

Trace Metal Analysis (TMA)

Center for Acupuncture & Oriental Medicine Inc.



Chronic metal imbalances may be an important factor in many degenerative diseases:

- * TMA to identify the cause.
- * Proper nutrition to correct the problem.
- * Prevent development of degenerative disease.

Causes of Trace Metal Disorders

- Diet
- Quality of food
- Preparation of food
- Digestion
- Excessive alcohol
- Weight loss fads
- Lack of exercise
- Anxiety
- Worry
- Trauma
- Surgery
- Drugs
- Smoking

TRACE METAL ANALYSIS OF HAIR HAS MANY ADVANTAGES.

- * No needles
- * Painless
- * Fast and easy
- * Permanent record
- * Historical record
- * No mess and less effort

Examples of Health Problems:

LOW LEVELS OF METALS:

- **CALCIUM:** poor bones and teeth
- **MAGNESIUM:** cramps, fatigue, PMS
- **ZINC:** infertility, impotency, low energy, high cholesterol levels
- **CHROMIUM:** Glucose intolerance, low energy, high cholesterol levels
- **COPPER:** poor vascular health, low thyroid function, high cholesterol levels
- **ZINC IN CHILDREN:** poor growth

HIGH LEVELS OF METALS:

- **MANGANESE:** anxiety, depression
- **COPPER:** mental disturbances
- **CHROMIUM:** bronchitis

Trace Metals Are Important

Trace metal levels and balance affect health and longevity. The metals are involved in every living function:

- | | |
|-------------------|-----------------|
| Energy Production | Immunity |
| Digestion | Sleep |
| Learning ability | Nerve function |
| Growth | Development |
| Sexual function | Muscle function |

EXPOSURE TO TOXIC METALS:

- **ALUMINUM:** dry mucous membranes, constipation, headache, colic, GI disturbance
- **LEAD:** loss of appetite, weakness, anemia, metallic taste, headache, joint pain.
- **MERCURY:** metal taste, excessive thirst, diarrhea, anorexia, fatigue, loss of coordination, dizziness
- **CADMIUM:** nausea, vomiting, diarrhea, headache, cough, emphysema, weight loss, hypertension