

There is no "one-size-fits-all" supplement. What works for one person may be irrelevant or wrong for someone else

Excess copper is stored in tissue, not blood.

One can be copper 'toxic' and yet deficient in "available" copper at the same time

It is never "just about copper". One should not assume copper to be the only (or even main) issue. Likewise, not all CT symptoms come directly from copper. Taking supplements that stir up copper can backfire if that mobilized copper can't leave the body. Elimination channels must be open and bile (the main route of copper excretion) must be flowing in order to minimize detax reactions. Begin by supporting motility, bile, liver, Infrared sauna therapy & coffee enemas can further support detox...

SUPPORT Resources for Detoxing Copper:

Complete guidance: www.coppertoxic.com/healing

Why you don't "just take zinc":

https://www.mineralsandhealth.com/copper-detox-zinc

Education program on CT, minerals, metals, and detoxing: www.MineralMasterv.com

Support Detox Pathways

Detoxing and 'healing' involves many layers. Beginning with an HTMA and using targeted nutritional support can be powerful, but there is so much more involved...

What nutrients you put in your body is only one step. What you surround vourself with - your Environment, Exposures, Energies, Education, Beliefs, must also be looked at and equally addressed.

More SUPPORT:

Interactive book to help you heal body AND mind: www.mineralsandhealth.com/thehealingworkbook

Far beyond "just HTMA", our Silver/Gold/Platinum packages provide full 360 mind/body/spirit support www.mineralsandhealth.com/order

Kirby's 90 Day CT Healing Program also addresses mind/body/spirit: www.mineralsandhealth.com/coppertoxicitysurvival

Examine Beliefs &

Environment

Remove sources of exposure

Obvious sources of excess copper exposure, such as the copper IUD, old copper piping for drinking water, and exogenous estrogen exposures, should be removed, otherwise detoxing will be 1 step forward and 1 step back.

Learn / **Educate**

One of the most important things you can do to support your healing and find clarity is to learn as much as you can about copper toxicity.

www.CopperToxic.com is the leading education, research, and support site for copper toxicity. From causes to symptoms, 50 years of research, important books written on the topic, detailed guidelines for healing and detox... it's all available there!

Additional LEARNING Resources:

"Navigating Copper Toxicity" (free eBook) is available at: www.mineralsandhealth.com/ coppertoxicityebook

Other important books written about CT: www.coppertoxic.com/books

www.MineralMasterv.com is the original online course bringing copper toxicity (and mineral-based health) education to both practitioners AND the public...including specific considerations for detoxing copper.

Kirby Amour, who struggled with CT for years, shares her 90 Day Healing Program to teach and help support other women at www.mineralsandhealth.com/coppertoxicity survival

Get **Tested**

Copper gets stored in tissue. not blood. A blood test can show low or normal copper. even with copper toxicity. Likewise, a high blood copper level does not always mean copper toxicity. A properly assaved HTMA (Hair Analysis) remains the best test easily available for people to get a better understanding of copper and its effects on the body.

There are numerous types of "hair analysis" on the market. Not all are suited for the purpose of understanding copper toxicity. TEI and ARL are the two leading labs that pioneered the HTMA research into copper toxicity and which follow all proper testing protocol **SUPPORT for HTMA Interpretation:**

www.MineralsandHealth.com

www.CopperToxic.com

Complete Roadmap for Addressing (Detoxing) Copper Toxicity

Professional Test Interpretation & **Supplement Guidance**

HTMA tests need to be professionally interpreted. Saving money by just ordering a test and reading it oneself so commonly ends up creating unnecessary panic & confusion.

Among other excellent practitioners, all the expert presenters at www.HTMAvirtualsummit.com have many vears experience specializing in HTMA interpretation as well as copper toxicity. As co-founder of the summit, as well as founder of CopperToxic.com, Rick Fischer has been providing HTMA education and interpretation for years. In addition to supporting clients in clinical practice, as an industry leader Rick has helped train hundreds of practitioners in mineral-based health and the application of HTMA.

HTMA consultation & personalized HTMA-based wellness programs: www.MineralsandHealth.com

Targeted Nutrient Support

Nutrient & supplement support should be specific to the individual. What helps one person may be irrelevant, even harmful. to someone else. Healing is NOT "just taking zinc or zeolite" or some latest magic-bullet supplement! HTMA data, along with symptoms, provides a basic roadmap for guidance. Adjustments will need to be made based on one's genetics, medications, sensitivities, detox efficiency, other priority imbalances, etc. Key nutrients that "may" be considered: Vit A, B6, Č, Molybdenum, Chromium, Sulfur, Magnésium, Zinc, HCl, Potassium, Manganese... but it's **NOT one-size-fits-all!**

Beware of Pitfalls

Many factors & misconceptions have increased the challenge of bringing people clarity on C.T, while keeping others stuck with their progress. Look out for these common pitfalls.

Groups, articles, protocols, practitioners /!\ that promote "one-size" suggestions. Such suggestions have greatly added to confusion as they tend to ignore the many BIO-INDIVIDUAL factors that need to be considered with C.T.

/!\Taking supplements based on guesswork or "what someone else did", posting HTMA charts on Facebook for advice, etc... Anxiety (already high with CT) gets further fueled by the confusion in some groups, and people guessing at HTMA interpretation just adds to confusion. Find clarity, (and peace), working with an experienced professional.

/ Intense exercise or stress while detoxing. This can induce unpleasant copper dumping reactions

Ordering the wrong type of "hair analysis". Not all types are suited for copper toxicity!

While the HTMA is an informative and cost-effective screening test for minerals & metals,

you may need further testing to get to the root of more complex cases.

Consider functional tests such as GI-MAP (for gut), DUTCH (for hormones), KPU test (to rule out possible pyroluria), MycoTox (for mold) or genetic testing (including methylation) for more insight into detox impairments.

Relying on practitioners that only look at blood while dismissing cell / tissue levels (HTMA). Likewise, not all holistic practitioners are adequately trained to understand HTMA (or CT)

Assuming the issue is only copper: The IUD is not the only cause of CT, and so just removing the IUD does not guarantee the body will automatically rebalance itself. Likewise, excess copper creates other imbalances which cause symptoms, and so hyper-focusing on just detoxing copper ignores those other imbalances, along with potential exposures to mold, other toxins, etc.

Assuming that just doing an HTMA or taking supplements is all one needs to do to feel better or heal. While those steps can be extremely important, they are only one layer of the onion... see point #9...

Further SUPPORT Resources:

Copper "Dumping" Explained: www.coppertoxic.com/healing Nutrient SUPPORT Guidance: Challenges with Healing: www.coppertoxic.com/challenges-healing www.coppertoxic.com/healing Anxiety Support: https://mailchi.mp/143ac31c78fb/overcome-anxiety

SUPPORT Site for HTMA Testing:

After witnessing the heartbreaking effects of copper toxicity in a loved one www.CopperToxic.com was founded in 2014 by Rick Fischer in order to increase awareness bring this research to the world and improve support for those affected. Since then CopperToxic.com, along with Rick's leadership in HTMA and mineral-based health education (including that taught through the ground-breaking Mineral Mastery program), has provided an educational foundation and key influence to countless practitioners who now offer copper toxicity & HTMA support, while also giving a voice to millions affected - helping people today more easily connect the dots.

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Further Testing