

HTMA - INDIVIDUAL BIOCHEMICAL PROFILE

HAIR TISSUE MINERAL ANALYSIS

HTMA gives us a snapshot of what your biochemical status is over the last 2-3 months, in terms of minerals, some vitamins, heavy metal toxicity and trace minerals.

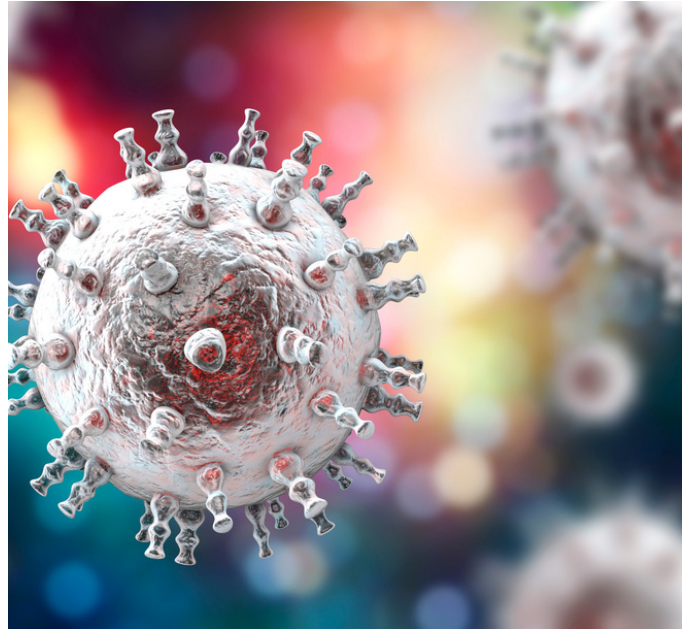
The results gives a clear indication of how your body currently functions or is able to grow. Thyroid and adrenal health, long terms stress levels. The ability to grow strong bones. Why you are struggling to balance your blood sugar or improve your iron levels, regardless of how many supplements you take.

The first test show us what your body is currently able to mobilise. Subsequent samples may show a very different picture. Because as we start supporting your body nutritionally, your body can slowly mobilise toxic elements and they may show up in the hair samples. Over time, the body will naturally remove what is not needed.

HOW BLOOD TESTS ARE DIFFERENT

Blood tests, show what is in your blood the moment the blood is drawn.

Your blood is constantly monitored by your brain, and the levels corrected immediately, as well as the body is able to. You will have different results if you are fasting, just had breakfast or been for a massive work-out before your blood is drawn. Heavy metals are very damaging, and the body will remove them from the blood immediately after exposure.



INFORMATION OF BODY FUNCTION

The minerals , the heavy metals and the trace minerals measured, all individually indicate how well your body is able to function.

However, when we compare them in ratios, we can see how the nutrients interact with each other in the body. So if the ratio between two key nutrients is high or low, that has an impact on some important functions. Eg. Calcium and Phosphorus, we need phosphorus to be able to bind the calcium into a strong structure for strong bones. So if our phosphorus is low, our bone structure is impacted even though our calcium is ideal.

Other ratios relate to our overall health, such as stress resilience or ability to loose weight. They will also indicate if your body is healthy enough to mobilise the potential heavy metals you are carrying.

For more information, book an appointment to discuss your personal situation and need for a complete biochemical profile.



The Neurodivergent
Naturopath