

## HAIR TISSUE MINERAL ANALYSIS HAIR TESTING INSTRUCTIONS

If you have any questions, please visit [www.pamkilleen.com](http://www.pamkilleen.com) or contact [pam@pamkilleen.com](mailto:pam@pamkilleen.com).

### FOR ACCURATE HAIR TEST RESULTS

- 1) **Hair must be cut at or as close as possible to the scalp**, not at the ends of the hair. Any hair over 1 to 1.5 inches from the scalp must be cut off and thrown away.
- 2) **Hair must be clean** - washed within 12-24 hours before sampling, preferably in soft water with a non-irritating and basic shampoo.
- 3) **Samples must be from the head, not pubic hair. With each test use same area of the body** for an accurate comparison reading. If possible, use the same area of the head, such as the back or one side.

### EQUIPMENT NEEDED

A standard rat-tailed comb and regular stainless steel scissors are all that is basically needed. For short hair, thinning shears may be used to keep from disturbing the hair style as much as possible. With long hair, a hair pin or clip may also be useful.

### INSTRUCTIONS FOR HAIR TESTING

Accurate results depend on cutting hair samples correctly. Here are basic rules for sampling the hair:

1. Cut the sample from anywhere on the head. The nape of the neck is excellent but other areas are fine as well. Hair can be cut from other parts of the body, although these are not as accurate in most cases. As an option, auxiliary hair, pubic hair or other body hair may be used. The growth pattern here varies and is rather sporadic, but it produces adequate results. *Note, however, that samples from the head and different parts of the body should not be mixed.*



2. Cut the hair as close to the scalp as possible for the most recent and therefore the most accurate readings.
3. Then measure about one inch or two centimeters from where it was cut on the head. Cut off the rest of the long hair and throw it away. Using even shorter hair is excellent. The only problem is with long

hair. For long hair - over 1 1/2 " in length - cut off and use about 1" of the hair from the end that was next to the scalp. Discard the rest.

4. The best way is usually to cut several little samples and combine them until the paper scale tips or until you have filled a tablespoon or have 125 mg of hair. (This is not a lot of hair.)



5. Hair that has been tinted, dyed, highlighted, bleached or permanent-treated may be used. Wait as long after the treatment as possible (5 or 6 weeks should be fine). If it has been bleached or permed, please wash the hair several times after the hair treatments before cutting the sample to remove the chemicals and allow the hair to grow out a little.
6. Thinning shears or even a razor may be used if the hair is short. It must be an electric razor, as we do not want the hair mixed with shaving cream or soap. If thinning shears are used on long hair, it may be hard to tell which end was cut.
7. Use envelope provided to collect the hair.
8. Retest samples should be taken from the same area as the original sample, if at all possible.