



Becca TEST

Hair Analysis (HTMA) Supplement & Lifestyle Protocol

Prepared by
Start date

Rebecca Yenchik, CNC, CMH, HTMAp on January 8, 2026
January 8, 2026

Focus

Supplements needed to support your current HTMA pattern until your next retest.

Hello Becca,

We are so happy you purchased a personalized supplement protocol for your hair tissue mineral analysis (HTMA). This is an important step, as your HTMA pattern indicates you need specific support to improve your health and overall well-being.

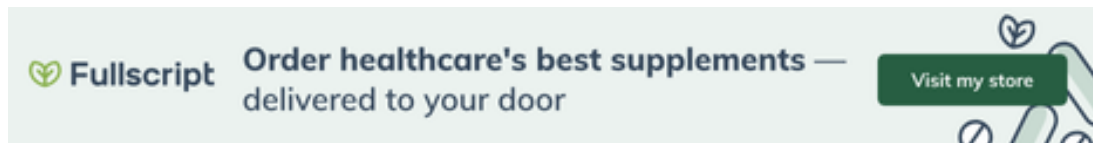
This protocol is tailored to your unique mineral needs. HTMA interpretation is a skill that takes many years to perfect. It is important to understand that your mineral intake and overall mineral patterns are taken into consideration—not just individual highs and lows. HTMA should never be interpreted at face value; it reads more like a puzzle, with each mineral influencing another.

The option to purchase a supplement protocol only was created for those who simply want to “cut to the chase” and know exactly what supplements to take for support. This option is ideal for some, but not for others. If you feel you need a deeper understanding of your results or have questions beyond what to take, we offer several consultation options that can be purchased to further address your concerns.

Hair tissue mineral analysis (HTMA) is a critical step in rebuilding your body's mineral foundation. Often, along one's healing journey, additional testing—such as GI-MAP stool testing or DUTCH hormone testing—may be needed. We offer these services and more on our website at www.evenbetternow.com.

USE OUR SUPPLEMENT DISPENSARY

To simplify your shopping experience, we are now partnered with **Fullscript**. Fullscript is an amazing way to get your supplements reliably, authentically, and at a discount. You are **automatically emailed an invitation** to join our Fullscript dispensary where you can easily purchase all your supplements.



Trace Nutrients Supplements by Trace Elements Lab can be sourced on our website at [Evenbetternow.com](https://www.evenbetternow.com). Remember to use the returning customer code **EBN5PERCENT** at the checkout to receive 5% off your order and free shipping.

ALLERGEN ALERT:

Although we do utilize high quality supplements, we make no claims that the supplements listed for suggested use are vegan/vegetarian friendly, Kosher (Halal certified), gluten free, or free of other allergens. Supplements listed may or may not be processed in facilities that process peanuts, gluten, or other allergens. If this is a critical factor for you or you have known allergies, please use caution and contact the supplement manufacturer for complete allergen information.

Some information for the Trace Nutrients supplements – which are hypoallergenic, can be found [here](#) and [here](#). For further information, you may call the lab at 1-800-824-2314.

ABOUT THE LIFESTYLE SUGGESTIONS LISTED BELOW

I have included many lifestyle suggestions for exercise, detoxification, digestion, and stress management that you might find helpful. **It is not necessary to do everything listed.** I do highly recommend giving your liver some extra love. Often when the body is dysregulated, it needs more helping getting the liver to clear properly. This is especially true for women who often need more support because of their intricate hormone balance. Working with minerals will go a long way to help your liver get moving but a little TLC is great for everyone when it comes to the liver!

FEEDBACK

If you would like to leave feedback about your supplement protocol, you may do so by clicking this [link](#).

Please don't hesitate to reach out via the chat or message in Practice Better if you have any questions, concerns, or updates!

We hope you find the protocol listed below helpful. Should you need further assistance, please reach out to us through your client portal or email our admin team at admin@evenbetternow.com.

Best Wishes In Health!

The Evenbetternow Team

DISCLAIMER: This follow-up summary is not medical advice.

This follow-up summary is to provide you with a brief overview of your HTMA and is for health education purposes only. Any recommendations you choose to follow in this follow-up summary should be used at your own risk. Evenbetternow, LLC and its practitioners are not liable for the outcome or results of following our suggestions or that of any other practitioner/protocol.

Questions pertaining to dosages, side effects from supplementation, increase or new appearance of symptoms, detox reactions, or any concerns/questions directly related to your health or bodily changes should be deferred to your doctor, midwife, naturopath, or medical professional. If you need access to holistic support you are welcome to connect with [Hannah Cherney, MSHN, HTMA](#), who is on staff at Evenbetternow and can provide further insight, further testing options, or additional support in achieving your health goals with her [Holistic Health Consultation](#).

Food Recommendations

Foods to Include

Adrenal Cocktail Recipe

Supporting the adrenals is necessary to help relieve headaches, dizziness, poor sleep quality, and fatigue. You can easily mix this up once or twice a day.

Adrenal Cocktail Recipe:

8oz. coconut water
1/4 tsp. of sea salt

OR

4 oz. orange juice
1/4 tsp. cream of tartar
1/4 tsp. of sea salt
4 oz. of water

You can use other beverages as long as it is potassium rich - contains at least 375 mgs. of potassium. I suggest always keep the sea salt at 1/4 tsp.

Aim for calcium foods daily! 1000-1200 mgs a day.

Fill your diet with dairy products - low fat, cooked leafy greens, sardines with bone, canned salmon with bones, and bone broth are all good food sources.

Hit your potassium food intake daily - 4000-5000 mgs. a day!

Potassium is a critical mineral for creating energy! Make sure your diet is high fruits and veggies like watermelon, cantaloupe, berries, apricots, peaches, white/sweet potatoes, and squashes. Dairy, red meat, and legumes can help too.

Supplements

BroccoMax

Jarrow Formulas, 120 capsules

2 capsules / With breakfast

Take 2 with breakfast to support your liver.

Digestive Enzymes Ultra w/ Betaine

Pure Encapsulations, 180 capsules

2 capsules / With breakfast; With lunch; With dinner

Take 2 with every meal.

Liquid Calcium Magnesium Orange-Vanilla 2:1

Integrative Therapeutics, 480 Milliliters

1 tablespoon / Twice per day (With lunch; With dinner)

Take 1 tablespoon with lunch and 1 tablespoon with dinner.

Multiple Mineral liquid concentrate

Eidon, 60 Milliliters

30 drops / Upon rising

Take 30 drops once a day in water or juice.

Zinc Bisglycinate 15mg

Thorne, 60 capsules

1 capsule / With dinner

Take 1 capsule with dinner.

Lifestyle Recommendations

Castor Oil Packing - Liver

Castor oil packing has been around a long time and the benefits for improved bile flow, lymph movement, improved gut health, and help with hormone balance are remarkable! These are gently enough for the elderly, children, women, and men. You really cannot over do them. Some feel they sleep better and even sleep with a castor oil pack on. The only time not to do a castor oil pack is during menses or if pregnant. For more information see here: <https://www.purelyrootednutrition.com/post/the-magic-of-castor-oil-packs>.

Clay Bath Soaks

Suggest using once a week or every 10 days for detox. See full details here: <https://www.evenbetternow.com/bentonite-clay-bath-instructions.php> on how to do a clay bath.

These are fabulous for everyone. Especially kids! For those that struggle with other detox practices, these are easy and effective. Great for metals, viruses, toxins, and improving overall health.

Order at:

https://www.evenbetternow.com/proddetail.asp?prod=EBN_bentonite_detox_clay_baths

Get to bed by 10 pm.

Getting to bed early can help you catch up on ZZZs. Each hour slept before midnight is like sleeping 2 hours!

Supplement Chart

Supplement	Upon rising	With breakfast	Mid-morning	With lunch	Mid-afternoon	With dinner	After dinner	Before bed
BroccoMax Jarrow Formulas, 120 capsules		2 capsules						
Digestive Enzymes Ultra w/ Betaine Pure Encapsulations, 180 capsules		2 capsules		2 capsules		2 capsules		
Liquid Calcium Magnesium Orange-Vanilla 2:1 Integrative Therapeutics, 480 Milliliters				1 tablespoon		1 tablespoon		
Multiple Mineral liquid concentrate Eidon, 60 Milliliters	30 drops							
Zinc Bisglycinate 15mg Thorne, 60 capsules						1 capsule		