



Old Soul Nutrition

**HTMA SINGLE SESSION**

Hello! My name is Samantha Crawford. I am a Nutritional Therapy Practitioner, Chef, aspiring homesteader, and believer. I'm grateful to have the opportunity to share the benefits of HTMA (Hair Tissue Mineral Analysis), so let's dive deeper into everything you need to know because

*I can help you.*

I see you.

You're eating a well balanced, healthy diet. You keep up with your exercise daily, you're drinking your water, and you're taking your daily vitamins and supplements.

You've been on this personal health pursuit for years. It's not just about eating healthy to you, but adopting an entire lifestyle dedicated to optimizing your physiology.

But yet something just feels off. Your body doesn't function the way that it did in years past and you can't seem to put your finger on the problem.

Your nutrient dense diet and balanced lifestyle has set you up for success and all your healthy foundations are in place, and yet there's ongoing signs and symptoms that keep reoccurring for you.

Maybe you're missing that final piece to your puzzle.

Or you're looking for validation to those hormonal changes, food cravings, or chronic fatigue.

My friend, have you ever tried  
Functional Mineral Testing?

What is mineral testing?

An HTMA is a functional lab that tests mineral ratios, mineral relationships, and heavy metals in the cell (tissue) of your hair. From an HTMA test we can see how bioavailable your minerals are, how fast you are burning through minerals, if minerals are retaining in the body simultaneously causing toxicities & deficiencies, and if minerals are being displaced or outweighed by heavy metals.

Why do minerals matter?

Minerals are like the spark plugs for your body! Every single cell in your body requires minerals (in their proper ratios) to function. Our body can not make minerals so we need to obtain them through our diet. If your cells are lacking minerals or overburdened by heavy metals they can't properly produce ATP (energy). This test is great for folks that are lacking energy, feeling unmotivated, tired often, and dark, heavy bags under their eyes.

Serum Tests vs Hair Tests

I recommend hair tissue analysis because compared to serum (blood) tests, hair can show us mineral patterns that span a 2-3 month period whereas a serum test is just a snapshot in time. Blood tests are good for looking at extracellular (outside) terrain and hair tests are more useful for intracellular (inside) terrain. Heavy metals are stored inside the tissues making these tests more accurate for long term analysis.

What information can we see from an HTMA test?

- nervous system status (how well does your body respond to stress, are you nutritionally burnt out?)
- possible mineral/heavy metal toxicities causing emotional patterns or personality tendencies
- thyroid, liver, and adrenal function
- blood sugar status - how well you handle sugar & carbs
- immune system burdens/infections
- hormonal imbalances
- do you lack digestive enzymes or electrolytes?
- ...so much more!

## Signs & Symptoms of Imbalanced Minerals or Heavy Metal Burden

- chronic fatigue, trouble sleeping
- have recently gone through a stressful situation
- food cravings like sweets, chocolate, salt, junk food, fried foods, breads, or caffeine
- constipation, diarrhea, gas, bloating
- headaches or migraines
- ADHD/ADD, brain fog, trouble focusing
- weight gain in the hips/legs
- a history or childhood of eating processed, refined foods & conventional dairy
- hormonal changes
- anxiety, depression, frustration, resentment, emotional, irritable, or snappy reactions
- current use or history of hormonal birth control
- PMS

- thyroid imbalances (overactive or underactive)



I run HTMA's on all my 1:1 clients, but I also offer Single Sessions outside of my program. Here's everything that's included when you purchase an HTMA Single Session!

- **HTMA test & analysis** (\$299 value)- This is an at-home test! You'll prep your hair, cut a small section, and mail it to the lab yourself.
- **Initial Interview Questionnaire**- a comprehensive overview of your health history from birth, childhood, past generations, and your current season of health.
- **3 Day Food & Mood Journal**- you'll track your food, drinks, bowel movements, energy, mood, & daily movement.
- **NAQ Analysis**- 320 multiple choice questionnaire focusing on your body's current signs & symptoms. (initial interview, food & mood journal & NAQ combined value \$150)
- **Custom, bio-individual protocol** (\$200 value) with nutrition, lifestyle practices, & professional therapeutic grade supplement recommendations. **BONUS:** you'll have lifetime excess to my online Fullscript dispensary where you can purchase all supplements for 25% off!

## HTMA Single Session Investment: \$299

I collect payment through Check or Venmo.

Checks can be made out to Old Soul Nutrition.

My Venmo is @osnlc

This is one of the most affordable, comprehensive tests to collect useful information about your overall health. It's great for those looking to elevate their overall health or those looking for answers to long term health issues.

I always recommend a retest 6-12 months later to analyze progress and see how/where minerals are shifting in the body. There's no "finish line" to your health so ongoing monitoring and changes are where clients feel best served and supported.

You deserve to feel good NOW.

*My friend, I can help you.*

