



HTMA Consult Session Notes

Prepared by Evenbetternow LLC on April 19, 2025
Session date April 19, 2025



DISCLAIMER: This follow-up summary is not medical advice.

This follow-up summary is to provide you with a brief overview of your HTMA and is for health education purposes only. Any recommendations you choose to follow in this follow-up summary should be used at your own risk. Evenbetternow, LLC and its practitioners are not liable for the outcome or results of following our suggestions or that of any other practitioner/protocol.

Questions pertaining to dosages, side effects from supplementation, increase or new appearance of symptoms, detox reactions, or any concerns/questions directly related to your health or bodily changes should be deferred to your doctor, midwife, naturopath, or medical professional. If you need access to holistic support you are welcome to connect with [Hannah Cherney, MSHN, HTMAp](#), who is on staff at Evenbetternow and can provide further insight, further testing options, or additional support in achieving your health goals with her [Holistic Health Consultation](#).

As mentioned during your consultation, you are a Fast 4 metabolizer. This is relevant to the way your body utilizes minerals from stress both happening internally (metals, mold, gut infections) & external (emotional, mental, physical stress, medications etc.) and is not related to your caloric metabolism regarding your weight. Fast 4 metabolizers have often been dealing with stress for a long period of time and the body has slowed down metabolically to deal with it. The main thing to know about a Fast 4 metabolizer is that this pattern has been in the making for many years – even decades, and often it can take just as long to come out of this pattern. Not all of the time but some of the time. The Fast 4 metabolizer needs help with everything - nervous system support, detoxification/liver



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HTMA - hair analysis test and consultation at www.evenbetternow.com.

Working on digestion and liver support is of the utmost importance! It is the first step in getting your body to begin correcting. I try to put as much emphasis on this as possible because you can eat all the right food and take the right supplements but unless you are absorbing what you take in, it won't matter much. Your HTMA pattern dictates that you are experiencing poor digestion and lowered absorption because of your mineral imbalances.

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Make sure you are supporting your liver and detox. This can seem daunting, but it is a huge part in healing and not to be skipped. Most bodies by the time they discover HTMA – hair testing, are unfortunately toxic and stagnant. Until we can get your moving better on your own, you will need to do things like castor oil packing, saunas, dry brushing, lymph drainage, rebounding, and coffee enemas. It's not necessary to do all of them but the more you do the better. Also, I recommend taking the liver support supplements below.

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FOCAL POINTS

- Suggest being very sure of the water you are drinking and cooking with. Spring water is highly recommended.
 - Continue to avoid copper water piping in your home. If found, you must drink and cook with spring water or invest in a Berkey/Radiant Life water filtration system. This isn't just important for you but everyone in your household.
 - Read more about copper imbalance at www.coppertoxic.com.
 - If applicable, DO NOT stop any prescription medications without speaking to your doctor/prescriber.
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It is recommended to retest in **3-4 months** from the date of your HTMA to see progress and make modifications to the protocol. Retesting on time is especially important when dealing with copper imbalance or other heavy metal issues.

Order RETEST here: [Trace Elements Profile 3 Hair Analysis](#) – includes TEI Lab short report, [Trace Elements Profile 2 Hair Analysis](#) – includes TEI Lab dietary/supplement report, or [Trace Elements Profile 1 Hair Analysis](#) – this contains 2 pages, **test results only** that need interpretation. All profiles can be used as a retest. If you are having a consultation, we only need the Trace Elements Profile 1 test. It is always recommended to have your HTMA interpreted by a consultant versed in HTMA no matter what profile is selected.

If you need help completing your purchase, assistance ordering suggested products, or have a question directly aimed at this report, please call 520-877-8637 PST/MT or send us a message through Practice Better for fastest response time!

FEEDBACK

If you would like to leave feedback about your consultation experience or about this HTMA follow-up report, you may do so by clicking this [link](#).



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HTMA Suggested Protocol

Prepared by Evenbetternow LLC on April 21, 2025
Start date April 19, 2025

Focus

Supplements and suggestions to support you until your next retest!



Mineral balancing often works best when you stick to the recommended supplements that are listed. Using HTMA allows us to provide a targeted approach which can bring about relief to your symptoms or health challenges.

It's important to remember that your body did not become dysfunctional overnight. The metabolic breakdown has been happening over many years, likely even decades and it will require specific support to get it back on track. To some it may seem overwhelming especially if you are not used to taking supplements.

The supplements have been carefully selected to give you the best possible outcome utilizing HTMA mineral balancing to improve your metabolic state. You are not taking these a lifetime, just until your next retest. **Below I list everything you can possibly do to support your body, but I have them listed in order of importance -should you need to narrow it down to most needed.** Do not continue supplements beyond your retest date or if you are not going to retest.

To simplify your shopping experience for the supplements needed for your HTMA protocol, they have been put on one [website page](#) at Evenbetternow.com. You can now simply scroll and add items to your cart without navigating the entire website – [CLICK HERE](#).

Products/supplements for your HTMA protocol may also be sourced by clicking the listed hyperlinks. Some products/supplements not available on Evenbetternow.com will direct you to Amazon.

Don't forget to retest in **3-4 months** from the date of your HTMA. This is most important to keep turning the key on your metabolic health and making overall improvement.

ALLERGEN ALERT:

Although we do utilize high quality supplements, we make no claims that the supplements listed for suggested use are vegan/vegetarian friendly, Kosher (Halal certified), gluten free, or free of other allergens. Supplements listed may or may not be processed in facilities that process peanuts, gluten, or other allergens. If this is a critical factor for you or you have known allergies, please use caution and contact the supplement manufacturer for complete allergen information.

Some information for the Trace Nutrients supplements – which are hypo-allergenic, can be found [here](#) and [here](#). For further information, you may call the lab at 1-800-824-2314.



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Food Recommendations

Foods to Include

Bee pollen

Source for natural B6. Easy your way into this, start with only a few granules at a time. Eventually building up to 1 tsp. a day.

Nutritional Yeast flakes

Another great source of B6. Sprinkle on veggies, soups, popcorn, or potatoes.

Calcium

Include — Milk, Cheese, yogurt, leafy greens, sardines with bones

Aim for 1000-1200 mgs. of calcium rich foods in your diet daily.



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Supplements

Critical Digestion

Enzyme Science

1 capsule / With breakfast; With lunch; With dinner

Order at: https://www.evenbetternow.com/proddetail.asp?prod=Critical-Digestion_90ct_Enzyme-Science

Zinc - ionic drops

Eidon

15 drops

Order at: https://www.amazon.com/Minerals-Supplement-Concentrate-Dropper-Relieves/dp/B004JWLQXA/ref=sr_1_1_sspa?crid=2FH2KY3M0F470&dib=eyJ2ljojMSJ9.pHtmZv6l8aZvPDnt8Qj2cqgqjzJrKCA6fSu22PfjTM5sTC48mwjOdpAUG9CZ78PwKGH6XfN3lZrOickshyAm5wn9gdKa5DHliYFNMcd8C_MmTj5XnG4GAXtVaiWkjW03FS-wmcSLXbiGf5bxFSrOGtKI2JisWHClxvrI5kgsRc6FtQTPEvYtpzDyYWGQQfMVwT-xj9w7mBmYGaAEM-uXoRe0Ft1V47RZIUUV9CFWdhZzbrl3UDQ7cWh4gmCNLCQ-4dsY9hCobnPnxyGKfDLhYPKDXyQCvX4mDWYbSQRGKL48.jDwyCtJhEOQvXNizf4sCDPUZ5WaM8OaN8NFjDaa6tHI&dib_tag=se&keywords=eidon&qid=1745105016&srefix=eidon%2Caps%2C168&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&th=1

15 drops a day taken with or without food.

Magnesium flakes

BetterYou

0.5 cup

Order at: https://www.evenbetternow.com/proddetail.asp?prod=Magnesium-Mineral-Bath-Flakes_1kg_BetterYou

Zeolite - powder

Zeo Health

1 scoop

Order at: <https://www.evenbetternow.com/proddetail.asp?prod=Zeolite-Mineral-Clay>

Suggested Use: As a daily detoxifier and to alkalize your body - take 1 scoop once a day in 6-8 ozs warm water. Add the clay to the water and let it dissolve for a minute before mixing. For acute health issues - take 1 scoop 3 times a day until resolved.

You have Zeocharge brand which is about the same thing.

Cod Liver Oil soft gells

Nordic Naturals

3 soft gels / With breakfast

Order at: https://www.evenbetternow.com/proddetail.asp?prod=Arctic-Cod-Liver-Oil_180-Soft-Gels

Detox Clay Bath

Blessed Earth - Evenbetternow

Clay bath soak once a week or every 10 days can be very helpful for detox.

Order at:

https://www.evenbetternow.com/proddetail.asp?prod=EBN_bentonite_detox_clay_baths

Suggest using once a week or every 10 days for detox. See full details here:

<https://www.evenbetternow.com/bentonite-clay-bath-instructions.php> on how to do a clay bath.

Lifestyle Recommendations

Castor Oil Packing - Liver

Great support for detoxification. Helps move a congested liver, clears hormones, metals, and improves lymph flow.

Sunshine!

Try to get sun exposure on bare skin for 10-15 minutes at least 3-4 times a week. This critical to keep a strong circadian rhythm, improve mood, and help improve your vitamin D status naturally.

Practice deep breathing.

Deep breathing can help release tension, relax the mind and body, improve energy levels and elevate mood. How: Start with 10 slow, deep breathes and work your way up to 10 minutes.

Dry skin brush daily before shower.

Dry skin brushing helps in detoxification by stimulating the lymphatic system, which is responsible for eliminating cellular waste. When the lymphatic system is not working properly, waste and toxins may build up and result in compromised health. How: Using only light pressure and always brush in the direction of the heart, start at the feet and work up. Avoid delicate areas such as your face (unless using face dry brush), genitals and any irritated skin.

Rebound.

Rebounding is basically jumping on a mini trampoline to stimulate the lymphatic system, which is responsible for eliminating cellular waste and aiding detoxification.

Add restorative exercise.

Add restorative exercises such as yoga to your routine to help reduce stress.



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Supplement Chart

Supplement	Upon rising	With breakfast	Mid-morning	With lunch	Mid-afternoon	With dinner	After dinner	Before bed
Critical Digestion Enzyme Science		1 capsule		1 capsule		1 capsule		
Zinc - ionic drops Eidon								
Magnesium flakes BetterYou								
Zeolite - powder Zeo Health Binder - Helps Gather Metals, Especially Mercury.								
Cod Liver Oil soft gels Nordic Naturals		3 soft gels						
Detox Clay Bath Blessed Earth - Evenbetternow								