



LINDGREN  
functional medicine

# Hair Tissue Mineral Analysis 101

## WHAT & WHY

Hair Tissue Mineral Analysis (HTMA) is a functional test used to provide a unique cellular reading of the mineral

and heavy metal levels in your body. By analyzing small samples of recent hair growth, you can get a snapshot of what your body has been exposed to and what it is eliminating through the hair. This data is valuable for prioritizing which diet and lifestyle strategies will be most effective for addressing your bioindividual needs.



*Sampling involves cutting small amounts of hair from a few spots on your head.*

## KEY RESULTS

### 1. METABOLIC TYPE

*rates how quickly your body is metabolizing energy and what macro ratios are ideal for you*

### 2. MINERAL STATUS

*shows an overall snapshot of the major minerals in your body and if any are very high or low*

### 3. HEAVY METAL EXCRETION

*indicates if you are being exposed to any specific heavy metals and whether your body is excreting (or storing) them*

### 4. MINERAL RATIOS

*all minerals effect each other to some degree, so these ratios highlight which systems need the most nutritional support*

## MINERALS & METALS

Minerals are elements that are essential for hundreds of physiological functions, including nerve signaling, muscle contraction, electrolyte balance, digestion, pH regulation, bone structure, blood sugar balance...the list goes on! You can think of minerals like "spark plugs" because they act as cofactors for thousands of metabolic reactions in your body. Mineral balance is essential for health and vitality!

Heavy metals are elements that are toxic when they accumulate in the body. We are exposed to heavy metals everyday via our food, water, and environment. While important to reduce exposure whenever possible, it is also critical to support the body's ability to detoxify and excrete heavy metals. The HTMA provides insight into how to best support this detoxification process.