



# HAIR TISSUE MINERAL ANALYSIS

HEALTH BALANCING



Tired? Lacking energy? Not feeling well?  
Find out why with our accurate and reliable hair analysis.  
The scientific way of analyzing your health.

## Get To The Root Cause And Stop Chasing Symptoms

Treating symptoms without getting to the cause of a problem can allow hidden problems to persist. Expert insight based on hair mineral analysis can put you on the fast track to healing difficult conditions, including:

Anxiety  
Arthritis  
Auto-immune issues  
Behavioural, mental and emotional problems  
Cardiovascular disease

Chronic fatigue  
Depression  
Digestive disturbance  
Fibromyalgia  
Headaches

Hormonal problems  
Hypertension  
Hypoglycemia  
Metabolic syndrome  
Prostate disorders

Reproductive problems  
Skin and hair problems  
Thyroid disturbance  
A condition that no one knows what to do to help

## What is Hair Tissue Mineral Analysis?

Hair Tissue Mineral Analysis is a non-invasive health screening tool for measuring your body's mineral status. This data reveals potential health problems and provides a nutritional program designed to meet your individual health needs.

## Why Biopsy Hair Tissue?

Mineral concentrations in the hair can provide a reliable indicator of mineral stores in the whole body. If your health, diet or environment has created a mineral imbalance or toxic mineral excess, it will be recorded in the hair shaft.

For example, if your hair reveals an elevated calcium level, then your calcium level within the body may be elevated too. In this case, a strong tendency exists for arteriosclerosis (hardening of the arteries due to calcium plaques).

## Why Test For Minerals?

Minerals are the "spark plugs" of life. They are involved in almost all enzyme reactions in the body. By analyzing mineral imbalances in the body, one can learn a lot about the causes and correction of hundreds of common physical and mental health conditions.

## Why Not Test Blood?

Hair mineral analysis identifies individual nutritional needs and toxic element burdens not revealed in blood tests. This is because nutritional physiology takes place at the cellular level, not within the blood.

Blood moves nutrients in or out of tissue cells to create homeostasis. For example, when the body is deficient in calcium, the blood borrows from the bone to keep the levels up. Hence the blood test can show normal calcium levels even though there is a deficiency. This explains why many people have normal blood tests even when they are quite ill.

On the other hand, hair is a safe place for the body to unload excess minerals away from the vital organs. Elevated or deficient mineral levels show up earlier and more dramatically in hair than in other body tissue.

## Who Needs A Hair Analysis?

Anyone who is found ill and no explanation can be found, or when the cause seems to be found but the therapy is not wholly effective. Hair analysis opens up a whole new vista for the solving of your particular problem by recognising your biochemical individuality.

Even if you are not experiencing a severe problem, abnormal changes in body chemistry and nutritional deficiencies may result in early, subtle changes in the body such as white spots in fingernails (possible zinc deficiency), brittle hair and nails (calcium and copper imbalance) and mood swings (possible toxic metal accumulation). These indicators are early signs of metabolic disturbances and may lead to serious problems if left unchecked.

## Common Causes of Mineral Imbalances

- Improper diet such as excessive intake of refined carbohydrates.
- Taking vitamins and minerals which are not compatible with your body chemistry.
- Medications.
- Birth control pills.
- Stress.
- Accumulation of toxic metals from the environment, job or hobby.
- Inheritance of mineral patterns from parents.

## Ordering A Hair Analysis

You can order a Hair Tissue Mineral Analysis from Health Balancing or from a health practitioner working with us. Results are normally available within 10-15 days from the date the lab receives your sample.

We provide a mail-in method for screening the head hair of human adults and children, or fur from pets. Submitting your hair sample is quick and easy. Hair cuttings are cut at home and mailed to the laboratory. The laboratory requires 0.25gm or one tablespoon of head hair for testing.

## 21 MINERALS TESTED

### NUTRITIONAL ELEMENTS

Calcium  
Chromium  
Copper  
Iron  
Magnesium  
Manganese

Phosphorus  
Potassium  
Selenium  
Sodium  
Zinc

### TOXIC ELEMENTS

Aluminium  
Arsenic  
Cadmium  
Lead  
Mercury

### ADDITIONAL ELEMENTS

Boron  
Cobalt  
Lithium  
Molybdenum  
Nickel

## CONDITIONS AFFECTED BY MINERAL IMBALANCES

Acne

Anaemia

Atherosclerosis

Depression

Fatigue

High blood pressure

High cholesterol

Infertility

Macular degeneration

Mood swings

PMS

Allergies

Anxiety

Cardiac conditions

Diabetes

Hair loss

Poor nails

Hormone imbalance

Hypoglycemia

Insomnia

Memory problems

Prostate disorders

Thyroid disorders

Alzheimer's disease

Arthritis

Digestive problems

Headaches

Hyperactivity

Immune impairment

Learning difficulties

Migraines

Osteoporosis

Skin problems

Wounds healing poorly

## Benefits of Health Balancing Hair Analysis

Reliable clinical data on 21 nutrient and toxic minerals, and 6 significant mineral ratios.

- Fully licensed and accredited laboratory facilities based in the United States.
- Safe, specialised, scientific, non-invasive pathology test.
- Valuable health information often not revealed in standard blood and urine tests.
- Excellent means of identifying potential nutrient mineral deficiencies and excesses.
- Useful indicator of toxic mineral exposure.
- Personalised interpretive test report that assesses your current mineral status, highlights areas of concern and recommends dietary changes and supplements for improved health.

## CONTACT US

### HEALTH BALANCING

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