



What is HTMA?

Hair Tissue Mineral Analysis — A Simple Guide

Nia B Wellness | niabwellness.com

HTMA is a simple, non-invasive lab test that uses a small sample of your hair to reveal what's happening inside your body at a cellular level. Unlike blood work — which shows a snapshot of what's circulating in your body right now — hair tissue shows what's actually been stored and used by your cells over the past 3-4 months. Think of it as a long-term report card for your body's mineral health.

HOW IT WORKS

Step 1. Your practitioner will send you an HTMA test kit with everything you need. Inside you will find simple instructions, a collection envelope, and a pre-stamped return envelope addressed to the lab.

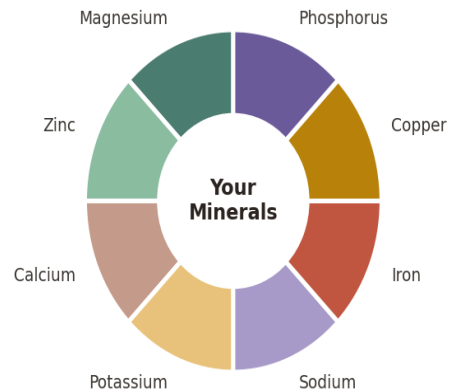
Step 2. A small hair sample is collected from the nape of your neck — about 1 tablespoon, cut as close to the scalp as possible.

Step 3. The sample is sent to a specialized lab and analyzed using advanced technology.

Step 4. Results reveal your mineral levels, toxic metal exposure, and key ratios that reflect how your body is functioning.

Step 5. Your practitioner reviews the results through a wellness lens and creates a personalized plan based on your unique mineral patterns.

Results typically return in 2-3 weeks from when the lab receives your sample.



WHAT HTMA REVEALS

Mineral Status

Whether key minerals like magnesium, zinc, iron, calcium, and potassium are depleted, elevated, or imbalanced — before symptoms become severe.

Toxic Metal Exposure

Levels of heavy metals like lead, mercury, cadmium, and arsenic that can interfere with mineral absorption, hormone function, and neurological health.

Stress Response

Key mineral ratios reveal how your body is responding to stress, whether your adrenal and thyroid glands are under pressure, and how your nervous system is coping.

Hormone Patterns

Minerals drive hormone production and regulation. HTMA can reveal patterns connected to estrogen dominance, low progesterone, thyroid sluggishness, and adrenal fatigue.

HTMA vs. STANDARD BLOOD WORK

	HTMA	Standard Blood Work
What it shows	Cellular mineral storage over 3-4 months	Minerals circulating in blood right now
Catches deficiencies	Early — before symptoms peak	Later — often after significant depletion
Stress response	Yes — shows adrenal + thyroid patterns	Limited — misses functional patterns
Toxic metals	Yes — shows stored heavy metal levels	Not typically included
Collection	Simple hair sample — no needles	Blood draw required

Important: HTMA is a wellness screening tool — not a diagnostic test. It does not diagnose, treat, or cure any medical condition. Results are reviewed from a wellness perspective to guide personalized nutrition, lifestyle, and supplement recommendations. Please continue working with your healthcare provider for medical concerns.