

PERFECT HEALTH CONSULTING SERVICES, LLC

1. "Restore Individuals to Perfect Health by Balancing Mind, Body, and Spirit"

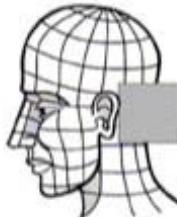
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INSTRUCTIONS FOR HAIR SAMPLING

1. **Sampling:** Hair should be clean and dry when it is being sampled. The sample should be taken between four and twenty four hours after washing. If you have had a bleach, dye, or permanent, please wash your hair 5 times before sampling. If you have a water softener, please wash your hair 2 times with distilled or reverse osmosis water before sampling. Please read "Are there any special requirements for submitting a hair sample?" on our Hair Analysis Information website page before sampling.
2. **Sampling Location:** Head hair taken from the nape of the neck (back of the head at the neck area) will provide the best sample. The growth of the hair here is relatively steady and should give good, consistent results. If you do not have any head hair, facial, chest or underarm hair may be used, however, head hair is our first preference. We do not recommend pubic hair. Note: samples from the head and different parts of the body should not be mixed together.



3. **Equipment Needed:** A standard rat-tailed comb and a 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.
4. **Cutting a Sample:** Comb and lift a section of hair at the nape of the neck. Either pin or clip the section or have the patient hold it up out of the way. Separate a smaller section and cut the hair off as close to the scalp as possible. For short hair- 1 ½" in length, or less-use the entire sample. For long hair-over 1 ½" in length-cut off and use 1" to 1 ½" of the hair from the end that was next to the scalp (the root end). Discard the rest. Take several small samples from different spots and combine them. This will help assure an accurate, representative sample on the average, while leaving no noticeable "bald" places in the hair style.
5. **Amount of Sample:** There should be approximately 125 mgs in the total sample. This should be about one heaping tablespoonful. Once an adequate sample is accumulated, put the hair into an envelope. Make sure to write your name, sex, age, date of sample, and type of hair sampled on the envelope.