



Metabolic Typing - Putting your health first

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HAIR TISSUE MINERAL ANALYSIS SUBMITTAL (HTMA)

Please follow these steps to making your hair submittal:

Scalp hair is the only source recommended for analysis. It should be untreated, i.e., not permed, dyed or bleached. If the hair has been chemically treated, wait until new hair has emerged. The hair should be free of gels, oils and hair creams.

The hair should be taken from different locations of the scalp in the rear of the head. Using high-grade stainless-steel scissors, cut hair as close to the scalp as possible. Retain the 1.5 inches of hair closest to the scalp and discard the excess. You may use PUBIC HAIR.

SAMPLE SHOULD FILL A HEAPING **TABLESPOON!**

PROVIDE THE FOLLOWING INFORMATION ABOUT YOURSELF:

- a. Your age:
- b. Your sex:
- c. Your shampoo:
- d. Which submittal is this? (e.g. first, second, etc.) Is it Pubic or Head Hair? (circle which one please)
- e. Occupation:
- f. Ethnic Origin:
- g. Natural hair colour:
- h. Any current medications:
- i. Your signature_____

Print Name_____

Address_____

2. Please put your hair sample in a small envelope and put it in turn into a larger envelope together with this form when completed and mail it to the above address.

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Please keep this page for your reference

We recommend that you find out first how well your body is utilising the nutrients from your foods before starting your new healthy lifestyle.

Hair Tissue Mineral Analysis (HTMA) results include:

- ☒ **Toxic metal levels**
- ☒ **Nutrient mineral levels**
- ☒ **Nutrient mineral ratios** (indicator of glandular functions)

Minerals identified in your Hair are: **Ca, Mg, Na, K, Cu, Zn, P, Fe, Mn, Cr, Se, B, Co, Mo, S.** Additional elements: **Ge, Ba, Bi, R, Li, Ni, Pt, Tl, I, V, Sr, Sn, Ti, W, Zr.**

Toxins: **Aluminium, Lead, Mercury, Cadmium, Beryllium, Arsenic, Uranium and Antimony**

What is HTMA? HTMA is an analytical test that reflects mineral composition of the hair. HTMA may provide indications of mineral imbalances, deficiencies and excesses of many essential and toxic elements. Your results will tell you about changes in minerals and toxic minerals over a period of 3 months. It is the best indicator for long term uptake of heavy metals and can be used as an indicator of glandular function. It's all about balance and finding out if what you're doing is working for you. HTMA can provide a holistic and comprehensive picture upon which to base the most effective nutritional lifestyle.

What does Hair reflect? Hair is formed in the dermis from a cluster of matrix cells that make up the follicle. During the growth phase, metabolic activity is greatly increased, exposing the hair to the internal metabolic environment. This includes the extra-cellular fluids circulating blood and lymph. As the hair reaches the surface of the skin, its outer layers harden, locking in metabolic products accumulated during this period of hair formation.

Hair is the second most metabolically active tissue and by the very nature of its formation as a biological sample, may provide a permanent record of metabolic activity occurring within the body during its period of growth. THE FIRST INCH AND ONE-HALF OF HAIR CLOSEST TO THE SCALP CAN GIVE A GOOD INDICATION OF

THE NUTRITIONAL AND TOXIC METAL EXPOSURE over the period of 6 to 8 weeks. You may use Pubic Hair instead of Head Hair.