

Hair Tissue Mineral Analysis

A hair tissue mineral analysis can provide pertinent information about your metabolic rate, energy levels, sugar and carbohydrate tolerance, stage of stress, immune system and glandular activity. A hair tissue mineral analysis is a screening test for the level of 20 minerals and toxic metals in a sample of hair. It is a tissue mineral biopsy that is non-invasive, relatively inexpensive and extremely accurate.

A [hair tissue mineral analysis](#) is considered a standard test used around the world for the biological monitoring of trace elements and toxic metals in humans and animals species. Hair, like all other body tissues, contains minerals that are deposited as the hair grows. Although the hair is dead, the minerals remain as the hair continues to grow out. A sample of hair cut close to the scalp provides information about the mineral activity in the hair that took place over the past three to four months, depending on the rate of hair growth.