

TWELVE REASONS

Why use hair *analysis*?

A short briefing on what tissue mineral analysis can do that other tools can't — from cellular insight and toxic-metal detection to oxidation typing, organ function and long-term trend tracking.

CELLULAR ACTIVITY

TOXIC METALS

EMOTIONAL BALANCE

ENERGY SYSTEMS

OXIDATION TYPE

TRENDS

DOSAGE PRECISION

ORGAN & GLAND

METABOLIC BLUEPRINT

PROGRESS MONITORING

VS. BLOOD TESTS

ACCURACY

Twelve reasons to choose hair analysis.

There are many ways to assess nutritional status — symptom questionnaires, iridology, kinesiology, diet sheets, computer analyses, blood tests. Why use a tool such as measuring tissue mineral levels in hair? Here are twelve reasons.

- 01** *A window into the cells.*

Nutritional physiology takes place at the cellular level — not within blood. What you eat matters less than what reaches your cells. HTMA is unique in providing information directly about cellular activity, the main site of nutritional metabolism.

02 *Detecting toxic metals.*

Toxic metals contribute to fatigue, infections, glandular dysfunction and glucose intolerance. Routine blood tests cannot detect chronic heavy-metal poisoning. HTMA is one of the few methods approved by the EPA for detecting toxic metals in the body.
- 03** *Understanding emotions.*

Biochemical imbalances contribute to many mental and emotional conditions. No other tool comes as close to predicting, explaining and suggesting nutritional solutions for anxiety, depression, hyperactivity, phobias and insomnia.

04 *Rebuilding the energy mechanism.*

All body activities, including healing, depend on adequate energy synthesis. HTMA assesses the efficiency of the immediate (ATP-PC), glycolytic and oxidative energy systems, and recommends nutrients and foods to rebuild them.
- 05** *Determining oxidation types.*

Some people burn food at a faster rate than normal, others slower. Knowing your oxidation rate helps decide which foods and nutrients are most needed — the wrong ones can make problems worse. HTMA determines this with mathematical precision.

06 *Identifying trends.*

One of the most useful concepts in health care is identifying trends before they manifest, so action can be taken to avoid them. Twenty or more trends can be identified from a properly interpreted tissue mineral analysis.
- 07** *Exact supplement dosage.*

Designing nutrition programs means deciding how much of which nutrient and food to recommend. Because of its mathematical nature, HTMA offers a way to determine supplement dosage and food proportions with greater accuracy.

08 *Organ & gland function.*

Levels and ratios of tissue minerals relate to the activity of specific organs and glands. By calculating ratios on a tissue mineral test, the function of major glands and organs can be assessed — often long before abnormalities appear on x-rays or blood tests.
- 09** *A metabolic blueprint.*

Correct interpretation of the hair test allows construction of a metabolic picture of the way your body is functioning and responding to stress. No other simple test allows for the construction of this blueprint.

10 *Monitoring progress.*

A common problem in nutritional therapy is determining whether someone is improving — especially when symptoms persist or new ones arise. Repeat tests and comparisons answer whether progress is occurring and what to expect next.
- 11** *Superiority over blood tests.*

Mineral levels in blood are ten times lower than in tissue, and the body keeps them in narrow limits — readings vary little. Blood is also subject to daily fluctuation. HTMA provides a stable long-term metabolic blueprint.

12 *Accuracy & reliability.*

HTMA has been used for around 60 years and is performed in every industrial and university chemistry lab. New computer-controlled instruments make excellent reliability possible — when handled properly.

A simple, non-invasive test that builds a long-term metabolic blueprint — far beyond what a single blood draw can show.

TISSUE MINERAL ANALYSIS • HTMA

SAMPLE TYPE	LABORATORY	ORDER & CONSULT
Hair — non-invasive, mailed in	ARL Analytical Research Labs · Phoenix, AZ	precisionhealthtesting.com

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