



# INFORMATION SHEET

## Hair Mineral Analysis

Price \$246 (as of August 2024)

### WHY A HAIR MINERAL ANALYSIS IS BENEFICIAL FOR YOU

A Hair Mineral Test provides a comprehensive snapshot of your body's mineral and toxic metal levels. By analysing these levels, you can understand imbalances that might be affecting your overall health and wellbeing.

### WHAT THE HAIR MINERAL ANALYSIS COVERS

This test includes key minerals and toxic metals such as:

- **Toxic Metals:** Aluminum, Antimony, Arsenic, Barium, Beryllium, Bismuth, Cadmium, Lead, Mercury, Platinum, Thallium, Thorium, Uranium, Nickel, Silver, Tin, Titanium.
- **Essential Elements:** Calcium, Magnesium, Sodium, Potassium, Copper, Zinc, Manganese, Chromium, Vanadium, Molybdenum, Boron, Iodine, Lithium, Phosphorus, Selenium, Strontium, Sulphur, Cobalt, Iron, Germanium, Rubidium, Zirconium.

### KEY BENEFITS

#### 1. Understanding Your Current Health Status

- **Comprehensive Insight:** A Hair Mineral Test provides a comprehensive snapshot of your body's mineral and toxic metal levels, highlighting potential deficiencies, imbalances, and toxicities.
- **Health Impact:** Identifying these imbalances can help explain symptoms and health issues you may be experiencing, allowing for targeted interventions.

#### 2. Personalised Treatment Plan

- **Individual Needs:** The results of the Hair Mineral Analysis enable the creation of a treatment plan tailored to your unique health needs.
- **Targeted Interventions:** Personalised recommendations for diet, supplements, and lifestyle changes ensure more effective and efficient health improvements.

#### 3. Holistic Approach

- This test supports a holistic and preventative approach to health, allowing for more effective management of conditions related to mineral imbalances and toxic metal exposure.

## IMBALANCES AND MENTAL HEALTH CONDITIONS

Understanding how specific imbalances relate to particular health conditions can emphasise the importance of this test:

### 1. **Obsessive-Compulsive Disorder (OCD)**

- **Calcium & Magnesium:** Imbalances can affect neurotransmitter function and contribute to OCD symptoms.
- **Zinc & Copper:** A balance between these two minerals is crucial for mental health; an imbalance can exacerbate OCD.
- **Oxalates:** High oxalate levels can affect brain function and exacerbate OCD.

### 2. **Burnout/Poor Stress Resilience**

- **Magnesium & Calcium:** Low magnesium and imbalanced calcium levels can contribute to poor stress resilience and chronic fatigue.
- **Zinc & Copper:** Imbalances can impact adrenal function and stress response.
- **Heavy Metals:** Chronic exposure to toxic metals like mercury and lead can exacerbate stress and burnout symptoms by impacting the nervous system and adrenal health.

### 3. **Anxiety**

- **Magnesium:** Low magnesium levels are associated with increased anxiety and stress.
- **Copper:** Elevated copper levels can contribute to anxiety and overstimulation.

### 4. **Depression**

- **Iron & Copper:** Imbalances can affect brain function and mood regulation.
- **Magnesium & Zinc:** Adequate levels are essential for managing depressive symptoms.

### 5. **Attention-Deficit/Hyperactivity Disorder (ADHD)**

- **Zinc & Magnesium:** Deficiencies can affect concentration and behaviour.
- **Lead & Mercury:** Elevated levels can impact cognitive function and contribute to ADHD symptoms.

### 6. **Autism Spectrum Disorder (ASD)**

- **Calcium & Magnesium:** Imbalances can affect neurological development and function.
- **Heavy Metals:** Elevated levels of toxic metals like lead and mercury are often found in individuals with autism.

A Hair Mineral Test is a valuable tool for understanding and optimising your health. By identifying imbalances in essential and toxic elements, it supports a personalised and proactive approach to health management, tailored to your unique needs.

More Information about the Hair Mineral Analysis can be found here

<https://hub.rnlabs.com.au/tests/hair-analysis>

## NEXT STEPS

1. **Book Your Test:** Contact me to schedule your Hair Mineral Analysis Test.

2. **Receive Personalised Analysis:** Get a detailed report and a more personalised treatment plan based on what we discuss in our consultation, in addition to your individualised test results.
3. **Start Your Journey to Better Health:** Begin implementing targeted interventions to address your specific health needs.

At Janaya Karloci Naturopath, I am committed to empowering you with the knowledge and tools you need to lead a well, peaceful, fulfilling, and empowered life.

*Janaya Karloci*

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