



HTMA FOLLOW-UP SUMMARY

– Slow 1

7/21/2023

KEY NOTES FROM CONSULTATION:

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

- Suggest stopping trace mineral drops and replace with Mt. Capra Mineral Whey
- Check for copper water pipes in your current residence, if present, the Berkey Water System must be used for cooking and drinking. It is recognized as safe to shower or wash clothes in copper piped water.
- Suggest stopping oral magnesium/ Epsom soaks and replace with magnesium oil soaks as discussed.
- Suggest stopping diatomaceous Earth and replace with silica rich foods like cucumbers or oat straw tea.
- Suggest stopping LMNT and replacing it with adrenal cocktails or a more balanced sodium/potassium mix like CURE electrolyte.
- Suggest reducing boron dose to approx. 2 mgs. a day.
- Reduce liver capsules to 2 a day.

SIGNIFICANT RATIOS:

<u>RATIO</u>		<u>IDEAL</u>	<u>YOUR RATIO</u>	<u>NOTES</u>
Ca/P	CALCIUM/PHOSPHORUS METABOLIC TYPE	2.60	9.33	This ratio indicates you are slow metabolizer.
Na/K	SODIUM/POTASSIUM STRESS RATIO	2.40	2.40	This ratio still needs sodium and potassium support.
Ca/K	CALCIUM/POTASSIUM THYROID RATIO	4.20	8.40	This ratio is trending towards hypothyroidism.
Zn/Cu	ZINC/COPPER HORMONE RATIO	8.00	11.11	This ratio is a marker of copper imbalance.
Na/Mg	SODIUM/MAGNESIUM ADRENAL RATIO	4.00	3.43	The adrenals still need support from the adrenal cocktail and other minerals.
Ca/Mg	CALCIUM/MAGNESIUM BLOOD SUGAR RATIO	7.00	12.00	This ratio indicates a trend towards low blood sugar.
Fe/Cu	IRON/COPPER BACTERIAL/VIRAL RATIO	.90	.78	Ratio is in range.

Cu/Mo	COPPER/MOLYBDENUM COPPER BALANCE	356	300	Ratio is in range but will fluctuate a lot when copper begins to discharge from your tissues.
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TOXIC ELEMENTS:

Sufficient energy and adrenal capacity are required for the difficult task of removing metals from the body. If your body does not have sufficient energy, it will not prioritize the release of stored metals in the tissue until adequate energy becomes available. Currently you are expressing the following:

<u>TOXIC ELEMENTS</u>	<u>NOTES</u>
Antimony	
Uranium	This element often presents if radon is in the home or in the water supply. A radon test can be used. Your level is relatively low, I would work on mineral balancing and see if the level comes down next report.
Arsenic	
Beryllium	
Mercury	
Cadmium	Your level is quite high, work on mineral balancing and consider using the Zeolite that was discussed.
Lead	Your level is also quite high, as suggested for cadmium, work on mineral balancing and use Zeolite.
Aluminum	

ADDITIONAL ELEMENTS:

Currently you are expressing the following:

<u>ADDITIONAL ELEMENTS</u>	<u>NOTES</u>
Lithium	Discontinue trace mineral drops.
Strontium	This mineral is often high when copper imbalance is present, it will self-correct.
Tungsten	It is recommended to mineral balance and use Zeolite to correct this elevation.

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

SUGGESTED SUPPLEMENTS TO START: *(as your diet allows or per doctor's advisement)*

I understand that everyone's budget is different and thinking about this list can be overwhelming. All supplements are suggested but I have highlighted the most crucial supplements necessary to bring about a metabolic shift in your current mineral pattern.

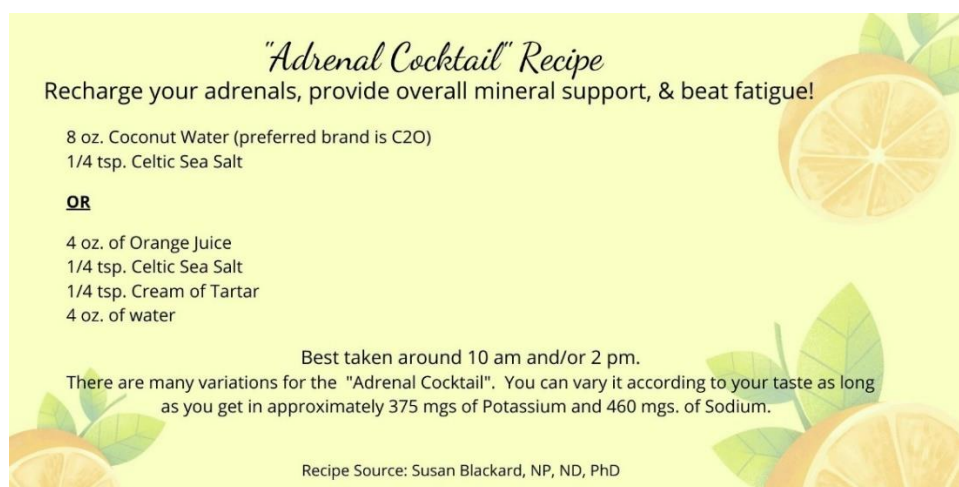
NUTRITIONAL	SUPPLEMENT	SUGGESTED USE
Overall Mineral Support – food based	Mt. Capra Mineral Whey	1-2 tablespoons a day, mixes in coffee or good warm by itself.
Protein, Vitamin, Mineral Support	NOW Organic Pumpkin Seed Protein Powder	1-2 tablespoons a day
Digestive Enzymes - HCL	Trace Elements HCL V-Plus or NOW Super Enzymes	1-2 a with each meal
B-6 support	Trace Elements Pyridox Plus or Best Naturals B6 – 100 mgs.	1 tablet a day
Magnesium Oil - soak	Magnesium Solace - magnesium oil	see notes above - ¼ cup per soak
Calcium	foods	daily
Potassium	foods	daily
Sodium	Sea Salt on foods	daily
Sodium (Adrenal Cocktail)	¼ tsp. sea salt and 8 oz. coconut water	Twice a day
Vitamin E	Trace Elements Vitamin E Plus	1-2 a day
Adrenal Support	Trace Elements Adrenal Complex	1 with breakfast and 1 with lunch
BINDERS/DETOX SUPPORT		
Binder	Results RNA Zeolite (spray)	Results RNA - 6 sprays twice a day.
GUT/LIVER SUPPORT		
Gentle Detox Support	Evenbetternow DETOX clay – foot baths or tub baths	Soaking for 20 - 30 mins. about once a week.
Castor Oil Packs	Queen of the Thrones Castor Oil Pack	3 nights on for 1 hour – 2 nights off, repeat (see here for more info)
Coffee Enema	Any Organic Medium Roast Coffee or Cafe Mam Therapy Roast	1 a week to start For complete info and instructions please see here .

Liver - Herbal Support	Dandelion Root Tea	Daily – Steep 2 bags in a cup
NAC - Glutathione Support	Seeking Health NAC	1 a day
TUDCA - Bile Support	Double Wood TUDCA	2 between a meal
OPTIONAL SUPPORT SUPPLEMENTS/PRODUCTS		
Collagen	Perfect Supplements Hydrolyzed Grass-fed Collagen	Use as directed in smoothies or warm beverages
Iodine Support	NOW Kelp	1 a day

You may click the hyperlinks above for easy ordering with evenbetternow.com. ***Don't forget to use your EBNSPERCENT returning customer discount code to receive 5% off your order.*** Evenbetternow offers free shipping on most products! It is recommended to use the supplements I have suggested because they have proven to work the best in my opinion. If there is something else you would like to use, I can review it, and see if it is applicable.

Working on digestion and liver support if of the utmost importance! It is the first step in getting your body to begin correcting. I try to put as much emphasis on this as possible because you can eat all the right food and take the right supplements but unless you are absorbing what you take in, it won't matter much. Your HTMA pattern dictates that you are experiencing poor digestion and lowered absorption because of your mineral imbalances.

ADRENAL COCKTAIL RECIPE:



"Adrenal Cocktail" Recipe

Recharge your adrenals, provide overall mineral support, & beat fatigue!

8 oz. Coconut Water (preferred brand is C20)
1/4 tsp. Celtic Sea Salt

OR

4 oz. of Orange Juice
1/4 tsp. Celtic Sea Salt
1/4 tsp. Cream of Tartar
4 oz. of water

Best taken around 10 am and/or 2 pm.

There are many variations for the "Adrenal Cocktail". You can vary it according to your taste as long as you get in approximately 375 mgs of Potassium and 460 mgs. of Sodium.

Recipe Source: Susan Blackard, NP, ND, PhD

FINAL NOTES:

It is recommended to retest in **4 months** to see progress and make modifications to the

protocol. Retesting on time is especially important when dealing with copper imbalance or other heavy metal issues.

Order RETEST here: [Evenbetternow Profile 3 Hair Analysis Retest](#) or [Evenbetternow Profile 1 Hair Analysis](#). Any profile truly can be used as a retest, even [Profile 2](#).

If you feel you would like to speak with me further to discuss your follow-up report, you can purchase another consultation(s) at the link below. You will then be emailed a link to set up a consultation appointment at a convenient time for you.

[30 Minute Hair Analysis Consultation](#)

If you feel you need more than 30 mins., please consider purchasing the [1 Hour Hair Analysis Consultation](#).

If you need help completing your purchase or assistance ordering suggested products, please call 520- 877-8637 PST/MT and leave a voicemail or email admin@evenbetternow.com.

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