

HERE IS THE PROCESS

Step #1:

We send some of your hair to the lab for analysis. This is a lot less painful than having blood drawn!

Step #2:

Receive a hair and mineral test showing 21 minerals and 5 toxic chemicals.

Receive a 32-page customized bio-chemistry booklet that details all of the mineral imbalances and toxic chemicals, currently present in your body and what symptoms are associated with them.

By getting your results back, you will gain a much deeper understanding of the root causes and actual reasons behind your symptoms.

You'll also receive:

- Customized food plan and supplement recommendations
- Specific emphasis on what foods to eat and what foods to avoid
- 1-hour consultation to review results, discuss lifestyle changes, and create a health plan of action

Step #3:

Order your customized supplements, which are geared to rebalancing your biochemistry, rebalancing your minerals, and removing toxic chemicals from your body.

Review your food plan and make the necessary changes.

Once you have your biochemical baseline, you will redo a hair and mineral test within 4-6 months to assess your progress and monitor the changes in your symptoms.

Getting retested is critical to ensuring your minerals are being balanced in the correct way and that your body is discarding the toxic chemicals correctly.

What Our Clients Say



"I was awakened to the connection between toxic chemicals, mineral imbalances and mental health. Who knew? I eat very well and I was truly shocked to see how many toxic chemicals and mineral imbalances I had in my body. Maggie is truly the expert and I highly recommend working with her."

Dr. Wayne Dyer, Internationally Renowned Author and Spiritual Speaker



"Hair and mineral testing with Maggie pointed the way to some powerful biochemical solutions for me, and I began a regimen of supplements and detoxification. As a very busy and ambitious entrepreneur, this was extremely helpful in assisting me to find balance in my physical being. Numerous "mindset shift" sessions with Maggie proved to be a powerful ally in eliminating some major blockages in 'how I was doing in life'. Thank you, Maggie – you are amazing!"

Susan Crossman, Book Coach & Book Editor



"For several years, I have been struggling with chronic exhaustion and lack of productivity. I was shocked to see how many toxic chemicals and unbalanced minerals I had in my body. Since following the supplementation protocol, I have so much energy, drive, focus and motivation now. I have just returned from Thailand and expect to travel again, in the very near future. Without Maggie's level of education, knowledge, and expertise – there is no way I would be living like this now!"

Vee Ghandi, IT Project Manager

Maggie Maier



FINALLY getting to the root cause of:

- ✓ Fatigue
- ✓ Stress
- ✓ Unwanted Weight Gain
- ✓ Moodiness / Anxiety
- ✓ Memory Loss

With one simple test...

From Canada's Natural Healing and Detox Expert

Maggie Maier
www.maggiemaier.com



83 McGibbon Drive, Kanata



613-790-8645



maggie@maggiemaier.com



www.maggiemaier.com



[@maggiemaierhealth](https://www.instagram.com/maggiemaierhealth)

Constant fatigue, no matter how much sleep you get?

Spiraling with constant negative thoughts or worry?

Anxiety making you feel tight in the chest or with an unsettled stomach?

Inability to lose weight – no matter how disciplined you are with food and exercise, that belly weight just refusing to budge?

Having ‘tip of the tongue’ moments where you just can’t find the right word or are unable to remember certain details?

Despite reducing your stress load, increasing sleep, taking medications, and even meditating, you continue to struggle?

Perhaps you have been told the following:

- Your symptoms are a normal part of aging
- You need medication to manage your symptoms
- Or you go to a doctor, and your tests show a perfect bill of health, but you are still struggling and it’s NOT in your head!

But what if I told you the real root cause has been ignored?

What modern medicine has failed to tell you:

- A) the VITAL role minerals play in optimizing your body’s day-to-day functioning
- B) The damaging effects of everyday chemical exposures on the brain and body

DID YOU KNOW

- ? Low levels of potassium can be causing your chronic fatigue or lack of focus?
- ? Low levels of magnesium can result in depression and fibromyalgia?
- ? Imbalanced mineral levels can contribute to thyroid and hormonal issues including moodiness, weight gain and belly fat?
- ? High levels of copper can be associated with anxiety and insomnia?
- ? High levels of aluminum can contribute to memory loss and even Alzheimer’s?
- ? Even small amounts of mercury can result in insomnia and neuromuscular issues such as tremors?

Most of my clients have come to me having tried it all, yet find themselves still stuck and unable to overcome their persistent symptoms.

Sound familiar?

This is why it’s crucial for anyone looking to improve their health to get a detailed, customized profile of their current mineral and toxic chemical imbalances.

For over 20 years, with my certification in Nutritional Balancing Science and detoxification expertise, I have conducted thousands of hair and mineral tests for my clients, around the world!



“Before working with Maggie, I was exhausted and unmotivated. Today, I am so much more energized, focused and productive. Eating the right foods for my bio-chemistry and taking the customized supplements have made all the difference. I have energy to work in my business all day, with lots left over to go to the gym, work in my garden and spend time with my family.”

Ingrid Silver, Entrepreneur & Artist

What’s a hair and mineral test?

A hair and mineral test develops a metabolic blueprint and reveals how your body is responding to stress.

It tests for 21 minerals and 5 toxic chemicals.

It will test for:

- Your body’s perceived stress level
- Oxidation: which can result in either exhaustion or excessive mental chatter
- Inflammation: which can result in weight gain or chronic pain
- Energy production: which can result in overwhelm, anxiety, and stress
- Hormonal imbalances: leading to difficult menopause and weight gain

What’s the difference between a hair test and a blood test?

Hair testing is considered the tissue of choice by the Environmental Protection Agency (EPA) in determining toxic metal exposures.

A blood test will only show 30 days of exposure to a toxic chemical or mineral. A hair test will reveal 3-4 months of exposure information.

For example, after 30 days, a blood test is unable to detect lead as it has gone into the bones. However, a hair test will be able to detect that same lead for months afterward.

A hair test is more effective at predicting potential problems or diseases long before the symptoms are even felt.