

Prepared by  
Session date

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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.

## **WHAT YOUR MINERALS SAY ABOUT YOU**

### **You are a FAST metabolizer - FAST 1**

The fast metabolizer tends to use minerals very quickly which happens from extreme stress most commonly. Children from newborn to about age 10 are naturally fast metabolizers – it's good for them but not for an adult. Fast metabolism in adults is often a sign of metabolic decline and intense stress. Common causes for this are layers of heavy metals, medications, and very frequently, copper imbalance.

Often the nervous system is extremely delicate, and this can result in anxiety, poor sleep, panic attacks, irritability, insulin resistance, and a sense of being "wired but tired". Calcium and magnesium are often very deficient resulting in the body being in a chronic "fight or flight" state. This results in overactive adrenals and increased thyroid function for most.



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it. You also will not be likely to find elevated copper in blood testing. This is because copper excess is in your tissues, particularly the liver and brain. Your copper is beginning to expose itself but it is the tip of the iceberg. Your copper imbalance has yet to fully 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 a copper imbalance.



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SUMMARY OF MOST IMPORTANT MINERAL VALUES

CALCIUM		
OPTIMAL - 42	PREVIOUS - N/A	CURRENT - 37

**Low calcium** – Calcium is needed in the body for healthy nervous system function, quality sleep, blood sugar management, and thyroid function. Low calcium is a tremendous stress to the body. Signs of low calcium include insulin resistance, insomnia, anxiety, tension, muscle weakness, and hyperthyroidism. Bringing magnesium, sodium, and potassium into balance will help regulate calcium in the body. Often low calcium can be addressed by increasing calcium rich foods in the diet and working hard on digestion. Sometimes, a calcium supplement is needed.

MAGNESIUM		
OPTIMAL - 6	PREVIOUS - N/A	CURRENT - 3.1

**Low magnesium** - Your magnesium level is low. This indicates a magnesium deficiency. A low magnesium level can make sleep difficult, induce anxiety, depression may be present, have a low tolerance for stress, and low energy. Magnesium is an incredibly powerful mineral and is extremely important in numerous metabolic functions. It is often very key to the body's ability to detoxify properly.

All forms of stress, mental, emotional, or physical, will increase the body's use of magnesium. Something we call the "magnesium burn rate". Heavy metal contamination will at times hinder the absorption of magnesium or cause it to burn up very rapidly in the body. Magnesium deficiency is rampant!

SODIUM		
OPTIMAL - 24	PREVIOUS - N/A	CURRENT - 18

**Low sodium** – Your sodium level is low. Sodium is necessary for fluid balance, blood pressure, stomach acid formation, and energy. Low hair sodium on an HTMA is an excellent indicator of impaired adrenal gland activity. A very low sodium is indicative of exhaustion. Sometimes, excessive magnesium supplementation will lower sodium levels.



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**Copper water pipes** – (past exposure counts, childhood home etc.) if your current home has them, you must change your drinking and cooking water to spring water or use filtration like Berkey or Radiant Life. Not all filters catch copper. Things like Brita, Zero, reverse osmosis, or refrigerator filters will not work for copper removal. See further notes below about filtration.

It was noted on your intake form that you were unsure if you might have these in your home. It is imperative to find out if you do. If you find copper water piping, switch to spring water for drinking and cooking or invest in a Radiant Life/Berkey system for filtration.



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Copper stores in the body just like any other heavy metal. Mineral balancing is the best way to allow the body to recover from copper overload because it needs to be prompted by other minerals to leave. Chelation and detoxing do not work to remove copper and most often not any other metal. These practices tend to make the situation much worse. Please read more about copper imbalance [here](#). This is a very significant find in your hair test. It is likely the culprit that has been breaking down your healthy metabolic function for years.



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PHOSPHORUS		
OPTIMAL - 16	PREVIOUS - N/A	CURRENT - 31

**High phosphorus** - Your phosphorus level is elevated; it is indicative of excessive protein breakdown of body tissues. As proteins break down, phosphorus is released. Phosphorus levels may increase temporarily as toxic metals are being eliminated. A high phosphorus level greater than 25 mg% can indicate a metabolic disturbance.

IRON		
OPTIMAL - 2.2	PREVIOUS - N/A	CURRENT - .8

**Low iron** - This level is likely low from poor absorption or something like copper imbalance may be preventing your body from metabolizing iron properly. 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. Working on digestion is always important to allow for the best absorption possible from foods.

## **OTHER IMPORTANT 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. Manganese is involved in the formation of bone, amino acids, cholesterol, and carbohydrate metabolism.



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## ADDITIONAL ELEMENTS

You have a few elevations in your Additional Elements which will correct over time through mineral balancing. Many times, these are elevated from being deficient in healthy minerals, especially calcium and magnesium. It is a good idea to use a binder, such as **Zeolite** to help gather these and other contaminants out of the body while you are mineral balancing.

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.

Ca/P ratio (Calcium & Phosphorus) - Indicates Metabolic Rate		
IDEAL - 2.6	PREVIOUS - N/A	CURRENT - 1.19
<p><b>Below 2.60</b> indicates a fast metabolizer.</p> <p>Fast metabolizers are usually deficient in calcium and magnesium. They tend to have overactive thyroids and overactive adrenals.</p> <p>Your ratio implies you are a FAST metabolizer.</p>		

Na/K ratio (Sodium & Potassium) - Indicates Stress/Energy		
IDEAL - 2.4	PREVIOUS - N/A	CURRENT - .82
<p>The sodium potassium ratio represents kidney, liver, and adrenal gland function. This ratio is also known as the vitality 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.</p> <p>Your ratio is low and this can present as blood pressure issues, poor digestion, and sometimes fatigue. This ratio is very key in helping all other minerals work well in the body.</p>		

The calcium potassium ratio represents thyroid function. Below the ideal indicates hyperthyroidism. Symptoms include weight loss, nervousness, anxiety, and sweating. Potassium plays a role in the absorption of thyroid hormones into the cells. Excess calcium can prevent this.

Your ratio implies **HYPERthyroidism - overactive thyroid hormone sensitivity**. Improving your calcium balance will be helpful in bringing the ratio into balance.

## Thyroid Imbalance

### HYPOTHYroidism (underactive)

#### Symptoms:

- Cold hands/Cold Feet
- Hair loss
- Dry Skin/Dry hair
- Weight gain
- Fatigue
- Body aches
- Brain fog
- Sex hormone imbalance
- Constipation



### HYPERthyroidism (overactive)

#### Symptoms:

- Perspires easily
- Hypertension
- Nervousness
- Anxiety
- Weight loss
- Insomnia
- Loose stools
- Heat intolerance
- Short menses

## Zn/Cu ratio (Zinc & Copper) - Indicates Hormonal Balance

**IDEAL - 8.0**

PREVIOUS - N/A

**CURRENT - 11.07**

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.

Your current ratio is an indicator of copper imbalance.



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## Adrenal Fatigue Symptoms

- Low body temperature, especially after activity 93-96 F
- Constant fatigue, low stamina, poor exercise recovery
- Thyroid imbalance
- Food intolerance, histamine issues, food aversion
- Insomnia - night waking 1-3 am, disturbed sleep, wake never feeling rested
- Sound sensitivity - easily startled
- Sensitive to fragrances and odors
- Sex hormone imbalance
- Weight gain - especially midsection/Weight loss - muscle wasting
- Depression/Anxiety/Panic
- Gut issues/IBS
- Feeling disconnected/isolated

## Ca/Mg (Calcium & Magnesium) - Indicates Blood Sugar Management

**IDEAL - 7.00**

**PREVIOUS - N/A**

**CURRENT - 11.94**

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.

Your ratio indicates poor blood sugar management with a trend towards hypoglycemia – low blood sugar. Eating for blood sugar management is very important until your mineral balance improves.

## Fe/Cu (Iron & Copper) - Indicates Infection/Inflammation

**IDEAL - .90**

**PREVIOUS - N/A**

**CURRENT - .29**

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 may be associated with iron deficiency or thyroid disturbance.

This ratio can indicate underlying gut infections like H. Pylori, SIBO, candida, or leaky gut. Balancing minerals will help give us a clearer picture of this ratio, but it can be proactive to look into other types of testing for gut infections, like stool testing.

The copper imbalance essentially breaks the gut. Many times those with a copper imbalance will have gut issues, even if not presenting symptoms. It was mentioned on you intake that you have an issue with dairy, I think it would be very helpful to you to have a GI Map stool test at some point. Dairy is a valuable source of calcium and in your current HTMA pattern you are calcium deficient.

GI Map testing is highly recommended. See here:

<https://www.evenbetternow.com/proddetail.asp?prod=GI-MAP-Test-and-Interpretation-with-Protocol>



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## RECOMMENDATIONS

(AS YOUR DIET ALLOWS OR PER DOCTOR'S ADVISEMENT)

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 minerals is important to set the foundation for proper detoxification. They play critical roles for thyroid health, adrenal performance, vitality, and blood sugar management.

CRITICAL MINERALS (main focus)	
CALCIUM	<p>Eat plenty of calcium rich foods daily, aiming for approximately 1000 mgs. a day. Calcium rich foods include broccoli, kale, spinach, kefir, Greek yogurt, sardines, chia seeds, and milk (if tolerated).</p> <p>Begin taking cod liver oil daily. Consider adding Mt. Capra Mineral Whey. Begin taking Trace Elements Calcium Plus – 3 a day.</p>
MAGNESIUM	<p>Fast metabolizers have a large demand for magnesium and calcium. It still is necessary to support sodium and potassium through food intake.</p> <p>Eat plenty of magnesium rich foods, this includes almonds, almond butter, kale, spinach, grains (wild rice), and chard.</p> <p>Begin taking <a href="#">Trace Elements Min-Plex B</a> – 3 a day. This formula is synergistic and is supportive to you current HTMA pattern.</p> <p>Start using magnesium lotion daily - this is very important help replenish your magnesium level.</p>
SODIUM	<p>Use generous amounts of Celtic Sea salt on all foods, don't skip the salt. Salt helps overall mineral balance. Avoid iodized table salt, it is devoid of all nutrients.</p>
POTASSIUM	<p>Potassium is an important mineral to replenish daily. It is heavily used during times of stress. Be sure to aim for approximately 3800 – 4700 mgs. of potassium rich foods daily. Potassium is one of the harder minerals to replenish because it is always being used by the body.</p> <p>Please be very cautious with vitamin D even in</p>



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## **TRACE MINERALS**

<b>COPPER</b>	Recommend maintaining intake of copper rich foods such as: oysters, red meat, pumpkin seeds, avocados, and black strap molasses. Even when copper overload is present, you still need bio-available food sources of copper.
<b>ZINC</b>	Recommend increasing zinc rich foods such as: oysters, pumpkin seeds, and lean red meat are all suggested. Zinc is crucial for the production of stomach acid, immunity,

	and hormones.
<b>PHOSPHORUS</b>	Recommended sources are meats, fish, nuts, vegetables, and grains. Phosphorus is important for bone formation and energy production.
<b>IRON</b>	Recommend increasing iron rich foods like blackstrap molasses, (which is also good for copper and potassium), red meat, legumes, and green vegetables.
<b>MANGANESE</b>	Recommended food sources are nuts, seeds, coconut water, meat, and most vegetables. Manganese is a mineral involved in the formation of bone, cholesterol, and carbohydrate metabolism.
<b>CHROMIUM</b>	Recommended foods are cheese, wheat germ, beets, and seafood. Chromium enhances the effects of insulin.
<b>SELENIUM</b>	Recommend adding Brazil nuts and blue corn chips to your diet for selenium. Selenium is important for detoxification and thyroid hormone conversion.
<b>BORON</b>	Recommend adding prunes, peanuts, peaches, and eating the skins of organic potatoes to increase your boron. Boron is important in calcium and magnesium metabolizing. Boron helps hormones too!
<b>COBALT</b>	The best source is meat. Needed for the formation of B-12.
<b>MOLYBDENUM</b>	Recommend increasing molybdenum rich foods. Highest sources are found in milk, legumes, lentils, and cereals. Molybdenum is important in the regulation of copper and is also used in metabolizing sulfur.
<b>SULFUR</b>	Recommend eating onions, garlic, shallots, leeks, Brussel sprouts, cabbage, and eggs. Sulfur is necessary for liver to produce glutathione and help detoxify heavy metals out of the body.



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## **DIET - FAST METABOLIZER**

[Fast metabolizers – less carbohydrate, more protein and fat.](#) NO ketogenic diet!

Digestive enzymes are almost always necessary until stress settles out of the pattern.

[Protein sources such as meat and eggs are very helpful to those in a fast metabolizer state. Full fat dairy products, nuts, and seeds are also good foods.](#)

[Lots of cooked vegetables, especially leafy greens. Try to avoid starchy ones like potatoes. It's also better to keep peas, beans\(kidney, black, navy etc.\) to only a few servings.](#)

## **TIPS FOR OPTIMAL WELLNESS WHILE MINERAL BALANCING**

**Love up your liver!** Your liver is responsible for over 600 metabolic functions, it 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.

There are many supplements that can support the liver like milk thistle, NAC, and sulforaphane. I find it's important to keep it simple and go slowly. Many do not realize how overloaded their liver is and struggle with the release of toxins. 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 to find homeostasis and they will become less and less. These can sometimes be helped by utilizing [castor oil packs](#), [red lamp therapy](#), and [coffee enemas](#).



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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 a 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](#).

Endocrine disruptors are only one cause for **Estrogen Dominance** – what is it? See [here](#). This condition 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. Estrogen dominance **for women** is common when copper overload is present in the tissues resulting in higher estrogen in the body and lower progesterone. Copper has a deep connection to estrogen and copper is also an antagonist to zinc. Zinc is a mineral needed for



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One of the most important things one can do is keep a food journal, even if just for a few days. This can help you see where you are falling short of protein, carbs, fat, or maybe you will find that you are actually not eating enough! This happens a lot. My favorite is the [Cronometer](#)!

A healing body requires adequate nutrition. Even if you are trying to lose weight, it is almost always a bad idea to cut calories. This is more stress for the body that is trying to recover. More often than not, it's not the food that is keeping people overweight but poor mineral balance, toxicity, and hormonal imbalances. Working on these will lead to weight loss even without much exercise or cutting calories.

Once the body is back into homeostasis, weight begins fall off. Albeit slow, this is better than creating more stress for the body which only results in more weight gain. This is why so many men and women struggle. They are over exercising trying to lose weight and it's a backfire. It's way more complicated than being in the gym several times a week, HIIT, or cross-fit. I do recommend daily walking for joyful movement and stress reduction. For some yard work/household chores are more than enough. This won't be forever but remember you are trying to rebuild and restore. Excess exercise depletes important minerals further and brings stress to an already stressed body. Be gentle with yourself.

## **WHY DO YOU NEED A BINDER WHILE MINERAL BALANCING?**

Anyone mineral balancing through HTMA should be taking a binder while actively on a protocol. The main reason for this is to gather any metals being excreted. Mineral balancing puts the body in motion. Once metals are release, they need to be seen out of the body by bile flow, urine, and bowel movements. This is why there is so much emphasis put on digestion and liver support. You have to see metals and toxins out of the body. At times, metals can come out in large amounts, and it is good to use a binder to help cage it up and assist it out of the body. If your body is moving slower than expected, it's possible to reabsorb released metals. Binders help prevent this. There are many good binders like [Biocidin GI Detox](#), [Pectasol C](#), and [Zeo Health Zeolite](#). A binder is chosen based on your HTMA and the metals you are moving.

## **IMPORTANCE OF METHYLATION STATUS -MTHFR**

If you feel you have been chasing your health for years and feel like you have made little to no progress in addressing health issues that have been plaguing you, you might want to consider knowing about your MTHFR status. MTHFR is a gene that provides the instructions for making an enzyme called methylenetetrahydrofolate reductase. This enzyme plays a role in processing amino acids, the building blocks of proteins. Methylenetetrahydrofolate reductase is important for a chemical reaction involving the vitamin folate (also called vitamin B9) and to an extent cobalamin (also called B-12). There is so much that can be covered about MTHFR, that it often involves working with someone who solely focuses on this issue. It should be noted that methylation plays a key role in the formation of neurotransmitters, detoxification (very important for estrogen), thyroid health (especially converting T4 to T3), sleep, anxiety, miscarriages, high homocysteine level (which affects your cardiovascular system), tongue ties, and spectrum disorders.

**It's important to note that mutations do not always need to be "treated"**. Much depends on your diet and lifestyle as a starting point. Many can greatly improve their methylation simply by cleaning up their diet, **mineral balancing**, reducing stress, reducing toxin exposure, and improving their habits to assist the body with detoxification. It is very true that those who have a MTHFR defect, unfortunately, are classically poor detoxifiers. This is huge when it comes to what we find in your hair analysis. When metals are found with a significant defect in MTHFR status, it's important to not push too hard on detoxification until we are sure that your methylation status is supported. *This goes beyond just taking methylated B vitamins!*



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load pregnant women up on folic acid. Please be a label reader and try to avoid it as much as possible.

**Why is MTHFR status important when looking at you hair analysis?**

I get many clients knowing their MTHFR status but maybe don't fully understand how to manage it and they are loaded up on methyl folate and methyl B12. I get it, it would seem like this is a good thing, right? But it's not. Depending on your minerals status, especially sodium and potassium, you may not be in the right position to deal with all that comes with kicking on your methylation. Dealing with MTHFR is not simple and there are many steps that need to be taken before you just jump into taking methyl forms for both folate and B12. It's important to look at your complete genetic profile and your overall mineral picture.

If you are not in the right place to start methylated supplements, you can develop side effects and some of them are pretty uncomfortable like:

<ul style="list-style-type: none"><li>• irritability</li><li>• insomnia</li><li>• sore muscles</li><li>• achy joints</li><li>• acne</li><li>• severe anxiety</li></ul>	<ul style="list-style-type: none"><li>• nausea</li><li>• headaches</li><li>• migraines</li><li>• nerves burning, stinging</li><li>• runny nose</li><li>• palpitations</li></ul>
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As important as it is to address MTHFR, it needs to be done properly. There are many good sources for self-education, but it is likely best to work with your doctor or other medical practitioner for advice on your specific mutation(s). I can provide general guidance and support for establishing a solid nutritional foundation, help with ideas for detoxification, and help improve your digestion which are all very key first steps to manage MTHFR.

Suggested websites for learning more about MTHFR:

[Methyl Life](#)

[Seeking Health](#) – Ben Lynch a leader in MTHFR research

[MTHFR.net](#) – also Ben Lynch

A good start for everyone wanting to address their MTHFR is to get tested. You can use [23 & me](#) (if comfortable) or ask your doctor. Then, pick up the book [Dirty Genes](#) by Ben Lynch. It's a read for anyone wanting to know the first steps to improving their MTHFR status.

## **TESTING FOR H. PYLORI & OTHER GUT INFECTIONS**

Consider testing for H. Pylori, GI map stool testing is often best. This is almost always an imperative next step. Many that have any type of food sensitivity, burping, reflux, or gastric upset usually have H. Pylori. Some are completely asymptomatic, but this infection is wreaking havoc on their stomach and overall digestion/absorption. This infection is highly communicable through sharing eating utensils, cups, toothbrushes, and kissing. If it was mentioned that you have a copper imbalance this is a breeding ground for many bacterial infections, especially H. Pylori. H. Pylori is very prevalent in copper imbalanced people because of the long-term zinc deficiency that has occurred. This results in low stomach acid. Low stomach acid is the perfect environment for H. Pylori. Although supplementing HCL (*hydrochloric acid*) is often necessary to improve stomach acid, it sometimes will not be tolerated if you have a high-level infection of H. Pylori.



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## **SPECIAL NOTES ABOUT WATER FILTRATION**

I get asked this question many times, "What should I do about my water if I have copper pipes?". There are likely many opinions out there about this and I will share mine. After dealing with my own traumatic water issues, that majorly impacted my health, I can absolutely say the single most important thing you can do for your health is to make sure the water you are exposed to, cooking with, and drinking is the cleanest water you can find. I can't stress this enough! What is the best you ask? In my opinion, and in many other health practitioners, it is spring water. Spring water naturally sourced usually has a great PH level and contains several trace minerals imperative for optimal health.

### **Why not distilled or RO water?**

Distilled water and RO are both dead waters, meaning no trace minerals. These waters can actually rob your body of minerals. At times, I will suggest distilled water for short cleanses because it does just that, pulls minerals/toxicities out of the body. So, depending on what we are trying to move out of the body, distilled water can work wonders. Beyond that, it's good for enemas and some household uses.

[Reverse Osmosis and Its Effect on Copper Piping](#)

[Reverse Osmosis and Copper Piping](#)

[Blog Post: Copper Piping Corrosion](#)

## **Other Types of Water**

Alkaline water – if you suffer from low stomach acid production this is a less than ideal choice. Alkaline water will further decrease valuable stomach acid.

Tap water – usually coming from municipalities and can contain contaminants like chlorine and commonly arsenic. If you have no other option, filtering for chlorine is suggested and then request to see the MSDS sheet for water testing.

Well water - back in the day, well water was sought after. Large amounts of chemical fertilizers, fracking, and run off from industrial plants or garbage dumps has led to ground water being contaminated. Unless you have had your well water thoroughly tested for all metals (especially cesium, lead, iron, manganese) and a chemical panel, I would not consider it a drinkable water.



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## **Home Filtration Methods**

This is a tough subject to address because everyone has an opinion. It's my experience as a mineral practitioner that filtration methods used at home like under the sink filters, Brita pitchers, Zero pitchers, refrigeration/ice maker filters, and most professional installed water systems are not addressing copper. They might address other contaminants but not copper. This is especially true if you have a professional water system installed but the water still comes to your faucets etc. through copper piping! There is really no point to having a water system if you are still using copper piping. Replacing it with PEX or PVC piping is a better choice. These materials are safer in my opinion because metals are far more destructive and more difficult to remove from the body than substances like BPA and phthalates. Safer plastics are numbered 1, 02, 04, and 5. Always look for labeling too that says BPA free etc. Speaking of plastics, remember that water kept in glass would be really great! No BPA there! To help offset the substances from plastics, keep all water contained in plastic out of direct light and consider keeping humic & fulvic acids in your daily diet to help detoxify the body.

Berkey Water System – this has been an option for many of my clients and it does seem to be successful when it comes to dealing with copper and other contaminants. This is an investment and does not come cheap.

There has been some negative information recently about the Berkey which I will post a link below for you to review. There are pros and cons to everything it seems.

[Berkey Water Filters Are A Scam and Unsafe????](#)

I realize it can be very expensive to think about replacing the copper piping in your home but ultimately it is the best measure. If it is not an option, bringing spring water into the home, although not the cheapest, is the safest way to go once you find a reputable source.

## **SUGGESTED READING**

[The Strands of Health: A Guide to Understanding Hair Mineral Analysis](#)

[Healing with Clay](#)

[How To Heal Your Metabolism](#)

[The Mineral Fix](#)

## **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 cofactors. 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.



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## **RETESTING**

It is recommended to retest in **3-4 months** to see progress and make modifications to the protocol. Especially when copper imbalance or other heavy metals are found.

**Order RETEST here:** [Trace Elements Profile 3 Hair Analysis](#) – includes TEI Lab short report, [Trace Elements Profile 2 Hair Analysis](#) – includes TEI Lab dietary/supplement report, or [Trace Elements Profile 1 Hair Analysis](#) – this contains 2 pages, **test results only** that need interpretation.

All profiles can be used as a retest. If you are having a consultation, we only need the Trace Elements Profile 1 test. It is always recommended to have your HTMA interpreted by a consultant versed in HTMA

no matter what profile is selected.

If you need help completing your purchase, assistance ordering suggested products, or question directly aimed at this report, please message use through you Practice Better portal for fastest response. Alternatively, you may call us 520-877-8637 PST/MT and leave a voicemail or email [questions@evenbetternow.com](mailto:questions@evenbetternow.com).

## **FEEDBACK**

If you would like to leave feedback about your HTMA Comprehensive Report, you may do so by clicking this [link](#).



[Follow us for health information, flash sales, and coupon codes for savings!](#)

## **REFERENCES**

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**Prepared by**  
**Start date**

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## **Focus**

Supplements needed for your current HTMA to support you until your next retest.



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## **SUPPLEMENTS**

Mineral balancing often works best when you stick to the recommended supplements that are listed. Using HTMA allows us to provide a targeted approach which can bring about relief to your symptoms or health challenges.

It's important to remember that your body did not become dysfunctional overnight. The metabolic breakdown has been happening over many years, likely even decades and it will require specific support



to get it back on track. To some it may seem overwhelming especially if you are not used to taking supplements. The supplements have been carefully selected to give you the best possible outcome utilizing HTMA mineral balancing to improve your metabolic state. You are not taking these a lifetime, just until your next retest. Do not continue supplements beyond your retest date or if you are not going to retest.

**PLEASE STOP THESE SUPPLEMENTS LISTED ON YOUR INTAKE - if it is not listed you may continue to take it.**

No supplements listed on intake form.

**Your new supplements are highlighted below and should be made a priority. Anything else listed is "optional" and can be added at your discretion for additional support.**

SUPPLEMENT	REASON FOR TAKING
Mt. Capra Mineral Whey	Overall mineral support - food based
Enzyme Science Critical Digestion	Supports low enzyme production
Trace Elements Min-Plex B	Chelated magnesium with synergists to support your HTMA pattern.
BetterYou Magnesium Lotion	Topical magnesium for better restoration of your magnesium level.
Trace Elements Calcium Plus	Chelated calcium to help your low calcium status or calcium dysregulation.
Trace Elements Vitamin E Plus	Dry vitamin E capsule for better absorption, support adrenal health and estrogen balance.
Eidon Zinc	Ionic zinc to support your current HTMA pattern.



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**ALLERGEN ALERT:**

Although we do utilize high quality supplements, we make no claims that the supplements listed for suggested use are vegan/vegetarian friendly, Kosher (Halal certified), gluten free, or free of other allergens. Supplements listed may or may not be processed in facilities that process peanuts, gluten, or other allergens. If this is a critical factor for you or you have known allergies, please use caution and contact the supplement manufacturer for complete allergen



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## ABOUT THE SUGGESTIONS LISTED BELOW

I have included many suggestions for exercise, detoxification, digestion, and stress management that you might find helpful. **It is not necessary to do everything listed.** I do highly recommend giving your liver some extra love. Often when the body is dysregulated, it needs more helping getting the liver to clear properly. This is especially true for women who often need more support because of their intricate hormone balance. Working with minerals will go a long way to help you liver get moving but a little TLC is great for everyone when it comes to the liver!

Please don't hesitate to reach out via the chat or message in Practice Better if you have any questions, concerns, or updates!



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## Food Recommendations

### Foods to Include

**Aim for calcium foods daily! 1000-1200 mgs a day.**

Dairy products, cooked leafy greens, sardines, canned salmon with bones, yogurt, or cheese.

**Aim for plenty of potassium food daily! 4000-4700 mgs. a day.**

Dairy products, vegetables - especially root vegetables, fruits and lean cuts of meats.



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## Supplements

### **Boron - ionic liquid**

*Smidge*

#### **20 drops / With breakfast**

Take 20 drops a day with breakfast.

Order at: [https://www.evenbetternow.com/proddetail.asp?prod=Boron-Silica-Drops\\_Smidge](https://www.evenbetternow.com/proddetail.asp?prod=Boron-Silica-Drops_Smidge)

### **Broccoli Sprout Extract**

*Best Naturals*

#### **2 capsules / With breakfast**

Take 2 capsules with breakfast. Do not take with NAC.

Order here: [https://www.evenbetternow.com/proddetail.asp?prod=Broccoli-Sprout-Extract\\_1000mg\\_120Caps\\_Best-Naturals](https://www.evenbetternow.com/proddetail.asp?prod=Broccoli-Sprout-Extract_1000mg_120Caps_Best-Naturals)

### **Critical Digestion**

*Enzyme Science*

#### **1 capsule / With breakfast; With lunch; With dinner**

Take 1 capsule with every meal.

Order at: [https://www.evenbetternow.com/proddetail.asp?prod=Critical-Digestion\\_90ct\\_Enzyme-Science](https://www.evenbetternow.com/proddetail.asp?prod=Critical-Digestion_90ct_Enzyme-Science)

### **Magnesium lotion**

*BetterYou*

#### **1 pump**

Order at: [https://www.evenbetternow.com/proddetail.asp?prod=Magnesium-Body-Lotion\\_6.06floz\\_BetterYou](https://www.evenbetternow.com/proddetail.asp?prod=Magnesium-Body-Lotion_6.06floz_BetterYou)

Apply to skin, 1-2 pumps daily.

### **Trace Nutrients Calcium Plus**

*Trace elements*

**1 caplet / With breakfast; With lunch; With dinner**

Take 3 a day spaced out with meals.

Order at: <https://www.evenbetternow.com/proddetail.asp?prod=TEI-Calcium-PlusII>

### **Trace Nutrients Min-Plex B**

*Trace Elements*

**1 caplet / With breakfast; With lunch; With dinner**

Take 3 a day spaced out with meals.

Order at: <https://www.evenbetternow.com/proddetail.asp?prod=TEI-Min-Plex-B-180>

### **Trace Nutrients Vitamin E Plus**

*Trace Elements*

**1 capsule / With breakfast**

Take 1 a day.

Order at: <https://www.evenbetternow.com/proddetail.asp?prod=TEI-Vitamin-E-Plus-II>

### **Zeolite - powder**

*Zeo Health*

**1 scoop / Upon rising**

Order at: <https://www.evenbetternow.com/proddetail.asp?prod=Zeolite-Mineral-Clay>

Suggested Use: As a daily detoxifier and to alkalize your body - take 1 scoop once a day in 6-8 ozs warm water. Add the clay to the water and let it dissolve for a minute before mixing.

## Zinc - ionic drops

*Eidon*

### 30 drops / Mid-afternoon

Take 30 drops a day with or without food.

Order here: [https://www.amazon.com/Minerals-Supplement-Concentrate-Dropper-Relieves/dp/B004JWLQXA/ref=sr\\_1\\_1?crid=2GIYKI0CH9YJT&dib=eyJ2IjoiMSJ9.FxrV83L2SRd\\_ms5chU1xj0WnMkW3b56Lc6tnHpJVcoFDI0NvrRWHsuW3OOvwaxwB6cjbwlLsJ70UwLL1u4PKzkdfLZfmY8Qj9o7p-R-rhg3lt7kPHfnr7loYHge-KilBYGFx9Gk7ixgKocfwt-50OKphZYGQEgB-OVGZcrOfzEI7r2SpnSjltkvl0eO8ZMZ\\_sgAV6FIK5ntpMPu90fEEExD60xUA40U47cXbQXofqMm6fYCDoxPbMQxoZcmgOD9qm42KXxCDO1NWkvEhv7m9VUPdmp4JZf0TVVKdRWjy7k.\\_LuqqXThY](https://www.amazon.com/Minerals-Supplement-Concentrate-Dropper-Relieves/dp/B004JWLQXA/ref=sr_1_1?crid=2GIYKI0CH9YJT&dib=eyJ2IjoiMSJ9.FxrV83L2SRd_ms5chU1xj0WnMkW3b56Lc6tnHpJVcoFDI0NvrRWHsuW3OOvwaxwB6cjbwlLsJ70UwLL1u4PKzkdfLZfmY8Qj9o7p-R-rhg3lt7kPHfnr7loYHge-KilBYGFx9Gk7ixgKocfwt-50OKphZYGQEgB-OVGZcrOfzEI7r2SpnSjltkvl0eO8ZMZ_sgAV6FIK5ntpMPu90fEEExD60xUA40U47cXbQXofqMm6fYCDoxPbMQxoZcmgOD9qm42KXxCDO1NWkvEhv7m9VUPdmp4JZf0TVVKdRWjy7k._LuqqXThY)

## Melatonin 1mg. Time Released

*Natrol*

### 1 tablet / Before bed

Take 1 tablets at bedtime.

Order here: <https://www.evenbetternow.com/proddetail.asp?prod=Natrol-Melatonin-1mg>



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## Lifestyle Recommendations

### Sunshine!

Try to get sun exposure on bare skin for 10-15 minutes at least 3-4 times a week. This is critical to keep a strong circadian rhythm, improve mood, and help improve your vitamin D status naturally. If you live in an area that doesn't have much sunshine or is very overcast, consider investing in a vitamin D lamp - like Sperti!

### Castor Oil Packing - Liver

Castor oil packing has been around a long time and the benefits for improved bile flow, lymph movement, improved gut health, and help with hormone balance are remarkable! These are gentle enough for the elderly, children, women, and men. You really cannot overdo them. Some feel they sleep better and even sleep with a castor oil pack on. The only time not to do a castor oil pack is during menses or if pregnant. For more information see here: <https://www.purelyrootednutrition.com/post/the-magic-of-castor-oil-packs>.



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## **More cooked food than raw.**

Most people just starting out on mineral balancing are dealing with low enzyme and HCl (stomach acid) production. Although your digestive supplements will help, attempt to eat more cooked food rather than raw. This can make all the difference for nutrient absorption. It's also easier on gut health. Vegetables can be steamed, stir fried, or even boiled - try to drink some of the cooking water if you are boiling. Fruits for the most part are ok raw but if you can stew your apples or pears its extra helpful because they are fantastic for gut health that way. Occasionally raw veggies are acceptable if you enjoy them.

## **Rebounding**

We aren't talking about jumping like a kid at a trampoline park! The simple movement of a gentle bounce on a mini trampoline is a powerhouse of overall rejuvenation on a cellular level but is also incredible for moving lymph. The right way to use a rebounder (mini trampoline) is actually when your feet remain in contact with the tarp of the trampoline. It's not a jump, it's a gentle bounce. This activity can be good for those with knee problems,



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## Chiropractic Care

Consider teaming up with a chiropractor. Especially a nervous system based chiropractor. A quick Google search for one near you should help locate one. My children have been going for chiropractic care from birth and myself for decades. A visit to the chiropractor does not always equate to what many think. A pulling and wrenching on the body. There



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# Supplement Chart

Supplement	Upon rising	With breakfast	Mid-morning	With lunch	Mid-afternoon	With dinner	After dinner	Before bed
<b>Boron - ionic liquid</b> Smidge		20 drops						
<b>Broccoli Sprout Extract</b> Best Naturals		2 capsules						
<b>Critical Digestion</b> Enzyme Science		1 capsule		1 capsule		1 capsule		
<b>Magnesium lotion</b> BetterYou								
<b>Trace Nutrients Calcium Plus</b> Trace elements		1 caplet		1 caplet		1 caplet		
<b>Trace Nutrients Min-Plex B</b> Trace Elements		1 caplet		1 caplet		1 caplet		
<b>Trace Nutrients Vitamin E Plus</b> Trace Elements		1 capsule						
<b>Zeolite - powder</b> Zeo Health	1 scoop							
<b>Zinc - ionic drops</b> Eidon					30 drops			
<b>Melatonin 1mg. Time Released</b> Natrol								1 tablet