



## HAIR MINERAL ANALYSIS

*With ever-growing levels of toxic metals in the environment and the widespread mineral deficiencies resulting from this, our lifestyles and poor dietary habits, there is an increasing need for a tool to diagnose elemental imbalances and excesses. Comprehensive analysis of hair mineral and toxic metal levels can provide an insight into treatment strategies for conditions ranging from depression and behavioural disorders to neurological illnesses.*

Many elements are essential to life, assisting in the production of energy and other important biochemical processes. Elemental insufficiencies, excesses or imbalances can lead to illness. These elements are required for the body's structural tissue and for metabolic functions, particularly enzyme reactions. However, deficiencies or imbalances among such elements can lead to health problems. Toxic element accumulation is likely in an environment plagued with pollutants. Toxic elements, many of which are metals, are normally present in the body in small amounts. However they accumulate with excessive or continual exposure, or if your body's detoxification systems are poor.

Scalp hair has been used since 1929 to assess human element levels. Hair is widely accepted for assessing toxic element exposures and, measured by most clinical researchers, many correlations have been found between essential element levels and various diseases, metabolic disorders and nutritional status. Compared with other types of clinical specimens, hair has different uses and even advantages over blood or urine and the analysis is less expensive.

### Some of the conditions that may result or be aggravated by mineral imbalances or elevated toxic metal levels:

- Depression and other mental health disorders
- Hypoglycaemia and hyperglycaemia
- Hypertension
- Fatigue
- Insomnia
- Headaches
- Infertility
- Joint or muscle pain
- Arthritis
- Anaemia
- Thyroid disturbance
- Adrenal disturbance
- Digestive disorders
- Kidney dysfunction
- Heart arrhythmias and other cardiovascular diseases

### Some common causes of a mineral imbalance:

- Improper diet
- Medication
- Birth control pills
- Copper IUD's
- Smoking
- Stress
- Poor digestion and or assimilation
- Living in a city or on a busy road or exercising in traffic
- Having metal fillings or metal fillings removed without due care
- Working with toxic metals or substances containing them

### How does the test work?

This test requires 2 tablespoons of hair taken either from the scalp or pubic region. If taken from the scalp, it needs to be only the most recent growth, ie hair grown 1-2 inches closest to the scalp.

### Nationwide Test Kit Service

Most of the tests involve simple kits that can be used in your own home. Some may require the help of a nurse or GP. If you cannot visit the laboratory you can phone and arrange for your kit to be sent in the post. Once samples have been taken, you simply post the test kit back to the laboratory. We would encourage you to use Guaranteed delivery and not to send kits over the weekend.

For further information consult your practitioner, or call us today on 020 8336 7750