

# Hair Analysis Overview

## Harmony & Health

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Quality Products for Health

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### What is a tissue mineral analysis?

Trace mineral analysis is a test which measures the mineral content of your hair.

Mineral content of the hair reflects the mineral content of the body's tissues. If a mineral deficiency or excess exists in the hair, it usually indicates a mineral deficiency or excess within the body, or bio-unavailability.

**Example:** If your hair reveals an elevated calcium level two or three times normal, then your calcium level within the body may be elevated also. If this is the case, a strong tendency exists of arteriosclerosis (hardening of the arteries due to calcium plaques). If your calcium level is low, then a tendency exists toward osteoporosis (demineralization of bone), increased tendency to bone fractures, dental caries, muscle cramps, etc.

Various mineral imbalances, as revealed by hair analysis, frequently lead to metabolic dysfunctions before any symptoms become manifest.

### OTHER CONDITIONS WHICH MAY RESULT OR BE AGGRAVATED BY A MINERAL IMBALANCE ARE:

- Depression
- Hypoglycemia
- Hyperactivity
- Allergies
- Diabetes
- Hair Loss
- Anemia
- Thyroid Disturbance
- Headaches
- Skin Rashes
- Musculo-Skeletal Disorders
- Cardiovascular Disease
- Emotional Issues
- Hypertension
- Arthritis
- Digestive Disturbance
- Prostate Disorders

### Why test for Minerals?

Minerals are the building blocks & "sparkplugs" of life. They are involved in almost all enzyme reactions within the body. Without enzyme activity, life ceases to exist. Trace mineral analysis is a proactive screening tool.

### Who needs a hair analysis?

Hair analysis opens up a whole new vista for solving your own particular problem by recognizing your biochemical individuality. Even if you are not experiencing a severe problem, abnormal changes in body chemistry and nutritional deficiencies may result in early, subtle changes in the body such as :

- **White spots in fingernails**  
- possible zinc deficiency
- **Brittle hair & nails**  
- calcium & copper imbalance
- **Stretch marks**  
- zinc deficiency
- **Longitudinal ridging in nails**  
- Iron deficiency
- **Lack of growth**  
- zinc deficiency
- **Deep grooves in nails**  
- calcium deficiency

**Hair analysis** is an invaluable screening tool which allows a correct program of diet and supplementation to be designed for each individual's specific needs. The accuracy of a mineral analysis depends upon many factors. While the laboratory is responsible for the technical aspects of the test, the results will only be as good as the raw material or sample that is received. For this reason, the more care that is exercised by the person sampling the hair, the better the results will be.

Test Kits can be purchased at Harmony & Health; we also mail out.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Building Better Health Naturally*

## Sampling The Hair

**Quality** - Be sure to sample enough hair. The paper scale should tip to the other side. One of the most frequent problems at the laboratory occurs when too little hair is sent (less than 125mg). Either the client must be contacted to send more hair, or the sample must be diluted, which reduces the accuracy. Also, the laboratory normally keeps some hair to re-run any mineral that falls outside a reasonable range. If the sample is too small, extra hair cannot be saved. It is better to send a little too much, than not enough.

**Scissors** - Should be clean and sharp. Steel scissors are better than aluminum scissors. If plated scissors are used, be sure the plating is not peeling off, which could contaminate the sample. Be sure to cut off the old ends of any hair that is over 1 to 1 ½ inches long.

**Short hair** - Can be a challenge. A thinning shears is often helpful. Thinning will allow a more even sampling without leaving any 'holes'. Thinning shears are best when the hair is less than 1 ½" long. One method is to make a cut with the thinning shears. Then, pull the scissors away from the head, holding them parallel to the head. The cut hair will come away in the scissors and can be scraped into the envelope. It may also be necessary to run a comb through the hair after cutting, to remove the rest of the cut hair.

**Washing** - Hair should be dry when it is being sampled. Otherwise, it cannot be weighed correctly. The sample should be taken between 4 to 24 hours after washing. This allows the hair to re-equilibrate after washing. Hair that has not been washed for over four days is more prone to environmental contamination.

**Storing samples** - Samples can be stored if needed, as hair does not deteriorate over time.

**Retest samples** - Should be taken from the same area as the original sample, if at all possible. This assures continuity from sample to sample. Simply take the sample from the same general area.

**Animal samples** - Before sending in a sample for an animal, call Analytical Research Labs for specific instructions.

## Using Other Body Hair

Hair from a beard, other body hair or fingernails could be analyzed, but the laboratory has not performed extensive testing on these. Hair shaved off by an electric shaver is definitely not acceptable. Particles of metal from the blades become mixed with the hair.

## Head Hair Versus Pubic Hair

The best tissue for sampling is one that is clean, fast-growing and that grows evenly. Head hair fulfills these requirements better than any other type of hair. The normal values have been established based on head hair samples. In the event that head hair is not available, pubic hair or other body hair may be used. Accutrace Laboratories has performed comparison testing to determine the differences in the mineral readings between head and pubic hair samples. The study found that the major ratios are the same in the pubic and head hair samples. However, all of the *levels* tend to be higher in pubic hair; the difference may be due to the slower growth rate of pubic hair and that it is more protected from the elements than head hair. We ask that you do not mix sources, such as half head hair and half pubic hair. This will cause inaccurate readings; stick with one source and label accordingly.

## Hair Treatments

Most shampoos, rinses, conditioners, tints, sprays and other hair products don't affect the test for three reasons.

1. Most of these products do not contain metals, which is all the hair test measures.
  - a. Grecian Formula contains lead and should be avoided.
  - b. Head & Shoulders Shampoo contains zinc and could elevate zinc readings.
  - c. Selsun Blue Shampoo contains selenium and could elevate this reading.
2. Most shampoos are only applied for 15-30 seconds, not long enough for much absorption to take place.
3. The hair is only 10-15% porous. This means that not very much is absorbed by the hair itself.
  - a. The scalp is porous and can absorb many chemicals.
4. Other considerations: "Home" dye/color products do not alter the test appreciably. However, it is best to wash the hair at least 6-8 times after a color treatment, ideally it would be best to let the hair grow out 6-8 weeks. However, you may make a clinical decision that it is not possible to wait this long. The test may not be as accurate in this case, but the readings can still be very useful. Heavy sweating just before sampling can increase sodium and potassium readings. Swimming in pools can increase copper and sodium.