

Optimal Wellness

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Nutritional Balancing and Hair Mineral Analysis

What Can Hair Analysis Tell Us?

1. An evaluation of overall health
2. An evaluation of health trends
3. An evaluation of how a patient is managing lifestyle stressors

Hair Analysis can be an effective way to view the WHOLE body at a cellular level. It would be considered a screening test. By definition, a screening test is **not** meant to be diagnostic of a disease or condition, but could be considered **an overall evaluation of the current state of health for that individual.**

A hair analysis can tell us about a patient's

- Metabolic rate Hormone imbalances
- Stage of stress Digestive health
- Immune function Carbohydrate/ sugar handling
- Adrenal activity Protein intake and usage
- Thyroid activity Cardiovascular risk

Maintaining Balance

A hair analysis is a way to view the interplay occurring between minerals in order to maintain balance in an individual. The body is intent on maintaining balance at all costs.

A hair analysis will allow you to see lifestyle trends (poor digestion, blood sugar issues, decreased or increased thyroid function, adrenal stress or exhaustion, inadequate digestion, etc.) that a person is dealing with, and how the body is attempting to manage it.

Hair analysis is an invaluable screening tool which allows a correct program of diet and specific supplementation to be designed for each individual's specific needs. The total cost is \$200. This includes the initial consult of 30 minutes, lab fee, analysis by me, and shipping costs. Any additional consulting fee is pro-rated at \$45.00 per half hour.

At Optimal Wellness I have been a specialist in the evaluation of hair analysis results for 6 years.

I use ARL Labs in Phoenix, Arizona as they do not re-wash the hair sample. It is very important that the hair not be re-washed.