

Hair Mineral Analysis

Hair is classified as a soft tissue of the body. A hair analysis is a soft tissue biopsy. The 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 the 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, 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. The correct way to use tissue mineral analysis is in conjunction with a holistic approach to health. Many times it is the combined adjustments of nutrition, lifestyle changes, and nutritional supplementation that will yield the most rapid and most permanent results. These changes will be represented on subsequent hair biopsies, recommended every 3 to 6 months to monitor progress.

The interrelationships of each mineral are complex and in-depth. On the hair analysis chart ratios and relationships of the minerals will show adaptation or compensation 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.

Stress on any front will create compensation of the minerals, organs and systems. A single hair mineral analysis represents a picture of the top layer or level of the adaptation that is present. The body progressively compensates in this way for weakness. As one gland or organ becomes overburdened and underactive, another takes over its function. For example, if the liver becomes sluggish, more burdens are placed on the kidneys for excretion of toxic substances. When the kidneys become overworked, elimination may shift more to the skin, and so forth. Healing proceeds by peeling off layers of compensations one by one.

Bio-availability refers to the ability of the body to use a mineral. A very high hair level or very low hair level may indicate bio-unavailability of the mineral. A mineral that is present but not usable is called bio-unavailable. The principle of bio-availability is critical in hair analysis interpretation. This principle explains the curious phenomenon that a person with high levels of a mineral often demonstrates symptoms of deficiency of the same mineral.

Heavy metals are disruptors of the mineral complex. Many times heavy metals will not show up as elevated on the first or even the second or third hair mineral analysis. This occurs because they are deeply buried within body organs such as the liver and brain. As the body begins to balance, the toxic metals will begin to show on the analysis. At this point a natural protocol can begin to assist the metals out of the body.

The hair analysis screening allows us another opportunity to work with the body to create a balance at the most basic and fundamental level of the body.

*For more information please visit the Analytical Research Labs. artma.com
Following an analysis the site has well written articles pertaining to aspects of ones health that may help you understand your situation more thoroughly.*