

# Mineral Hair Test

## Analysis of mineral elements in hair



Hair is a site of deposit and excretion of mineral elements, both the essential or nutrients and those that are potentially toxic. Hair grows 1 cm every month, so that each new cm of hair will be the reflection of the mineral levels of the last month.

The imbalances of the essential mineral element levels, which play an important role in the chemical reactions of our cells, such as high and chronic levels of toxic metals, are the cause of health disorders.

A simple and quick analysis of hair can identify the cause of a great number of frequent illnesses.

### Advantages of the hair analysis

The **hair** is the ideal sample for the initial evaluation of the level of mineral elements in our body. The amount of minerals incorporated irreversibly in the hair is proportional to their concentration in other body tissues. Consequently, the level of the mineral elements in hair is more indicative of their deposits in the body than their levels in blood or in urine. In this way, the analysis of mineral elements in hair facilitates indirect information on the physiological situation of these minerals in our body.



The analysis of minerals in **blood** reflects a specific situation, that at the moment of the extraction, but does not reflect the nutritional state or chronic exposure. Blood is the ideal sample for the evaluation of intoxications or acute exposures.

The analysis of minerals in **urine** is useful after chelation therapy, which helps to eliminate the heavy metals deposited in tissues or bones. Consequently, the analysis in urine evaluates the efficiency of the chelation treatment.

### Profiles of mineral elements in hair

The metabolic imbalances and the high levels of toxic metals cause disorders (frequently deficiencies) of the levels of essential mineral elements. In addition, appropriate levels of essential mineral elements are correlated with the proper functioning of the metabolism. For this reason, the analysis of both profiles is important.

#### PELTOX Profile

Analysis of **5 toxic metals** in hair: aluminum, arsenic, cadmium, mercury, lead.

#### PELO Profile

This profile analyses the following parameters:

- **Toxic metals:** aluminum, arsenic, barium, cadmium, mercury, nickel and lead.
- **Essential macronutrients:** aluminum, arsenic, barium, cadmium, mercury, nickel and lead.
- **Essential macronutrients:** calcium, copper, phosphorus, iron, magnesium, potassium, silicon and sodium.
- **Essential trace elements:** boron, chromium, cobalt, manganese, molybdenum, selenium, vanadium and zinc.
- **Relations:** calcium/magnesium, calcium/phosphorus, calcium/iron, calcium/zinc, iron/copper, sodium/potassium y zinc/ copper.

The report of results contains comments and guidelines on the possible causes of the imbalances found. The results of the analyses make it possible to design a personalized diet and supplements.

### Indications

The evaluation of mineral elements in hair is especially indicated, among others, for:

- Persons who want to proactively manage their health
- Persons with disorders involving mood swings, depression, anxiety and concentration problems
- Persons with neurological or psychiatric disorders  
Persons with chronic fatigue
- Persons with skin, nail and hair disorders

The deviations of the mineral element levels in hair usually appear before the symptoms. For this reason the analysis is especially useful on the preventive level.

### Requirements

Fasting is not necessary.

Sample: 2-3 cm (approx. 1 gr) of treatments free hair of the closest part to the neck. Never wrap the sample in aluminum foil.

Documentation: Specific Test Requisition Form with questionnaire.