

VITAMINS & MINERALS



DON'T WASTE MONEY ON SUPPLEMENTS THAT AREN'T HELPING.
GET CLARITY ON WHAT YOUR BODY NEEDS AND DOESN'T NEED.

MINERAL BALANCING

Why We Balance Your Minerals with an HTMA Test:

- Relatively low-cost lab test with big benefits!
- Balancing mineral levels is foundational to cellular health and function
- Nutrients are absorbed better when minerals are balanced with each other
- Your hormones (thyroid, insulin, etc) become more effective on a cellular level
- You can detox more effectively
- Energy, sleep and digestion improve
- Diet, exercise, and stress support can be better tailored to your body's needs

NUTRIENT DEFICIENCY

Why We Check for Deficiencies with a Micronutrient Test:

- Nutrient deficiencies are rampant with our poor food quality, increased toxins, and stressful lifestyles
- Even just one deficiency, such as low B1, can contribute to fatigue, irritability, tingling in arms and legs, blurry vision and more.
- Regular blood tests show moment-by-moment fluctuations that can be influenced by what you ate recently, supplements, stress and other factors.
- You can see a 4-6 month window of your overall levels, indicating whether or not you have a true deficiency.
- Each person can have different nutrient needs depending on your health status, age, stressors, and more.
- Lab ranges are not determined by cookie-cutter numbers - the lab actually tests YOUR cell's function with each nutrient to see what your unique nutrient needs are!

TEST DETAILS

HTMA MINERAL TEST

- Kit mailed to your house
- **Easy, at-home hair sample**, then send sample to the lab
- **\$125 lab fee, \$225 consult fee**
- This is a virtual consult that includes a detailed review, up to 1 hour consult and recommendations

MICRONUTRIENT TEST

- Kit mailed to your house
- **Blood draw** performed at lab nearest to you
- **\$419 lab fee, \$225 consult fee**
- This is a virtual consult that includes a detailed review, up to 1 hour consult and recommendations

EXPERT REVIEW

Rebekah has advanced training and experience in evaluating mineral ratios, nutrient deficiencies and correlating with your health challenges and symptoms. She will thoroughly review the results and give you a detailed, holistic plan to bring the body into balance for gentle and natural healing support.

Rebekah Lund, Owner, Functional Practitioner, Certified Thermographer





MARKERS TESTED

MARKERS INCLUDED ON HTMA

- **Minerals:** Calcium, Magnesium, Sodium, Potassium, Iron, Copper, Manganese, Zinc, Chromium, Selenium, Phosphorus, Molybdenum, Lithium, Cobalt, Nickel
- **Toxic Metals:** Lead, Mercury, Cadmium, Arsenic, Aluminum
 - Elevated heavy metals can contribute to memory issues, neurological symptoms, bone loss,
- **Mineral Ratios:** The balance of mineral ratios supports different systems in the body, particularly:
 - Blood sugar/carb metabolism, thyroid function, adrenal function, cellular vitality, the nervous system, hormone balance, detoxification, mood balance and digestion.
- **Additional Insights:** Patterns on the HTMA can indicate a need for iodine or a dysregulation of copper
 - Copper dysregulation is not uncommon and can contribute to low energy, high stress/anxiety, insomnia, hormone issues, persistent anemia and more.

MARKERS INCLUDED ON MICRONUTRIENT

- **B Vitamins:** B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenate), B6 (pyridoxine), B7 (biotin), B9 (folate), B12
 - B vitamins impact energy, blood sugar regulation, heart health, inflammation, hormone production, detoxification and more.
- **Amino Acids:** Serine, Glutamine, Asparagine, Choline, Inositol, Carnitine, Oleic Acid
 - Amino acids are critical for liver function and detoxification, brain/mood health, blood sugar balance, gut health, inflammation and immune function.
- **Additional Vitamins:** Vitamin D3, Vitamin A, Vitamin K2, Manganese, Calcium, Zinc, Copper, Magnesium
 - These nutrients are key for bone health, immune function, inflammation, stress, sleep, heart health, cellular function, hormones and more.
- **Carb Metabolism:** Fructose Sensitivity, Glucose-Insulin Interaction, Chromium
 - An issue with carbs or glucose-insulin interaction can cause energy crashes, weight gain, inflammation, hormone issues and more.
- **Antioxidants:** Glutathione, Cysteine, Coenzyme Q10, Selenium, Vitamin E, Alpha Lipoic Acid, Vitamin C
 - Deficiencies here result in runaway inflammation, increased aging, greater risk of infection, cancer and autoimmune conditions, heart disease, and more.

In addition to nutrient levels and cellular function/performance, the Micronutrient Test also provides an overall score on your cells' ability to handle oxidative stress and a score for overall immune vitality.