

Since launching the [www.coppertoxic.com](http://www.coppertoxic.com) website in 2013 to increase awareness, it's wonderful to see the increasing number of practitioners now adding copper toxicity support to their services. Like with any profession though, there are those starting out trying to make a name for themselves, and other practitioners with much more experience. This page is provided to assist those looking for a qualified practitioner.

**Here are some general questions you might ask of anyone you're considering working with, or learning from, regarding copper toxicity. They should have no hesitation in answering any of these basic questions:**

- *Do you use HTMA?*
  - *If so, are you using one of the top labs that specialize in HTMA, either TEI or ARL?*
  - *What is your training in HTMA interpretation / how many years have you studied HTMA?*
  - *How many HTMAs have you interpreted? (HTMA interpretation is highly complex and takes years of experience and practice to master. Just being 'certified' in HTMA is not qualification enough. Have they worked on 100s of HTMAs? Anything less than 100 would still be considered apprenticeship/learning).*
  - *Does your experience allow you to interpret HTMA data from a wide range of labs & formats?*
  - *Is your service focused more on automated reports? (Personalized interpretation of HTMA is key!)*
  - *When reviewing charts, what factors do you consider that cause mineral loss patterns, and do you consider how these loss patterns influence the interpretation of charts?*
  - *How are you addressing the effect of medications on a person's mineral chart?*
- *How many years of experience do you have specifically working in practice with other copper toxicity patients?*
- *How are you measuring, and addressing, the other mineral imbalances that excess copper leads to? (It's never just about trying to 'detox copper' by itself)*
- *Do you promote one-size-fits-all suggestions or a group approach, or is your approach paying careful attention to each patient's unique bio-individuality?*
- *Are you well versed in how mineral imbalances such as a calcium shell, zinc deficiency, excess copper, high Na/K ratio etc can affect mental health? What is your training in this regard? Who were you trained by?*
- *How do you adapt your treatment protocol between hidden copper toxicity and overt (clear) copper toxicity?*

Specializing in copper toxicity for near a decade, I've personally worked with thousands of patients and have trained many of today's practitioners. While I continue to work with new clients, there are certainly other excellent practitioners out there for you to choose from as well. I am familiar with most of those who'd be considered as qualified. However, I am also aware of some who are making claims of healing or who promote HTMA services that I think warrant a lot more caution. I've dedicated my career to advancing education and awareness in copper toxicity, and as I see many practitioners that still don't fully understand copper toxicity or HTMA, I deeply care that people receive correct advice and guidance.

Whoever you choose to work with, make sure they are truly experienced. How they answer the above questions should tell you a lot. Also remember, most HTMA practitioners are well equipped to work remotely. In that sense, more important than geographic location is working with whomever you feel most comfortable with.

Wishing you success in your healing journey.

*Rick Fischer*

[www.CopperToxic.com](http://www.CopperToxic.com)

[www.MineralsandHealth.com](http://www.MineralsandHealth.com)