

Hair Tissue Mineral Analysis

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Tissue mineral analysis (TMA) is providing a definite blueprint for understanding symptoms that accompany nutritional imbalances, such as weight gain, pain, fatigue, Irritable bowel, and ADHD, just to name a few. TMA is a laboratory-generated report derived from a lock of hair (a sample is taken from the nape of the neck). The report reveals a very concise breakdown of a person's elemental chemistry, which includes Nutritional Elements, Toxic Elements (heavy metals), and also the significant ratios. Nutritional Elements serve as co-factors and coenzymes making reactions complete, and when imbalances occur, homeostasis (equilibrium of the internal systems of the body) is susceptible. When imbalances in any of these areas are exposed, specific recommendations are made providing a solution to correct troublesome symptoms at the root cause. For example, the thyroid gland may not function optimally without adequate iron, the pancreas may need a certain amount of calcium to release insulin, and high levels of tissue calcium may indicate that the body is not metabolizing calcium efficiently, as excess calcium shows up in the soft tissues (hair), rather than in the hard tissues (bone). Perhaps the body is too acidic from dietary intake, and calcium is being utilized to neutralize acid. Osteoporosis and many other diseases may be a result of nutritionally induced metabolic difficulties. The TMA lab report will indicate the status of calcium, as well as iron, chromium, and zinc and many other elements. How do we get mineral imbalances? Culprits of mineral imbalance are poor diet or acidic diet, medications, poor digestion (absorption), and stress. Karen Steward interprets TMA lab reports in Pickering and Bowmanville, Call (905) 837-6627 for an appointment.