

Hair Tissue Mineral Analysis test collection tips:

1. Your hair sample cannot be collected within the state of New York. If somehow this has slipped through the cracks and you live in the state of New York but were not aware of this, please get in touch with me right away -- BEFORE you submit your hair sample! Thanks!
2. Your hair should be clean (washed within 24 hours & preferably not slept on due to perspiration), dry, and free from any styling products such as hair spray, mousse, and so on.
3. If you have perspired between washing your hair and taking the sample, that will affect the results. So in that situation, just re-wash hair or take the sample a different day. Here's how this might sneak up on you. You (or your child) bathes / washes hair, then goes to bed for the evening, and you plan on taking the sample in the morning. You perspire while sleeping. See how sneaky this is? Go again.
4. If you color your hair, please make sure that your hair has been washed at least 8 times before taking the hair sample. If you bleach your hair, try to catch your sample a bit farther out if possible.
5. If you use well water or a water softener, please complete your last rinse before sampling with bottled water. The salts / minerals in well water or softened water will affect the test results.
6. Please avoid using medicated shampoos (Selsun Blue, Head & Shoulders, etc.) for TWO WEEKS prior to collecting your hair sample.
7. Please check out the directions on the back of the little blue scale. Most of what you'll need to know is printed there.
 - Take your hair sample from the back of your head.
 - Tip: If you wear your hair up -- in a bun or pony tail, avoid snipping too close to the hairline.
 - Snip a small hair sample as close to the scalp as possible.
 - Tip: for greatest discretion, try to snip in a line or row vs in a chunk.
 - Cut off and discard any length beyond 1-1/2 inches.
 - Ideally, you'll collect hair from 3-4 sample sites -- more if your hair is very short or baby fine.
 - Just weigh the sample on the nifty little blue scale thingy. When it tips, you have enough!
 - Put the collected hair in the envelope & seal it.
 - Fill out all the highlighted sections on the submittal form & envelope.
 - I do not see which symptom boxes you check on the submittal form -- that's retained by the lab. So if anything comes up that you would like me to know, just scan / copy / email / communicate and I'll take it into consideration.
 - Be sure to include payment -- we hand write the current amount on the submittal form.
8. If you have a question that I have not addressed, please ask!

Happy snipping!