

# INSTRUCTIONS FOR HAIR SAMPLING:

The requirements for getting an accurate representation of the present trace mineral levels from a hair analysis include taking a proper sample. These instructions describe the correct procedure to follow:

**1. Sampling:** Hair should be clean and dry when it is being sampled. The sample should be taken between four and twenty four hours after washing. For the best quality results the sample should not be dyed, bleached, or permed. Best samples should be taken from the same area as the original sample if at all possible.

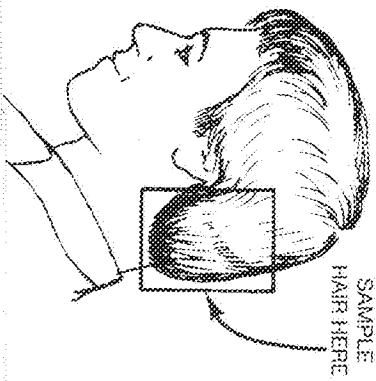
**2. Sampling Location:** Head hair taken from the nape of the neck (see illustration below) will provide the best sample. The growth of the hair here is relatively steady and should give good, consistent results.

As an option, axillary hair, pubic hair, or other body hair may be used. The growth pattern here varies and is rather sporadic, but it produces adequate results. *Nota, however, that samples from the head and different parts of the body should not be mixed together.*

Sampling axillary or pubic hair is also a very good way to confirm that elevated toxic minerals which have been found in the head hair are present in the whole system.

**3. Equipment Needed:** A standard rat-tailed comb and a regular stainless steel scissors are all that is basically needed. For short hair thinning shears may be used to keep from disturbing the hair style as much as possible. With long hair, a hair pin or clip may also be useful.

**4. Cutting a Sample:** Comb and lift a section of hair at the nape of the neck. Either pin or clip the section or have the

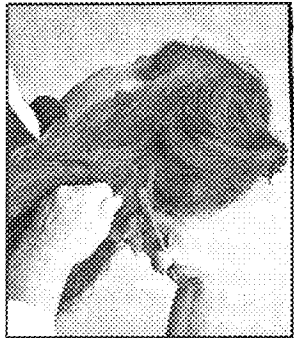


patient hold it up out of the way. Separate a smaller section (as shown in Photo A) and cut the hair off as close to the scalp as possible. For short hair—1½" in length, or less—use the entire sample. For long hair—over 1½" in length—cut off and use 1" to 1½" of the hair from the end that was next to the scalp (the root end, as shown in Photo B). Discard the rest.

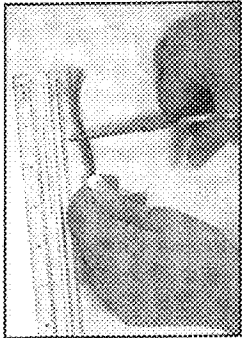
Take several small samples from different spots and combine them. This will help assure an accurate, representative sample on the average, while leaving no noticeable "bald" places in the hair style.

**5. Weighing the Samples:** Set up the provided card weight scale, following the instructions printed on it. Placing the small samples inside the circle on the card, continue sampling until the scale tips, indicating that there is approximately 125 mgs in the total sample. This should be about one heaping tablespoonful.

Once sufficient hair has been collected, place the hair sample into a small envelope or plastic bag and seal it.



A. Holding the hair up and cutting a sample.



B. Cutting root end off for sample of long hair.

**Personal Information:**

Patient's name: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Height: \_\_\_\_\_ Ft. \_\_\_\_\_ In. Weight: \_\_\_\_\_ Lbs.

Occupation: \_\_\_\_\_  
 (Circle one) Gender:  Male or  Female Pregnant?

Type of Hair:  Head  Pubic  Other **NOTE: DO NOT COMBINE HAIR TYPES!**

Note: The Platinum Hair Analysis is Head Hair Only!

**Contact Information:**

Contact Person (if different from above): \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_

**Payment Information:**

Billing Address (if different from above): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Country: \_\_\_\_\_

(Circle one) Basic Hair Analysis: \$99.00 Complete Hair Analysis \$179.00 Platinum Hair Analysis \$225.00

Total Amount \$ \_\_\_\_\_ Payment Types Accepted: Checks: Make checks payable to Nutritionally Yours

MasterCard, Visa & American Express:

Card number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Mail to: Nutritionally Yours  
 890F Atlanta St. Ste 253  
 Roswell GA 30075 USA

678-372-2913 alanepndsupport@gmail.com  
 HairAnalysisTest.com

Thank You for your order! We will send you an email as soon as we receive the sample! Once we have the sample, we expect processing to take 12 to 15 days.

Your payment acknowledges your acceptance of our disclaimer.

>>>Patients Name \_\_\_\_\_

>>>Date Sample Taken \_\_\_\_\_  
Phys. Aiane Palmer

- 501 Acne
- 705 Addition
- 502 Addition, Alcohol
- 753 Addition, Chocolate
- 717 Addition, Cigarette
- 540 Addition, Drug
- 648 Aggression
- 734 AIDS
- 502 Alcoholism
- 504 Allergies
- 616 Hair Loss or 641 Poor Hair Growth
- 770 ALS
- 780 Alzheimer's Disease
- 506 Anemia
- 649 Anger
- 507 Angina
- 703 Anorexia
- 508 Anxiety
- 509 Arteriosclerosis
- 683 Arthritis
- 510 Arthritis, Osteo
- 687 Arthritis, Psoriatic
- 511 Arthritis, Rheumatoid
- 512 Asthma
- 513 Athetosis
- 514 Autism
- 782 Attention Deficit Disorder
- 651 Back Problems
- 674 Bad Temper (temper problems)
- 684 Bad Welling
- 515 Behavior Problems
- 776 Bladder Infection
- 755 Blood Clots
- 743 Blurred Vision
- 701 Bolls
- 714 Breast Lump (lump in breast)
- 517 Breast Tumor
- 735 Bronchitis
- 634 Brown Spots on Skin
- 785 Bruising
- 518 Burger's Disease
- 796 Burning Feet
- 519 Bursitis
- 520 Calculus, Biliary
- 521 Calculus, Renal
- 522 Cancer
- 652 Candida Albicans
- 786 Canker Sores
- 523 Cardiac Arrhythmias
- 524 Cardiovascular Disease
- 767 Carpal Tunnel
- 525 Cataracts
- 528 Celiac Disease
- 527 Cerebral Palsy
- 718 Chronic Fatigue Syndrome
- 717 Cigarette Smoker
- 528 Cirrhosis of the Liver
- 529 Colitis
- 530 Collagen Disease
- 648 Compulsive Behavior
- 734 Constipation
- 532 Coronary Bockison
- 618 Craving Sweats
- 755 Crohn's Disease
- 533 Cushing's Disease
- 534 Cystic Fibrosis
- 615 Dandruff
- 653 Deftness
- 535 Depression
- 536 Dermatitis (skin problems)
- 537 Diabetes
- 538 Diarrhea
- 700 Difficulty Taking Supplements
- 617 Diminished Growth Rate
- 539 Diverticulosis
- 695 Dizziness
- 540 Drug Addiction
- 747 Dry Mouth
- 541 Dyslexia
- 704 Ear Infection
- 544 Eczema
- 545 Edema, Water Retention
- 654 Emotional Problems (or emotional instability or sensitivity)
- 546 Empyema
- 711 Endometriosis
- 547 Epilepsy
- 691 Epstein-Barr Syndrome
- 638 Euphoric (loss of awareness)
- 655 Exhaustion
- 548 Fatigue
- 712 Fever
- 773 Fibromyalgia
- 549 Fractures
- 706 Frequent Urination
- 725 Fungus Under Nails
- 707 Gall Bladder Problems
- 748 Gall Stones
- 731 Gas (indigestion)
- 656 Gastric Ulcer
- 550 Gastritis
- 551 General Good Health
- 552 Glaucoma
- 617 Growth Rate, Diminished
- 593 Growth Rate, Stunted
- 553 Gout
- 616 Hair Loss
- 641 Hair Growth, Poor
- 695 Headaches
- 572 Headaches, Migraine
- 754 Hearing Problems
- 779 Hemochromatosis
- 746 Hemorrhoids
- 724 Hemostiderosis
- 713 Hepatitis
- 733 Herpes
- 558 High Blood Pressure (hypertension)
- 723 Hives
- 763 Hiatal Hernia
- 789 HIV Positive
- 554 Hodgkin's Disease
- 722 Hot Flashes
- 657 Hostility
- 710 Hypoactivity
- 535 Hypercholesterolemia (high cholesterol)
- 556 Hypertension
- 747 Hypertrophied
- 558 Hypertension (high blood pressure)
- 559 Hypertroidism (over-active thyroid)
- 560 Hypocholesterolemia
- 561 Hypoglycemia
- 562 Hypothyroidism (under-active thyroid)
- 696 Immune Deficiency
- 563 Impotence (men only)
- 731 Indigestion (bloating, gas)
- 688 Infections
- 704 Infections, Ear
- 738 Infection, Respiratory
- 716 Infections, Yeast
- 658 Infertility
- 660 Inflammation
- 564 Insomnia
- 774 Irritable Bowel Syndrome
- 659 Irritability
- 720 Itis
- 699 Lactating Mother
- 565 Learning Disabilities
- 566 Leukemia
- 686 Loss of Appetite
- 638 Loss of Awareness (euphoric)
- 727 Loss of Balance
- 708 Loss of Concentration
- 662 Low Self-Esteem
- 714 Lump in Breast
- 567 Lupis Erythematosus
- 708 Memory Loss (loss of concentration)
- 568 Meniere's Syndrome
- 569 Menopause
- 729 Menstrual Problems (or of period, or 542 Dysmenorrhea, painful periods)
- 663 Mental Confusion
- 570 Mental Problems
- 571 Mental Retardation
- 750 Mind Racing
- 572 Migraine Headaches
- 682 Mononucleosis (mono)
- 685 Mood Swings
- 747 Mouth Dry
- 775 Multiple Chemical Sensitivity
- 573 Multiple Sclerosis
- 739 Muscle Cramps
- 719 Muscle Tone Poor
- 740 Muscle Weakness
- 574 Muscular Dystrophy
- 576 Myositis
- 577 Mycosis Ossificans
- 667 Obesity
- 581 Osteoporosis
- 694 Ovarian Pain
- 709 Pain Between Shoulder Blades
- 751 Panic Attacks
- 688 Paranoia
- 583 Parkinson's Disease
- 584 Perceptual Motor Problems
- 585 Periodontal Disease
- 586 Phlebitis
- 752 Proctias
- 612 Pigmentation Problems /Skin
- 669 PMS
- 680 Poor Attitude, Outlook
- 745 Poor Circulation
- 708 Poor Concentration
- 731 Poor Digestion, Indigestion
- 640 Poor Memory
- 719 Poor Muscle Tone (see Muscle)
- 639 Poor Nail Growth
- 671 Pregnant
- 670 Protein Catabolism
- 669 Pre-Menstrual Tension, PMS
- 587 Prostate Problems
- 619 Psoriasis
- 588 Psychological Problems
- 589 Raynaud's Disease
- 732 Rheinitis
- 738 Respiratory Infection
- 690 Rheumatism
- 637 Ridges on Nails
- 643 Ringing in Ears
- 691 Schizophrenia
- 592 Scleroderma
- 715 Scotosis
- 737 Sciatic Nerve Problems
- 656 Sexual Desire, decreased
- 684 Sinus Problems
- 749 Sinusitis
- 636 Skin Problems, Dermatitis
- 534 Skin, Brown Spots
- 628 Skin, Dry
- 744 Skin, Flaky
- 691 Skin, Itchy
- 629 Skin, Oily
- 741 Skin Rash
- 771 Spider Veins
- 642 Stress
- 673 Stomach Problems
- 673 Sulfocal Tendancies
- 594 Tachycardia
- 683 Taking Birth Control Pills
- 674 Taking Problems (bad temper)
- 772 Tendinitis
- 595 Thrombophlebitis
- 643 Tinnitus, ringing in ears
- 702 Tinnitus Syndrome
- 738 Tumors
- 586 Tumors, Benign
- 597 Tumors, Fatty
- 598 Tumors, Fibroid (Misc.)
- 589 Ulcer, Gastric
- 601 Ulcer, Skin
- 601 Urethritis
- 706 Urination Problems (frequent urination)
- 777 Urinary Infection
- 602 Varicose Veins
- 675 Vegetarian
- 764 Vitiligo
- 676 Vitality
- 545 Water Retention (edema)
- 677 Weight Gain
- 603 Weight Loss
- 678 White Spots on Nails
- 679 Worrying
- 605 Wound Healing (poorly)
- 716 Yeast Infections

**INSTRUCTIONS: Check CURRENT applicable codes ONLY:**

- 759 Joint Pain
- 721 Knoid Scars
- 661 Kidney Problems
- 650 Kidney Stones
- 633 Skin Itchy
- 629 Skin, Oily
- 741 Skin Rash
- 771 Spider Veins
- 642 Stress
- 673 Stomach Problems
- 673 Sulfocal Tendancies
- 594 Tachycardia
- 683 Taking Birth Control Pills
- 674 Taking Problems (bad temper)
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- 679 Worrying
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**Additional Comments and Prescription Medications being used**

RETEST ONLY  
 698 Emotionally Stronger  
 697 Feeling About the Same  
 689 Feeling Better  
 690 Feeling Worse

Directions for making your hair weighing scale:

1. Cut along dotted lines.
2. Roll along length of paper to make rigid.

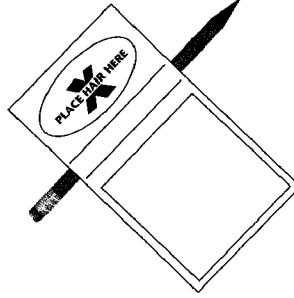


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**PLACE PENCIL UNDER HERE**

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1. Set up card as shown below. The pencil is under the card.



2. Place hair on the "X" on the top half of this card.
3. When the card tips over to the table top, you will have a sufficient amount of hair (approximately 1/2 grams).

