

Hair Tissue Mineral Analysis

A deeper look at your body's chemistry

WHAT IS HAIR TISSUE MINERAL ANALYSIS?

Hair tissue mineral analysis (HTMA) is a highly sophisticated test that measures the mineral content in your hair sample. Think of minerals as the spark plugs in our bodies-every cellular function requires them!

WHY USE HAIR?

Hair sampling is easy and painless. Hair, rather than serum (blood), can give an indication of mineral status and toxin accumulation. Often, mineral imbalances show up in the hair long before (if ever) they show up in a blood sample.

WHAT CAUSES MINERAL IMBALANCE?

Diet, soil depletion, stress, certain medications & supplements, pollution, and genetics can all play a role in mineral imbalance.

WHAT SYMPTOMS ARE ASSOCIATED WITH MINERAL IMBALANCE?

Mineral imbalance may present with symptoms such as headaches, allergies, high blood pressure, fatigue, anxiety, depression, weakness, arthritis, menstrual irregularities, etc.

WHAT'S NEXT?

Schedule an appointment with our Nurse Practitioner, Liz, to see if HTMA is right for you. After reviewing your HTMA results, Liz will guide you in replenishing your minerals, specific to your unique makeup.



Physical Medicine ♦ Chiropractic ♦ Massage