

INSTRUCTIONS FOR HAIR SAMPLING

THE REQUIREMENTS FOR GETTING AN ACCURATE REPRESENTATION OF THE PRESENT TRACE MINERAL LEVELS FROM A HAIR ANALYSIS INCLUDE TAKING A PROPER SAMPLE. THESE INSTRUCTIONS DESCRIBE THE CORRECT PROCEDURE TO FOLLOW:

Sampling: Hair should be clean and dry when it is being sampled. The sample should be taken between four and twenty four hours after washing. For the best quality results the sample should not be dyed, bleached, or permed. Retest samples should be taken from the same area as the original sample if at all possible.

Sampling Location: Head hair taken from the nape of the neck (see illustration below) will provide the best sample. The growth of the hair here is relatively steady and should give good, consistent results.

As an option, axillary hair, pubic hair, or other body hair may be used. The growth pattern here varies and is rather sporadic, but it produces adequate results. Note, however, that samples from the head and different parts of the body should not be mixed together.

Sampling axillary or pubic hair is also a very good way to confirm that elevated toxic minerals which have been found in the head hair are present in the whole system.

Cutting a Sample: Comb and lift a section of hair at the nape of the neck. Separate a smaller section (as shown below) and cut the hair off as close to the scalp as possible

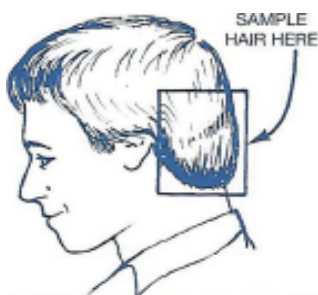
For shorter hair— 1 1/2" length or less: use the entire sample.
For long hair—over 1 1/2" in length: cut off and use 1" of the hair from the end that was next to the scalp (the root end). Discard the rest.

Take several small samples from different spots and combine them. This will help assure an accurate, representative sample on the average, while leaving no noticeable "bald" places in the hair style.

Weighing the Samples:

Set up the provided card weight scale, follow the instructions. Placing the small samples inside the circle on the card, continue sampling until the scale tips, indicating that there is approximately 125 mgs in the total sample. This should be about one heaping tablespoonful. Please follow this measurement if you do not have the "card weight scale"

Once an adequate sample is accumulated, put the hair into the provided sampling envelope if provided, otherwise put the sample inside a small envelope and mail it to our office.



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