

# HAIR SAMPLING INSTRUCTIONS

## AND GENERAL HAIR ANALYSIS INFORMATION

1. It is crucial that you take the hair sample properly (*specific instructions are on back page of each Hair Analysis Order Form*). Do not send people out to a hairdresser or let them take their own samples.
2. Water softeners invalidate the sodium/potassium ratio. If the patient has a water softener, have them wash and rinse their hair at least 3 times in another water source.
3. **Chemical treatments** (perms, straighteners, etc) can contain metals that influence the test results. Hair must be grown out (at least 1½ inches) and only new growth used for the hair sample.
4. With **hair coloring**, you should wait until the hair has been washed a minimum of 7-8 times. Although virgin hair (non-treated, new growth) is always preferred.
5. Regarding shampoos or other hair products:
  - Grecian Formula contains lead and iron.
  - Head and Shoulders contains zinc and selenium.
  - Selsun Blue contains selenium.
  - Gels, creams, and hair spray can contain small amounts of minerals but mainly they have the ability to attract elements from the environment, dust and dirt from air that contain metals.
  - Swimming pools can increase copper and sodium.
6. Direct the patient to use a clarifying shampoo (i.e. a shampoo that removes all products from the hair) and refrain from using any products on the hair until the sample is taken, or use pubic hair. It is recommended that the hair sample be taken after shampooing and has been dried for 4 hours and not more than 24 hours.
7. Pubic hair is always an option. If pubic hair is used you will need to sample the same source when doing a retest. However, whenever possible, use head hair as it is preferred.
8. Use stainless steel thinning shears for shorter hair and stainless steel scissors for longer hair. Use only the first 1-1½ inches from the scalp out, discarding the rest of the hair.
9. I use Analytical Research Labs because they **do not** wash the hair samples prior to testing. Washing the samples rinses out physiologic minerals in an unpredictable way.
10. Part of the confusion with Hair Analysis is that labs use different hair preparation procedures. For example, some labs do not pre-wash the hair sample; some wash the sample three times, some eleven times. This washes out certain minerals to varying degrees. Results are not standardized, but depend on which lab you use; therefore, you cannot compare hair analyses from one lab to another.
11. Toxic metals on Hair Analysis will often not show up initially, especially if the patient has low adrenal and thyroid function. This is because it takes energy to excrete toxic metals, the hair being one route for excretion.
12. **Replacement therapy does not work. Mineral levels and ratios are altered primarily by giving mineral or vitamin partner, synergists or antagonists. See "Chart of Major Mineral Relationships."**
13. **RATIOS RULE**