, benign pneumoconiosis, and possible lung cancer risk.

ADDITIONAL ELEMENTS

Your rubidium is high. This is present in ground water and soil. Rubidium is not particularly harmful to humans, and once in the body its ions are rapidly excreted in sweat and urine. Rubidium chloride has been used to study the transport of potassium ions in humans, since rubidium ions are not naturally found in the body and when present they are treated as if they were potassium. If experiencing low potassium or a potassium loss, your rubidium may show high.

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 strontium is high. Most of the strontium we are exposed to daily is not radioactive or permanently damaging, it still poses a great threat to our health. If your body is not getting enough calcium, protein, or vitamin D, it will simply absorb

more and more strontium to fill in what's missing. Strontium displaces calcium. The two have a similar chemical makeup, the body deals with them in much the same way. Like calcium, strontium is absorbed primarily through the gastrointestinal tract and concentrated in the bones and bone marrow. Strontium can be found in our food and water. It is also found in these areas: glass making, ceramic making, municipal landfill operations, mining, nuclear waste facilities, air pollution, dairy products, fish, making of fluorescent lights, some medicines, paint pigments, and surface/underground water. A calcium shell can promote high strontium levels.

Your zirconium is high. Zirconium regardless of its toxicity and radio-activeness is used in many of today's common products such as cosmetics, deodorants, toothpaste, mouthwash and is used in the making the of composite resin fillings or to replace metal amalgams. Zirconium is also used to make surgical appliances, glass, jewelry and is a sweat inhibitor. It's very common to see this metal in anti-perspirants. Symptoms associated with zirconium toxicity vary depending on the amount you are currently exposed to, here are some of the more common symptoms: adrenal insufficiency, hyperparathyroidism, poor digestion, acne, hypothyroidism, fatigue, hypertension, and skin irritation. Zirconium toxicity also becomes a problem when it replaces or increases the needs for essential nutrients such as potassium. When potassium becomes depleted, zirconium takes its place and causes a decline in health.

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.

SIGNIFICANT RATIOS: Mineral ratios are at times more important than individual minerals levels. These ratios give us a cellular view of what is happening within the body and can let us know how bodily systems are functioning. 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. *Shaded areas are of concern.

Ca/P – Calcium/Phosphorus indicates metabolic rate.	IDEAL	PREVIOUS	CURRENT
	2.60	N/A	11.92

Above 2.60 indicates a slow metabolizer.

Slow metabolizers generally hang on to calcium and magnesium and usually are low in sodium and potassium. They tend to have decreased thyroid and adrenal function.

You are a SLOW metabolizer.

Na/K – Sodium/Potassium indicates vitality/energy.	IDEAL	PREVIOUS	CURRENT
	2.40	N/A	3.00

The sodium potassium ratio represents kidney, liver, and adrenal gland function. This ratio is also known as the life-or-death ratio because of how greatly these minerals affect blood pressure and adrenal health. 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	6.50

The calcium potassium ratio represents thyroid function. 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. Excess calcium can prevent this.

Your ratio is trending towards HYPOTHYROIDISM.

Zn/Cu – Zinc/Copper indicates hormonal balance.	IDEAL	PREVIOUS	CURRENT
	8.00	N/A	7.33

The zinc copper ratio represents the balance of hormones. Zinc is related to the production of 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	16.50

The sodium magnesium ratio represents adrenal health. Sodium is directly an indicator for high or low functioning adrenals. High sodium indicated overactive adrenals resulting in anger, irritability, mood swings, sleep issues, and anxiety. Adrenal health greatly affects inflammation, histamine issues, hormones, and weight gain/loss.

Your adrenals are in “alarm stage”/high alert.

Ca/Mg – Calcium/Magnesium indicates blood sugar .	IDEAL	PREVIOUS	CURRENT
	7.00	N/A	35.75

The calcium magnesium ratio represents blood sugar management within the body. Calcium helps release insulin from the pancreas and magnesium is needed to help regulate insulin. A higher ratio indicates a tendency for hypoglycemia, whereas a lower ratio indicates a normal/low release of insulin – insulin resistance may be present.

Fe/Cu – Iron/Copper indicates infections.	IDEAL	PREVIOUS	CURRENT
	.90	N/A	.60

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.

WHAT YOUR MINERALS SAY ABOUT YOU:

Your HTMA indicates that you are dealing with likely copper overload. This copper overload is disrupting your mineral balance that is required to run a healthy body. Copper overload causes a myriad of [symptoms](#). It is suggested to [read more about copper overload](#) and its effect on the body. The body will recover from copper overload with mineral balancing. It is the best approach to correct it. You also will not likely be able to find elevated copper in blood testing. This is because copper excess is in your tissues, particularly the liver and brain. Copper overload is a cause for numerous mental and physical health conditions. Although, your HTMA is showing low copper, it is the tip of the iceberg. Your copper overload has yet to reveal itself. As your body gains strength from mineral balancing, your body will begin to dislodge excess copper from your tissues to be eliminated from the body through urine, bile, and feces. This is a reason to make sure you have good digestion and proper bowel movements daily to see copper out of the body. Be sure to follow your mineral balancing program to help deal with copper overload. It is not an overnight fix with copper overload, but each day will begin to get better and better. If copper piping is in the home, the most important step to take is drinking and cooking with spring water. This isn't optional. You must remove the source of excess copper entering the body.

You are a SLOW metabolizer – 2
This means you hang on to calming minerals and quickly use the stimulating minerals sodium and potassium. This results in decreased adrenal and thyroid function. Overall vitality is lost. Digestion, nutrient absorption, elimination, and detoxification are impaired. Cooked foods and less fat are recommended for a slow metabolizer. Reduced exercise and exertion are recommended. Enjoy exercises like Pilates, yoga, or walking.

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 are necessary at this time. Begin taking vitamin K2/MK7 (without D3). Begin taking cod liver oil to support calcium with a natural source vitamin D.
MAGNESIUM	Eat plenty of magnesium rich foods and begin take Trace Min-Plex B – start with 2 a day.
SODIUM	Use generous amounts of Celtic Sea salt on all foods, 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 3800 – 4500 mgs. of potassium rich foods daily. You may choose to supplement with Trace Elements Potassium Plus. 1 with breakfast and 1 with lunch if not getting enough from food. Sometimes when digestion is impaired, a potassium supplement can give a better absorption.

RECOMMENDATIONS:

- Maintain intake of calcium rich foods. Broccoli, kale, spinach, kefir, Greek yogurt, and milk (if tolerated). Begin taking vitamin K2/MK7. Begin taking cod liver oil to support calcium with a natural source vitamin D.
- Recommend maintaining magnesium through food intake and begin take Trace Min-Plex B – start with 2 a day. Magnesium rich foods include almonds, almond butter, kale, spinach, grains, and chard should be in the diet daily.

- Recommend using sea salt freely at all meals. You may need more if stressed, exercising, or have been in heat. Saunas will induce sweating which will lower sodium. Himalayan, Redmond's, and Celtic Sea salts are all suggested. Avoid iodized table salt, it is devoid of all nutrients.
- Recommend increasing potassium intake. Potassium is one of the harder minerals to replenish because it is always being used by the body. Especially during times of stress. Here are some good ideas for potassium:
 - ✓ Red meat, turkey, chicken, and pork.
 - ✓ All dairy, this includes, milk, Greek yogurt, Kefir, and cheese
 - ✓ All cooked vegetables like cauliflower, lima beans, broccoli, white potatoes, sweet potatoes, carrots, kale, chard, spinach, beet greens, and white beans.
 - ✓ All grains like quinoa, millet, oatmeal, and whole wheat.
 - ✓ Most fruits like dragon fruit, strawberries, blueberries, kiwis, mandarins, bananas, avocado, dried apricots, prunes, and raisins.
 - ✓ Tomatoes and tomato sauce. Even spaghetti sauce. Some of my clients even use V8, although not organic, the potassium is more important.
 - ✓ Coconut water, green juices (Suja brand), pomegranate juice, tart cherry juice, and smoothies.
 - ✓ Dark chocolate 70% and higher is good for potassium, copper, and magnesium.

Try to aim for 3800 - 4500 mgs. of potassium a day. **Please do not take isolated vitamin D** or even in multi formulas, vitamin D isolated lowers potassium drastically. If you feel you need to support your vitamin D levels, do so naturally with [Nordic Naturals Cod Liver Oil](#). It is excellent for natural vitamin A (retention of potassium) and D (helping calcium).

- Recommend maintaining intake of copper rich foods such as: oysters, red meat, pumpkin seeds, avocados, and black strap molasses. Even when copper overload may be present, you still need bio-available food sources of copper.
- Recommend increasing zinc rich foods such as: oysters, pumpkin seeds, and lean red meat are all suggested. Add in zinc supplement below. Start slowly with zinc supplement. Adding it too quickly can induce copper overload symptoms: anxiety, restlessness, lack of focus, poor sleep. If symptoms are

mild increase to 2 a day.

- Recommend increasing iron rich foods like black strap molasses, (which is also good for copper and potassium), red meat, legumes, and green vegetables.
- Recommend adding Brazil nuts and blue corn chips to your diet for selenium.
- Recommend adding prunes, peanuts, peanut butter, and eating the skins of organic potatoes to increase your boron.
- Recommend increasing molybdenum rich foods. Highest sources are found in milk, legumes, and cereals.
- Recommend diet consist of mainly cooked food. Lightly steamed or stir-fried. Raw food is hard to digest.

SUPPLEMENTS TO STOP:

Multivitamins - Multivitamins are not recommended when mineral balancing. Multivitamin formulas induce imbalances, especially with your pattern. A strong diet is a better option. They can have too much calcium, magnesium, copper, zinc, and vitamin D which affect mineral imbalance.

SUGGESTED SUPPLEMENTS TO START:

NUTRITIONAL SUPPORT	SUPPLEMENT	SUGGESTED DOSE
Digestive Enzymes	Trace Elements HCL-V Plus	1 with each meal
Synergistic Vitamin/Mineral Support	Para-Pack	2 a day
Magnesium	Trace Elements Min-Plex B	May need 3/Start with 2 a day
Keep calcium in bone	Life Extension Vitamin K2	1 with breakfast
Potassium	Trace Elements Potassium Plus	1 with breakfast and 1 with lunch
Zinc	Trace Elements ZMC Plus	2 a day/ Start with 1 a day for 2 weeks, check for symptoms
Adrenal Support	Trace Elements Adrenal Complex	1 with breakfast and 1 with lunch

Sea Salt	Celtic Sea Salt or Redmond's Salt	Use on food
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:

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

Daily lemon water

Mineral balancing really helps the liver

Milk Thistle extract – check out Bioray Liver Life

TIPS FOR OPTIMAL WELLNESS:

Supporting your liver during mineral balancing is helpful and often necessary for everyone. The liver can be overloaded with toxins from the environment, health/beauty products, and home cleaning products. It is important to take a personal inventory of what you are using on your body and what you use in your home (laundry detergent/fabric softener especially). The most common offenders are often anti-perspirants, perfumes, body washes, lotions, and cosmetics. Most anti-perspirants contain some form of aluminum or zirconium. Those 2 ingredients are often used to control perspiration. Stopping perspiration is a problem on many levels. Mostly, because you stop your body's detoxification, sweating is way of allowing the body to get rid of toxins. Many of the common ingredients in perfumes, body washes, shampoos, lotions, and cosmetics can contain chemicals such as sulfates, phthalates, and parabens. They have been listed as [endocrine disruptors](#). Estrogen Dominance is on the rise for many men, women, and children. It is important for both women, men, and children to take note of what products they use daily. Even changing a few products can make a big difference in reducing your liver's toxic

burden.

Your liver, which is responsible for over 600 metabolic functions, is very busy at night when you sleep between the hours of 1 am and 3 am. If you are waking during these times, it can be an indicator that your liver is struggling and could benefit from some liver support. Clay baths are a gentle way to support the liver and detoxification:

Evenbetternow® DETOX Bentonite Clay Baths - Soaking in sodium bentonite clay helps to remove both chemical and metal toxins out through the pores of the skin. For many, taking regular clay baths or foot baths have radically improved their health. Our DETOX clay has the highest cation exchange capacity (CEC) of any bathing clay that was tested on the market. This means it has a strong “pulling power” to attract positively charged toxins and the unique molecular structure to ABSorb and ADSorb harmful contaminants. It is a safe, gentle, and easy way to detoxify without having to process impurities through the internal organs of elimination. You can read more about how clay baths work [here](#).

Milk thistle is also very helpful to the liver. The silymarin extracted from milk thistle is known to have antioxidant, antiviral and anti-inflammatory properties. You can read more about it [here](#).

As toxins leave the body, sometimes unpleasant physical reactions can occur. Some of the reactions can be irritability, nausea, headaches, grogginess, and sometimes sleep disturbances. These are to be considered “healing reactions” as your body begins find homeostasis and they will become less and less.

Consuming a nutrient dense diet is essential when bringing the body back into balance. Strong digestion is needed for optimal break down of foods to allow proper nutrient absorption. Optimal stomach acid and bile are necessary to break down fats, proteins, and carbohydrates. Beets, spicy greens, ox bile, and dandelion root tea are all great for bile production and the gall bladder. [Digestive enzymes](#) can be helpful to improve digestion while your body is healing.

Probiotic foods (kefir/raw sauerkraut), organ meats, and properly prepared foods will help correct the digestion. Steaming is a great way to preserve nutrients in vegetables compared to boiling them. If you decided to boil your vegetables, it is recommended to drink the cooking water which is full of nutrients. Bone marrow broth or collagen

can be added to your diet. This will help rebuild the stomach and intestinal lining. Collagen provides health amino acids that improve gut health. A healthy gut is your second brain, it is within the gut that building blocks are made for proper brain function, this includes neurotransmitters.

Take note of foods that cause the pancreas to release a lot of insulin. We are consuming more carbohydrates than ever before. This could come in the form of sugar, grains, orange juice, or a fresh vegetable juice. The body recognizes this as sugar and automatically makes the pancreases release a lot of insulin to balance out the sugar. Aloe vera is very gelatinous and stops the sugar from dumping into the bloodstream by adding in some valuable fiber. [Collagen powder](#) can also be added for additional protein. Both can minimize blood sugar spikes. Minimizing foods that cause our pancreases to release insulin at once is beneficial to decrease stress on the body.

It is recommended to change things one at a time when balancing minerals. This helps to see how the body is adjusting. Keeping a food diary is also helpful.

FINAL NOTES:

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.

Hair analysis can be complex. I find most clients benefit from actually speaking with me to better understand it. The written report is helpful, but it is difficult to cover everything and address all your concerns. Please consider scheduling a consultation to help better understand your hair analysis and all that it says about your health.

It is recommended to retest in 4 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 to go over your report, 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 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.****