

Understanding Hair Analysis



revealing toxins and heavy metals. --- by Tina Marie Jones

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Our bodies record the levels of toxins we come in contact with, not only through our blood as we learned last month, but also in our hair. Drug and chemical residues, toxins, heavy metals, and radiation present in the body embed in hair fiber protein as it grows. Our hair acts like a permanent record, like geologic dating or tree rings – only in a much more concise time period. A three-inch strand of human hair will give a six-month history of what's going on in the body since head hair grows at a rate of about a half an inch a month.

Through Live Blood analysis, we are able to see the evidence of such toxins and metals but are not able to specifically identify which elements or chemicals are present. Through hair analysis, levels of specific elements, particularly toxic elements, are able to be identified.

Scientific research has determined that the presence of certain elements correlate with pathological disorders. For such elements, the levels in the hair provide a superior indication of body stores opposed to blood or urine specimens.

Americans alone are exposed to more than 70,000 chemicals daily, with 14,000 of those chemicals in our food supply. The hair analysis is an excellent tool to identify specific chemical toxins within the human body, and vitamin and mineral deficiencies caused by them.

Within the polluted environment of Houston, a hair analysis and specific detox geared toward the specific toxicity found is recommended very 6 months. The key to a good hair analysis is in the interpretation - a lost art amid traditional medicine, yet a critical step in disease recovery. Find a reputable practitioner who is experienced at performing and reading hair analysis and in suggesting effective cleanses that will safely rid the body of the toxins and restore optimal health.

A sample of hair sent to the laboratory for analysis will show levels of potentially toxic elements and levels of essential elements that are necessary for normal body function. Reference ranges are determined by the type of hair submitted, gender, and age. The toxic elements on the hair chart begin at 50%. The body has natural exposure to organic forms of all Earth elements, but inorganic forms or overloads of toxic elements above 50% can impact health. The hair analysis provides a screening for physiological excess of toxic elements which, in turn, create deficiencies or mal-distribution of essential elements in the body. Clinical research indicates that hair levels of specific elements, particularly toxic elements such as cadmium, mercury, lead, and arsenic, are highly correlated with pathological disorders. The hair proves to be more indicative of body stores than blood or urine.

Common Elements tested for in a standard hair analysis:

Aluminum
Cadmium
Arsenic
Germanium
Lead
Mercury
Nickel

And much, much more.

What indications would be present to require a hair analysis?

If your lifestyle includes any of the following, a hair analysis would be recommended.

Forgetfulness, tiredness, thought problems, chronic muscle soreness, ticks, muscle spasms, ADHD, ADD, autism, slow metabolism, suspicion of mineral deficiencies, work environments or living environments in a polluted area – near refineries, radiation or mining, drug use, smoking, a diet high in shellfish or bottom-eating fish and/or evidence of metal in dental fillings.

How much hair is needed?

We are not able to use cuttings from your last hair cut or hair pulled out from dealing with a stressful day. But be prepared to provide some fresh hair at the sitting and yes we will be gentle. Our practitioners are skilled in the latest hair styles. All joking aside, the test involves cutting about 1/4 gram of hair - about one heaping teaspoon. Hair is generally cut at the nape of the neck, and the hair closest to the scalp is used. Because tiny amounts are taken from several places, it is nearly impossible to notice hair was taken.

How long does it take to get the results?

Results are sent off to a lab and usually return to the office within 7-9 days. The discussion of the follow protocol is included in the cost of the tests.

How much does a standard test and assessment cost?

When performed by a licensed practitioner in a clinical setting tests run from \$125 - \$200.

How often do I need to have a hair analysis done?

Having a hair analysis every 6 – 12 months is recommended.

As a Holistic Nutritional Consultant, Tina Marie Jones counsels individuals and groups in achieving a balanced and healthy life through the care of mind, body and spirit. Mrs. Jones has received degrees and certifications through many schools and is now pursuing her PhD. in Holistic Nutrition from Clayton College of Natural Health. The founder of Optimal Health Consulting and partner to Dr. Tom Hall, N.D., Mrs. Jones is available for appointments Tue-Fri at the OHC offices in Houston. (713) 335-1505 – clinic office
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