



OPTIONS CENTER HEALTH TOPIC



COMMONLY ASKED QUESTIONS ABOUT HAIR ANALYSIS

What exactly is hair analysis?

Hair mineral analysis is a laboratory test that measures mineral content in the hair (nutritional minerals as well as toxic heavy metals). In most cases, the test results reflect how much of these elements are in your tissues and provide a vivid picture of your internal environment. With this information, a world of metabolic events can be interpreted.

How can hair analysis help me achieve better health?

If we consider that diet is what we consume and nutrition is what we retain, then we can see that discovering what your body needs when it needs it is a valuable tool in creating health. After 30 years of research, hair analysis has emerged as the most practical method of testing for mineral balance in your body. This valuable tool indicates which supplements you need and which ones you should avoid. Progressive health care providers are now well aware of the vast amount of research linking nutrition to disease. But what serves as good nutrition for one person may not be good for you. Your Hair Analysis Report is designed to help both of us determine the best nutritional program for you.

But how do I know that my hair analysis results are reliable?

With a properly obtained sample, hair analysis is extremely accurate. Highly sophisticated instruments and software programs allow for extensive quality control. At Trace Elements Inc, the lab that Options uses, they specialize in hair analysis testing exclusively, analyzing over 50,000 samples per year. Most labs that provide hair analysis services do other laboratory testing as well. But at TEI, full attention is directed toward assuring the accuracy of your results.

So... hair analysis is widely used and highly accurate. Do I have to be sick or feel badly before using it?

Most people use the test for prevention of potential problems, to monitor toxic metal exposure or just to fine-tune their nutritional needs. Hair analysis is routinely performed on world-class athletes who push their bodies to the limit, as well as heads of government and famous singers and actors whose careers depend on their physical well being. So you can see, hair analysis is widely used for people of all ages, from babies to octogenarians and every level of physical condition.



What about contamination – hair dyes and soaps – won't these affect my results?

Certain cosmetic hair treatments can contaminate scalp hair such as dyes that contain lead acetate, bleaching processes that artificially affect calcium, and medicated shampoos that contain zinc or selenium. However, only the individual element is affected. All of the other minerals tested are valid. With our extensive ability for interpreting and comparing test results to individual metabolic characteristics, these effects can be overcome.

Why can't I just take a good multiple vitamin?

We now know more than ever about the interactions of vitamins and minerals. Updating your own knowledge is essential to your future health. You may know that vitamins and minerals are essential for good health, but did you know that they might not always be helpful?

- Too much zinc, for example, can antagonize vitamin D. Therefore, taking zinc haphazardly may cause an imbalance in Vitamin D.
- Too little vitamin D, in turn, antagonizes calcium, creating poor conditions for calcium absorption. So now you have a shortage of calcium.
- Too much vitamin C can cause a copper deficiency and allow too much iron to build up in the body. A domino effect occurs.

While you may be aware that vitamins and minerals are needed, *too much of something can be just as bad as too little*. In the years to come you'll be hearing a lot more about "over nutrition" (too much of a nutrient) being more of a problem than under nutrition.

Do you see why it's not wise to simply take a multiple vitamin or to increase vitamin C or other nutrients without knowing your particular mineral balance? *You risk creating additional imbalances.*

This sounds complicated. Why don't I just forget about supplements altogether and eat my 3 square meals a day?

That sounds reasonable. But, unfortunately in this day and age, influences never before known to man affect the quality of our food and our capability of absorbing the nutrients from that food.

We all know that the nutrient content of food depends on the soil content. Consider how pollutants in the air, water and food we eat affect the nutrients that we actually get. How does medication you've taken over the years influence your body even now? Then, there are the age-old influences like how activity or lack of it affects nutritional needs. Additional considerations include genetic factors such as metabolic type and other inherited characteristics.

All these factors determine your nutritional needs. Why not use the modern technology available with hair analysis? Then you'll know what you need to take and what you don't.

Information taken from Trace Elements Hair Analysis Patient brochure.

OPTIONS ALSO OFFERS YOU

- ✓ A Hair Tissue Mineral Analysis, call Options for an appointment and get started down the road to your future health!