



Joanna - **HTMA SUMMARY** 2/20/2021

When reviewing these notes please refer to the Mineral Ratio Profile sheet(s).

Fast and slow metabolism types are ways that the body responds to stress. The stress may be from within, such as nutrient deficiencies or fatigue. Stress may also come from a multitude of external sources such as, lifestyle, job, and relationships.

Fast metabolizers tend to hold onto the fast/stimulating minerals (sodium & potassium) while using up the slow/sedative minerals (calcium & magnesium). Those slow minerals are needed by the adrenal glands to help the body deal with stress and to process energy. Fast metabolizers may experience warm body temperature, moist skin, and a tendency to perspire easily.

Fast 4 metabolizers are in between fast and slow metabolizer and show a burned-out situation.

Fast metabolizers burn through most all nutrients at rapid rate. A fast metabolizer needs a good whole food diet, healthy fats, and amino acids can also help. Reducing stress is key to helping a burn-out situation, along with strong nutrition and suggested supplements.

Copper level is low. One of the best sources of copper (along with co-factors) is liver and other organs.

Copper, zinc, & manganese are all low. These minerals are important for liver function. Milk Thistle seed is recommended to support for liver function.

Selenium is low. This is connected to the thyroid functioning as selenium helps in the conversion of the inactive T4 to the more active T3 thyroid hormone. Brazil nuts are a good source of selenium.

Boron is almost non-existent. Boron is important to help balance Calcium. You can add 20 Mule Team Borax to your Epsom salt or magnesium flake baths. Boron is also available in a supplement. Eating around 5 prunes a day is another option.

Molybdenum level is high. Excesses reduce the normal elasticity of connective tissues such as tendons and can contribute to joint stiffness. Other symptoms associated with molybdenum excess include gout, arthralgia and increased uric acid levels. You may want to reduce or eliminate dairy products, legumes and grains as these are sources high in molybdenum.

Uranium is in the high range. 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.

High levels of arsenic could contribute to many issues including weakness and fatigue as well as "brain fog". Please <https://www.drwilson.com/Articles/ARSENIC.htm> for more info.

The aluminum value is showing above ideal. Please make sure you are avoiding sources of this metal: cooking pans/utensils, deodorants/antiperspirant, aluminum foil, antacids, microwave popcorn (microwave cooking is not recommended), coffee creamers, pickles (alum often added for crunchiness).

In the Additional Elements section, you have a few above the high range. These include barium, lithium and strontium. Heavy metals displace minerals in the body, you will want to add dry skin brushing before bathing, Epsom salts & baking soda bath soaks, clay baths, and far-infrared sauna therapy (if possible) to assist in eliminating these metals. Supplements are also available to assist in detox. Working on your liver is often key to helping the body detox.

Lithium may be associated with therapeutic lithium treatment. Lithium supplementation is used for treating emotional disorders, particularly manic depression. Lithium is also found naturally occurring in water supplies. Too much lithium can interfere with Iodine uptake by the thyroid gland and may block thyroxin release or TSH. Lithium can affect potassium levels. This may result in a loss of intracellular potassium and contribute to hyperkalemia. Other conditions associated with chronic lithium excess includes: renal induced diabetes insipidus, hair loss, hypercalcuria, inability to acidify the urine, leukocytosis, and eosinophilia.

High levels of barium in water supplies have been associated with high blood pressure and cardiovascular disease.

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.

RECOMMENDATIONS:

Recommended is an ancestral diet. Whole foods and moderate carbohydrate intake. Choose unrefined foods whenever possible. Prepare your own food whenever possible. Choose steaming over boiling vegetables to retain minerals and nutrients. Grass fed meats, root vegetables, and organic vegetables when available to you. Please visit the link below for the most important vegetables to buy organic.

[EWG's 2021 Shopper's Guide to Pesticides in Produce](#)

Increase your vegetable intake at each meal vs. adding more meat or consuming breads etc.

Stay hydrated with spring water and coconut water. The latter being particularly good for boosting your potassium intake.

Fast oxidizers need more healthy fat in their diet. Be sure to include grass-fed butter, coconut oil, cold pressed olive oil and almond butter.

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.

In addition to these dietary suggestions, the following supplements are recommended:

TEI Magnesium Plus

<https://www.evenbetternow.com/proddetail.asp?prod=TEI-Magnesium-Plus>

TEI Para-Pack

https://www.evenbetternow.com/proddetail.asp?prod=TEI-Para-PackIII_90Tablets

TEI Sym-Pack

https://www.evenbetternow.com/proddetail.asp?prod=TEI-Sym-PackIII_90Tablets

TEI HCL Plus – will help with digestion which maybe be slow because of your imbalances.

https://www.evenbetternow.com/proddetail.asp?prod=TEI-HCL-V-Plus_90Tablets

EvenBetterNow Detox Bentonite Clay

<https://www.evenbetternow.com/proddetail.asp?prod=pharmaclear>

Bio-Chelat – Nissen Medica

https://www.evenbetternow.com/proddetail.asp?prod=Bio_Chelat_heavy_metal_chelator

SUGGESTED READING:

https://www.evenbetternow.com/proddetail.asp?prod=The-Strands-of-Health_Hair-Analysis-Guide

It is recommended to retest in 3-4 months to see progress and make modifications to the program. Please be sure to add boron to the test.

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

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