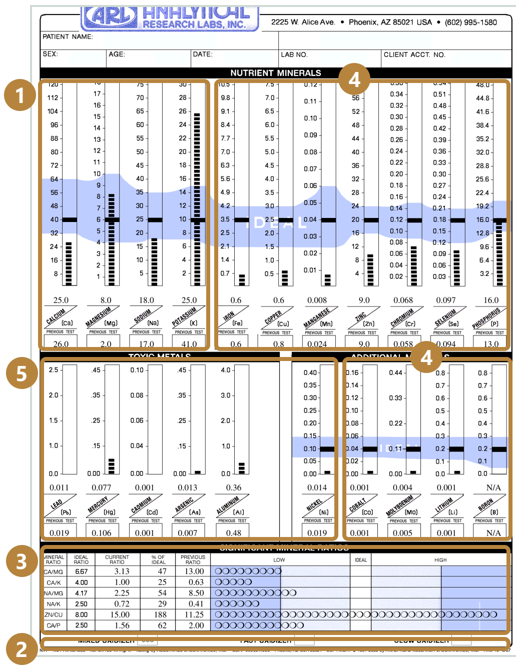
HEALTH BALANCING

How to Read Your HTMA Report

A one-page guide to your HTMA report. Read it in this order: the whole-system pattern first, then individual levels.

Nutritional Balancing programs aim to balance your **oxidation rate** and **key ratios**, keeping the overall pattern and mineral levels in view. This whole-system approach helps support your stress response and increase vitality, rather than simply adding minerals that are low or cutting back those that are high. Your results guide your **diet, supplements, lifestyle and healing procedures**.

WHERE TO LOOK



Sample ARL report: the numbered boxes show where to look on yours. Values shown are an example only.

Other labs: same steps, different layout.

The **blue band** is ARL's ideal range. The **black line** is ARL's ideal value.

Ideal levels for minerals and toxic metals in your practitioner report may differ from ARL's, because they are based on a different methodology.

Have your report?
Email your questions to
info@healthbalancing.com

Haven't tested yet?
Order an HTMA hair test
at healthbalancing.com

READ IN THIS ORDER

1 Whole-system pattern first calcium, magnesium, sodium, potassium together

- **Four Lows / Three Lows** (all four, or three, below ideal)
  - Exhaustion, burnout; often chronic
  - Can reflect poor absorption (microbiome imbalance)
  - Body usually undernourished; often a higher toxic load
  - Common: allergies, anxiety, muscle cramps, poor digestion, food intolerances
- **Four Highs / Three Highs** (all four, or three, above ideal)
  - "Slow oxidizer under stress": underlying exhaustion plus a secondary stress response
  - Indicates inflammation
  - Stressors: toxic metals, lifestyle, high-carbohydrate diet, deficiencies, emotional stress

Some patterns, such as Four Lows, need a modified program. Other patterns are part of deeper, practitioner-level analysis.

2 Oxidation rate bottom of the report

MIXED OXIDIZER *** FAST OXIDIZER SLOW OXIDIZER

- **Fast:** higher metabolic activity, warmer, more energy or anxiety; associated with faster thyroid and adrenal activity in this approach
- **Slow:** fatigue, low mood, cold hands and feet, slow digestion, tends to store weight; associated with slower thyroid and adrenal activity in this approach
- **Mixed:** transitional; some indicators point fast, others slow

Your oxidation type guides the balance of protein, carbohydrate and fat in your diet.

3 Two key ratios Significant Mineral Ratios table

SIGNIFICANT MINERAL RATIOS

MINERAL RATIO	IDEAL RATIO	CURRENT RATIO	% OF IDEAL	PREVIOUS RATIO	LOW	IDEAL	HIGH
CA/MG	6.67	3.13	47	13.00			
CA/K	4.00	1.00	25	0.63			
NA/MG	4.17	2.25	54	8.50			
NA/K	2.50	0.72	29	0.41			
ZN/CU	8.00	15.00	188	11.25			
CA/P	2.50	1.56	62	2.00			

Na/K Vitality ratio · stress response	**High:** acute stress, inflammation **Low:** chronic stress, exhaustion
Ca/Mg Blood sugar ratio · carbohydrate tolerance	**Too high or too low:** imbalance or poorer carbohydrate tolerance **Very high:** lifestyle stress

4 Zinc and phosphorus then the other minerals

Low zinc: can point to copper imbalance.

Low phosphorus: low vitality.

Both relate closely to **protein**: eating enough good-quality animal protein, and digesting and using it well.

5 Toxic metals lead, mercury, cadmium, arsenic, aluminum, nickel

A high number of toxic metals, or high levels, could indicate stress on the kidneys and liver, or environmental exposure.

Possible sources to think about: work, hobbies, water, seafood, smoking, cookware or personal products.

This guide is for reading a first test. Retest results are interpreted differently. Hair results are one layer of information: on their own they don't determine a deficiency, a diagnosis or a supplement dose. Sample chart reproduced from an ARL report with personal details removed.

Read the full guide and watch the video
healthbalancing.com/understanding-your-htma-results