



## What Can Hair Analysis Reveal?

### Hair Analysis- What is a Tissue Mineral Analysis?

Trace mineral analysis is a test which measures the mineral content of your hair. Mineral content of the hair reflects the mineral content of the body's tissues. If a mineral deficiency or excess exists in the hair, it usually indicates a mineral deficiency or excess within the body, or bio-unavailability.

Examples: If your hair reveals an elevated calcium level two or three times normal, than your calcium level within the body may be elevated also. If this is the case, a strong tendency exists for arteriosclerosis (hardening of the arteries due to calcium plaques).

If your calcium level is low, then a tendency exists toward osteoporosis (demineralization of bone), increased tendency to bone fractures, dental caries, periodontal disease, muscle cramps, etc.

Various mineral imbalances, as revealed by hair analysis frequently lead to metabolic dysfunctions before any symptoms become manifest.

### Other conditions which may result or be aggravated by a mineral imbalance are:

- |                          |                              |                       |
|--------------------------|------------------------------|-----------------------|
| → Depression             | → Hypoglycemia               | → Hyperactivity       |
| → Headaches              | → Hypertension               | → Arthritis           |
| → Hair loss              | → Anemia                     | → Thyroid disturbance |
| → Prostate disorders     | → Digestive disturbance      | → Diabetes            |
| → Skin rashes            | → Emotional problems         | → Allergies           |
| → Cardiovascular disease | → Musculo-skeletal disorders |                       |

### Why test for Minerals?

Minerals are the "sparkplugs" of life. They are involved in almost all enzyme reactions within the body. Without enzyme activity, life ceases to exist. A trace mineral analysis is preventive as well as being useful as a screening tool.

### Who Needs a Hair Analysis?

Anyone who is found ill and no explanation can be found, or when the cause seems to be found but the therapy is not wholly effective. Hair analysis opens up a whole new vista for the solving of your own particular problem by recognizing your biochemical individuality.

Even if you are not experiencing a severe problem, abnormal changes in body chemistry and nutritional deficiencies may result in early, subtle changes in the body such as:

- White spots in fingernails - indicates a possible zinc deficiency.
- Longitudinal ridging in nails - indicates a possible iron deficiency.
- Brittle hair and nails - a possible calcium and copper imbalance.
- Deep grooves across nails - a possible calcium deficiency.
- Stretch marks - a possible zinc deficiency.

- Lack of growth – indicates a possible zinc deficiency.
- Mood swings – possible toxic metal accumulation such as lead, mercury or cadmium.

The above indicators are early signs of metabolic disturbances and may lead to serious problems if left unchecked.

### Common causes of a Mineral Imbalance

- ❖ Improper diet – such as excessive intake of refined carbohydrates and sugars, strict vegetarian diets or other exclusive diets.
- ❖ Taking vitamins and minerals which are not compatible with your current body chemistry.
- ❖ Medications.
- ❖ Birth control pills.
- ❖ Stress.
- ❖ Accumulation of toxic metals from the environment, job or hobby.
- ❖ Inheritance of mineral patterns from parents.

Hair analysis is an invaluable screening tool which allows a correct program of diet and supplementation to be designed for each individual's specific needs. Never before has there been available a metabolic blueprint with such a degree of applicable scientific accuracy.

### DID YOU KNOW?

- Women's pre-menstrual headaches are often caused by too much copper in their system?
- Arthritis pain can be caused by lead, cadmium, or mercury poisoning?
- Eating the wrong diet can contribute to conditions such as constipation, diverticulosis and even heart disease?
- Taking too much of any one vitamin or mineral can be harmful?
- Too much vitamin C can actually make an infection worse, in certain metabolic types?
- Hair analysis is the most efficient means of determining exactly what vitamins and minerals you do need?
- Adolescent acne can be caused by lead, or copper poisoning, as well as a zinc deficiency?
- Approximately 80% of our population lacks the necessary enzymes and natural stomach acids to digest their food?
- Hyperactive children often have too much lead or aluminum in their system?
- Obesity is frequently caused by chronic blood sugar problems?
- Mercury toxicity in the mother's system can kill her unborn child?
- Magnesium supplements may prevent brain damage of alcoholics?
- The male prostate gland contains more zinc than any other organ in the body? Because of this, adequate zinc levels are important for male potency.
- Diuretic, often prescribed for patients with high blood pressure and heart trouble, can decrease your potassium supply?

If you would like to know what your Hair is revealing about you please use the enclosed Tissue Mineral Analysis request. If you need an extra request form please call or email Lenas Supplements Plus today.

This material is for educational purposes only  
You may request a list of reference information at any time

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