

HAIR TISSUE MINERAL ANALYSIS - INSTRUCTIONS FOR SAMPLE COLLECTION

Sampling: Hair should be clean and dry when it is being collected. The sample should be collected between 4 to 24 hours after washing. For best results hair should be in its natural condition. However if your hair has been treated with bleach, perm or dyed please ensure that your hair has been washed at least 4 times since the treatment salon treatment; please make a note when sending the sample, making sure that you indicate your hairs' natural colour such as, Black, Brown, Blonde, Red or Grey.

Important: Prior to sampling please be sure that you have washed your hair with a simple shampoo. Do not add conditioner, hair spray, gel or other any other product to your hair prior to sampling.

Sampling Location: Head Hair taken from the head if at all possible. I find that the nape of the neck or the back of the head provides the best sample (a couple of inches above the neck collar line as shown below). The growth of the hair is relatively steady and should give good consistent results. However, you may take the sample from any part of the head.

Alternative supply of hair: If you are bald and do not have any head hair is unavailable, pubic hair or other body hair may be used. The growth pattern here is usually varied and sporadic, but produces adequate results. *Please note that sampling from the head and other parts of the body should not be mixed together.*

Equipment Needed: A standard comb and a regular clean stainless steel scissors are all that is basically needed. For short hairs thinning shears/scissors may be used to keep from disturbing the hair style as much as possible. With long hair a hair clip or pin may be also be useful to hold loner hair back as shown below.



Cutting a Sample, you may find it easier if someone helps you do this. Comb and lift a section of the 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 small section and cut the hair off as close to the scalp as possible.

For short and very short hair which is about 1inch or less in length please use the entire sample.

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For long hair which is over 1.5 inches in length, cut off and use only 1 inch of the hair from the end that was next to the scalp. Discard the rest as shown above.

How much hair is required? About 2 or 3 clumps as shown above are required. You will need enough to fill about a tablespoon, especially if your hair is short. This is very important as enough quantity is required for an accurate and successful test.

Weighing the Sample (if I have sent you a card scale): Set up the card weight scale provided, following the instructions printed on it. Place the small samples inside the circle on the card, continue until the scale tips, indicating that the correct amount of hair has been collected.

Put the hair into the small collection envelope provided or in a new clean paper envelope, write your name, age and requested details on the front. Do not place the hair sample in a plastic, polythene or other container.

Return the sample to us together with your payment and registration form to:

NATURE SYSTEMS, 3 St Andrews Drive, Thurso, Caithness, Scotland UK, KW14 8QA

Payment can be made by cheque (UK customers only), by direct bank transfer, credit / debit card or via PayPal as detailed below:

The simplest and quickest way to make a safe payment to us is to via PayPal. Simply go to <http://www.PayPal.com> and use your credit or debit card to make a payment to amin@naturesystems.co.uk

Payment by cheque:

You can pay by cheque from a United Kingdom Bank payable to Nature Systems and sent with your pack to the Postal Address below.

Payment by Direct UK Bank Transfer:

UK account holders:

Bank Sort Code: 12 22 48 Account: 00499806 Account Name: Nature Systems

Results will be available in about four weeks from receipt of sample and cleared funds.

Nature Systems
3 St Andrews Drive
Thurso
Caithness
Scotland
KW14 8QA
United Kingdom

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Order Form (PLEASE COMPLETE EVEN IF PREPAID)			
First Name:		Occupation:	
Surname:		Date of birth:	
Address:		Natural Hair Colour:	
		Height:	
Town/City:		Weight:	
County:			
Country:			
Postcode:			
Home Tel:			
Mobile Tel:			
Work Tel:			
E mail:			
<i>If above is under 16 please complete below:</i>			
Mother:			
Father:			
Or Guardian:			
What are your main health concerns?			
What are all your symptoms?			
Order Instructions: (IGNORE IF PREPAID)			
Hair Tissue Mineral Analysis Test or Retest and Consultation			£ 185.00
International Shipping & handling Add £15.00			£
Amount Due			£
Please circle payment method: Card or PayPal - UK Cheque -- UK Bank Transfer			
Disclaimer: I understand that the service provided by Nature Systems is not a substitute for the medical care, prescription and treatment that I receive from my Medical Doctors. I fully understand that Nature Systems does not diagnose medical conditions but provides wellness services and support through information, education, diet, wellness tests and nutritional therapy and supplementation.			
Signature:	Name:	Date:	
PayPal payment to amin@naturesystems.co.uk UK Cheques payable to Nature Systems			
Send your order, payment and hair sample to: Nature Systems, 3 St Andrews Drive, Thurso, Caithness, KW14 8QA United Kingdom Tel: 01847 893445 www.naturesystems.co.uk info@naturesystems.co.uk			