

What Can A Hair Analysis Reveal?

Do you have?

- **Headaches**
- **Depression/Anxiety**
- **Digestive Disturbances**
- **Thyroid Imbalance**
- **Allergies**

First of all, what is a hair analysis and why would you want one? 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.

Who needs one? 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 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 can indicate a possible zinc deficiency, Longitudinal ridging in nails can indicate an iron deficiency, brittle hair and nails can suggest calcium and copper imbalance to name a few possibilities.

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.

We test for minerals because minerals are the sparkplugs of life. They are involved in almost all enzyme reactions within the body. Without enzyme activity, life ceases to exist.

What happens if there are mineral imbalances within the body, a multitude of conditions can result such as: depression, hypoglycemia, hyperactivity, headaches, hypertension, arthritis, hair loss, anemia, thyroid disturbance, digestive disturbances, diabetes, musculo-skeletal disorders, cardiovascular disease, emotional problems and allergies.

What can be some 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, and accumulation of toxic metals from the environment, job or hobbies, inheritance of mineral patterns from parents.

If you are interested in creating a more balanced inner body which will ultimately reflect on your outer self take the opportunity to identify your mineral patterns that could be preventing you from living your optimal life for you and your family.

References: Analytical Research Labs Inc.