



## Hair Mineral Analysis

(Please print out and complete the below information and forward your hair sample and completed forms to the address provided at the end of this form)

### PATIENT INFORMATION:

Surname \_\_\_\_\_

Given Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ State \_\_\_\_\_

Postcode \_\_\_\_\_ Country \_\_\_\_\_

Phone # \_\_\_\_\_ Mobile # \_\_\_\_\_

e-mail: \_\_\_\_\_

Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Gender M / F (please circle)

Females only: - Pregnant? Y / N (please circle)

General Health \_\_\_\_\_

Ethnic Background \_\_\_\_\_

Occupation \_\_\_\_\_

Medication (if any) \_\_\_\_\_

\_\_\_\_\_

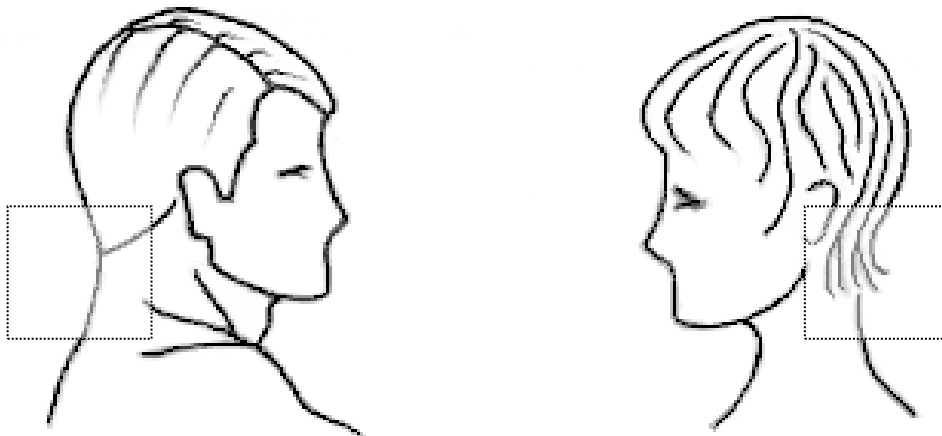


## SAMPLING INSTRUCTIONS:

**A minimum of one heaped dessertspoon (or no less than 1 gram) of hair is required.**

### Hair Sample Location:

- In preparation of taking sample, shampoo hair and rinse thoroughly with water. Preferably do not condition.
- Clean untreated hair is preferable as some chemical treatments can alter trace element readings. Untreated hair can normally be found under covering hair at the nape of the neck.



- Hair sample should be taken, using clean scissors or razor, from the nape of the neck as illustrated above. For the most accurate analysis, cut a sample no longer than 2-2½ inches (5cm) of the newest growth, regardless of length of hair.
- Using hair further from the root produces older results as hair acts like a time-line for the element content of the body. Using body hair can also show results over a longer period.
- Do not mix head hair with any other type of hair. If body hair is used, please seal it separately and mark accordingly.
- Place your sample straight into a paper envelope DO NOT use a ziplock bag and do not wash after cutting.



## SAMPLE INFORMATION:

### Location of Sample

☐ Nape (of neck) ☐ Other (specify): \_\_\_\_\_

Shampoo Brand \_\_\_\_\_

Conditioner Brand \_\_\_\_\_

Other Products \_\_\_\_\_

Hair Treatment(s) \_\_\_\_\_

☐ Bleached ☐ Permed ☐ Other (specify) \_\_\_\_\_

☐ Dyed:

Colouring agent Brand: \_\_\_\_\_ Colour: \_\_\_\_\_

Time since last coloured: \_\_\_\_\_ or Date of last colour: \_\_\_\_\_

### Results returned to:

Practitioner by e-mail only

### Practitioner Details

Name: Russell Browne Provider #: 506 777

Clinic Name: Natural Health Group Pty Ltd

Address: PO Box 5226, Torquay

State: QLD Postcode: 4655 Country: Australia

Phone #: 02 80074369

e-mail contact@naturalhealthgroup.com.au

Signature: (of test requestor) Russell Browne

Please send hair sample and completed forms to:

Natural Health Group  
 c/- Russell Browne  
 PO Box 5226,  
 Torquay, QLD, 4655, Australia



## Enough hair:



### **Your hair is a timeline.**

Your most accurate health is displayed close to the scalp. To ensure we calculate your most accurate health status, have someone else cut a large enough hair sample; that is, taken close to your scalp area up to 5cm or 1.5" long, and no less than a heaped tablespoon.

## NOT enough hair:

