

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:

1. 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.

2. 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.

3. Equipment Needed: A standard rat-tailed comb and a regular stainless steel scissors are all that is basically needed. For short hair, thinning shears may be used to keep from disturbing the hair style as much as possible. With long hair, a hair pin or clip may also be useful.

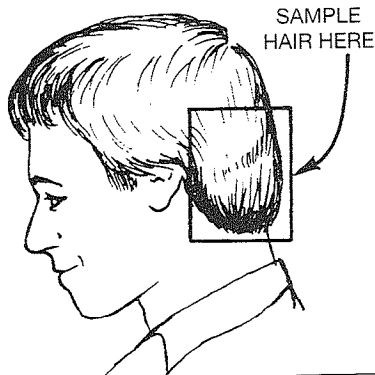
4. Cutting a Sample: Comb and lift a section of hair at the nape of the neck. Either pin or clip the section or have the

patient hold it up out of the way. Separate a smaller section (as shown in Photo A) and cut the hair off as close to the scalp as possible. For short hair— $1\frac{1}{2}$ " in length, or less—use the entire sample. For long hair—over $1\frac{1}{2}$ " in length—cut off and use 1" to $1\frac{1}{2}$ " of the hair from the end that was next to the scalp (the root end, as shown in Photo B). Discard the rest.

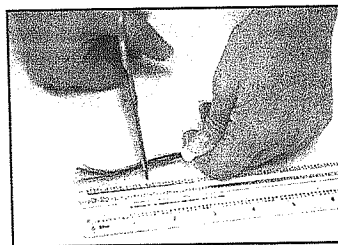
Take several small samples from different spots and combine them. This will help assure an accurate, representative sample on the average, while leaving no noticeable "bald" places in the hair style.

5. Weighing the Samples: Set up the provided card weight scale, following the instructions printed on it. 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.

Once an adequate sample is accumulated, put the hair into the provided sampling envelope and enclose it and the completed order form in the attached order envelope.



A. Holding the hair up and cutting a sample.



B. Cutting root end off for sample of long hair.

Personal Information for Mail - in Hair Analysis Testing

Patients Name _____

Date of Birth _____

Height _____ Weight _____

Occupation _____

Gender _____ Male _____ Female _____

Type of Hair (circle one) Public, Head, Other (Only use hair from ONE area)

Hair Color _____

Contact Person

Name _____

Email _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____

Payment - IF YOU PAID ONLINE VIA OUR WEBSITE JUST CIRCLE PAID IN FULL ONLINE

Online - Paid in Full

Credit Card _____ expir date _____ zipcode of card _____

Check - please include it - make it out to Nutritionally Yours

CIRCLE ONE

Basic Hair ANalysis \$99

Complete Analysis (IF overseas you must pay the additional \$25 for overseas shipping) \$225

Extended Analysis \$199

Toxic Elements Analysis \$199

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