



Your Healing Place Information Series HTA Facts

Facts about HTA

Hair is formed in the dermis from a cluster of matrix cells that make up the follicle. During the growth phase, metabolic activity is greatly increased, exposing the hair to the internal metabolic environment. This includes extra cellular fluids, circulating blood and lymph. As the hair reaches the surface of the skin, its outer layers harden, locking in the metabolic products accumulated during this period of hair growth. The hair sample is obtained by cutting the first 1 inch of growth closest to the scalp at the nape of the neck. Only the hair closest to scalp is used as this gives an indication of the nutrient status over the previous 6 to 8 weeks.

A hair tissue mineral analysis is more stable than a blood test, since blood tests are subject to variations on a daily and sometimes hourly basis. Also, the body tends to maintain blood mineral levels near normal at the expense of other tissues.

Hair is used as the tissue of choice by the Environmental Protection Agency in determining toxicity levels. Investigators in Japan, Germany, Sweden, Canada and the United States have shown that concentrations of elements in the hair provide an accurate and permanent record of exposure.

Why Test For Minerals?

Minerals are essential in countless metabolic functions in all phases of life. For example:

- Zinc is involved in the production, storage and secretion of insulin and is necessary for growth hormones.



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- Magnesium is required for normal muscular function, especially the heart. A deficiency has been associated with an increased incidence of heart attacks, anxiety and nervousness.
- Potassium is critical for normal nutrient transport into the cell. A deficiency can result in muscular weakness, [depression](#) and lethargy.
- Sodium In excess is associated with hypertension, but adequate amounts are required for normal health.
 - **The sodium/potassium ratio is intimately related to kidney, liver and adrenal gland function, and an imbalanced sodium/potassium ratio is associated with heart, kidney, liver, and immune deficiency diseases and cancer.**

When Hair Mineral Analysis is recommended, the process involves an evaluation from an outside lab. Findings are compiled to identify metabolic imbalances, mineral deficiencies or excess as well as your metabolic type. Recommendations are provided in an easy to read report for the client. Evaluation of the lab report helps us tailor your specific treatment.

Hair analysis is the most reliable method to measure the mineral and trace element levels and balance in the human body and to test for the presence of the greatest range of toxic materials.

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