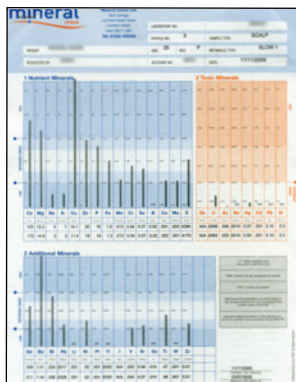


Report Formats

Interpretative Report

This is the most popular and comprehensive report. It utilises all of the expertise and extensive experience in interpreting trace mineral patterns at the Trace Elements Inc. laboratory. The report contains a graphic illustration of patient test results for at least 36 essential and toxic minerals, including reference ranges. It also includes a detailed discussion of the patient's results and personalised nutritional recommendations. **£50.00**



Interpretative Report and Additional Summary from Pulse Health Screening

In addition to the comprehensive report from Trace Elements laboratory, you will also receive a summary from **Pulse Health Screening** pointing out the most significant findings in your report which require action. **£60.00**

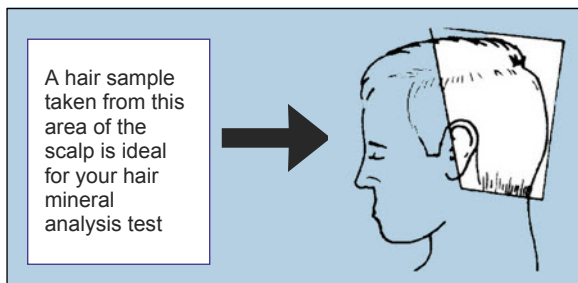
Follow - Up (Comparative) Report

This comparative report is available as a follow-up to the Interpretative Report, comparing current and previous test results, providing a comprehensive discussion with revised personalised nutritional recommendations. **£40.00**

Hair Samples

The laboratory requires half a gram (0.5gm) or about one tablespoon of head hair for testing. Taking a hair sample is quick and easy.

Cut hair close to the scalp. Use the first 4cm of hair as this reflects the body's most recent metabolic activity.



Benefits of a Hair Tissue Mineral Analysis

- Reliable clinical data on over 35 nutrient and toxic minerals and over 26 significant mineral ratios.
- Fully licensed and accredited laboratory facilities
- Safe, specialised, scientific, non-invasive pathology test
- Valuable health information often not revealed in standard blood and urine tests
- Excellent means of identifying nutrient mineral deficiencies and excesses
- Useful indicator of toxic mineral exposure
- Personalised test report that assesses your current mineral status, highlights areas of concern and recommends dietary changes and supplements for improved health.

Ordering a Hair Analysis

To order a Hair Tissue Mineral Analysis Kit, visit the **Pulse Health Screening** web page at: www.pulsescreening.co.uk/hair_analysis.html.

Credit and debit card payments are processed via PayPal.

Alternatively, you can send a cheque, made payable to **Pulse Health Screening** to the address below, with a note stating your name, address and which test you wish to order. The test kit will be sent to you as soon as your cheque has cleared.

Full instructions are supplied with the test kit.

Test results are normally available within 14 days from the date your hair sample is received.



46 Gilbert Close, Kempston,
Bedfordshire, MK42 8RN
Tel: 01234 840089;

Email: enquiries@pulsescreening.co.uk
Website: www.pulsescreening.co.uk

Don't play guessing games
with your health



Nutrient and
Toxic Element Testing

Hair Tissue Mineral Analysis

Balancing Body Chemistry

Pulse Health Screening

01234 840089

www.pulsescreening.co.uk

Why Test for Minerals?

Minerals are essential for growth, healing, vitality and wellbeing. They provide structural support in bones and teeth, maintain the body's acid-alkaline balance, water balance, nerve conduction, muscle contractions and enzyme functions.

Ideally, we should get all the minerals we need from a balanced diet. Unfortunately, this is rarely possible in today's world. Consequently, we need to test and monitor our nutritional needs now more than ever.

What is Hair Tissue Mineral Analysis?

Hair Tissue Mineral Analysis is a laboratory test that measures the mineral composition of hair. It is a valuable screening tool available in everyday and preventative health care.

Nutritional Elements	Toxic Elements	Additional Elements
Boron	Aluminium	Barium
Calcium	Antimony *	Bismuth
Chromium	Arsenic	Germanium
Cobalt	Beryllium	Lithium
Copper	Cadmium	Nickel
Iron	Lead	Platinum
Magnesium	Mercury	Rubidium
Manganese	Uranium	Strontium
Molybdenum		Thallium
Phosphorus		Tin
Potassium		Titanium
Selenium		Tungsten
Sodium		Vanadium
Sulphur		Zirconium
Zinc		

* Please ask if you wish this element to be tested

Why Use Hair Tissue?

Hair is a body tissue made up of mostly dead, keratinised cells fused together. The shaft of the hair is formed from a cluster of matrix cells. During the growth phase, metabolic activity exposes the hair to the internal environment. As the hair reaches the surface of the skin, its outer layers harden, locking

the metabolic products accumulated during this period of hair formation.

Mineral concentrations in the hair can provide a reliable indicator of mineral stores in the whole body. If your health, diet or environment has created a mineral imbalance or toxic mineral excess, it will be recorded in the hair. Research has shown that the hair mineral levels reflect stored mineral levels in other body tissues.

What Can Cause a Mineral Imbalance?

Diet

Fad diets and diets high in refined carbohydrates, sugar, table salt, alcohol and trans fats can lead to mineral deficiencies. Even the mineral content of a healthy diet can be deficient if foods are grown on nutrient - poor soil.

Stress

Both physical and/or emotional stress can deplete the body of many nutrients. At the same time, stress can affect your ability to absorb nutrients from your food.

Medications

Medications such as diuretics, the oral contraceptive pill, antacids and aspirin can all cause vitamin and mineral deficiencies.

Pollution

From childhood through adulthood, the average person is exposed to a variety of toxic metal sources. Toxic minerals such as lead, mercury and cadmium can interfere with mineral absorption. They build up in our bodies from sources such as: air pollution, exhaust fumes, cigarette smoke, unfiltered water, dental amalgams, copper and aluminium cookware and antiperspirants.

Inherited Patterns

Certain mineral imbalances can be inherited. Some individuals can also have higher requirements for particular nutrients to maintain good health.

Nutrient Supplements

Supplements can lead to mineral excesses as well as deficiencies.

Conditions Affected by Mineral Imbalances

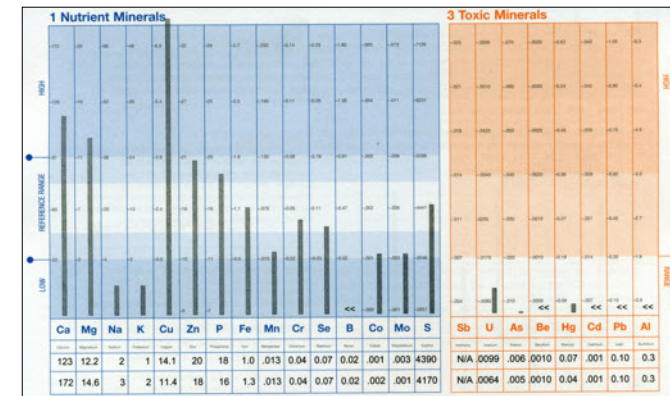
Acne	Fatigue	Macular Degeneration
Allergies	Hair Loss & Poor Nails	Memory Problems
Alzheimer's	Headaches	Migraines
Anaemia	High Blood Pressure	Mood Swings
Anxiety	Hormone Imbalance	Muscle Cramps
Arthritis	Hyperactivity	Osteoporosis
Atherosclerosis	Hypercholesterolaemia	PMS
Cardiac Conditions	Hypoglycaemia	Prostate Problems
Dental Problems	Immune Impairment	Skin Problems
Depression	Infertility	Stress
Diabetes	Insomnia	Thyroid Disorders
Digestive Problems	Learning Difficulties	Wounds Healing Poorly

Hair Tissue Mineral Analysis Reports

The full interpretative reports are the best of their kind. They consist of two parts, an educational report for the patient and a more technical report for the practitioner. All reports are easy to read, comprehensive and incorporate the latest developments in nutritional therapeutics.

The detailed reports contain a wealth of clinical data providing an indication of nutrient imbalances and toxicity.

The reports are designed to shed light on the patient's current health status, identify potential areas of concern and direct dietary and supplemental measures to improve patient health.



Sample of Graph Showing Nutrient and Toxic Mineral Levels