



HTMA can identify over 50 disease trends, including:

ADD

Cholesterol

Diabetes

Dyslexia

Hypertension

Hypoglycaemia

Infertility

Menopause

Osteoporosis

PMS

Prostatitis

Prevent Disease, Be Healthy



**A healthy body heals quickly,
maintains its ideal weight easily,
is energetic yet rests well
and ages gracefully.**



OBTAIN ADDITIONAL INFORMATION AT:

www.metabolicbalance.co.za
www.traceelements.com



HTMA

Hair Tissue Mineral Analysis

Discover how a simple test using strands of your hair can reveal more about your health than many more invasive procedures



**Being healthy
has never
been easier**

Holistic balancing of the metabolism through individualized nutritional programs



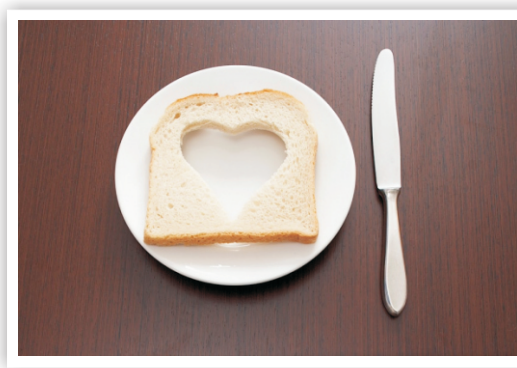
The Modern diet and our tendency to lead stressful lives has led to many people becoming **nutritionally unbalanced**.

Your body can maintain your optimal health when it has access to all the right ingredients (Vitamins, minerals and a balance of carbohydrates, proteins and fats) in all the right quantities. **When an excess or deficiency of nutrients develops, so does disease.**



Through hair analysis you will discover where Your imbalances lie and how to correct them.

You will be given food choices and eating guidelines that suit your metabolism as well as a personalized supplement program that will help you to achieve your health goals.



Hair tissue mineral analysis (HTMA), is an analytical laboratory test which measures the mineral content of the hair. Our laboratory is FDA approved and strictly monitored to ensure accuracy and reliability of results.

An HTMA reveals a unique metabolic world: intracellular activity, which cannot be seen through most other tests. This provides a blueprint of the biochemistry occurring during the period of hair growth and development.

Your unique nutraceutical prescription will give your body all it needs to balance itself and heal without the need for additional intervention.



Why test for minerals?

Trace minerals are essential in countless metabolic functions in all phases of the life process.

* **Zinc** is involved in the production, storage and secretion of insulin and is necessary for growth

* **Magnesium** is required for normal muscular function, especially the heart. A deficiency has been associated with anxiety and nervousness.

* **Potassium** is critical for normal nutrient transport into the cell. A deficiency can result in muscular weakness, mild depression and lethargy.

* **Excess sodium** is associated with hypertension, but adequate amounts are required for normal health.



In the words of the late author and noted researcher, Dr. Henry Schroeder, trace elements (minerals) are *"...more important factors in human nutrition than vitamins. The body can manufacture many vitamins, but it cannot produce necessary trace minerals or get rid of many possible excesses."*