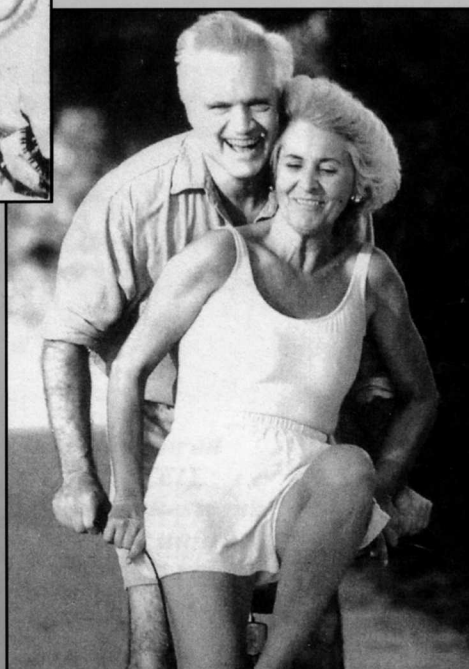


# *Commonly Asked Questions about Hair Mineral Analysis*



- Reliability
- Accuracy
- Diet
- Pregnancy
- Special Needs
- Nutritional Supplements
- Toxic Metals
- Supporting References

# **SECTION I**

## **Commonly Asked Questions about Hair Analysis**

### **What exactly is hair analysis?**

Your hair contains all the minerals present in your body, including nutritional minerals as well as toxic heavy metals. Hair mineral analysis is a laboratory test that measures this mineral content in the hair. In most cases, the test results reflect how much of these elements are in your tissues and provide a vivid picture of your internal environment. With this information, a world of metabolic events can be interpreted. Not only can your nutritional status be viewed, but we can also learn much about how efficiently your body is working.

Trace Elements (TEI) is a leading worldwide laboratory. After hundreds of thousands of hair analyses, Trace Elements has developed a unique ability to interpret hair analysis results, which are detailed for you in your TEI Hair Analysis Report.

### **How can hair analysis help me achieve better health?**

If we consider that diet is what we consume and nutrition is what we retain, then we can see that discovering what your body needs when it needs it is a valuable tool in creating health. After 30 years of research, hair analysis has emerged as the most practical method of testing for mineral balance in your body. This valuable tool indicates which supplements you need and which ones you should avoid. And it's no secret doctors of almost every specialty as well as nutritionists and dietitians routinely use hair analysis. Progressive health care providers are now well aware of the vast amount of research linking nutrition to disease. But what serves as good nutrition for one person may not be good for you. Your Hair Analysis Report is designed to help you and your health practitioner determine the best nutritional program for you.

### **But how do I know that my hair analysis results are reliable?**

With a properly obtained sample, hair analysis is extremely accurate. Highly sophisticated instruments and software programs allow for extensive quality control. At TEI, we specialize in hair analysis testing exclusively, analyzing over 50,000 samples per year. Most labs that provide hair analysis services do other laboratory testing as well. But at TEI, our full attention is directed toward assuring the accuracy of your results. (Please refer to Section III for more detailed information.)

## **What about contamination - hair dyes and soaps - won't these affect my results?**

Certain cosmetic hair treatments can contaminate scalp hair such as dyes that contain lead acetate, bleaching processes that artificially affect calcium, and medicated shampoos that contain zinc or selenium. However, only the individual element is affected. All of the other minerals tested are valid. With our extensive ability for interpreting and comparing test results to individual metabolic characteristics, these effects can be overcome.

## **Doesn't a blood or urine test tell me just as much as a hair analysis test?**

Blood tests give information about your mineral levels at the time of the test only. If you've just eaten a banana, your test can indicate a high potassium level, even though you may actually need potassium supplementation. On the other hand, hair analysis results indicate your overall level of potassium - *your actual storage levels over a period of time*, not just what you ate that day or even that week. So a blood test will only accurately report what is being transported in your blood at the time of the test.

Testing for minerals in the urine measures the minerals that are being excreted from your body - not necessarily what has been absorbed as fuel for your body.

So blood and urine tests are like snapshots whereas a hair analysis is the video of your mineral retention.

## **Why do some people - even some health professionals - say that hair analysis is not a reliable test?**

That's an important question. Did you know in the past twenty years there are well over a thousand references in peer-reviewed journals that document and support the reliability of hair mineral analysis? Did you also know that well over 5,000 technical articles are published weekly? Who can keep up with all that new information and still care for patients? At TEI, research is our business. We sift through hundreds of articles weekly including numerous technical journals. About 125 articles are reviewed each week ... over 6,500 articles per year, not including the latest books and Internet medical searches.

Unfortunately, those with limited knowledge or experience are often the most critical. You might ask them what information is the basis for their opinion. How much research have they really done? How much experience do they have using hair analysis?

