

TOP 10 INSIGHTS FROM

Mineral & Heavy Metal Testing

Understanding your mineral and heavy metal status helps you decode hidden patterns in fatigue, mood, thyroid balance, and metabolism. Knowledge is empowerment.



By Dr. Joni Labbe, DC, CCN, DCCN, FCCN
ThyroSisters™ Functional Health Programs



1. *Magnesium*

THE RELAXATION MINERAL

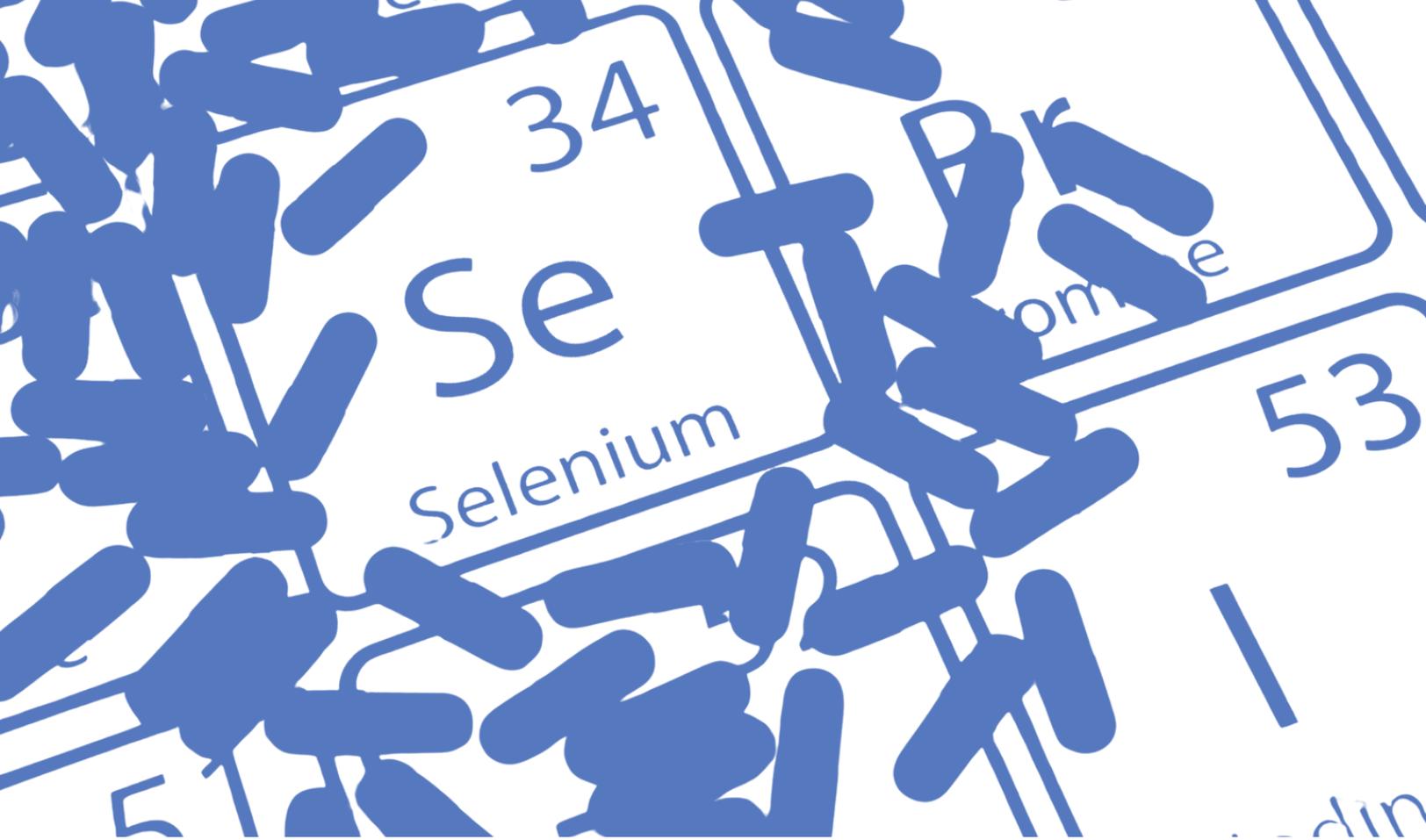
Supports over 300 enzymatic reactions, including thyroid hormone conversion ($T4 \rightarrow T3$). Low levels cause fatigue, muscle tension, and sleep disruption.



2. *Zinc*

THE IMMUNITY & HAIR MINERAL

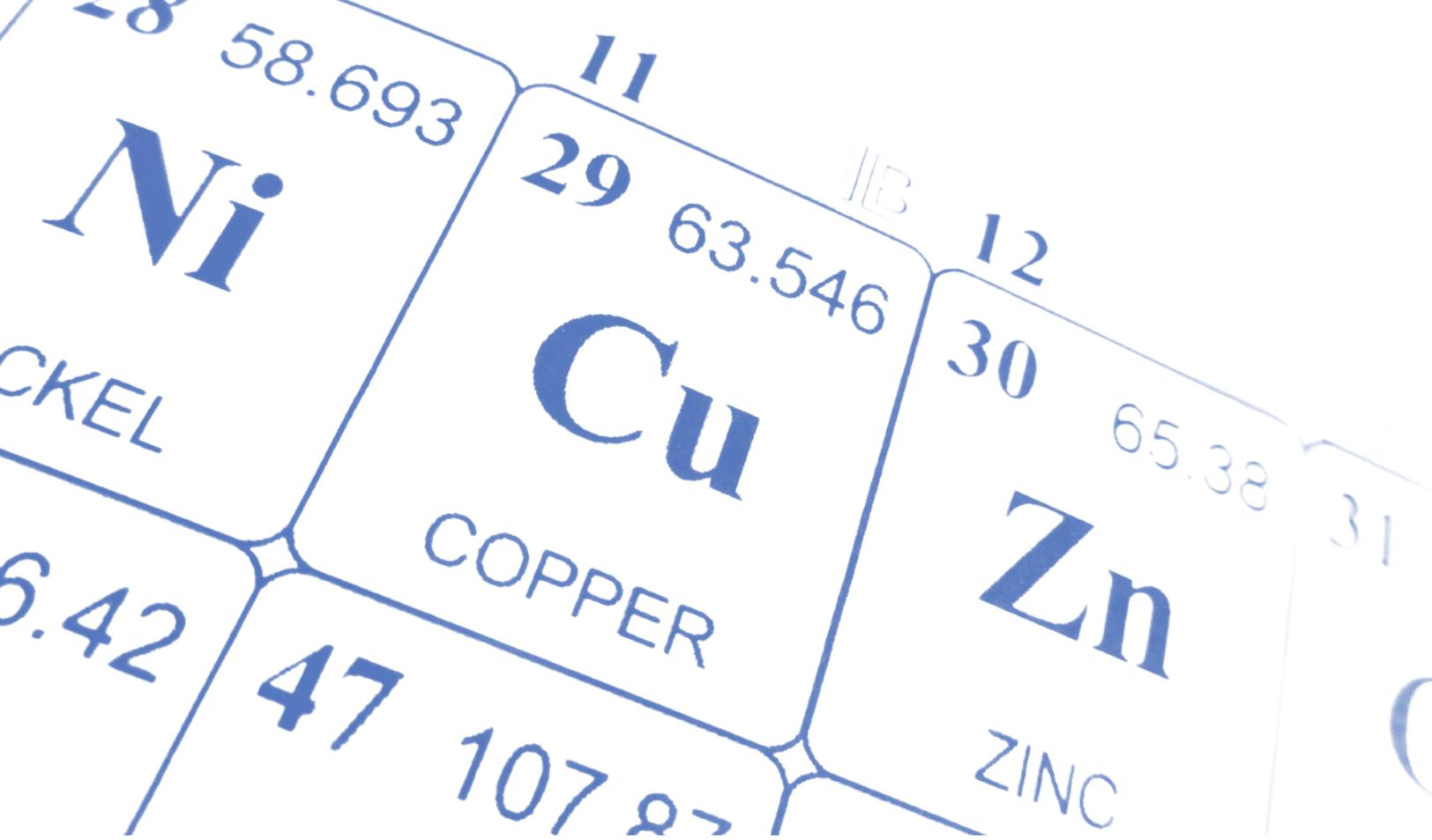
Critical for immune balance, hormone receptor sensitivity, and hair growth. Deficiency can blunt thyroid signaling and slow wound healing.



3. *Selenium*

THE ANTIOXIDANT PROTECTOR

Neutralizes oxidative stress inside the thyroid gland and supports antibody reduction in autoimmune thyroiditis.



4. *Copper*

THE ENERGY CONDUCTOR

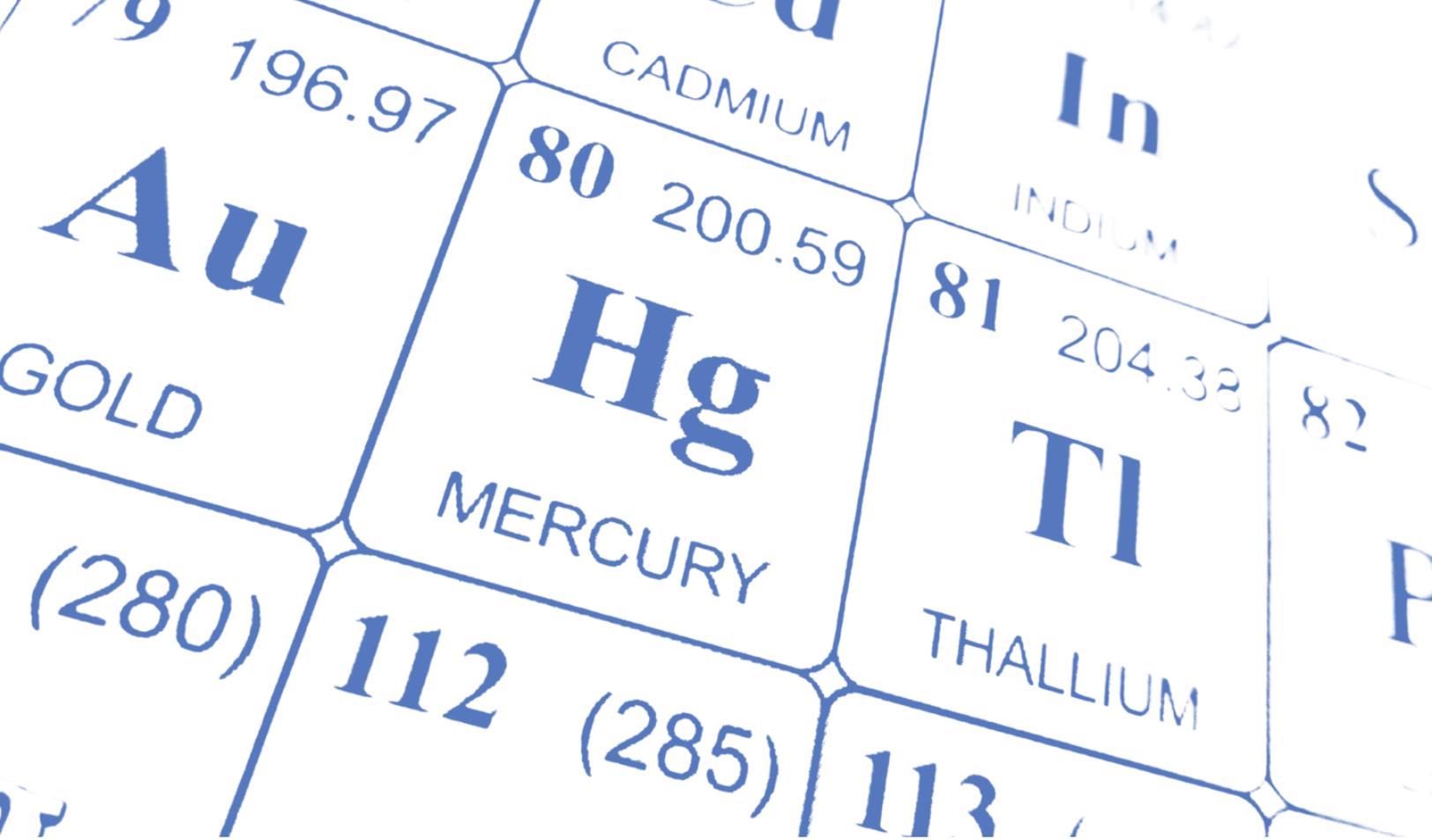
Partners with zinc for balanced oxidation and neurotransmitter synthesis. Low copper can contribute to fatigue; too much creates anxiety or estrogen imbalance.



5. *Iodine*

THE HORMONE ARCHITECT

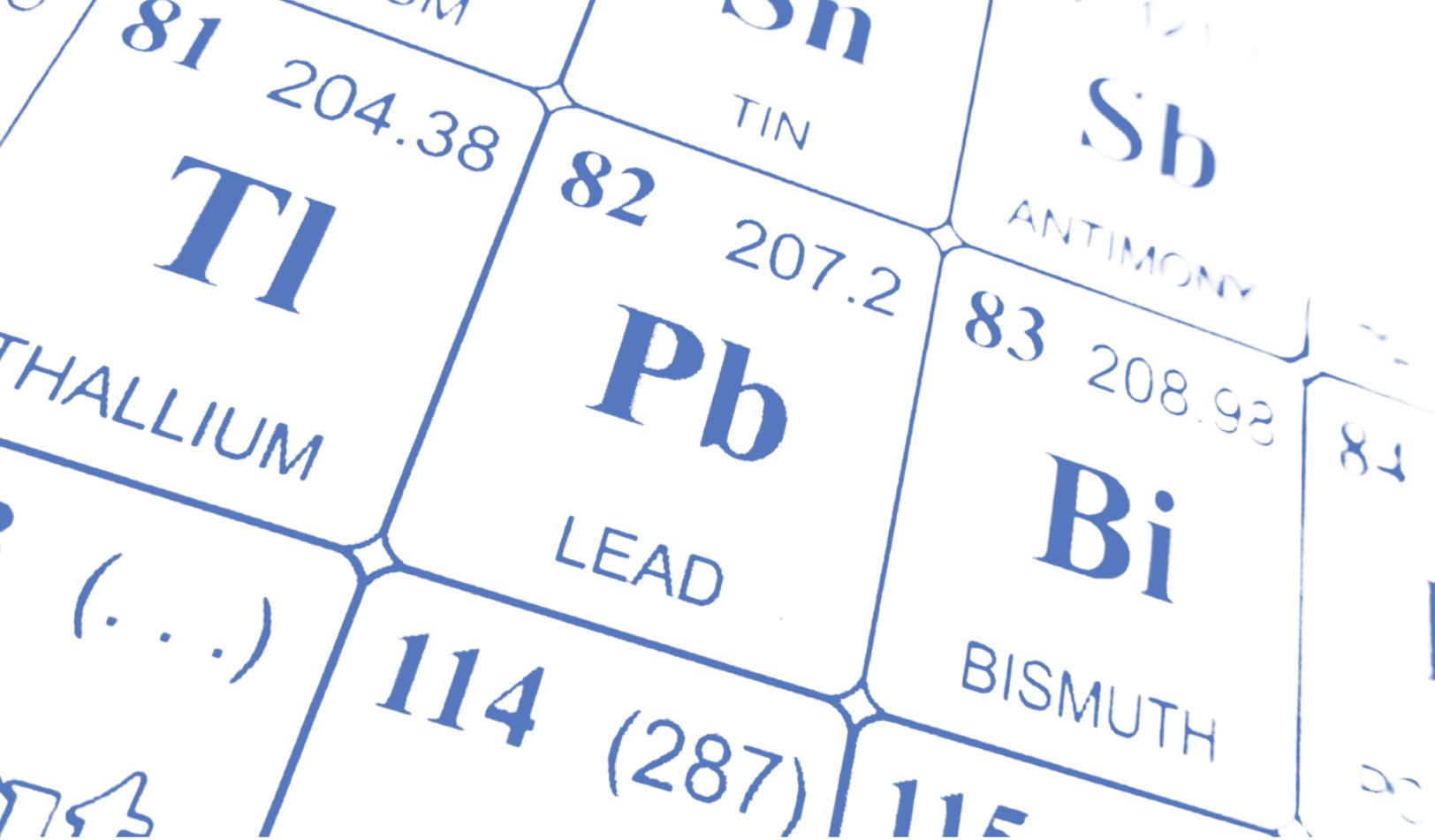
Forms the backbone of thyroid hormones T3 and T4. Both deficiency and excess disrupt metabolism, energy, and mood.



6. *Mercury*

THE HORMONE HIJACKER

Commonly found in seafood and dental fillings. Interferes with selenium and thyroid enzymes, impairing detoxification and cognition.



7. *Lead*

THE ENERGY THIEF

Stored in bones, lead displaces calcium and magnesium, reducing mitochondrial energy and contributing to fatigue and mood swings.



8. *Aluminum*

THE HIDDEN IRRITANT

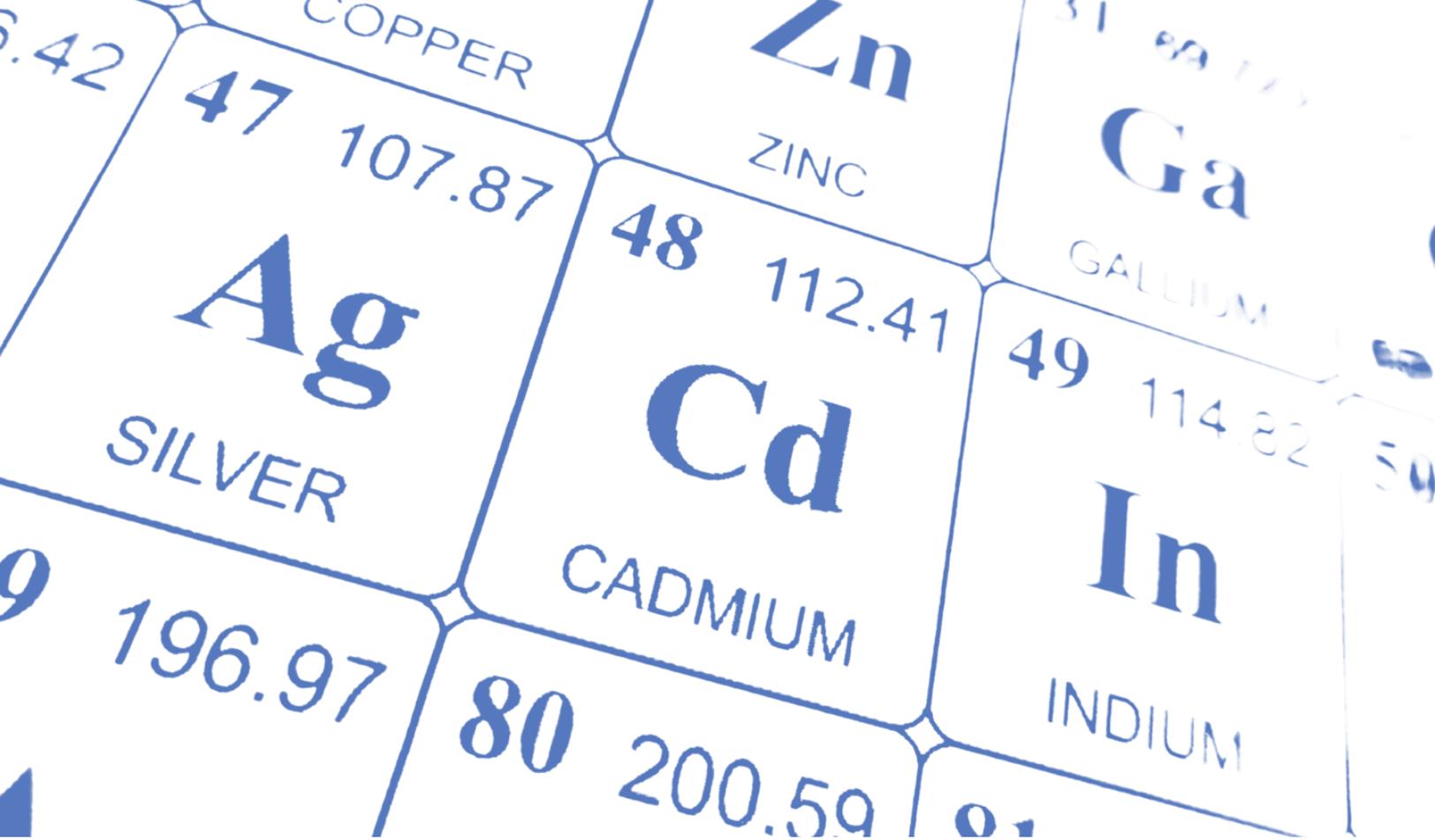
Found in cookware and deodorants. Accumulates in brain tissue, linked to cognitive fog and reduced neurotransmitter efficiency.



9. *Arsenic*

THE ENDOCRINE DISRUPTOR

Can appear in rice and groundwater. Interferes with insulin signaling and weakens immune and thyroid pathways.



10. *Cadmium*

THE CELLULAR BLOCKER

Often from cigarette smoke or industrial exposure. Displaces zinc and iron, leading to fatigue, hair loss, and hormonal imbalance.

How to Apply This Knowledge

These insights aren't meant to diagnose — they empower you to ask better questions and take informed action. Minerals build resilience, while detoxifying metals restores clarity, energy, and hormonal balance. If you've ever wondered what your energy, sleep, or mood are trying to tell you, this is where awareness begins.

Click here to schedule your complimentary ThyroSisters™ Discovery Call and let's uncover what your minerals (or lack of) may be revealing about your vitality and resilience.

In Great Health,

Dr. Joni Labbe, DC, CCN, DCCN, FCCN
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Health Programs



Where Science Meets Soul

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