



INFORMATION SHEET

Hair Mineral Analysis

Price \$252 (as of January 2025)

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.

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