

Hair Analysis

- **Patterns are the most important feature.**
- **Second are the mineral ratios.**
- **Third the individual minerals.**

Major patterns include: inversions, fast, slow, mixed oxidation, four-low electrolytes, four-high electrolytes, and copper imbalance.

Minerals are involved in all body functions. The chemical elements are the basic building blocks of our bodies. Even more telling are the ratios between minerals. Ratios represent relationships and balances in the body, the quality of the relationships determines our health. Acidity and alkalinity, good cholesterol and bad cholesterol, hyperthyroid and hypothyroid- are all balances. Using hair analysis to assess balances and relationships provides information about every body system.

Hair analysis is a soft tissue mineral biopsy. A biopsy is an analysis of a body tissue, in this case to detect mineral levels. Hair is classified as a soft tissue of the body. Hair analysis provides a reading of the mineral deposition in the cells and interstitial spaces of the hair over a 2-3 month period. The test does not provide an assessment of the mineral content of other tissues of the body. However, testing the hair allows one to infer what is occurring in the other tissues of the body.

Hair analysis is considered a screening test. A screening test by definition is not intended to be diagnostic of any disease or condition. It is, however, a relatively simple and easily performed test designed to provide a lot of information rapidly and inexpensively. Screening tests are often undervalued, however, can play a critical role in both prevention and early detection of physical and mental disorders.

The hair mineral chart reflects multiple levels of functioning of a person, including heredity, upbringing, lifestyle, diet, attitudes, body chemistry, and health status. The hair test, in other words reflects an overall picture that is influenced by many factors. In one person, a high-sugar diet may be severely affecting the body chemistry. In another person, weak adrenal glands from birth, or intense fears due to childhood trauma may be dominant factors on the test.

An implication of this principle is that in order to correct the numbers on the hair analysis, more than nutrition may be required. This is in fact what one observes. The correct way to use tissue mineral analysis is in conjunction with a holistic approach to health. This will yield the most rapid and most permanent results.

Each mineral on the hair analysis chart adapts or compensates for every other mineral to some degree to maintain homeostasis. Homeostasis is the basic method the body uses to maintain itself. The body engages in a continuous balancing act adjusting mineral levels to cope with internal and external stress as best it can.

The body adapts to stress by progressive compensations. A single hair mineral analysis represents a picture of the top layer or level of the adaptation that is present. The body progressively compensates for weakness of any organ or system. As one gland or organ becomes overburdened and underactive, another takes over its function. For example, if the liver becomes sluggish, more burden is placed on the kidneys for excretion of toxic substances. When the kidneys become overworked, elimination may shift more to the skin, and so forth.

This principle may prove frustrating for those who want instant understanding and rapid cures. However, anyone familiar with natural therapeutics knows that time is required for healing. Healing proceeds by peeling off layers of compensations one by one.

A very high hair level or very low hair level may indicate bioavailability of the mineral. Bioavailability refers to the ability of the body to use a mineral. Minerals must not only be present, but must be chemically bound, or in a particular valence or configuration to be utilized. A mineral that is present but not usable is called bioavailable. The principle of bioavailability is critical in hair analysis interpretation. This principle explains the curious phenomenon that a person with high level of a mineral often demonstrates symptoms of deficiency of the same mineral. Each hair reading represents a sum of the metabolic events!