Frequently Asked Questions about hair mineral analysis testing

If I feel fine, and my doctor says I am well - why should I be concerned about minerals?

Minerals are the building blocks of life, vital substances your body does not produce naturally.

Whilst your doctor might say you are 'healthy', you may not be operating at your full potential.

An imbalance in your body's minerals can prevent you from performing at 100%, looking your best and feeling your best.

Only in the last few years has the importance of minerals been recognised.

Can an imbalance of minerals affect me?

Many conditions can be contributed to, or aggravated by, various mineral imbalances and toxic excesses.

These can range from short-term problems such as depression, headaches, low energy and insomnia to longer-term conditions including hair loss, heart problems, infertility, breathing difficulties, cholesterol levels and many more. By addressing your body's needs, you are taking a step towards improving your well-being as well as your long-term health.

Will taking mineral supplements really help me?

The simple answer is yes. Our lifestyles today prevent most of us from giving our bodies the minerals they need.
Diet, stress, pollution and lack of sleep can all contribute to imbalances in mineral levels.

Additionally we all have tendencies to retain some minerals and not others because of differences in digestion and assimilation.

However, will I notice a difference?

Health, well being and vitality do not improve overnight and are the product of many things, from fitness to diet as well as your mineral intake.

However, if the recommended supplements are taken correctly in accordance with the dietary recommendations, the benefits should be noticed in between 10 and 20 days.

How will Minerals help you?

Analysing your mineral levels with a hair test is the first step. Once you know your individual needs, a personal Mineral programme of supplements exactly designed to suit you can help your body function better and improve your health.

Why use hair?

Hair is ideal for mineral testing. Unlike blood, it can be sampled easily and it is simple to transport.

When it reaches the skin's surface, the hair's outer layers harden and lock in a blueprint of the nutritional metabolic activity during the past 1-2 months.

A properly obtained sample indicates your body's mineral levels and your accumulation of toxic metals.

You can detect what the levels are right now and see how the levels have changed during the last month or two. A blood test cannot do this.

This is a simple way of checking your body's mineral levels - through a small sample of hair.

Vital information about the body's chemistry is locked into every strand of hair, reflecting your energy, diet, environment and well-being.

It tells you whether your body has all the minerals you need - and in the right quantities.

Are you wasting money? If you do not know your body's mineral levels, you will not know your body's needs.
Which is why taking mineral supplements without checking what your body requires can be wasteful and may contribute to future imbalances?

Mineral imbalances or deficiencies can cause:

Toxic Metal to stay in your body rather than being eradicated, having a proper mineral balance means that toxic metal cannot store themselves in your bodies organs.

Mineral imbalances and deficiencies can also cause

Skin disorders, Depression, Infertility, Brittle Bones, Headaches, Heart failure, Hair loss, Insomnia, Bowel problems, plus many other health related issues.

NB: A third party has supplied Questions & Answers about Hair Mineral Analysis Testing – All information & Health Energy Ltd makes no claims.

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