

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. Retest samples should be taken from the same area as the original sample if at all possible.

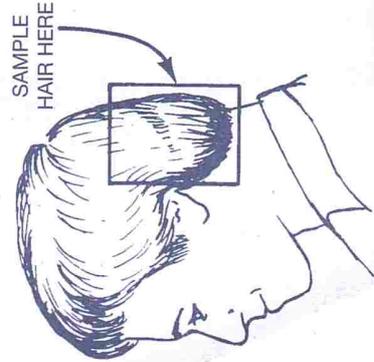
2. Sampling Location: Head hair taken from the nape of the neck (see illustration below) will provide the best sample. The growth of the hair here is relatively steady and should give good, consistent results.

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. *Note, 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.

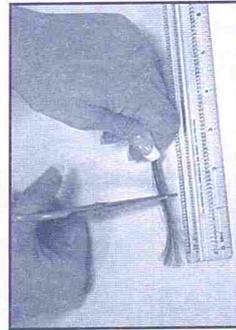
Take several small samples from different spots and combine them. This will help assure an accurate, representative sample on the average, while leaving no noticeable "bald" places in the hair style.

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 tablespoonsful.

Once an adequate sample is accumulated, put the hair into the provided sampling envelope and enclose it and the completed order form in the attached order envelope.



A. Holding the hair up and cutting a sample.



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



ORDER FORM

INSTRUCTIONS: Complete all five parts on both sides of this form. **NEW ACCOUNTS** -- Fill in Health Care Practitioner's name, phone number, and address in Part 1. An account number will be assigned with submission of your first test. **ESTABLISHED ACCOUNTS** -- Fill in account number (shown on last report) and Health Care Practitioner's name, then skip to Part 2. **ALL ACCOUNTS** -- Be sure to indicate which profile is desired in Part 3, and which quantity of supplements you want in Part 4. Check all of the applicable symptoms in Part 5 on the reverse side and sign and date the order.

PART 1. Health Care Practitioner Information

PRACTITIONER'S ACCOUNT NO. 84482	PHONE NUMBER: () 0416 290 100 EXT.
PRACTITIONER'S NAME Teya Skae, Kinesiologist	
STREET OR MAILING ADDRESS Suite 206/33 Lexington Drive Bella Vista	
CITY NSW, Australia	STATE 2153
PRACTITIONER'S E-MAIL ADDRESS teyaskae@gmail.com	

PART 2. Patient Information

PATIENT'S NAME: LAST NAME	FIRST NAME	INTL.
PATIENT DATA: AGE	HEIGHT FT. IN.	WEIGHT LBS.
SEX: <input type="checkbox"/> MALE <input type="checkbox"/> FEMALE	PREGNANT? <input type="checkbox"/> YES <input type="checkbox"/> NO	OCCUPATION:

COLOR OF HAIR:

BLACK BROWN BLOND RED GREY HEAD PUBIC OTHER

PART 3. Tissue Mineral Analysis Order

PROFILE 1. LABORATORY MINERAL TEST ONLY.

PROFILE 2. INITIAL LAB TEST AND INTERPRETATION. Entire Tissue Mineral Assay Test with charts and a thorough descriptive interpretation that lists trends, explains the results, and gives vitamin and mineral supplement recommendations.

PROFILE 3. LAB TEST AND SUPPLEMENT RECOMMENDATION ONLY.

PROFILE 4. PROGRESS TEST AND COMPARISON ANALYSIS.

Complete retesting of mineral levels with explanations of the results and suggested modifications to the supplement program as indicated by significant changes since previous test.

PROFILE 5. PERSONAL DIET PLAN. (Addition to Profiles 2, 3, or 4).

PART 4. Vitamin and Mineral Food Supplements Order

30 DAY SUPPLY

60 DAY SUPPLY

90 DAY SUPPLY

Do not send supplements

PREVIOUS LAB TEST NO.

FOR LAB USE ONLY -- DO NOT WRITE HERE

EMAIL ONLY



IMPORTANT: Be sure to complete and sign reverse side.



PART 5.

INSTRUCTIONS: Check CURRENT applicable codes ONLY:

- | | | | | | |
|---|---|--|--|--|--|
| <input type="checkbox"/> 501 Acne | <input type="checkbox"/> 526 Celiac Disease | <input type="checkbox"/> 552 Glaucoma | <input type="checkbox"/> 699 Lactating Mother | <input type="checkbox"/> 667 Obesity | <input type="checkbox"/> 633 Skin, Itchy |
| <input type="checkbox"/> 705 Addiction | <input type="checkbox"/> 527 Cerebral Palsy | <input type="checkbox"/> 617 Growth Rate, Diminished | <input type="checkbox"/> 565 Learning Disabilities | <input type="checkbox"/> 581 Osteoporosis | <input type="checkbox"/> 629 Skin, Oily |
| <input type="checkbox"/> 502 Addition, Alcohol | <input type="checkbox"/> 718 Chronic Fatigue Syndrome | <input type="checkbox"/> 593 Growth Rate, Stunted | <input type="checkbox"/> 566 Leukemia | <input type="checkbox"/> 694 Ovarian Pain | <input type="checkbox"/> 741 Skin Rash |
| <input type="checkbox"/> 717 Addition, Chocolate | <input type="checkbox"/> 717 Cigarette Smoker | <input type="checkbox"/> 553 Gout | <input type="checkbox"/> 686 Loss of Appetite | <input type="checkbox"/> 709 Pain Between Shoulder Blades | <input type="checkbox"/> 771 Spider Veins |
| <input type="checkbox"/> 713 Addition, Cigarette | <input type="checkbox"/> 528 Cirrhosis of the Liver | | <input type="checkbox"/> 638 Loss of Awareness (euphoric) | <input type="checkbox"/> 751 Panic Attacks | <input type="checkbox"/> 642 Stress |
| <input type="checkbox"/> 540 Addition, Drug | <input type="checkbox"/> 529 Colitis | <input type="checkbox"/> 616 Hair Loss | <input type="checkbox"/> 727 Loss of Balance | <input type="checkbox"/> 668 Paranoia | <input type="checkbox"/> 672 Stomach Problems |
| <input type="checkbox"/> 648 Aggression | <input type="checkbox"/> 530 Collagen Disease | <input type="checkbox"/> 641 Hair Growth, Poor | <input type="checkbox"/> 708 Loss of Concentration | <input type="checkbox"/> 583 Parkinson's Disease | <input type="checkbox"/> 673 Suicidal Tendencies |
| <input type="checkbox"/> 734 AIDS | <input type="checkbox"/> 728 Compulsive Behavior | <input type="checkbox"/> 644 Headaches | <input type="checkbox"/> 662 Low Self-Esteem | <input type="checkbox"/> 584 Perceptual Motor Problems | |
| <input type="checkbox"/> 502 Alcoholism | <input type="checkbox"/> 531 Constipation | <input type="checkbox"/> 572 Headaches, Migraine | <input type="checkbox"/> 714 Lump in Breast | <input type="checkbox"/> 585 Pericardial Disease | <input type="checkbox"/> 594 Tachycardia |
| <input type="checkbox"/> 503 Allergies | <input type="checkbox"/> 532 Coronary Occlusion | <input type="checkbox"/> 695 Headaches | <input type="checkbox"/> 567 Lupus Erythematosus | <input type="checkbox"/> 586 Phlebitis | <input type="checkbox"/> 693 Taking Birth Control Pills |
| <input type="checkbox"/> 504 Alopecia (or | <input type="checkbox"/> 618 Craving Sweets | <input type="checkbox"/> 779 Hemochromatosis | | <input type="checkbox"/> 752 Phobias | <input type="checkbox"/> 674 Temper Problems (bad temper) |
| <input type="checkbox"/> 641 Poor Hair Growth) | <input type="checkbox"/> 758 Crohn's Disease | <input type="checkbox"/> 746 Hemorrhoids | <input type="checkbox"/> 708 Memory Loss (loss of concentration) | <input type="checkbox"/> 612 Pigmentation Problems /Skin | <input type="checkbox"/> 772 Tendinitis |
| <input type="checkbox"/> 770 ALS | <input type="checkbox"/> 533 Cushing's Disease | <input type="checkbox"/> 724 Hemostiderosis | <input type="checkbox"/> 568 Meniere's Syndrome | <input type="checkbox"/> 669 PMS | <input type="checkbox"/> 595 Thrombophlebitis |
| <input type="checkbox"/> 760 Alzheimer's Disease | <input type="checkbox"/> 534 Cystic Fibrosis | <input type="checkbox"/> 713 Hepatitis | <input type="checkbox"/> 569 Menopause | <input type="checkbox"/> 708 Poor Attitude, Outlook | <input type="checkbox"/> 643 Tinnitus, ringing in ears |
| <input type="checkbox"/> 506 Anemia | <input type="checkbox"/> 615 Dandruff | <input type="checkbox"/> 733 Herpes | <input type="checkbox"/> 729 Menstrual Problems (or | <input type="checkbox"/> 745 Poor Circulation | <input type="checkbox"/> 702 Tourette's Syndrome |
| <input type="checkbox"/> 649 Anger | <input type="checkbox"/> 653 Defensiveness | <input type="checkbox"/> 558 (hypertension) | <input type="checkbox"/> 505 Amenorrhea, cessation of period, or | <input type="checkbox"/> 708 Poor Concentration | <input type="checkbox"/> 730 Tumors |
| <input type="checkbox"/> 507 Angina | <input type="checkbox"/> 535 Depression | <input type="checkbox"/> 723 Hives | <input type="checkbox"/> 542 Dysmenorrhea, painful periods) | <input type="checkbox"/> 731 Poor Digestion, Indigestion | <input type="checkbox"/> 596 Tumors, Benign |
| <input type="checkbox"/> 708 Anorexia | <input type="checkbox"/> 536 Dermatitis (skin problems) | <input type="checkbox"/> 763 Hiatal Hernia | | <input type="checkbox"/> 640 Poor Memory | <input type="checkbox"/> 597 Tumors, Fatty |
| <input type="checkbox"/> 509 Arteriosclerosis | <input type="checkbox"/> 537 Diabetes | <input type="checkbox"/> 769 HIV Positive | <input type="checkbox"/> 663 Mental Confusion | <input type="checkbox"/> 719 Poor Muscle Tone (see Muscle) | <input type="checkbox"/> 598 Tumors, Fibroid (Misc.) |
| <input type="checkbox"/> 683 Arthritis | <input type="checkbox"/> 538 Diarrhea | <input type="checkbox"/> 554 Hodgkin's Disease | <input type="checkbox"/> 570 Mental Problems | | <input type="checkbox"/> 599 Ulcer, Gastric |
| <input type="checkbox"/> 510 Arthritis, Osteo | <input type="checkbox"/> 700 Difficulty Taking Supplements | <input type="checkbox"/> 722 Hot Flashes | <input type="checkbox"/> 571 Mental Retardation | <input type="checkbox"/> 639 Poor Nail Growth | <input type="checkbox"/> 600 Ulcer, Skin |
| <input type="checkbox"/> 687 Arthritis, Psoriatic | <input type="checkbox"/> 617 Diminished Growth Rate | <input type="checkbox"/> 657 Hostility | <input type="checkbox"/> 750 Mind Racing | <input type="checkbox"/> 671 Pregnant | <input type="checkbox"/> 601 Uremia |
| <input type="checkbox"/> 511 Arthritis, Rheumatoid | <input type="checkbox"/> 539 Diverticulosis | <input type="checkbox"/> 710 Hyperactivity | <input type="checkbox"/> 572 Migraine Headaches | <input type="checkbox"/> 670 Protein Catabolism | <input type="checkbox"/> 706 Urination Problems (frequent urination) |
| <input type="checkbox"/> 512 Asthma | <input type="checkbox"/> 685 Dizziness | <input type="checkbox"/> 555 Hypercholesterolemia (high cholesterol) | <input type="checkbox"/> 692 Mononucleosis (mono) | <input type="checkbox"/> 669 Pre-Menstrual Tension, PMS | <input type="checkbox"/> 777 Urinary Infection |
| <input type="checkbox"/> 513 Atherosclerosis | <input type="checkbox"/> 540 Drug Addiction | <input type="checkbox"/> 556 Hyperlipidemia | <input type="checkbox"/> 665 Mood Swings | <input type="checkbox"/> 587 Prostate Problems | |
| <input type="checkbox"/> 514 Autism | <input type="checkbox"/> 747 Dry Mouth | <input type="checkbox"/> 557 Hypertension (high blood pressure) | <input type="checkbox"/> 747 Mouth Dry | <input type="checkbox"/> 619 Psoriasis | |
| <input type="checkbox"/> 762 Attention Deficit Disorder | <input type="checkbox"/> 541 Dyslexia | <input type="checkbox"/> 775 Multiple Chemical Sensitivity | <input type="checkbox"/> 775 Multiple Sclerosis | <input type="checkbox"/> 588 Psychological Problems | |
| <input type="checkbox"/> 651 Back Problems | <input type="checkbox"/> 704 Ear Infection | <input type="checkbox"/> 559 Hypert thyroidism (over-active thyroid) | <input type="checkbox"/> 739 Muscle Cramps | <input type="checkbox"/> 589 Raynaud's Disease | <input type="checkbox"/> 605 Water Retention (edema) |
| <input type="checkbox"/> 674 Bad Temper (temper problems) | <input type="checkbox"/> 544 Eczema | <input type="checkbox"/> 560 Hypoadrenocorticism | <input type="checkbox"/> 719 Muscle Tone Poor | <input type="checkbox"/> 732 Retinitis | <input type="checkbox"/> 677 Weight Gain |
| <input type="checkbox"/> 684 Bed Wetting | <input type="checkbox"/> 545 Edema, Water Retention | <input type="checkbox"/> 561 Hypoglycemia | <input type="checkbox"/> 740 Muscle Weakness | <input type="checkbox"/> 764 Vitiligo | <input type="checkbox"/> 603 Weight Loss |
| <input type="checkbox"/> 515 Behavior Problems | <input type="checkbox"/> 654 Emotional Problems (or emotional instability or sensitivity) | <input type="checkbox"/> 562 Hypothyroidism (under-active thyroid) | <input type="checkbox"/> 574 Muscular Dystrophy | <input type="checkbox"/> 738 Respiratory Infection | <input type="checkbox"/> 678 White Spots on Nails |
| <input type="checkbox"/> 776 Bladder Infection | <input type="checkbox"/> 546 Empysema | | <input type="checkbox"/> 637 Myositis | <input type="checkbox"/> 590 Rheumatism | <input type="checkbox"/> 679 Worrying |
| <input type="checkbox"/> 755 Blood Clots | <input type="checkbox"/> 711 Endometriosis | <input type="checkbox"/> 696 Immune Deficiency | <input type="checkbox"/> 577 Myositis Ossificans | <input type="checkbox"/> 637 Ridges on Nails | <input type="checkbox"/> 605 Wound Healing (poorly) |
| <input type="checkbox"/> 743 Blurred Vision | <input type="checkbox"/> 711 Endometriosis | <input type="checkbox"/> 563 Impotence (men only) | | <input type="checkbox"/> 643 Ringing in Ears | |
| <input type="checkbox"/> 701 Boils | <input type="checkbox"/> 547 Epilepsy | <input type="checkbox"/> 731 Indigestion (bloating, gas) | <input type="checkbox"/> 639 Nail Growth Poor (poor nail growth) | <input type="checkbox"/> 591 Schizophrenia | |
| <input type="checkbox"/> 714 Breast Lump (lump in breast) | <input type="checkbox"/> 691 Epstein-Barr Syndrome | <input type="checkbox"/> 688 Infections | <input type="checkbox"/> 636 Nails Soft | <input type="checkbox"/> 592 Scleroderma | |
| <input type="checkbox"/> 517 Breast Tumor | <input type="checkbox"/> 638 Euphoric (loss of awareness) | <input type="checkbox"/> 704 Infections, Ear | <input type="checkbox"/> 666 Nausea | <input type="checkbox"/> 715 Scoliosis | |
| <input type="checkbox"/> 735 Bronchitis | <input type="checkbox"/> 655 Exhaustion | <input type="checkbox"/> 738 Infection, Respiratory | <input type="checkbox"/> 681 Negative Feelings | <input type="checkbox"/> 737 Sciatric Nerve Problems | <input type="checkbox"/> 716 Yeast Infections |
| <input type="checkbox"/> 634 Brown Spots on Skin | | <input type="checkbox"/> 716 Infections, Yeast | <input type="checkbox"/> 726 Nervousness | <input type="checkbox"/> 664 Sinus Problems | |
| <input type="checkbox"/> 765 Bruising | | <input type="checkbox"/> 658 Infertility | <input type="checkbox"/> 578 Nervous System Dysfunction | <input type="checkbox"/> 749 Sinusitis | RETEST ONLY |
| <input type="checkbox"/> 518 Burger's Disease | | <input type="checkbox"/> 660 Inflammation | <input type="checkbox"/> 579 Neuralgia | <input type="checkbox"/> 536 Skin Problems, Dermatitis | <input type="checkbox"/> 698 Emotionally Stronger |
| <input type="checkbox"/> 756 Burning Feet | | <input type="checkbox"/> 564 Insomnia | <input type="checkbox"/> 580 Neuritis | <input type="checkbox"/> 634 Skin, Brown Spots | <input type="checkbox"/> 697 Feeling About the Same |
| <input type="checkbox"/> 519 Bursitis | | <input type="checkbox"/> 706 Frequent Urination | <input type="checkbox"/> 768 Nightmares | <input type="checkbox"/> 628 Skin, Dry | <input type="checkbox"/> 689 Feeling Better |
| <input type="checkbox"/> 520 Calculus, Biliary | | <input type="checkbox"/> 774 Irritable Bowel Syndrome | | <input type="checkbox"/> 744 Skin, Flaky | <input type="checkbox"/> 690 Feeling Worse |
| <input type="checkbox"/> 521 Calculus, Renal | | <input type="checkbox"/> 659 Irritability | | | |
| <input type="checkbox"/> 522 Cancer | | <input type="checkbox"/> 720 Iritis | | | |
| <input type="checkbox"/> 652 Candida Albicans | <input type="checkbox"/> 707 Gall Bladder Problems | | | | |
| <input type="checkbox"/> 766 Canker Sores | <input type="checkbox"/> 748 Gall Stones | <input type="checkbox"/> 759 Joint Pain | | | |
| <input type="checkbox"/> 523 Cardiac Arrhythmias | <input type="checkbox"/> 731 Gas (Indigestion) | <input type="checkbox"/> 721 Keloid Scars | | | |
| <input type="checkbox"/> 524 Cardiovascular Disease | <input type="checkbox"/> 656 Gastric Ulcer | <input type="checkbox"/> 661 Kidney Problems | | | |
| <input type="checkbox"/> 767 Carpal Tunnel | <input type="checkbox"/> 550 Gastritis | <input type="checkbox"/> 650 Kidney Stones | | | |
| <input type="checkbox"/> 525 Cataracts | <input type="checkbox"/> 551 General Good Health | | | | |

Additional Comments:

I request the Tissue Mineral Analysis Test(s) be performed and the desired interpretation(s) and supplements as indicated on this order form be provided to me. I understand that the material in the requested profiles is provided merely for my consideration, and that any actual implementation of the plans, procedures, and other information presented, or the dispensing of supplements as a result of this request, will be based entirely upon my professional knowledge and judgement, and be dependent upon my evaluation of the patient involved.

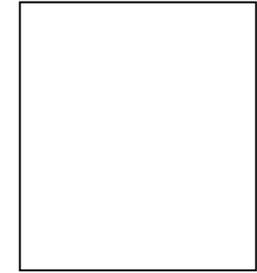
Peypa Skre

1/11/16

Date

Health Care Practitioner Signature

**Write your return postal
address here.**



**ARL Analytical Research Labs, Inc.
2225 W, Alice Ave
P.O. Box 37964
Phoenix, AZ 85069-7964
United States of America**

[OUTER, POSTAL ENVELOPE]

[INNER EVELOPE FOR HAIR SAMPLE]

Name: Jane Smith

HAIR SAMPLE

[PLACE THIS ENVELOPE INSIDE THE POSTAL ENVELOPE]

All About Hair Sampling

The accuracy of a mineral analysis depends upon many factors. While the laboratory is responsible for the technical aspects of the test, the results will only be as good as the raw material or sample that is received. For this reason, the more care that is exercised by the person sampling the hair, the better the results will be.

HEAD HAIR VERSUS PUBIC HAIR

The best tissue for sampling is one that is clean, fast-growing and that grows evenly. Head hair fulfills these requirements better than any other type of hair. The normal values have been established based on head hair samples.

In the event that head hair is not available, pubic hair or other body hair may be used. Accutrace Laboratories has performed comparison testing to determine the differences in the mineral readings between head and pubic hair samples. The study found that:

- The major *ratios* are the same in the pubic and head hair samples.
- However, all of the *levels* tend to be higher in pubic hair.

The difference may be due to the slower growth rate of pubic hair and that it is more protected from the elements than head hair. We ask that you do not mix sources, such as half head hair and half pubic hair. This will cause inaccurate readings.

USING OTHER BODY HAIR

Hair from a beard, other body hair or finger nails could be analyzed, but the laboratory has not performed extensive testing on these. Hair shaved off by an electric shaver is definitely not acceptable. Particles of metal from the blades become

mixed with the hair.

SAMPLING THE HAIR

Quantity. Be sure to sample enough hair. The paper scale should tip to the other side. One of the most frequent problems at the laboratory occurs when too little hair is sent (less than 125 mg). Either the client must be contacted to send more hair, or the sample must be diluted, which reduces the accuracy. Also, the laboratory normally keeps some hair to re-run any mineral that falls outside a reasonable range. If the sample is too small, extra hair cannot be saved.

Scissors should be clean and sharp. Steel scissors are better than aluminum scissors. Cutting hair will dull scissors, which must be sharpened or replaced when this occurs. If plated scissors are used, be sure the plating is not peeling off, which could contaminate the sample. Be sure to cut off the ends of any hair that is over 1 to 1 1/2 inches long.

Short hair can be a challenge. A thinning shears is often helpful. Thinning will allow a more even sampling without leaving any 'holes'. Thinning shears are best when the hair is less than 1 1/2" long. One method is to make a cut with the thinning shears. Then, pull the scissors away from the head, holding them parallel to the head. The cut hair will come away in the scissors and can be scraped into the envelope. It may also be necessary to run a comb through the hair after cutting, to remove the rest of the cut hair.

Washing. Hair should be dry when it is being sampled. Otherwise, it cannot be weighed correctly. The sample should be taken between four and twenty hours after washing. This allows the

hair to re-equilibrate after washing. Hair that has not been washed for more than four or five days is more prone to environmental contamination. If a salt based water softener is used in the home, hair sodium levels may be affected.

Storing samples. Samples can be stored if needed, as hair does not deteriorate with time.

Submitting the sample. Do not use tape, or staples to keep the hair together. When submitting the sample, place the hair in a paper envelope, NOT a plastic baggie, or aluminum foil.

Retest samples should be taken from the same area as the original sample, if at all possible. This assures continuity from sample to sample. However, it is not necessary to find the precise strands of hair for the next retest. Simply take the sample from the same general area.

Also, head hair cannot be compared to pubic hair so be sure that the second hair sample is from the same origin as the first sample. Retests must be performed within two years of original test.

Animal samples. Before sending in a sample for an animal, call Analytical Research Labs for specific instructions.

HAIR TREATMENTS

Most shampoos, rinses, conditioners, tints, sprays and other hair products don't affect the test for three reasons. First, most of these products do not contain minerals, which is all the hair test measures.

Second, the hair is only 10-15% porous. This means that not very much is absorbed by the hair itself. (The scalp is porous and can absorb many chemicals.) Finally, most shampoos are only applied for 15-30 seconds, not long enough for much absorption to take place.

Grecian Formula contains lead and should be avoided. Head and Shoulders Shampoo contains zinc and could elevate zinc readings. Selsun Blue Shampoo contains selenium and could elevate this reading.

"Home" dye/color products do not alter the test appreciably. However, it is best to wash the hair at least 6-8 times after a color treatment before sampling. After a beauty parlor permanent or bleach treatment, ideally it would be best to let the hair grow out 6-8 weeks. However, you may make a clinical decision that it is not possible to wait this long. The test may not be as accurate in this case, but the readings can still be very useful.

Heavy sweating just before sampling can increase sodium and potassium readings. Swimming in pools can increase copper and sodium.



Congratulations! You've just taken an important step towards your health and sanity. 😊

No more guessing on what protocols to follow. You can look forward to your own Biochemical Metabolic Blueprint!

Now let's get started.

1/ Please print the form and put your name on it. No need to do anything else on the form.

2/ HOW TO TAKE A HAIR SAMPLE (pictures on the form)

Instructions

1. Cut hair with clean stainless steel scissors. Thinning scissors can be used on short hair.
2. Cut small amounts of hair from the nape of the neck and/or several other locations on the back of the scalp. Cut hair as close to the scalp as possible.
3. If the sampled hair is less than 2 cm long, keep all of it for testing. If the hair is longer than this, cut off and keep the 2 cm of hair that was growing closest to the scalp (discard the excess).
4. The hair needs to be clean, well-rinsed, untreated and uncoloured. If hair is treated or coloured, wait six to take a sample from the freshly grown hair.
5. Place the hair sample in a clean envelope, seal it. Label it with your name.

3/ Place the form and sealed envelope with your hair sample into ANOTHER envelope & address it to:

Analytical Research Labs, Inc.

2225 W, Alice Ave

P.O. Box 37964

Phoenix, AZ 85069-7964

United States of America

If you are overseas outside of USA, please go to your post office and place an international stamp. No need to send it express post.

To give you an idea, it costs AU\$3 to send the hair sample to the Lab normal postage and it can take 5 – 14 days to get to the lab.

What kind of hair?

Head hair from the back of the head is best. Freshly grown uncoloured untreated hair cut from close to the scalp shows the body's most recent metabolic activity.

If head hair is not available, beard can be used.

***You must send your hair sample with the completed form for the lab to run your test. Without my form they will not do the hair test.**

Once the lab receives your sample, I typically receive your Hair Test Results 5 days later.

You book a time for our skype or zoom 60 minutes consultation via my online calendar

calendly.com/idealsolutions

I email you your test results before our consultation.

Till then please read the articles on Nutrition, Overtraining and Optimal Energy.

I look forward to working with you soon!

In Wellness!

Teya Skae M.A

I.D.E.A.L™ Solutions Nutritional Strategist & Performance Coach

E: teyaskae@gmail.com

www.idealsolutionscoach.com