Health Balancing

A MINERAL BALANCING GUIDE

Why You're *Still* Exhausted

> *Your labs are normal.*
> *Your body isn't.*
> *The answer is in your minerals.*

Koay

Hair Tissue Mineral Analysis (HTMA) Practitioner

THE FEELING YOU CAN'T EXPLAIN

You've Done Everything Right.

Eight hours of sleep. Clean eating. The supplements. Exercise, hydration. All of it — and you're still exhausted.

So you get tested. Your labs come back normal. Your doctor finds nothing. But you've known for a long time — something isn't right.

- ✓ You wake up tired no matter how long you slept
- ✓ Coffee stopped working the way it used to
- ✓ The 3pm crash hits like clockwork
- ✓ Rest restores you less and less
- ✓ You're managing your energy like a budget

You're not broken. You're depleted. And there's a crucial difference — because depletion has a roadmap back.

Your body has been signalling this for a long time. The fatigue, the fog, the crashes aren't failures of willpower. They're messages — all pointing to the same place: your minerals.

YOUR BODY IS COMMUNICATING

Symptoms Aren't Random.

Every symptom you've been managing has a mineral signature behind it. Here's what your body has actually been trying to tell you.

When we say low, we mean low at tissue level — which often won't show up on a standard blood test.

SODIUM · POTASSIUM

You crash every afternoon around 3pm

Your body is running on reserve battery. Tissue sodium and potassium — the minerals that power cellular energy — are critically low, even if your blood test looks normal.

OXIDATION RATE

Rest doesn't actually restore you

You're a slow oxidiser. Your metabolism has downshifted into conservation mode. More sleep won't fix this — rebuilding will.

MACROMINERALS

Supplements make you feel worse

Your foundation is too depleted to absorb them. Adding more without rebuilding first is pouring water into a cracked vessel.

POTASSIUM

Anxiety with no obvious cause

Low potassium locks your nervous system in fight-or-flight. It's not a mental health issue — it's a mineral signal.

SODIUM · DIGESTION

You eat well but feel undernourished

Low sodium suppresses stomach acid. Even a clean diet can't nourish you when your body can't absorb what it receives.

THE ROOT CAUSE

Four Minerals Control Everything.

Not your mindset. Not your discipline. When these four are off, everything is harder. When they're right, everything shifts.

Ca Calcium · Too High
ELEVATED
Sluggish, tense, emotionally muted. Your body is locked in protection mode and can't release.

Mg Magnesium · Too Low
DEPLETED
Can't switch off. Racing thoughts at night. Your nervous system running without a brake.

Na Sodium · Too Low
DEPLETED
Deep exhaustion, zero drive. The mineral that powers absorption is gone — so good food doesn't reach you.

K Potassium · Too Low
DEPLETED
Wired but stuck. Anxious without cause. Your stress response is locked on and won't let go.

When even one is off, everything feels harder. When all four are off — nothing works, no matter what you try.

How does this happen?

Often through the very habits promoted as healthy — and the life demands no one warns you about.

Chronic stress, overwork & overexercising
Burns through mineral reserves faster than food can replenish them.

Dieting, fasting, food restrictions & low protein diets
Restricts the raw materials the body needs to rebuild mineral stores. Protein powders and bars — often used as substitutes — are heavily processed and harder to digest than whole food protein sources, providing less usable nutrition than they appear to.

Detox programs without replenishment
Can deplete reserves further when minerals aren't replaced alongside detoxification.

Raw foods, salads, juices & smoothies
Often promoted as healthy — but harder for a depleted digestive system to break down and absorb. Juices and smoothies can also spike blood sugar and, when fruit-heavy, add more sugar load than the body can handle in a depleted state.

Stimulants — coffee, sugar, pushing through fatigue
Provide short-term energy by borrowing from mineral reserves that aren't being replenished.

Female life stages
Pregnancy, breastfeeding, and monthly menstruation place significant demands on mineral stores that are rarely replaced.

Hormonal birth control
Can disrupt mineral balance over time, affecting zinc, magnesium, and other key nutrients.

Toxic metal exposure
Mercury in fish, nickel in dental work, copper from IUDs — these accumulate quietly and displace the preferred minerals your body needs.

The body adapts to all of this — but at a cost. And often, the harder you try to be healthy, the more depleted you become.

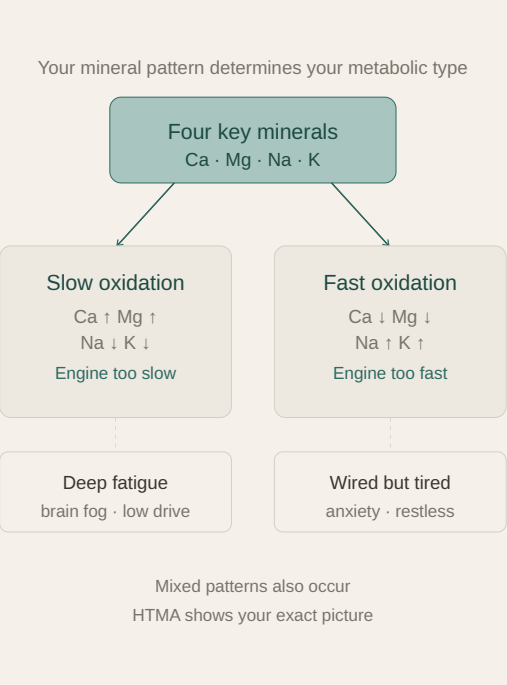
THE MINERAL–HORMONE CONNECTION

Your Minerals Tell a Deeper Story.

These four minerals don't just deplete randomly. They shift in predictable patterns based on how your adrenal and thyroid glands are responding to stress.

When adrenal and thyroid activity is high, sodium and potassium rise. When it's low, calcium and magnesium accumulate. Your mineral pattern is essentially a readout of how your body has been adapting — and it determines your oxidation type.

Importantly, these shifts don't represent good or bad health. They show how your body is coping with its current demands.



YOUR OXIDATION TYPE

Your Metabolism Has a Speed Setting.

Think of it like an engine running at the wrong speed. Too slow and it stalls — too fast and it burns out. Either way, you lose power. Balancing your oxidation rate is one of the most important things you can do for your health.

Slow Oxidation

ENGINE RUNNING TOO SLOW

Your adrenal and thyroid glands are underactive — your metabolism has dropped below the speed it needs to generate energy from food. Like an engine that keeps stalling, it can't generate enough power no matter how much fuel you put in. Emphasising protein and complex carbohydrates helps provide consistent energy and gradually speeds the oxidation rate back toward balance.

> When minerals run low for long enough, the body sometimes holds onto toxic metals as a substitute — using them to keep functioning. This isn't failure. It's adaptation. But it means detoxing before rebuilding often makes things worse, not better.

FEELS LIKE	WHAT HELPS
Deep fatigue after sleep	Generous cooked vegetables
Brain fog that won't lift	Moderate animal protein daily
Cold hands and feet	Small amounts of complex carbs
Slow digestion	Lower fat — fats from protein sources
Sugar crashes	Consistent meals for steady energy
Emotionally flat	

Fast Oxidation

ENGINE RUNNING TOO FAST

Your adrenal and thyroid glands are overactive — your metabolism is burning through fuel faster than it can be replenished. Fats and proteins provide longer-lasting energy and help slow the oxidation rate back toward balance. Slowing down the rate actually increases your energy — like a car engine that needs to downshift to run more efficiently.

FEELS LIKE	WHAT HELPS
Wired but exhausted	Large base of cooked vegetables
Anxiety & irritability	Some animal protein daily
Blood sugar swings	Extra fats & oils at each meal
Racing thoughts	Very few complex carbohydrates
Salt cravings	Avoid sugar in all forms
Restless sleep	

When your oxidation rate is balanced — not too fast, not too slow — your body runs at its optimal speed. Enzymes work better. Energy production improves. Hundreds of symptoms can resolve without the need for remedies. But getting there requires knowing your exact setting — and that can only be seen in your numbers.

HOW WE GOT HERE

This Didn't Happen Overnight.

There's a quiet progression most doctors miss — because blood tests don't catch it until it's already advanced.

STAGE ONE

The Hidden Drop

It starts quietly. Tissue sodium and potassium drop — and because blood levels are kept artificially stable by the body, this won't show up on a standard blood test. Without adequate tissue sodium and potassium, your stomach acid weakens and digestion slows. You can eat the cleanest diet in the world — but if your body can't absorb it, none of it reaches you. You're still functioning. But the tank is no longer refilling.

STAGE TWO

Three Lows — Early Warning

Three of your four key minerals — calcium, magnesium, sodium, potassium — are now depleted.

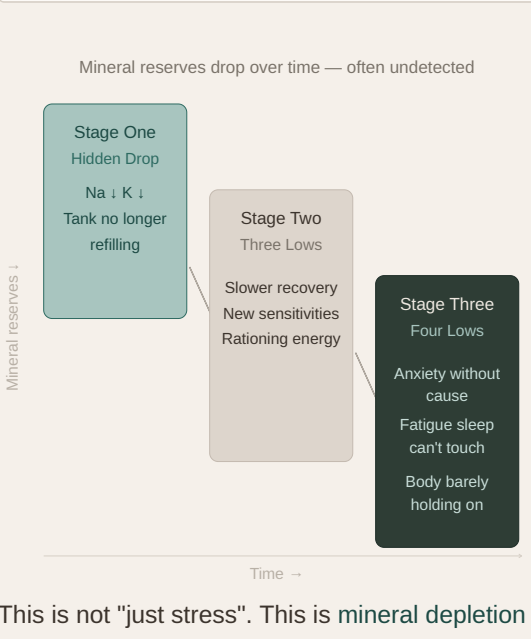
- Recovery takes noticeably longer
- New sensitivities appear out of nowhere
- Small stressors hit harder than they should
- You start rationing your energy carefully

STAGE THREE

Four Lows — Deep Exhaustion

All four macrominerals — calcium, magnesium, sodium and potassium — are critically low at the same time.

- Anxiety with no identifiable trigger
- Fatigue that sleep cannot touch
- Can't tolerate supplements at all
- Emotionally flat and disconnected
- The body holding on — but only just



This is not "just stress". This is mineral depletion — and it deepens the longer it goes unaddressed.

DOES THIS SOUND LIKE YOU?

The Full Picture.

Mineral depletion and oxidation imbalance show up across almost every system in the body. Here's the full range of what people experience.

Fatigue after 8hrs sleep	Brain fog
Dizziness	Poor or non-deep sleep
Anxiety	Depression
Burnout	Wired but tired
Hair loss or thinning	Gut issues
Bloating or constipation	SIBO or Candida
Poor nutrient absorption	Food sensitivities
Low libido	Hormonal imbalances
Thyroid issues	Adrenal fatigue
Weight gain or underweight	Inflammation
Symptoms that don't improve despite eating healthy or taking supplements	

If you recognise yourself in this list — this isn't random. It's a pattern. And it has a name: mineral depletion and a metabolism running at the wrong speed.

The question is — how far has it progressed? And what happens if it keeps going?

IF YOU LEAVE IT

It Doesn't Stay the Same.

Mineral depletion is progressive. What feels manageable today becomes chronic tomorrow.

→ ~~Afternoon crashes~~
Chronic fatigue syndrome

→ ~~Poor sleep~~
Hormonal dysregulation

→ ~~Feeling "off"~~
Full burnout & food sensitivities

Most people never find out this is happening — because the tests they're given aren't designed to catch it. Here's what actually shows the full picture.

WHY NORMAL RESULTS DON'T TELL THE FULL STORY

What Blood Tests Miss

If you've had blood tests and been told everything looks normal — that's not a reassurance. That's a gap in what's being measured.

Your body works hard to keep blood mineral levels stable — often by pulling from your tissues to do it. So blood can look perfectly normal while your tissue reserves have been quietly depleting for months, sometimes years.

Think of blood as the highway.
Hair tissue is the storage.

Blood shows what's circulating right now. Hair tissue shows what's actually been accumulating — or disappearing — over the past three months. Two very different pictures of the same body.

BLOOD TEST	HTMA (HAIR)
Short-term snapshot	3-month pattern
Tightly regulated	Reflects tissue levels
Misses tissue depletion	Catches depletion early
Misses toxic metal load	Reveals toxic metal burden
Often "normal" in burnout	Shows the full picture

This is why so many people with "normal" labs still feel anything but. The test was normal. The tissue wasn't.

Beyond individual mineral levels, HTMA also reveals how your minerals relate to each other — ratios that show adrenal output, thyroid function, and blood sugar regulation in ways no single number can.

Why detox can make things worse.

In burnout, the body may hold onto toxic metals as a survival strategy — using them for temporary support when minerals run too low. Forcing detox at this stage adds stress to an already depleted system. The correct order is to rebuild minerals first, calm the stress response, then allow the body to release toxic metals naturally — as preferred minerals are replenished, they displace the toxic ones the body no longer needs to hold on to.

WHAT RECOVERY LOOKS LIKE

General Direction.

You may not know your exact pattern yet — but recovery follows the same foundational pillars for everyone. Here's what rebuilding generally looks like.

Rebalance your oxidation rate
Whether your metabolism is running too slow or too fast, the goal is the same — bring it back to the right speed. Diet and targeted supplements are the primary tools for shifting your oxidation rate toward steady, sustainable energy.

Replenish key minerals
Focus on foundational minerals like calcium, magnesium, sodium, and potassium to support your nervous system, energy, and stress response.

Restore mineral balance — not just levels
It's not just about whether a mineral is low or high — it's how your minerals relate to each other. Ratios like sodium-to-potassium influence energy, inflammation, and stress resilience. Diet, lifestyle adjustments, and targeted supplements can all shift these ratios back into balance.

Rebuild through nourishment
Prioritise mineral-rich foods, consistent meals, and supportive supplementation to gradually restore depleted reserves.

Support detox gently
Help your body eliminate stored toxins by supporting liver, kidneys, and cellular function — without pushing too aggressively.

Use simple healing tools daily
Practices like near-infrared therapy, rest, and gentle movement help shift your body into a deeper healing state.

Remove what's holding you back
Identify foods, habits, and supplements that may be adding stress, blocking progress, or working against your recovery.

WHY PERSONALISATION MATTERS

These Give You Direction.

They show you what your body needs. But here's where it gets specific —

How to apply this depends entirely on your pattern.

Because:

- → The same mineral can be helpful in one person — and harmful in another
- → The same diet can rebuild one body — and deplete another
- → The same supplement can calm — or overstimulate

What matters is:

- Your oxidation rate
- Your mineral ratios
- Your current stress state
- What your body can actually tolerate right now

That's the difference between guessing — and actually rebalancing your body.

And when you do get it right — when your pattern is known and your protocol is built around it — this is what becomes possible.

WHAT CHANGES WHEN YOU REBUILD

What Life Feels Like on the Other Side.

Balancing your minerals doesn't just reduce symptoms — it changes how your body operates at every level.

- → Waking up and actually feeling rested
- → Energy that carries you through the day without crashing
- → A mind that's clear and calm — not racing or foggy
- → Food nourishing you the way it's supposed to
- → A body that handles stress instead of collapsing under it
- → Knowing exactly what your body needs — and why

This is what becomes possible when the engine is running at the right speed. Not managing symptoms. Actually rebuilding.

★ ★ ★ ★ ★

"My blood was almost perfect. But I felt fine — not great. Hair loss, moodiness, teeth losing calcium. The hair analysis showed a calcium shell forming. In a blood test, this would only appear in 5–10 years, when the damage is much harder to reverse."

— OLDRICH, VERIFIED CLIENT

★ ★ ★ ★ ★

"Since following the program I feel more energised, clearer mentally, and better equipped to support my body's needs. I've learned a lot about how my body works and what it needs to thrive."

— BRIAN M, VERIFIED CLIENT

★ ★ ★ ★ ★

"Eye opening — what mineral deficiencies I have and the toxic metals in my body. This test gave me a roadmap to follow to get my body as healthy as I can."

— BRENDA J, VERIFIED CLIENT

WHAT TO DO NEXT

Stop Guessing.
See Your Numbers.

Once you understand your mineral pattern, everything makes sense — and you know exactly what to do, in what order, for your body specifically.

1 Order your HTMA hair test online
2 Collect a small hair sample at home
3 Receive your personal mineral map
4 Follow a protocol built for your pattern

GET YOUR HTMA TEST

Done from home. No blood draw.
Results with a personalised protocol.

STAY CONNECTED

Not ready to test yet?

Follow along on Instagram for weekly insights on minerals, energy, and rebuilding.

FOLLOW ON INSTAGRAM

@healthbalancing_

Your body is not broken.
Your minerals just need
the right support.

WHO YOU'LL BE WORKING WITH

Hello, I'm Koay.

Founder & Practitioner at Health Balancing. Diploma in Nutritional Balancing Science, Westbrook University (USA).

Certified Nutrition Coach, Precision Nutrition

My interest in this field began through my own health challenges and recovery using nutritional balancing principles. I experienced firsthand what it feels like when mineral balance is restored — the shift in energy, resilience, and overall wellbeing. That experience shapes everything about how I now support others.

> Many people I work with arrive feeling exhausted, overwhelmed, or frustrated after trying multiple approaches that didn't help — or made things worse. I understand that experience. I approach this work with care, realism, and steadiness.

Rather than one-size-fits-all protocols, my work is guided by your unique biochemistry, stress patterns, and current capacity. This is not about pushing the body — it's about creating the right conditions for healing to unfold gradually.

Health Balancing