

How to Cut a Hair Sample for Analysis

It is important to follow the instructions closely for an accurate test result.

READ THE INSTRUCTIONS BELOW BEFORE CUTTING YOUR HAIR SAMPLE.

If you are cutting your own hair sample, or having a friend or hairdresser cut it, do steps 1-6 below.

If you are in the Los Angeles area and want us to cut your hair sample (for no additional fee), then call (818) 745-9558 or email bobbie@mosesnutrition.com to set an appointment, then do steps 1, 2 and 3 below.

Step 1: The Client Form

If this is your first time doing a hair analysis with us, fill out either the New Client Form – for Adults, 18 years and over, or the New Client Form – for Children and Adolescents under 18 Years. If you have done a hair analysis with us before and this is a repeat hair analysis, fill out the Repeat Hair Analysis Form. Our forms can be found on our website (www.mosesnutrition.com) under the button that says “Instructions, Forms & Articles.” You will fill the form out online and submit it electronically to us.

Step 2: Wash Your Hair.

Before cutting the hair sample, wash your hair with a regular shampoo. Do not use dandruff shampoos as they often contain minerals which may alter the test results. (Head and Shoulders Shampoo contains zinc and Selsun Blue Shampoo contains selenium which raise these readings.) Avoid using conditioners or other products such as leave-in conditioners, hair gel, hair cream, hair spray or others until after you have cut the hair sample.

IF YOU HAVE A WATER SOFTENER it is very important that you wash your hair twice with spring water or another un-softened water before sampling. This does not have to be twice in the same day, but needs to be two times in a row (do not allow the softened water to get on your hair between, during or after the two washings). Once you have cut the sample, you may return to using your regular softened water.

TINTS, DYES AND COLOR RINSES Most of these do not affect the test because they contain chemicals, not minerals, but it’s best to wash the hair *at least* once after applying a tint, dye or color rinse before cutting a hair sample.

BLEACH, HIGHLIGHTS AND PERMS These can alter the structure of the hair. So either sample the hair *before* a treatment or after you have washed the hair five or more times following a lightening, bleaching or perming treatment. (The hair tends to re-balance after five washings.)

Step 3: After washing your hair, wait at least 4 hours to cut the sample but no longer than 24 hours.

Avoid any activity which will cause you to sweat excessively before cutting your sample, as this may affect the hair analysis results. Hair needs to be dry when sampling, so avoid putting wet hair in hats, pony tails or any other style that will prevent the hair from drying by the time the sample is taken. Also, please avoid sending samples that are oily.

If you’re coming to our office to have your hair sample cut, then you are done with your preparation.

Step 4: Cut a hair sample.

Go to our website for tips and detailed pictures: www.mosesnutrition.com/how_to_cut_a_hair_sample

If you are cutting your own sample (or having a friend or hairdresser cut it) follow these instructions:

Using clean scissors, cut hair **as close to the scalp as possible**. DO NOT use an electric razor (metal from the blades become mixed with the hair sample). You may cut the samples from any part of the head but we recommend the back of the head, as it often grows fastest. If head hair is not available, the next best is beard hair, then arm/chest hair, but do not mix sample types (for example, do not mix beard hair and head hair). Pubic hair is not as accurate and should **only** be used as a last resort.

TIPS FOR SHORT HAIR Avoid leaving bald spots by cutting very-small samples from all over the head.

TIPS FOR MEDIUM-LENGTH OR LONG HAIR You can hide the sample location by pinning part of your hair up to expose the center of the back of your head and cutting about 2-3 inches above the base of the hair line. That way the sample spot will be hidden whether you wear your hair up or down. This also makes it easy to find the same spot for repeat hair mineral analyses: you simply cut the new growth from the same spot.

TIPS FOR REPEAT HAIR MINERAL ANALYSES Use hair from the same part of the body as the original analysis. If the original sample was from the head, try to get it from the same general area of the head for repeat analyses. For medium or long hair, you can continue to sample the same spot using the new growth for each repeat hair analysis so you won't have to cut more long hair off.

Keep track of which end of the cut hair is from the scalp because we only want the inch or so of hair that was directly against your scalp! This is because the hair furthest from the scalp is the oldest. Older (longer) hair will show us the chemistry of your body months or even years ago, so it not accurate for your body's *current* chemistry. To get the hair we require, simply cut and discard the unwanted ends of the hair until all you have is the 1.5 inches (about 3 centimeters) ***or less*** that was closest to the scalp. **Use a ruler to be sure you have the right length of hair!** (For very short hair, the samples won't have to be trimmed since they will already be 1.5 inches or shorter.)

You will have enough hair when the 1.5-inch ***or shorter*** hair samples fill an ordinary tablespoon (or tips the scale if we have mailed you a sampling kit). If you are unsure if you have enough hair, send a little more to be safe. For repeat hair analyses, it's best to keep the samples no longer than one inch.

Step 5: Place the hair in a clean paper envelope and write your name, age, sex, and source of hair on it (for example "head", "chest", etc.).

If we sent you a sampling kit, use the envelope we provided. If not, any paper envelope will work, or you may fold the sample up inside of a clean piece of paper.

DO NOT place hair samples in plastic baggies, tin foil, or stapled/taped to the scale or forms.

Step 6: Mail your hair sample, Hair Submission Form and payment to:

Fill out, sign, and mail the Hair Submission Form (on our website under "Instructions, Forms & Articles") along with your hair sample and payment to: **Moses Nutrition at 815 W. Kenneth Rd., Glendale, CA 91202, USA**

To pay by credit card, fill out credit card payment section of the Hair Submission Form or call us with your credit card information. If paying by check or money order, make the payment to Moses Nutrition.