

# **How to Cut a Hair Sample for Analysis**

**It is important to follow the instructions closely for an accurate test result.**

**READ THE INSTRUCTIONS BELOW BEFORE CUTTING YOUR HAIR SAMPLE.**

*If you are cutting your own hair sample, or having a friend or hairdresser cut it, do steps 1-7 below.*

*If you are in the Antioch (San Francisco East Bay) area and want us to cut your hair sample (for no additional fee), call (866) 688- 3760 or email [appointments@juneva.com](mailto:appointments@juneva.com) to setup an appointment, then do steps 1 & 2 below.*



## **Step 1: Wash Your Hair.**

Before cutting the hair sample, wash your hair with a regular shampoo. Do not use dandruff shampoos as they often contain minerals which may alter the test results. (Head and Shoulders Shampoo contains zinc and Selsun Blue Shampoo contains selenium which raise these readings.) Avoid using conditioners or other products such as leave-in conditioners, hair gel, hair cream, hair spray or others until after you have cut the hair sample.

~~**Dandruff  
Shampoo**~~

~~**CONDITIONER**~~

~~**HAIR SPRAY**~~

~~**HAIR GEL**~~

**IF YOU HAVE A WATER SOFTENER** it is very important that you wash your hair twice with spring water or another un-softened water before sampling. This does not have to be twice in the same day, but needs to be two times in a row (do not allow the softened water to get on your hair between, during or after the two washings). Once you have cut the sample, you may return to using your regular softened water.

**TINTS, DYES AND COLOR RINSES** Most of these do not affect the test because they contain chemicals, not minerals, but it's best to wash the hair *at least* once after applying a tint, dye or color rinse before cutting a hair sample.

**BLEACH, HIGHLIGHTS AND PERMS** These can alter the structure of the hair. So either sample the hair *before* a treatment or after you have washed the hair 6-8 times following a lightening, bleaching or perming treatment. (The hair tends to re-balance after 6-8 washings.)



## **Step 2: After washing your hair, wait at least 4 hrs to cut the sample but no longer than 24 hrs.**

Avoid any activity which will cause you to sweat excessively before cutting your sample, as this may affect the hair analysis results. Hair needs to be dry when sampling, so avoid putting wet hair in hats, pony tails or any other style that will prevent the hair from drying by the time the sample is taken. Also, please avoid sending samples that are oily.

**If you're coming to our office to have your hair sample cut, then you are done with your preparation.**



### Step 3: Cut a hair sample.

If you are cutting your own sample (or having a friend or hairdresser cut it) follow these instructions:

Using clean scissors, cut hair **as close to the scalp as possible**. DO NOT use an electric razor (metal from the blades become mixed with the hair sample). You may cut the samples from any part of the head but we recommend the back of the head, as it often grows fastest. If head hair is not available, the next best is beard hair, then arm/chest hair, but do not mix sample types (for example, do not mix beard hair and head hair). Pubic hair is not as accurate and should **only** be used as a last resort.

**TIPS FOR SHORT HAIR** Avoid leaving bald spots by cutting very-small samples from all over the head.

**TIPS FOR MEDIUM-LENGTH OR LONG HAIR** You can hide the sample location by pinning part of your hair up to expose the center of the back of your head and cutting about 2-3 inches above the base of the hair line. That way the sample spot will be hidden whether you wear your hair up or down. This also makes it easy to find the same spot for repeat hair mineral analyses: you simply cut the new growth from the same spot.

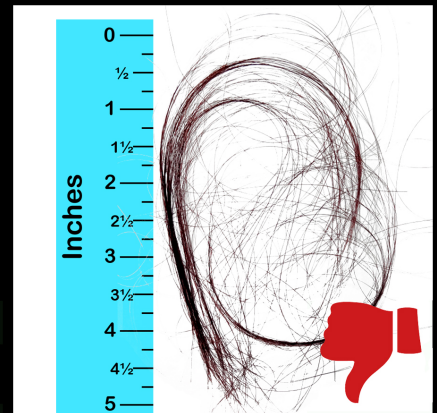
**TIPS FOR REPEAT (PROGRESS) HAIR MINERAL ANALYSIS** Use hair from the same part of the body as the original analysis. If the original sample was from the head, try to get it from the same general area of the head for repeat analyses. For medium or long hair, you can continue to sample the same spot using the new growth for each repeat hair analysis so you won't have to cut more long hair off.

**Keep track of which end of the cut hair is from the scalp because we only want the inch or so of hair that was directly against your scalp!** This is because the hair furthest from the scalp is the oldest. Older (longer) hair will show us the chemistry of your body months or even years ago, so it not accurate for your body's *current* chemistry. To get the hair we require, simply cut and discard the unwanted ends of the hair until all you have is the 1.5 inches (about 3 centimeters) or less that was closest to the scalp. **Use a ruler to be sure you have the right length of hair!** (For very short hair, the samples won't have to be trimmed since they will already be 1.5 inches or shorter.)

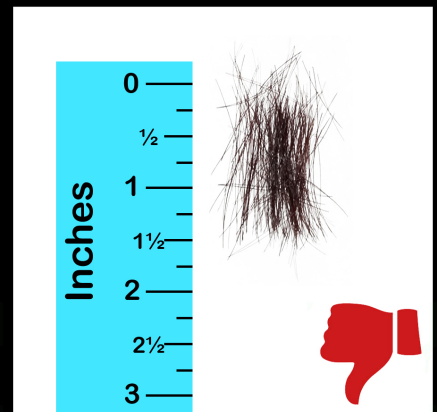
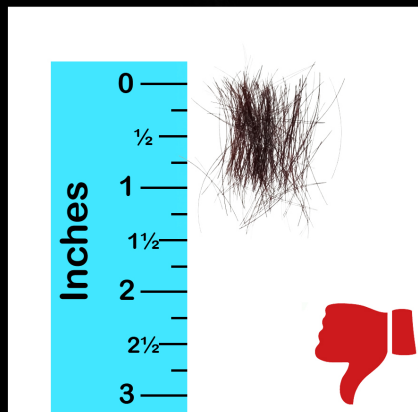
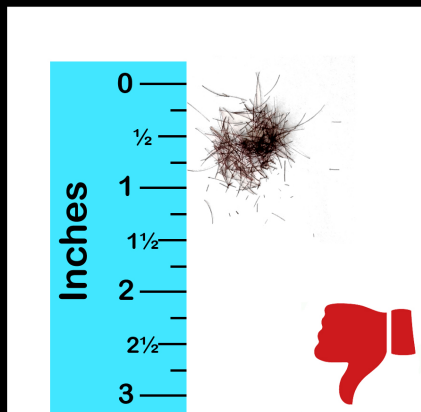


# COMMON HAIR SAMPLING MISTAKES

These are all too long:

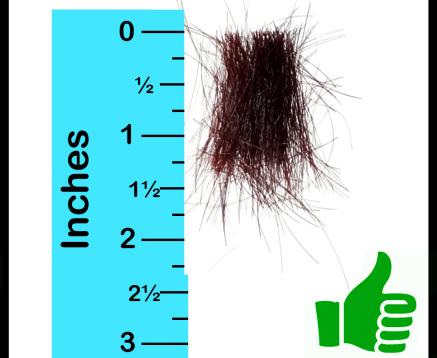
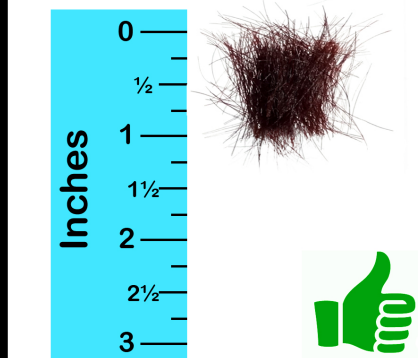
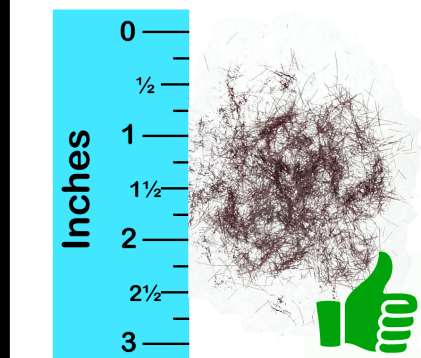


These are all good lengths but there is not enough hair:



All of these samples are perfect!  
Each is a good length and there is enough hair.

(This is from a man with a buzz cut)





### Step 4: Weighing the samples.

Set up the provided card weight scale, following the instructions printed on it. Continue placing the small samples inside the circle on the card. You will have enough hair when the 1.5-inch **or shorter** hair samples **tip the scale** (or fill an ordinary tablespoon). If you are unsure if you have enough hair, send a little more to be safe. For repeat hair analysis, it's best to keep the samples no longer than one inch.

A blank hair sample collection envelope with fields for Lab No., Patient, Sex, and Age. The envelope is white with a black border. The fields are labeled "LAB. NO.", "PATIENT", "SEX", and "AGE" with lines for writing. The text "A.R.L." is printed in the bottom right corner.

### Step 5: Place the hair in the provided hair sample collection envelope and write your name, age, and sex (gender) on it.

Once an adequate sample is accumulated, put the hair into the provided hair sample collection envelope.

**DO NOT** place hair samples in plastic baggies, tin foil, or stapled/taped to the scale or forms.

### Step 6: Mail your hair sample and Hair Submission Form.

Fill out, sign, and mail the Hair Submission Form we provided with your kit along with your hair sample using the prepaid return envelope and send it to: **Juneva Health at 3700 Delta Fair Blvd Ste 200A, Antioch, CA 94509, USA**