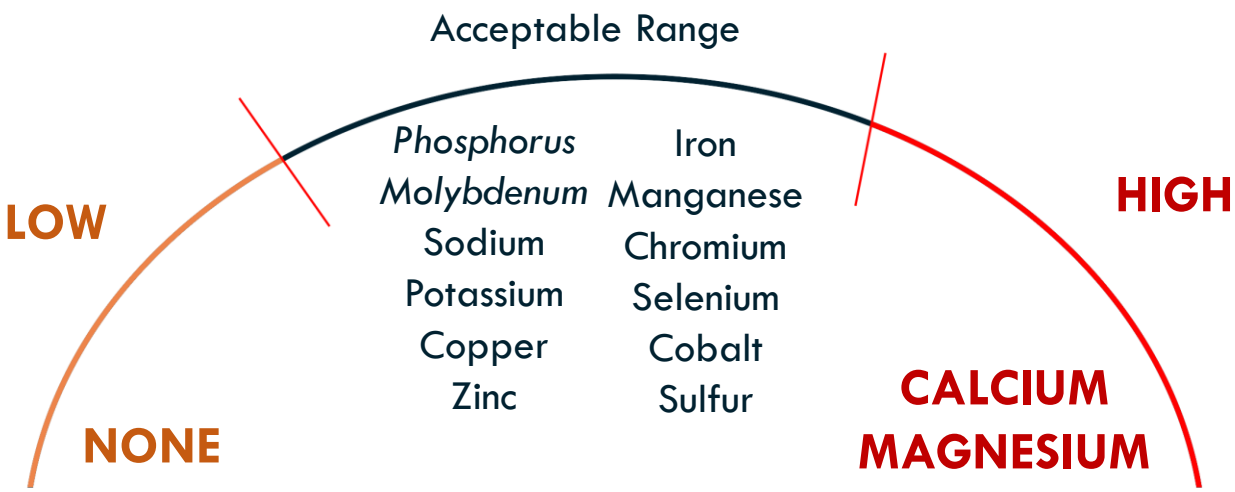
Hello Abi.

Your HTMA result from August 2020 are in.

Metabolic Type:
Slow Metabolism, Type 1
Learn More

8 toxic elements were tested.

NONE were detected at toxic levels.



15 nutritional elements & 14 subsidiary elements were tested.
None are low, Phosphorus and Molybdenum are borderline low.
Calcium and Magnesium are 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 Abi.

Your HTMA result from August 2020 Page 2.

Very High Calcium - Your calcium level is extremely high. This does not necessarily mean too much calcium, but instead that it is not being made bioavailable or being utilized effectively in your body. An excess of calcium may contribute to a reduced cellular metabolic rate and increased episodes of depression. If you see this trend continuing for a long time you could experience fatigue, dry skin and anemia.

Some factors that contribute to high calcium levels include: Low thyroid function, Excess copper intake, Excessive Vitamin D intake, Low Phosphorus intake, Inadequate protein intake or assimilation, High fat intake, Excessive sugar intake, Vitamin deficiencies, High carbohydrate intake, Low adrenal activity

Hydrochloric Acid Production - Your mineral profile may be reflective of a deficiency in hydrochloric acid (HCL) production, which can result in inadequate protein digestion. Symptoms such as bloating, flatulence and constipation may be observed, especially after high protein meals.

High Magnesium - Magnesium is essential for muscle relaxation, protein synthesis, nerve excitability and energy production on a cellular level. However, when magnesium is in excess, it may contribute to fatigue, depression, sleepiness or drowsiness, and/or decreased mental alertness. Some factors that may contribute to elevated magnesium other than possible excessive intake are: elevated tissue levels of calcium, low protein intake, Vitamin E or B6 deficiency, low thyroid function and/or low adrenal activity.

High Lithium - Although your lithium level is moderately elevated, it should not be considered as clinically significant at this time.

High Strontium - Your current levels are above the established reference range. In excess, strontium is apparently antagonistic to calcium metabolism and can therefore interfere with normal calcium function. It may be contained in some mouth rises and dental varnishes used in the treatment of dentin hypersensitivity.

High Calcium/Phosphorus - Phosphorus is involved in almost every reaction of metabolism. When low levels of phosphorus are found in the hair relative to tissue calcium, it often reflects abnormal calcium and/or phosphorus metabolism.

High Calcium/Potassium and Hypothyroidism - High calcium relative to potassium will frequently indicate a trend toward hypothyroidism (underactive thyroid). The mineral calcium antagonizes the retention of potassium within the cell. Since potassium is necessary in sufficient quantity to sensitize the tissues to the effects of thyroid hormones, a high calcium-potassium ratio would suggest reduced thyroid function and/or cellular response to thyroxine. If this imbalance has been present for an extended period of time, the following symptoms associated with low thyroid function may occur, fatigue, dry skin, constipation, depression, overweight tendencies, cold sensitivity.

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, allergies, constipation, low blood pressure, and/or lowered immunity function.

Hello Abi.

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

Women's Balance

Iodine

Potassium

Digestive Support

(prebiotic and probiotic)

DON'T TAKE:

Vitamin D

Calcium

Thymus

Cod Liver Oil

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

Hello Abi.

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.

Women's Balance – 1x Daily AM or PM

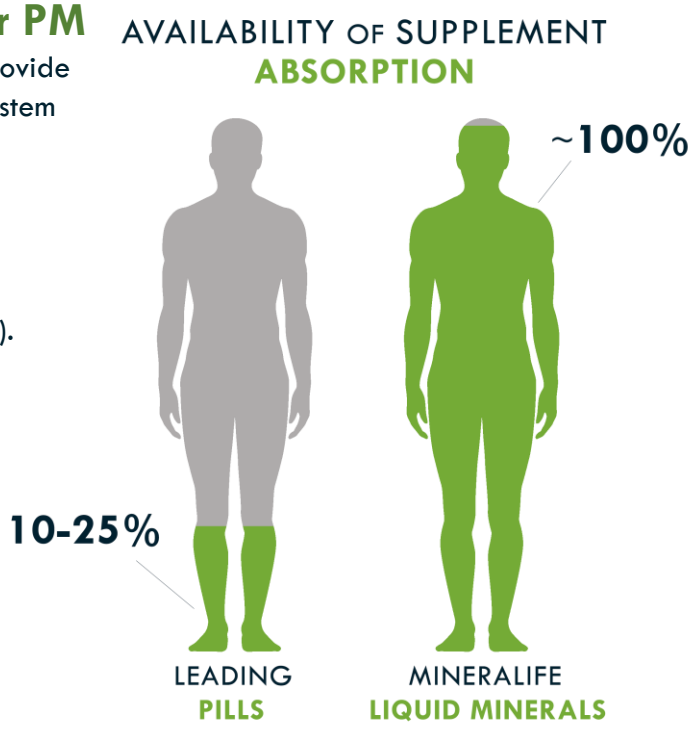
A multi-mineral & vitamin specifically formulated to provide nutritional support for healthy heart, bones, immune system and weight management.

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 daily supplementation of liquid potassium.



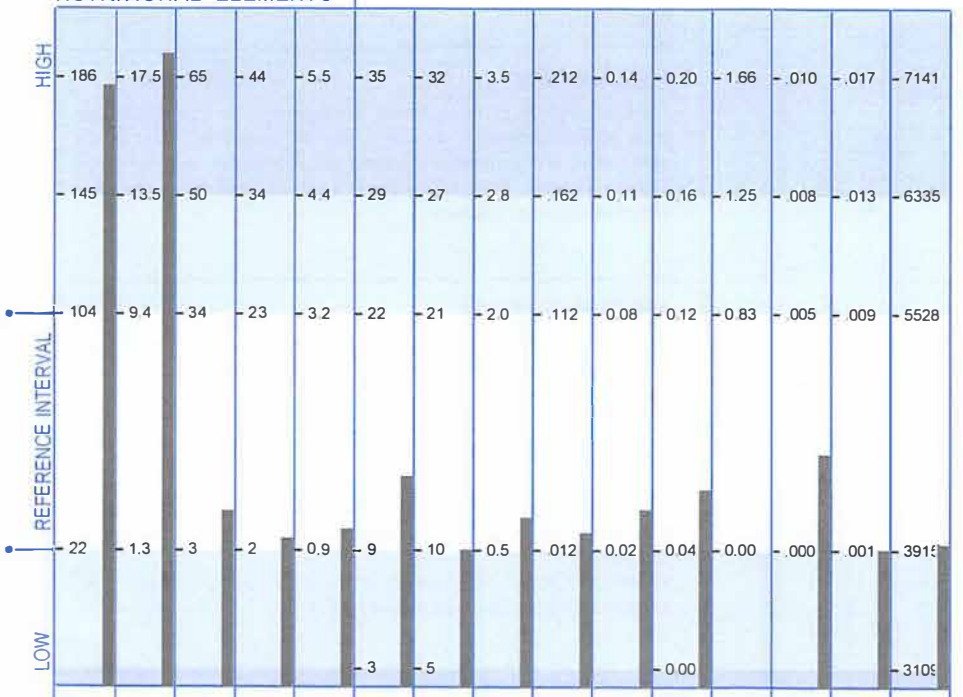
Are You Ready for Better Health?

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**!

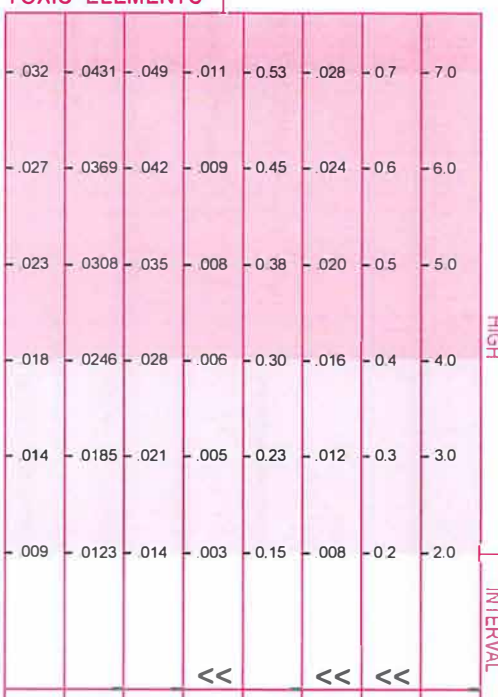
PROFILE NO.: 2			SAMPLE TYPE: SCALP
PATIENT: ABI	AGE: 27	SEX: F	METABOLIC TYPE: SLOW 1
REQUESTED BY: MINERALIFE			DATE: 08/2020

NUTRITIONAL ELEMENTS



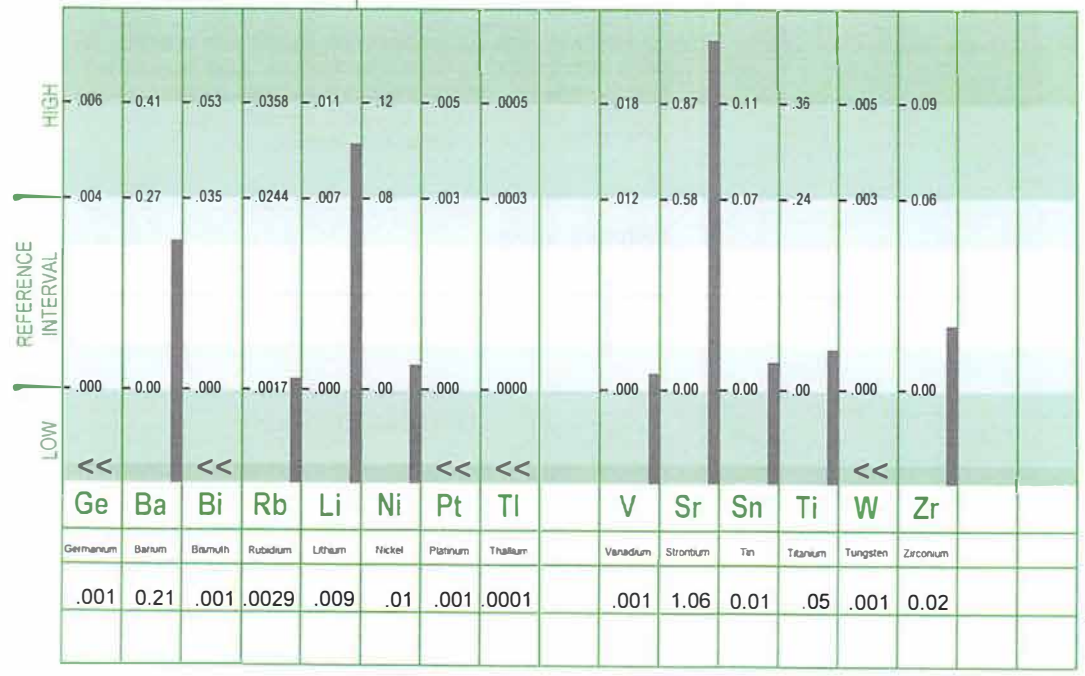
Ca	Mg	Na	K	Cu	Zn	P	Fe	Mn	Cr	Se	B	Co	Mo	S
Calcium	Magnesium	Sodium	Potassium	Copper	Zinc	Phosphorus	Iron	Manganese	Chromium	Selenium	Boron	Cobalt	Molybdenum	Sulfur
183	18.3	8	3	1.1	13	10	0.7	.019	0.03	0.06	N/A	.002	.001	3951

TOXIC ELEMENTS



Sb	U	As	Be	Hg	Cd	Pb	Al
Antimony	Uranium	Arsenic	Beryllium	Mercury	Cadmium	Lead	Aluminum
N/A	.0028	.004	.001	0.01	.001	0.1	0.4

ADDITIONAL ELEMENTS



Ge	Ba	Bi	Rb	Li	Ni	Pt	Tl	V	Sr	Sn	Ti	W	Zr
Germanium	Barium	Bismuth	Rubidium	Lithium	Nickel	Platinum	Thallium	Vanadium	Strontium	Tin	Titanium	Tungsten	Zirconium
.001	0.21	.001	.0029	.009	.01	.001	.0001	.001	1.06	0.01	.05	.001	0.02

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

"QNS": Sample Size Was Inadequate For Analysis.

"N/A": Currently Not Available

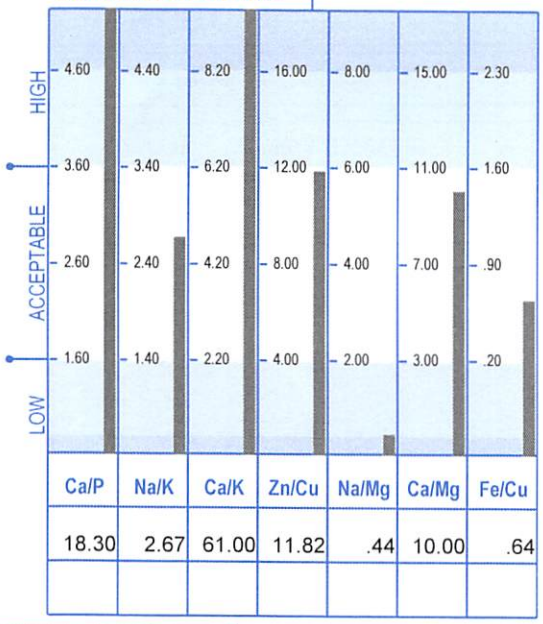
Ideal Levels And Interpretation Have Been Based On Hair Samples Obtained From The Mid-Parietal To The Occipital Region Of The Scalp.

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

PREVIOUS TEST RESULTS

SIGNIFICANT RATIOS



	Ca/P	Na/K	Ca/K	Zn/Cu	Na/Mg	Ca/Mg	Fe/Cu
HIGH	4.60	4.40	8.20	16.00	8.00	15.00	2.30
ACCEPTABLE	3.60	3.40	6.20	12.00	6.00	11.00	1.60
	2.60	2.40	4.20	8.00	4.00	7.00	.90
LOW	1.60	1.40	2.20	4.00	2.00	3.00	.20
	18.30	2.67	61.00	11.82	.44	10.00	.64

TOXIC RATIOS

	Ca/Pb	Fe/Pb	Fe/Hg	Se/Hg	Zn/Cd	Zn/Hg	S/Hg	S/Cd	S/Pb
HIGH	168.0	8.8	20.0	1.6	1000.0	400.0	56900	142251	11380
ACCEPTABLE	126.0	6.6	15.0	1.2	750.0	300.0	42675	106688	8535
	84.0	4.4	10.0	0.8	500.0	200.0	28450	71126	5690
LOW	42.0	2.2	5.0	0.4	250.0	100.0	14225	35563	2845
	1830.0	7.0	70.0	6.0	13000.0	1300.0	395100	3951000	39510

ADDITIONAL RATIOS

RATIO	CALCULATED VALUE		EXPECTED
	Current	Previous	
Ca/Sr	172.64		263/1
Cr/V	30.00		8/1
Cu/Mo	1100.00		356/1
Fe/Co	350.00		615/1
K/Co	1500.00		6350/1
K/Li	333.33		6350/1
Mg/B	N/A		21/1
S/Cu	3591.82		2668/1
Se/Tl	600.00		370/1
Se/Sn	6.00		3.2/1
Zn/Sn	1300.00		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.