

Hello Rebecca.

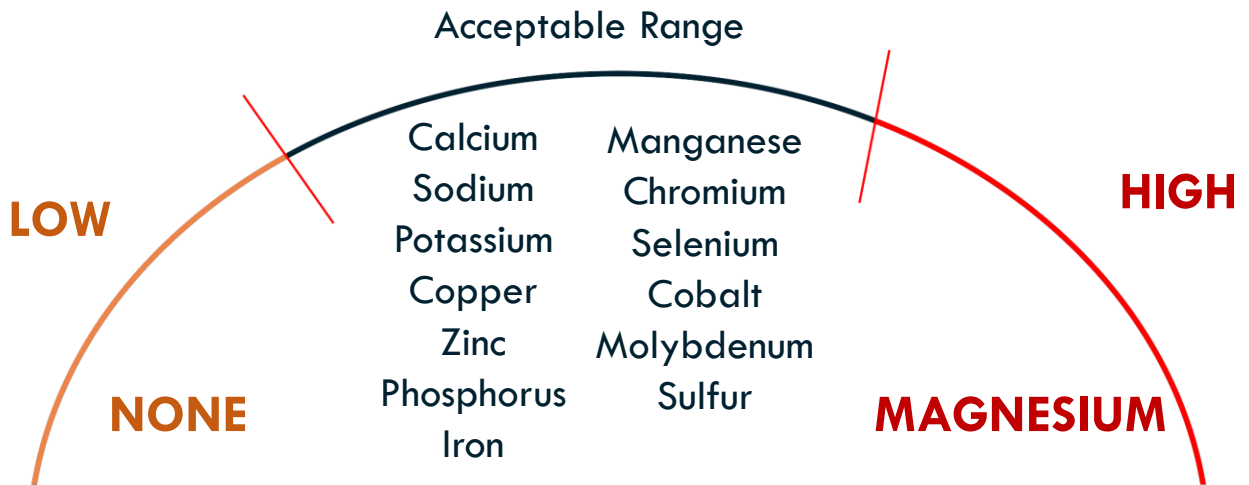
Your HTMA result from August 2020 are in.



Metabolic Type:
Slow Metabolism, Type 1
[Learn More](#)



8 toxic elements were tested.
URANIUM was detected at toxic levels.



15 nutritional elements & 14 subsidiary elements were tested.

None are low. **Magnesium** is high.

Trace amounts of 7 Heavy Metals detected.

These nutritional mineral levels that reveal moderate or significant deviations from normal based on statistical data that identifies the reference range for a healthy individual. The following sections, however, are based on clinical data. As such, an element that is moderately outside the reference range may not be commented on unless determined to be clinically significant. In contrast, a level that indicated it is within the reference range may be commented on based on level or ratio with other elements. This report is for self-educational and informational purposes only and in no way is intended as medical counseling or medical advice concerning any medical condition, disorder or disease.

Hello Rebecca.

Your HTMA result from August 2020 Page 2.

High Calcium/Phosphorus Ratio - Calcium is a mineral that produces a sedative effect upon metabolism, while phosphorus has a stimulatory effect. When calcium levels are excessive relative to phosphorus, the dominant effect of calcium can contribute to a lowered metabolic rate and reduced energy levels. However, a decrease in this ratio (calcium decreased and/or phosphorus increased) reflects an improvement in the balance of these two important minerals, which should contribute to an increase in energy production and the metabolic rate.

High Calcium/Potassium Ratio - A high calcium-to-potassium ratio is frequently associated with an underactive thyroid gland with fatigue as a common symptom. Decreased thyroid activity has been demonstrated to increase calcium absorption. Since calcium and potassium are mutually antagonistic, a reduction in calcium relative to potassium frequently indicates an improvement has occurred in thyroid expression. This would suggest an increased metabolic rate and improved calcium utilization. The following conditions associated with reduced thyroid function, if present, may show improvement, dry skin, constipation, and depression.

High Zinc/Copper Ratio - Zinc and copper are mutually antagonistic and will compete with each other for absorption. If they are not in balance, these nutritionally important elements will antagonize and disrupt the metabolic activity of the other. In this profile, an elevated zinc-to-copper ratio indicates decreased collagen synthesis due to a relative copper deficiency. This can lead to capillary fragility, osteoporosis, bleeding gums, and premature graying of the hair if the pattern becomes chronic.

Low Sodium/Magnesium - This ratio is below normal. The adrenal glands play an essential role in regulating sodium retention and excretion. Studies have also shown that magnesium will affect adrenal cortical activity and response, and reduced adrenal activity results in increased magnesium retention. You may notice fatigue, dry skin, constipation.

Hello Rebecca.

Your HTMA result from August 2020 Page 3.

High Uranium - Naturally occurring uranium (U238) is found throughout the environment (air, water, food and soil). While it is a slightly radioactive element, its radioactive properties are quite mild and are not considered a health risk, as compared to the enriched, industrial-processed form of uranium commonly associated with nuclear materials and weapons. It is important to note that this uranium measurement performed is not indicative of exposure to or accumulation of the enriched and highly radioactive form of uranium.

Most often, elevated hair levels of uranium are found to occur in people living in areas where the natural concentration of this element is high. In particular, geographical regions with granite and rocky soils are typically higher when compared to other areas of the country. Root vegetables grown in high uranium soils and groundwater are also two of the most common sources. Other potential sources include ceramics, colored glass, light bulbs, photographic chemicals, coal-burning plants and mining areas. Uranium is also found higher in agricultural areas due to the use of phosphate fertilizers which contain slightly higher amounts of natural uranium.

Although the uranium level is elevated when compared to the population in general, this tissue level should not be considered as clinically significant at this time. However steps to assist in mobilizing and excreting this element are recommended.

Hello Rebecca.

Your HTMA result from August 2020 Page 4.

These dietary and supplement recommendations are not intended to be a permanent recommendation plan. These recommendations are made based on your existing HTMA results. Periodic reevaluation is recommended as desired.



Dietary Recommendations

Optimize your body chemistry

↑ **Lean Protein** - beef, fish, chick, beans, eggs with every meal - increase metabolic rate & energy production.

↑ **Frequency of meals** - 4-6/day - balance nutrient levels & decrease blood sugar fluctuations.

>**40% daily carbohydrates** - preference for unrefined carbs - vegetables, legumes, whole grains.

Avoid sugars and refined carbs – sugar, pastries, candy, honey, alcohol and white bread...

Avoid high purine protein – liver, kidney, sardines, salmon and more...

↓ **Fruit-based juices** - vegetables juices are okay!

↓ **Milk & milk products** - cheese, yogurt, cream to once every 3-4 days a week..

↓ **Fats and Oils** – fried foods, cream, butter, salad dressings and mayo...



Supplement Recommendations

TAKE:

ActivFulvic

Daily Multiple

Iodine

Potassium

Copper

Digestive Support

(prebiotic and probiotic)

DON'T TAKE:

Vitamin D

Calcium

The above nutrient levels should be met through dietary recommendations without additional supplementation that may contribute to mineral ratio imbalances.



Hello **Rebecca.**

Your HTMA result from **August 2020** Page 5.

Your Customized Supplement Plan

Keeping Your Nutritional Health on Target

Not all supplements are created equal. We create high-quality professional-grade mineral supplements that are uniquely formulated for maximum bio-availability and rapid absorption. Our liquid base formulas enhanced with CHD-FA Fulvic Acid increases nutrient availability up to 99.9%.

ActivFulvic – 30 Day Detox Protocol

Balance elevated mineral levels with the 30 day detox protocol helping to reduce higher levels of heavy metals.

Daily Multiple – 1x Daily AM or PM

Whole-food nutrition with a comprehensive balance of natural vitamins, minerals, enzymes, and amino acids.

Iodine – 2-3 drops, 3-4 days/week

An essential mineral for thyroid health stimulating the thyroid hormones: thyroxin (T) and triiodothyronine (T3).

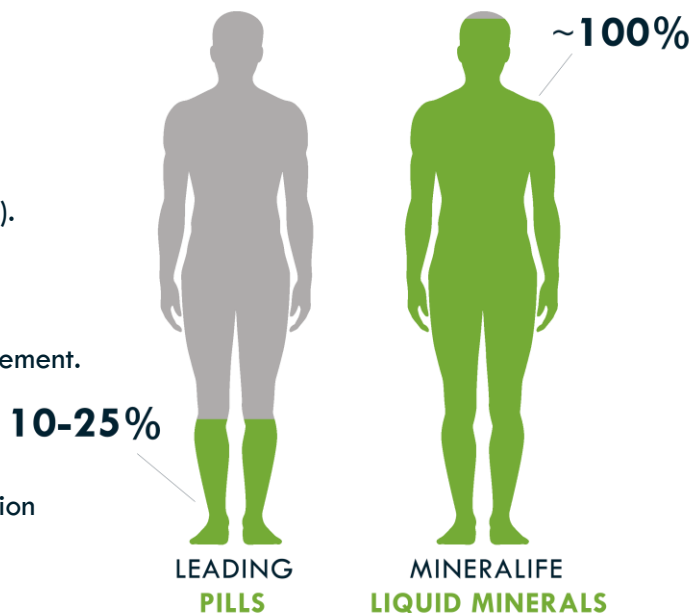
Potassium – 1x Daily AM or PM

Balance potassium ratios with a liquid potassium supplement.

Copper – 1x Daily AM or PM

Balance the zinc-copper ratio with daily supplementation of liquid copper.

AVAILABILITY OF SUPPLEMENT ABSORPTION



Are You Ready for Better Health?

Start resolving nutrient shortfalls, balance your nutrition, and optimize your metabolism with our supplement recommendation plan.

Get your supplement program and **Save 30% and Get FREE shipping!**

Use the coupon code "HairHealth" at checkout.

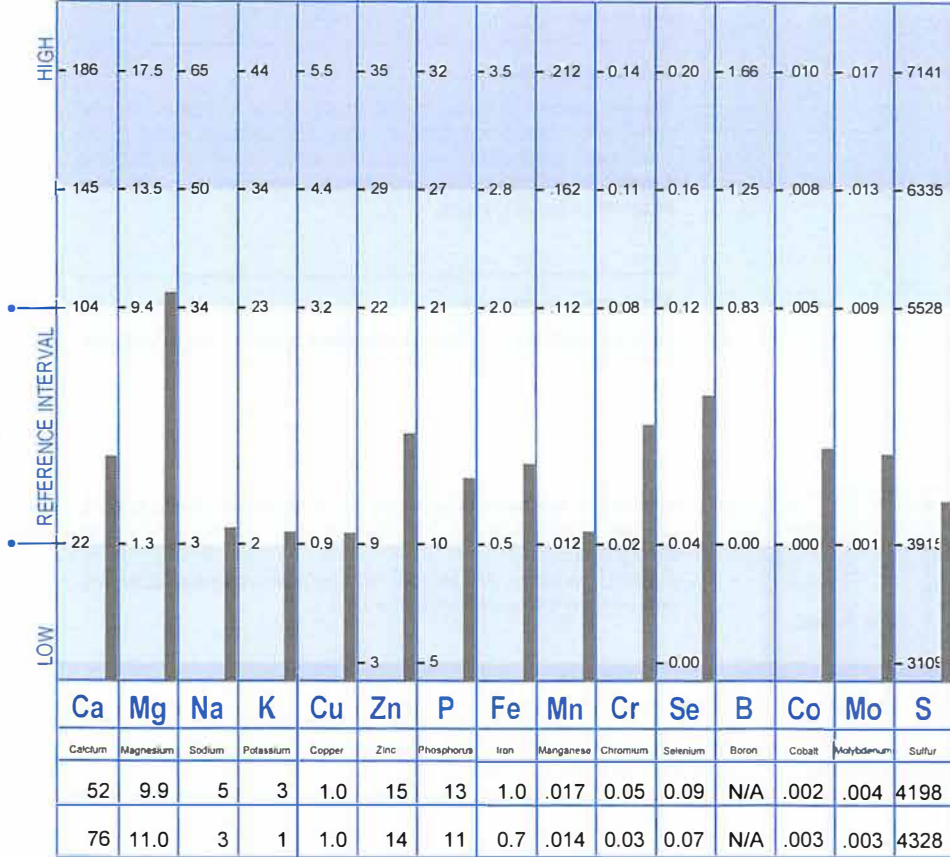


TRACE ELEMENTS

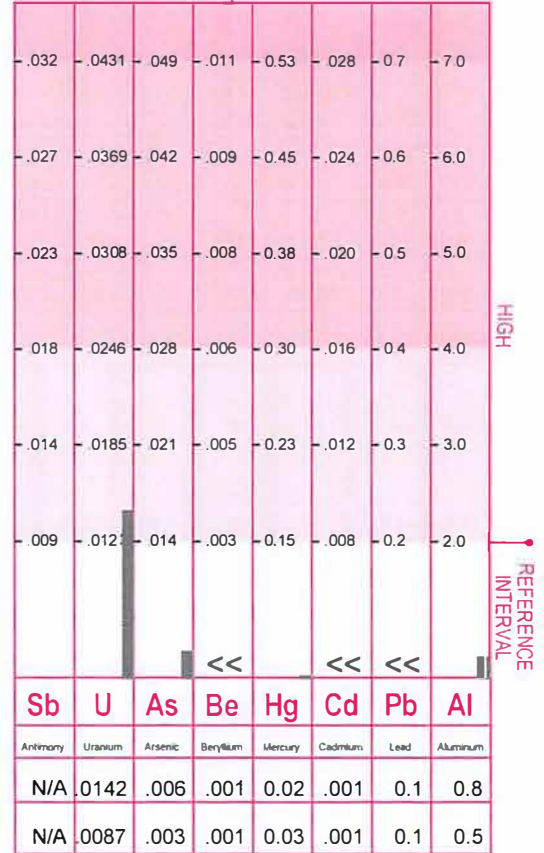
4501 Sunbelt Drive · Addison, Tx · 75001 · U.S.A.

PROFILE NO.: 3		SAMPLE TYPE: SCALP	
PATIENT: REBECCA	AGE: 27	SEX: F	METABOLIC TYPE: SLOW 1
REQUESTED BY: MINERALIFE		DATE: 08/2020	

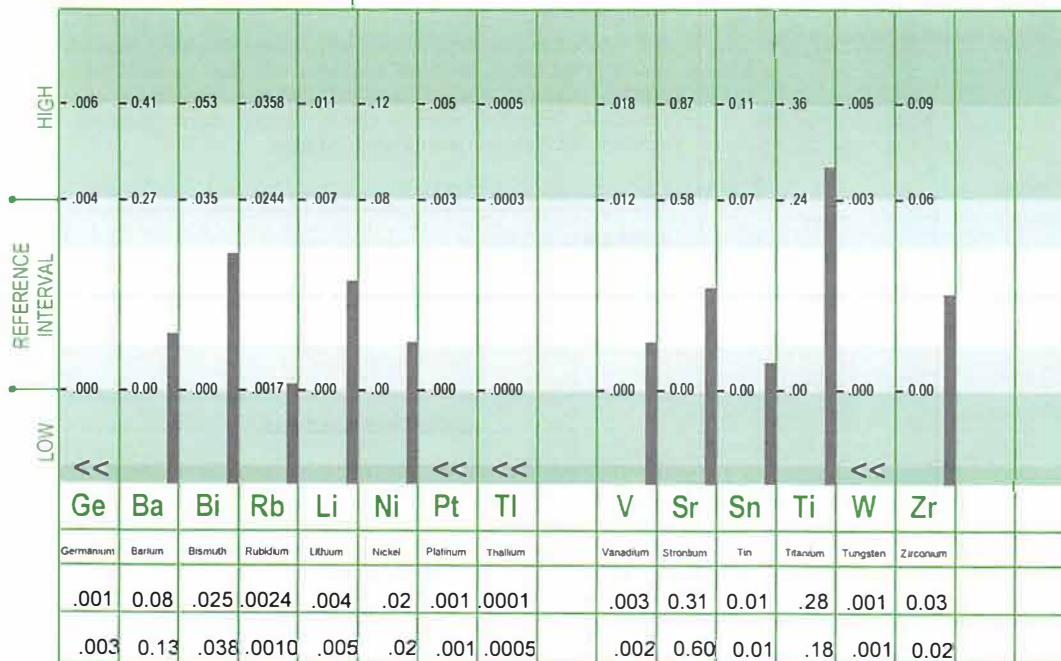
NUTRITIONAL ELEMENTS



TOXIC ELEMENTS



ADDITIONAL ELEMENTS



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

QNS: Sample Size Was Inadequate For Analysis.

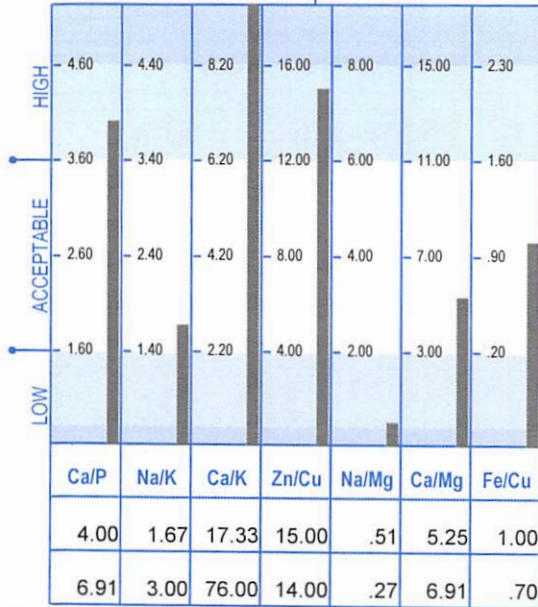
N/A: Currently Not Available

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.

08/2020
CURRENT TEST RESULTS
01/2020
PREVIOUS TEST RESULTS

SIGNIFICANT RATIOS



TOXIC RATIOS



ADDITIONAL RATIOS

RATIO	CALCULATED VALUE		EXPECTED
	Current	Previous	
Ca/Sr	167.74	126.67	263/1
Cr/V	16.67	15.00	8/1
Cu/Mo	250.00	333.33	356/1
Fe/Co	500.00	233.33	615/1
K/Co	1500.00	333.33	6350/1
K/Li	750.00	200.00	6350/1
Mg/B	N/A	N/A	21/1
S/Cu	4198.00	4328.00	2668/1
Se/Tl	900.00	140.00	370/1
Se/Sn	9.00	7.00	3.2/1
Zn/Sn	1500.00	1400.00	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.