

## Tissue Mineral Analysis Hair Sampling Instructions

1. It is critical that your sample be taken in our office. If there are mitigating circumstances (e.g you are out of state), we will go over the proper procedures for taking the hair sample.
2. Water softeners invalidate the sodium/potassium ratio. If you have a water softener, wash and rinse your hair at least three times in another water source.
3. Chemical treatments (dyes, perms, straighteners, etc) can contain metals that influence the test results. Hair must be grown out at least 1 ½ inches and only new growth used for the hair sample.
4. With a "home" coloring, you must wait 4-6 weeks and wash the hair 10-12 times. With a salon treatment, you must wait 6-8 weeks and wash the hair 10 times. In either case, non-treated, new-growth hair should be used.
5. Notes on specific shampoos, other hair products, etc:
6. Grecian Formula contains lead and iron.
7. Head and Shoulders contains zinc.
8. Selsun Blue contains selenium.
9. Gels, creams, and hair spray can contain small amounts of minerals, but mainly, they have the ability to attract elements from the environment such as dust and dirt from the air. These foreign particles can contain metals and other minerals.
10. Swimming pools can increase copper and sodium.
11. We recommend using a clarifying shampoo, designed to remote all products from the hair, and refrain from using any other products on the hair until the sample is taken, or to use pubic hair. It is recommended that we take the sample 4-24 hours after shampooing.
12. Pubic hair is always an option. If pubic hair is used, you as the patient will receive specific instructions on how to take the sample. The specific source area from which the sample is taken will need to be noted in order to ensure accurate results at retest.
13. Part of the confusion with hair analysis is that different labs use different preparation procedures. For example, some labs do not pre-wash the hair sample, while others wash the samples three or more times. Results are not standardized, but depend on the lab. Therefore we cannot compare hair analyses to each other. For this reason, we use a lab that does not wash the hair samples prior to testing, in order to ensure consistent and accurate results.
14. The results of a hair analysis may not initially show toxic metals, especially if the patient has low adrenal or thyroid function. This is because it takes energy to excrete toxic metals. The hair is one route for this excretion.
15. Replacement therapy does not work. Mineral levels and ratios are altered primarily by giving mineral or vitamin partner, synergists, or antagonists. Your hair analysis results will allow the practitioner to get an idea of your biochemical deficiencies and nutritional needs.