RCMW
ROOT CAUSE METHOD WELLNESS

THE ROOT CAUSE YEAR · DURING PREGNANCY

Know your minerals, *nourish with food*

Steady testing, food-first guidance and real accountability through every trimester



A NOTE FROM ME

Hi friend, I'm Brooke

Congratulations, mama! Pregnancy is such a special season, and it's also one where your body is doing more than it ever has. It's normal to wonder if you're eating enough of the right things, or why you feel so drained.

During pregnancy, everything I do is **food first**. Your hair test shows which minerals are running low and how your patterns are trending, so we can lean into the right foods for you, not a generic list. If your results point to a specific mineral, any supplement stays small and is always discussed with your OB or midwife.

We'll retest about once a trimester, check in every month, and you can text me when questions come up at 10 PM. You don't have to figure this out alone.

Brooke Brooke Gonseth, MNBP · Mineral-Nutritional Balancing Practitioner

WHY THIS SEASON?

Your needs change from trimester to trimester, and how you feel doesn't always tell the whole story. Testing shows trends early, so you can respond with food and rest instead of waiting until you feel depleted.

WHAT WE FOCUS ON TOGETHER

- Protein and steady blood sugar, especially on nausea days
- Sodium and potassium foods for your growing blood volume
- Calcium, magnesium, iron, zinc and choline from real food
- Rest, stress and a calmer daily rhythm
- Lowering everyday toxic exposures

Know, don't guess

Your plan is built on your own results, not trends or a friend's supplement list.

A plan that moves with you

Every 90 days we retest and update, so your plan keeps up with your body.

Someone in your corner

A call every month (4 test reviews + 8 check-ins), plus text and email support.

Please read: Educational only, not medical advice. HTMA is an educational screening tool and is not meant to diagnose, treat or cure any condition. I work alongside your doctor, OB or midwife, never in place of them.

WHAT YOUR TEST SHOWS

Your hair holds a *3-month story*

Hair tissue mineral analysis (HTMA) measures what's actually been deposited in your tissues over the last few months. Blood levels are kept in a tight range no matter what, so they often look "normal" even when you don't feel normal. Your hair shows the longer-term pattern underneath.

FROM ONE SMALL SAMPLE, YOU'LL SEE

- **16 minerals**, including calcium, magnesium, sodium, potassium, zinc, copper, iron, selenium and chromium
- **Toxic metals** like lead, mercury, aluminum, cadmium and arsenic
- **Your oxidation rate**, how fast your body turns food into energy
- **Your stage of stress** and how your adrenals are coping
- **Key ratios** tied to energy, thyroid, blood sugar and copper

YOUR OXIDATION RATE CHANGES YOUR PLATE

Slow oxidizers burn fuel slowly, often after a long stretch of stress. They tend to feel tired, cold or sluggish, and do best with protein at every meal, plenty of cooked vegetables and complex carbs, and lighter fats.

Fast oxidizers burn fuel quickly. They tend to feel anxious, hungry or "on edge," and do best with more protein and healthy fat at every meal and fewer starchy carbs and sweets.

Mixed patterns sit in between. Your oxidation rate can shift over your year, and your food plan shifts with it.

THE RATIOS I LOOK AT FOR YOU

RATIO	WHAT IT TELLS US
Calcium / Phosphorus	How well you're using protein. Low phosphorus often means protein is running short
Sodium / Potassium	Your "vitality" ratio, tied to energy at the cellular level
Calcium / Potassium	A window into thyroid activity at the tissue level
Sodium / Magnesium	How your adrenals are holding up under stress
Calcium / Magnesium	Blood sugar steadiness and cravings
Zinc / Copper	Whether copper is building up, a common pattern in women

HOW TESTING WORKS

1. Your kit ships to your door
2. Snip a small sample of hair at home
3. Mail it to Analytical Research Labs
4. We meet to go over your results

What this means for you: two women can eat the same "healthy" meals and feel completely different. One is low in sodium and potassium, the other is holding onto copper. Your results tell us which one you are, so every recommendation fits *you*.

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HOW YOUR YEAR UNFOLDS

Every 90 days, *your plan grows with you*

- **Month 1 · Your first test + 60-minute results consult.** I walk you through every mineral, ratio and pattern in plain English, and you leave with your personal plan: a food-first plan matched to your mineral pattern and oxidation type, with minerals only where your results point to them and your provider agrees.
- **Months 2 + 3 · Two 30-minute check-ins.** We see how you're feeling, adjust anything that isn't working and answer the questions that come up.
- **Month 4 · Retest + results consult.** Now we see movement. Which minerals are refilling? Has your oxidation rate shifted? Your plan and food list update to match.
- **Months 5–9 · The same rhythm.** Two check-ins, then a retest and consult at month 7. Each retest shows your progress in real numbers, and we fine-tune from there.
- **Month 10 · Final retest + consult, then months 11 + 12 check-ins.** We compare your first and latest results side by side and make a plan for the season ahead.

Your rhythm, all year long: test + consult → check-in → check-in, repeated 4 times. That's **12 monthly calls**: 4 sixty-minute test reviews and 8 thirty-minute check-ins.

What changes at each retest? Supplements can be added, lowered or stopped. Foods shift with your oxidation type. Lifestyle steps get more specific. Nothing stays on autopilot, because your body won't either.

INCLUDED: 4 SEASONAL FOOD PLANS

Food lists made *for you*, every season

WHAT EACH SEASONAL PLAN INCLUDES

- Foods for the minerals your results flagged, starring the ones you already love
- Meals and snacks with protein, carbs and fat, matched to your oxidation type
- Full recipes with amounts and steps
- What's in season, so it's fresher and cheaper
- Swaps around foods you don't like or can't have

A PEEK AT A REAL CLIENT'S WINTER LIST

"Make choline a daily priority. Two eggs with yolks give you about 300 mg." · "Taco night: Greek yogurt in place of sour cream, black beans for extra iron." · "Soup or a mug of salted bone broth most days." · "Chickpea pasta with a creamy cottage cheese sauce."

Built around her favorite foods, her mineral pattern and her season of life. Yours will be built around yours.

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EVERYTHING THAT'S INCLUDED

Your Root Cause Year, *during pregnancy*

INCLUDED	WHAT IT MEANS FOR YOU	VALUE
4 HTMA tests	Your kit, lab analysis and full report every 90 days (months 1, 4, 7 and 10)	$800
4 results consults	A 60-minute review after every test, with an updated plan each time	$600
8 check-ins	30-minute calls by Zoom, Google Meet or phone in the two months between each test, so you have a call every month	$680
Text + email support	Questions answered within 48 hours on business days, all year	$300
4 seasonal food plans	Personal food lists, meals, snacks and recipes matched to your results	$100
Total value		**$2,480**

$1,595 for the full year

Or about $133/month with Klarna over 12 months

That's less than $4.50 a day for a full year of testing and support. Klarna sets the final plan terms and any APR at checkout. Just finished your Comprehensive Analysis with me? Ask how it can count toward your year.

YOUR NEXT STEP

1. Book a free 15-minute call: rootcausemethodwellness.com
2. Or apply here: Root Cause Year application
3. Questions? Text (601) 527-4728 or email rootcausemethodwellness@gmail.com

"For the past few years, I've felt exhausted, burnt out, and foggy almost all the time... Brooke explained everything with so much care and clarity. She made something that could have felt overwhelming feel understandable, and she never made me feel silly for asking questions."

Lakin A. · Google review ★★★★★

"I had just been to yet another doctor who told me I needed to accept that this was simply going to be my life... Now, over a year later on HTMA, I finally feel like I have my life back! Brooke has been an incredible source of encouragement, knowledge, and support."

Ruth S. · Google review ★★★★★

QUESTIONS I HEAR A LOT

How does the hair test work? I mail you a kit. You snip about a tablespoon of hair close to the scalp, mail it to the lab, and we meet once your results are back.

Do I have to take supplements? During pregnancy your plan is food-first. Any mineral is kept small and only with your OB or midwife's okay.

AFTER BABY ARRIVES

Your year carries straight into postpartum, when targeted minerals can help you rebuild what pregnancy used. Your remaining retests show exactly where to start.

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