

CONDITIONS THAT MAY BENEFIT FROM A HAIR MINERAL ANALYSIS

Hair analysis can monitor a person's progress with health issues and detect ill health on the horizon.

It can be helpful for autonomic nervous system issues, in mental health and in stress.

Some health issues that are benefited by the information that hair mineral analysis provides are:

- Addison's disease
- Adrenal fatigue
- Anxiety
- Arthritis
- Attention deficit disorder
- Autism
- Autoimmune disease
- Brain fog
- Brittle nails and hair
- Cancer
- Chronic fatigue
- Cushing's disease
- Dementia
- Depression
- Diabetes
- Depression
- Hypothyroidism
- Immune system weakness
- Heart disease
- Kidney disease
- Liver disease

- Memory Loss
- Neuropathy
- Osteoporosis
- Parkinson's disease
- Poor healing
- Tics and Tourette's disease
- Weakness and fatigue

SAMPLE HAIR MINERAL ANALYSIS REPORT

DOCTOR'S DATASM SEX: Male AGE: 9 3755 Illinois Ave. St. Charles, IL 60174

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT	REFERENCE INTERVAL	PERCENTILE
Aluminum (Al)	0.0	< 0.0	68 th 95 th
Antimony (Sb)	0.088	< 0.046	
Arsenic (As)	0.14	< 0.080	
Barium (Ba)	0.30	< 0.75	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.13	< 2.0	
Cadmium (Cd)	0.025	< 0.070	
Lead (Pb)	0.92	< 3.0	
Mercury (Hg)	1.1	< 0.40	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.010	< 0.060	
Nickel (Ni)	0.13	< 0.20	
Silver (Ag)	0.14	< 0.14	
Tin (Sn)	0.32	< 0.30	
Titanium (Ti)	0.51	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS			
	RESULT	REFERENCE INTERVAL	PERCENTILE
Calcium (Ca)	157	160- 500	2.5 th 16 th 54 th 97.5 th
Magnesium (Mg)	11	12- 50	
Sodium (Na)	100	20- 200	
Potassium (K)	100	12- 140	
Copper (Cu)	11	13- 32	
Zinc (Zn)	350	110- 190	
Manganese (Mn)	0.28	0.08- 0.50	
Chromium (Cr)	0.60	0.40- 0.70	

Note: The cost of a hair mineral analysis is \$80.00 plus HST. The price may fluctuate depending on the US dollar. We only do this test for our regular clients because it is wholesale and a person needs to follow up in order to interpret the results.

If you would like this test done let us know and we will arrange a test kit for you.

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WHAT IS A HAIR MINERAL ANALYSIS?

A hair mineral analysis is done by taking a **sample of hair and having it analyzed for its mineral composition by an accredited medical laboratory.** This test provides many clues to health and it is completely simple to do. **Hair is useful in detecting a person's mineral state over the course of a few months. It provides information on macrominerals like calcium, magnesium and potassium for example and also microminerals or trace elements like selenium, iron and zinc. The hair mineral analysis provides ratios of minerals in the body and that may represent a pattern that one can use to improve on their health. It can also show deficiencies or excesses in certain minerals and excessive toxic metals such as aluminum, arsenic, lead and mercury. The hair analysis provides clues to the balance of minerals and exposure to toxic metals. It provides deeper clues into a person's health such as certain lifestyle imbalances. For example, smokers sometimes have excessive cadmium, ant acid users have aluminum and**

occupational exposure may lead to an increased level of iron, copper or manganese.

This test can also provide indicators for a person's dietary habits. For example, low protein intake shows up as low phosphorus. A person taking too many carbohydrates, drinking water problems or veganism can skew a person's mineral readings. Food toxicity, such as mercury in fish or nickel or lead toxicity in rooibos tea, can be seen in hair mineral analysis.

Everyone has biochemical individuality, which means two people eating the same diet, don't necessarily absorb and utilize nutrients the same way. Hair mineral analysis helps to support the person's unique metabolism and improve their health and vitality. **This test takes the guess work out of which supplements may best benefit the person.**

According to Dr. L Wilson, author of the Hair Mineral Analysis book, **one can see trends and tendencies for over 60 common ailments in the results of a hair analysis.** He states that "Research indicates that many health conditions are related to

tissue mineral imbalances. The test may reveal them months or years before they manifest in the body.

This makes possible a powerful preventive medical science. This is much less costly and more effective than waiting until a disease such as cancer or heart disease occurs. This aspect of hair mineral testing alone would save billions of dollars if it were used widely. For example, one can inexpensively and accurately screen for tendencies for diabetes, heart disease, chronic fatigue, cancer, yeast infections, and many other health conditions."

Conditions that are related to toxic element exposure. Toxic elements are found nearly everywhere: from antimony as a fire retardant in clothing, to uranium salts in certain pottery glazes. Toxic elements may create an imbalance in essential elements or directly trigger a number of health problems. Anxiety and depression can be related to lead and mercury toxicity. Memory loss and anxiety have been associated with both arsenic and mercury.

Lead toxicity can impair long term memory and cause confusion. Cadmium may also cause confusion and heart disease: Antimony toxicity may damage the heart. Lead has been shown to increase blood pressure and affect the kidney.

Arsenic toxicity causes numbness and tingling in the feet and hands. Extremely high levels of bismuth may also cause neurological problems like muscle twitches, tremors or convulsions. Mild toxicity with any of the toxic elements can contribute to symptoms of fatigue.

Aside from toxic element exposure, it is also possible to have a simple deficiency or excess of essential nutritional elements. For example, low levels of zinc and/or magnesium are strongly associated with increased risk of diabetes. If all or most of the nutritional elements appear on the low end of normal, it may indicate that you have issues with absorption or digestion of food.