

# HAIR MINERAL ANALYSIS

RESTORE  
REBALANCE  
REJUVENATE

MIND • BODY • SPIRIT

Prepared for:

Date:

## **Hair Mineral Analysis**

Protect your health and you have the most important resource in your life – the energy and vitality to live life on your terms!

Cynthia Howard RN, CNC, PhD

## Hair Mineral Analysis

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# Hair Mineral Analysis

**MISSION**.....

**DISCLAIMER**.....

**OVERVIEW**.....

PRINCIPLE OF ADAPTATION .....

**YOUR RESULTS**.....

OXIDATION RATE/ METABOLIC TYPING.....

**SLOW METABOLIZER** .....

**FAST METABOLIZER** .....

**BALANCED METABOLIZER** .....

SUGGESTIONS:.....

**STAGES OF STRESS**.....

ALARM STAGE .....

RESISTANCE STAGE .....

EXHAUSTION STAGE.....

YOUR RESULTS.....

**SUGAR AND CARBOHYDRATE TOLERANCE**.....

YOUR RESULTS.....

**WHAT DO THE RATIOS MEAN** .....

CALCIUM POTASSIUM RATIO .....

WE RECOMMEND: .....

CALCIUM MAGNESIUM RATIO (TWINKIE TEST) .....

SODIUM/MAGNESIUM RATIO.....

WE RECOMMEND:.....

**SODIUM/ POTASSIUM RATIO** .....

WE RECOMMEND:.....

.....

WE RECOMMEND:.....

**TOXIC METALS AND CHEMICALS**.....

# Hair Mineral Analysis

HEALING AND RETRACING .....

## CHELATORS AND SUPPORTIVE NUTRIENTS .....

L-METHIONINE .....

L-GLUTATHIONE .....

L-CYSTEINE .....

L-LYSINE.....

MAGNESIUM.....

SELENIUM.....

VITAMIN B1 (THIAMIN) .....

BIOFLAVONOIDS.....

LIPOIC ACID .....

CHLORELLA .....

VITAMIN C.....

GARLIC.....

INCREASE IN YOUR DIET: .....

## PH BALANCE .....

### MINERALS YOUR BODY NEEDS.....

BORON .....

CALCIUM.....

CHROMIUM .....

MANGANESE.....

MOLYBDENUM .....

PHOSPHORUS .....

POTASSIUM.....

SELENIUM.....

SODIUM .....

ZINC .....

## HEAVY METALS.....

## Hair Mineral Analysis

## Hair Mineral Analysis

### YOUR RESULTS

A hair tissue mineral analysis (HTMA) is a screening test that measures the levels of twenty-one minerals and toxic metals present in a sample of hair.

Minerals are the “spark plugs” of life and play many important health related roles within the human body. Providing a “window into the cells”, this result reveals a clear record of mineral metabolism. Hair, like all other body tissues, contains minerals that are deposited as the hair grows. Although the hair is dead, the minerals remain as the hair continues to grow. The minerals and toxic metals are locked inside the hair during the growth stage as the body uses it for the storage and elimination of minerals.

Your results follow. Your recommendations reflect not only the values in your report but the ratios of various minerals. These ratios reflect the relationships among the minerals which impact the function of your adrenal, thyroid and digestive system.

Recommendations may be made to supplement various minerals even though the actual result may be high. And you may actually have a problem with heavy metals and or copper toxicity even if the results are too low. It may take months for the true value to reveal itself. The various metals may need time to mobilize out of the tissues in order to show up in the hair. Your recommendations are included with this report.

### OXIDATION RATE/ METABOLIC PATTERN

This report identifies your Metabolic Patterns. This term refers to how the body is burning foods or converting the foods you eat into energy. There are 3 types, fast, slow and mixed and there are variations within each category.

### Your Test Results Revealed You Are:

# Partial report

### HEAVY METALS

“Because their impact is at such a fundamental level, heavy metals can be causal factors in literally any health problem.”

**Heavy metals or toxic metals are a fact in today's industrialized society. Most people live in areas** continuously exposed to high concentrations of metals through contaminated water tables from rain polluted with metals, farming and waste runoff.

Babies are born today with heavy metal toxicity having had metals passed along from the mother. Metals like aluminum, cadmium, lead and mercury are commonly found in thousands of different food products, including fresh fish, household products, personal products and untold numbers of industrial products and chemicals.

What is difficult, is that soon after exposure, the heavy metals are rapidly removed from blood circulation and metabolized into tissue storage (stored in the fat, bones) where they disrupt health. Generally speaking, heavy metals disrupt metabolic function by interfering with and destroying the optimal function of glands and organ systems.

For example, enzymes are catalysts for virtually every biochemical reaction in the body. But instead of calcium being present in an enzyme reaction, lead or cadmium may be there in its place. Toxic metals can't fulfill the same role as the nutritional minerals, thus their presence becomes critically disruptive to enzyme activity.

## Hair Mineral Analysis

Toxins can be absorbed into your body through foods and beverages, skin exposure, and via the air you breathe. So, when ever possible, wear gloves, use protective breathing apparatuses, and be sure to obtain fresh air ventilation when you are in a questionable area.

Our body works to achieve balance and optimal health. Every cell in our body knows exactly what to do, including how to detox itself. One of the determining factors whether or not heavy metals are retained in the body is the degree of natural balance at the time of exposure (and during the period after accumulation).

Remember that the body is designed to detoxify.

**Does the body have the right nutrients, water and energy production to carry out the tasks now presented by the accumulation of the metals?**

Are you strong enough to detox and are the nutrients on board in order for the body to detox itself?

Your evaluation will look at possible heavy metal accumulation and we make suggestions to take you through a safe and effective detox. .

## Hair Mineral Analysis

### Identification of Heavy Metals

There are times when the toxins do not show up in the urine screen or in the hair analysis or the blood. This is because the metals are still trapped in the tissues and have to be provoked out.

**Replacing deficient minerals is essential BEFORE you start a Heavy Metal cleanse. When you start eliminating Heavy Metals your body also eliminates minerals your body needs!**

Refer to the [Tips a Safe Detox](#).

[Check out the Mineral Test Kit](#)

