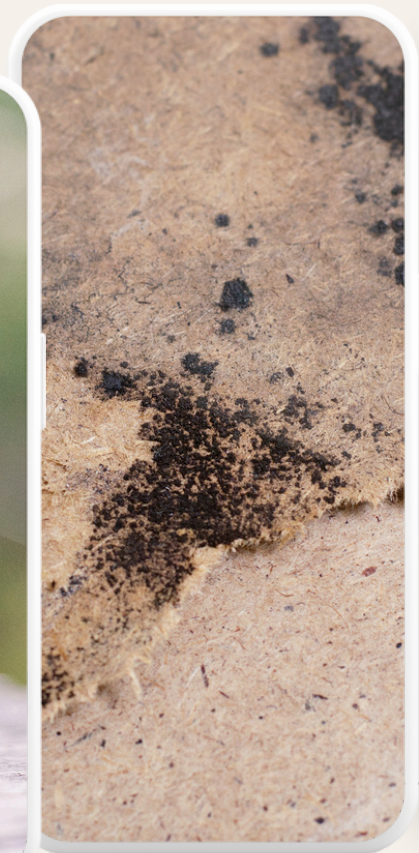
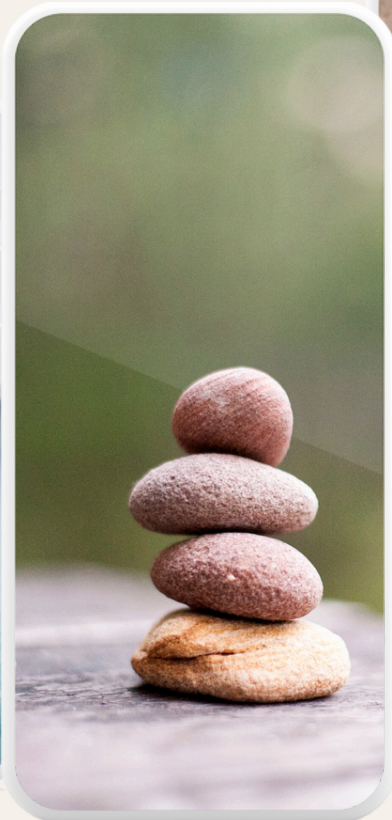
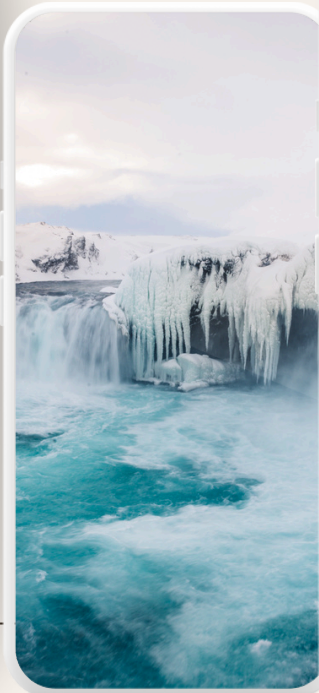




DISCOVER HOW HTMA CAN BE A GAME CHANGER FOR YOUR HEALTH



Ready to optimize your nutrition for mineral balance?

No matter what you have set out to accomplish with your health and nutrition, minerals are ESSENTIAL. ✨

From your energy levels and hormone balancing to your sleep and mental health - minerals play a fundamental role.

We cannot manufacture minerals in the body. We MUST get them from our environment (i.e. from our FOOD)! ✨

When minerals are out of balance, you may experience...

blood sugar dysregulation

weight loss resistance

hypothyroid symptoms

other

high blood pressure

fatigue

PCOS/PMS

Minerals are the “Spark Plugs” of the body because they are essential for many metabolic processes.

ENZYME REACTIONS

Minerals act as co-factors for thousands of enzyme reactions for every system in the body.

NUTRIENT TRANSFER

Minerals facilitate the transfer of nutrients across cell membranes, nothing gets in or out of the cell without minerals.

PH BALANCE

Minerals help keep the body in homeostasis.

CONTRACT & RELAX MUSCLES

Minerals are essential for the contraction and relaxation of every muscle.

NERVE CONDUCTION

Minerals are important for nerve transmission throughout the body.

OBTAINED THROUGH FOOD

Minerals cannot be produced by the body, so they must be obtained through food.

We can test our mineral levels with an HTMA



Hair Tissue Mineral Analysis (HTMA) is an informative and non-invasive biopsy used for biological monitoring of trace elements and toxic metals in human and animal species.

During an HTMA, a hair tissue sample is analyzed to measure the levels and ratios of essential nutrient minerals and toxic elements, commonly known as heavy metals. It is one of the most cost-effective tests available when considering the amount of information that can be obtained from the results.

HTMA provides essential information about mineral imbalances, excesses, and deficiencies of both essential and toxic elements. It is a valuable tool in understanding your body's nutritional needs and can help you make informed decisions about your health.



How Does Hair Reflect Mineral Load?



The formation of hair follicles begins in the dermis from a cluster of matrix cells. As hair enters its growth phase, it is exposed to an internal metabolic environment that includes circulating blood, extracellular fluids, and lymph, leading to increased metabolic activity. The outer layers of hair harden as it reaches the skin's surface, preserving the metabolic products accumulated during its formation.

Hair can serve as a permanent record of metabolic activity during its growth. The first inch to inch and a half of hair closest to the scalp can indicate nutritional and toxic element exposure over the previous several months.

Hair is an effective tissue for monitoring exposure to toxic metals and is preferred over blood or urine by the EPA for studying community exposure to some trace metals. Research has shown a close correlation between trace elements in hair and internal organs.

What else can you learn from an HTMA test?



Metabolic Rate

Immune System

Stage of stress and stress levels

Adrenal and Thyroid Glandular Activity

Carbohydrate Tolerance

Energy Levels

Eating enough protein or too many carbs

Tendencies for 30+ illnesses



Personality Tendencies



Q: If I eat a balanced diet, including lots of fruits and vegetables, I should be getting enough minerals, right?

Maybe! But, probably not.

Unfortunately, our modern lifestyle and the Earth's soil health are likely to disrupt the delicate mineral balance. We are busy, stressed and overworked. The soil is often depleted of minerals or added back in - in less bioavailable forms, creating a less nutrient dense grain, fruit or vegetable.

Here are some other common reasons minerals are not balanced:

- Digestive inflammation or low nutrient absorption
- Intake of processed foods
- Exposure to heavy metals
- Chronic stress
- Medications
- Blind supplementation

FAQ's

+ How is the sample taken? A small hair sample taken from the back of the head near the scalp is collected. You can do this yourself or with the help of a friend. It is easy to do and you will not be able to notice any missing hair. The lab needs ~1 tsp of hair.

+ Is HTMA testing accurate? Yes, HTMA testing is reliable and accurate. ICP Mass Spectrometry is widely recognized by government and private agencies as the leading analytical method for mineral and heavy metal analysis. I use Trace Elements, a reputable lab that is one of the few labs that does not chemically wash hair samples (this is essential for accuracy).

+ I color my hair. Will this affect results? It is recommended that your hair has been washed 8-10 times after using hair coloring or bleach. Or you can wait until your roots have grown out.

+ How long does it take to get results back? Usually 2-3 weeks. You'll get an email from me when your results are in and we will schedule a call to go through your results.

nicole NUTRITION + WELLNESS flynn

By now, I am sure you can see why I am so excited to add HTMA to my practice!

HTMA provides nutritional insights and patterns, allows us to address any toxicities that may be affecting your health, and allows me to create a very targeted nutritional and supplement program to help you heal.

You can order your HTMA test **HERE**.



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Thank you!

