

# MINERALS & METALS



## OVERVIEW

The HTMA test assesses the minerals and heavy metals at the tissue level. This is often more useful than blood levels, as blood shows only a fraction of what is available in the body.

Our cells actually depend on a balance of these critical minerals in order to function optimally. Chronic stress, poor diet, toxic everyday products and more can deplete our mineral levels and affect our health significantly.

By identifying imbalances in your mineral levels, we can create a personalized plan tailored to your unique needs.

## WHO IT HELPS

While mineral balance benefits everyone, there are certain symptoms and conditions that would especially benefit from running an HTMA test:

- Chronic fatigue
- Chronic allergies
- Anemia, low nutrient levels
- Difficulty concentrating
- Low thyroid symptoms but “normal” lab results
- Heart rhythm issues
- Blood pressure issues - low or high
- Blood sugar issues
- Migraines or headaches
- Anxiety or depression
- Insomnia
- Poor detoxification
- Irritability, anger
- PMS, heavy or painful cycles
- Muscle cramps, twitches
- High stress, overwhelm

## IMPORTANT NOTE

This test does not diagnose conditions but rather provides insight into how we can best support your body through certain foods, supplements, and lifestyle changes to optimize your overall wellbeing.

This test is usually not a one-and-done test, as it reveals the most recent mineral levels and metal detoxification of the last 3-4 months. As we support the body’s needs and cellular function, retesting can reveal deeper imbalances or toxicities that the body is then “ready” to address.

## TEST DETAILS

### TEST TYPE

- Kit mailed to your house
- **Easy, at-home hair sample**, then send sample to the lab

### LAB FEE

- **\$125 HTMA Test**

### CONSULT FEE

- **\$225 for Lab Review Consult**
- Includes a detailed review, up to 1 hour consult and recommendations
- This is a **virtual consult**, so anyone can benefit, near and far

## EXPERT REVIEW

Our practitioners have advanced training and experience in evaluating mineral levels, ratios, and correlations with your health challenges and symptoms. They will thoroughly review the results and give you a detailed, holistic plan to bring the body into balance for gentle and natural healing support.

