

HAIR TISSUE MINERAL ANALYSIS • HTMA

# What can hair analysis *reveal?*

A single, painless sample of hair carries a remarkable record of what's happening inside your body — your minerals, your metals, your nervous system, your stress. Here's what HTMA can show you.

FORMAT  
CLIENT BROCHURE

READING TIME  
~ 4 MINUTES

§ INSIDE THE REPORT

# Eight things a single hair sample can tell us.

HTMA measures the mineral content of your hair to surface patterns that influence energy, mood, immunity and long-term health.

<p><b>01 • Mineral status</b></p> <p><i>Your essential minerals.</i></p> <p>Levels of <b>calcium, magnesium, potassium, sodium, zinc</b> and other macro and micro minerals — the building blocks behind every cellular process.</p>	<p><b>02 • Toxic metals</b></p> <p><i>Heavy-metal exposure.</i></p> <p>Long-term burdens of <b>mercury, lead, cadmium, arsenic and aluminium</b> — including subclinical exposure that blood tests rarely catch.</p>
<p><b>03 • Mineral ratios</b></p> <p><i>How your minerals relate.</i></p> <p>Key ratios — Ca/Mg, Na/K, Zn/Cu — that reveal more than any single value, including <b>blood-sugar tendencies, thyroid behaviour and adrenal balance.</b></p>	<p><b>04 • Stress &amp; nervous system</b></p> <p><i>Your stress signature.</i></p> <p>Sodium and potassium patterns indicate how your body is <b>responding to chronic stress</b> — and whether your adrenals are over- or under-firing.</p>
<p><b>05 • Metabolic type</b></p> <p><i>Fast or slow oxidiser.</i></p> <p>HTMA helps classify your <b>metabolic rate</b>, guiding the foods, nutrients and lifestyle inputs that genuinely suit your body — not generic advice.</p>	<p><b>06 • Thyroid &amp; adrenal</b></p> <p><i>Glandular activity, indirectly.</i></p> <p>Calcium and sodium ratios offer indirect clues about <b>thyroid expression and adrenal output</b> — useful context alongside conventional bloodwork.</p>
<p><b>07 • Energy &amp; recovery</b></p> <p><i>Why you feel how you feel.</i></p> <p>Mineral imbalances often underlie <b>fatigue, poor sleep, slow recovery and reduced athletic performance</b> — and they're correctable.</p>	<p><b>08 • Trends over time</b></p> <p><i>Real progress, measured.</i></p> <p>Repeat testing every <b>3–6 months</b> shows what's actually shifting inside you — turning guesswork into a tracked, grounded therapy plan.</p>

HOW IT WORKS

<p><b>01</b></p> <p><i>Order online.</i></p> <p>Choose your test and we send a sample kit with clear instructions.</p>	<p><b>02</b></p> <p><i>Take a sample.</i></p> <p>A small clipping from the nape — five careful minutes, at home.</p>	<p><b>03</b></p> <p><i>We analyse.</i></p> <p>ARL Laboratories runs a full multi-element mineral assay on your sample.</p>	<p><b>04</b></p> <p><i>You receive a report.</i></p> <p>A detailed, charted report — with optional consultation to interpret it.</p>
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**READY TO BEGIN**

Order your HTMA kit and see what your body has to say.

Optional follow-up consultation with Gary Moller — Natural Health Practitioner — to translate your results into a clear, personal plan.

[PRECISIONHEALTHTESTING.COM](https://precisionhealthtesting.com)

<p>SAMPLE TYPE</p> <p><i>Hair</i></p> <p>~1 tbsp, scalp end</p>	<p>LABORATORY</p> <p><i>ARL</i></p> <p>Multi-element assay</p>	<p>TURNAROUND</p> <p><i>2–3 weeks</i></p> <p>From sample receipt</p>
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