

HEALING RECLAIMED BY ROCHIE

The Mineral Repair Blueprint

Your HTMA kit is on its way — and that means your answers are coming. While you wait, this guide gives you something real to work with right now. Four focused sections to help you prep your sample correctly, start supporting your minerals today, and nourish your adrenals with food that actually moves the needle.

Before You Take Your Sample

A few simple steps before collection ensure your results reflect your true mineral status — not interference from products or treatments. Review these ahead of time so nothing catches you off guard when your kit arrives.

Biotin Supplements

Stop biotin (Vitamin B7) supplements **3–5 days before** collecting your sample. Biotin can interfere with accurate mineral readings.

Hair Treatments

Note any recent hair treatments — **bleaching, perming, or relaxing**. These affect mineral content in the hair shaft and should be disclosed on your form.

Medicated Shampoos

Avoid shampoos containing **zinc pyrithione** (e.g. Head & Shoulders) for **1–2 weeks** before sampling. External zinc deposits skew results.

Chlorinated Pools

Skip chlorinated swimming pools for a **few days** before collecting. Chlorine exposure on the hair can distort mineral readings.

One Supplement Worth Starting Now

You don't need a full protocol before your results arrive. But if there's one supplement that supports almost every woman in mineral depletion, it's **Omega-3 fatty acids**.

Why Omega-3s Matter

- **Reduces inflammation** that amplifies mineral depletion throughout the body
- **Supports cell membrane health** so minerals can actually enter your cells
- **Helps regulate cortisol** and dampens the stress response cycle
- **Supports mood and nervous system** — the system exhaustion hits hardest

How to Take It

Suggested dose: 2-4g EPA/DHA daily, taken with a meal for best absorption.

Look for a high-quality fish oil or algae-based omega-3 that specifies EPA and DHA content on the label — not just "fish oil."

- ❑ If you are pregnant or breastfeeding, check with your healthcare provider before starting any new supplement.

Macro Support for Mineral Recovery

Before your results guide a targeted protocol, the foundation is the same for every woman: stabilize blood sugar, reduce cortisol triggers, and give your body the raw materials to rebuild. These three macros are where it starts.

Protein — 25–35g Per Meal

Eat within **1 hour of waking** to anchor cortisol and blood sugar from the start of the day. Protein provides the amino acid backbone for enzyme and hormone production.

Healthy Fat — Every Meal

Fat is not optional — it is **essential for mineral absorption and hormone production**. The adrenal glands rely on cholesterol to make cortisol, DHEA, and sex hormones.

Complex Carbs — Every 3–4 Hours

Skipping carbs stresses already taxed adrenals. Complex carbs **keep blood sugar stable** and prevent the cortisol spikes that drain your mineral reserves further.

Recipes + The Adrenal Cocktail

Simple. Nourishing. Built around what your adrenals and minerals actually need. These aren't complicated recipes — they're practical combinations that work together to support your body right now.

Three Simple Meals

1

Breakfast — Adrenal Support Bowl

Scrambled eggs in butter · Sliced avocado · Wilted spinach · Fresh berries · Pumpkin seeds

Rich in protein, healthy fat, potassium, zinc, and magnesium to start the day grounded.

2

Lunch — Mineral Recovery Plate

Grilled salmon or chicken · Quinoa or roasted sweet potato · Mixed salad greens · Olive oil dressing · Pumpkin seeds

Provides sustained energy with complex carbs and protein to prevent afternoon cortisol crashes and support mineral replenishment.

3

Dinner — Simple Mineral Plate

Palm-sized protein · Roasted sweet potato · Leafy greens · Drizzle of olive oil and fresh lemon

Balanced, anti-inflammatory, and easy to prepare even on low-energy evenings.

The Adrenal Cocktail

A simple, targeted drink that delivers **sodium, potassium, and vitamin C** — the three nutrients your adrenal glands burn through fastest under stress.

4 oz **orange juice** or coconut water

4 oz **water**

¼ tsp **cream of tartar**

1/2 tsp **Celtic sea salt** (sodium + trace minerals)

Best times:

- **Mid-morning (10–11am)** — when cortisol begins its natural drop
- **Mid-afternoon (2–3pm)** — to support the afternoon energy crash

Do not take this first thing in the morning — it can interfere with your natural cortisol awakening response.