



## **Hitting the Nutrition Bulls Eye! Hair Tissue Mineral Analysis (HTMA)**

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Henry Schroeder, MD observed that “minerals are the spark plugs of life.” The HTMA provides the data that further validates Dr. Schroeder’s wisdom and medical experience. Learning to understand the basic workings of the mind/body’s mineral system makes so many health issues much clearer. We have a better understanding of how stress impacts our mineral system and, ultimately, our mental and physical health. We know that stress quickly depletes magnesium and brings on symptoms of magnesium deficiency. These may include atrial fibrillation and other cardio-vascular problems. Glucose regulation and addiction problems also occur with magnesium deficiency.

What we learned over 30 years ago from the research of Drs. Paul Eck and David Watts is that the thyroid and adrenal glands are regulated by minerals, primarily calcium and potassium (thyroid) and sodium and magnesium (adrenals). In fact, the calcium/potassium ratio in a hair tissue mineral analysis (HTMA) often detects thyroid issues long before blood tests do. Once we learned the basic concepts and principles related to HTMA, it was very easy to understand how mineral imbalances induced by the stresses of life could lead to thyroid, adrenal, cardiac, glucose, alcoholism and other health problems. Under stress, if too much magnesium is depleted from a person’s mineral system, this can bring on a plethora of health problems, both mental and physical.

The HTMA research of Drs. Eck and Watts provided us with a conceptual framework for a much better understanding of the mineral system and how it works. They showed that the mineral system is a dynamic system that changes over time. They showed how the minerals in the system are closely interrelated. They also showed that even one nutrient can have a profound effect on the broader mineral system, starting a cascade of mineral changes within the system.

Understanding the basic conceptual framework developed by Drs. Eck and Watts provides a level of nutrition understanding that is truly unique and clearly shows the mind/body connection via the stress response. Their research shows the close relationship between the nutrient minerals and the stress response – the mind/body connection. An application of these concepts involves vitamin D supplementation. Applying this HTMA conceptual framework, stress and health conditions can become much worse with too much vitamin D supplementation that starts a cascade of mineral changes.

Dr. Rick Malter has the background and unique ability to teach the Eck/Watts HTMA conceptual framework to both professionals and non-professionals. This HTMA conceptual framework leads to a major paradigm shift in nutrition thinking. The person becomes much better able to think in terms of minerals, mineral patterns, and mineral system dynamics. How would a person’s life history, stresses, relationships, diet, supplements, drugs and medications, and toxic metal exposure all affect his/her mineral system dynamics? Thinking in terms of mineral dynamics provides a fresh look at nutrition and health. Thinking in terms of mineral dynamics hits the bull’s eye for most people.