

GUIDE FOR HAIR TISSUE MINERAL ANALYSIS REPORT

General Guidelines:

1. Your ***HTMA Report*** can vary in length and information depending upon what is found. It is designed for ***research*** and ***education purposes only***.
2. ***Please take the time to understand the information in this report – it may save your life!***
3. ***HTMA Reports*** consist of six sections, plus a disease tendency graphic.

PART I:

MINERAL MEASUREMENTS and HTMA EXPLANATION

Graphs on the first two pages are measurements of:

1. Mineral excesses, deficiencies, significant ratio imbalances and toxicities in your body at this time.

The goal is to be within the whitest areas or Reference Range on all graphs.

2. Introduction to ***HTMA*** and understanding what the graphics mean for you.

The goal is to understand the concepts of deficiency and/or excess, when toxic element infiltration is clinically significant and what mineral ratios mean to your good health.

PART II:

METABOLIC TYPE and NUTRIENT MINERAL LEVELS

This part contains:

1. Rate of Metabolism – slow 1,2,3,4, or fast 1,2,3,4

The goal is to understand how effectively your body utilizes nutrients in terms of glands, diet, digestion, infections and other significant symptoms.

2. Nutrient Mineral Levels – discussion of nutritional mineral levels which reveal significant deviations from normal.

The goal is to understand which of the nutrient levels demonstrated are adversely affecting you the most.

PART III:

NUTRIENT & TOXIC RATIOS and TOXIC METAL LEVELS

This part contains:

1. Explanation of how metabolic dysfunction occurs due to abnormal balances of minerals and related vitamins
2. Symptoms of mineral imbalances
3. Common sources of toxic metals

PART IV:

DIETARY SUGGESTIONS

This part contains:

1. General dietary suggestions to correct your metabolic rate and number classification
2. Food Allergies – explanation about food sensitivities (not included for reports with low allergy profiles exhibited)
3. Specific foods to avoid to improve metabolic balance and rate
4. Specific foods to eat everyday to improve upon metabolic rate and balance.

PART V:

CONCLUSION

This part contains:

1. Objectives of the program and further explanations about excessive nutrient and toxic minerals.

PART VI:

SUPPLEMENT RECOMMENDATIONS

This part contains:

1. A list of completely customized and synergized laboratory manufactured supplements which have been clinically proven to rebalance nutritional chemistries in cases similar to your own.

TENDENCY REPORT SUPPLEMENT:

This very important section of the report contains a *statistical correlation of disease tendencies*.

This is simply an indicator of illness or disease that has developed in cases based on other similar measurements.

STUDY QUESTIONS:

Please do your best to determine and become familiar with the answers to these questions before calling in for your *prepaid class telephone consultation*. It will help your overall understand of the issues! Use this entire sheet as your guide.

1. Which minerals do I have in excess? Are there any vitamins associated with these excesses – which ones and why?
2. Which minerals do I have deficiencies of? Are there any vitamins associated with these excesses – which ones and why?
3. Which mineral ratios are too high? Are there any symptoms, metabolic rate effects, or gland/hormone/ nerve antagonisms associated?
4. Which mineral ratios are too low? Are there any symptoms, metabolic rate effects, or gland/hormone/nerve antagonisms associated?
5. What is my metabolic type?
6. Which toxic minerals are most clinically significant at this time?
7. What are their common sources?
8. What total calorie percentage of protein should I eat each day?
9. What total calorie percentage of carbohydrates should I eat each day?
10. What total calorie percentage of fat should I eat each day?
11. Which foods should I avoid? ***For Best Results, list on a separate sheet of paper and put on your refrigerator as a reminder.***
12. Which foods should I eat more of? ***For Best Results, list on separate sheet of paper and put on refrigerator and on your shopping list.***
13. Which supplements, by name, should I take? When and in what amount?

BREAKFAST

LUNCH

DINNER

14. When should I take my follow-up Tissue Mineral Analysis test (see special supplemental report) 2, 3, 4 or more months? (Mark the retest date on your calendar).

List any other questions you may have and then e-mail us at:

Support@RealhealthSecret.com