



Introduction to Hair Mineral Analysis

Our body's level of many nutritional and toxic minerals can be evaluated by hair analysis. Toxic metals such as mercury and lead can interfere with proper vitamin and mineral utilization. Our highly industrialized society exposes us to these toxic metals daily.

Fatigue, weight problems, depression, irritability and anxiety are just a few of the conditions related to mineral imbalances.

How does it work?

We simply snip a small new growth hair sample and send it to an outside lab for analysis. Your report includes a coloured graph and written explanation.