

WHAT IS HAIR TISSUE MINERAL ANALYSIS (H.T.M.A.)?

A H.T.M.A. measures the mineral content and heavy metal (toxicity) of the body's tissue. Mineral deficiency or toxicity excess are reflected and exist in the hair which indicates deficiencies or excesses within the body. As hair grows its structure remains unchanged and minerals are fixed to it. Toxic metals such as lead, arsenic, mercury and cadmium, may exist within the human body and H.T.M.A. is excellent for evaluating heavy metal poisoning/toxicity. Hair is unique, as it grows it reflects the bio-medical and environmental history. H.T.M.A. offers an answer to the nutrient regime of the body as it accumulates trace elements over a period of time and traces the bodies pattern of nutritional and metabolic activity. Your healthcare practitioner may use your report as an indicator of mineral deficiencies, excess or bio-chemical imbalances, toxic metal (toxicity) excess or signs of metabolic disturbances within your body. Hair analysis is a very efficient means of determining exactly what minerals and/or vitamins your body needs now.

GETTING THE MOST OUT OF YOUR ANALYSIS REPORT:

The easy to read graphic pages and written report combine to give a comprehensive report of your mineral profile. The results are written in the reference range of parts per million (ppm). Discussing your report with your healthcare practitioner may be of further benefit to you.

NUTRIENT ELEMENTS:

The nutrient levels, horizontal coloured bar graph shows the results for each of the reported nutrient minerals. The bar graphs show the accepted reference range for each of the nutrient minerals. If a level falls within the Top or Bottom areas this indicates a significant variation from the reference range and may reflect an **excess** or **deficiency** of that mineral.

TOXIC ELEMENTS:

Toxic levels shown should be as low as possible as there is no ideal range for toxic elements. If a level falls within the middle sector it indicates a moderate increase in toxicity. If a level falls within the upper sector this indicates an increase in toxicity and further investigation is advised to determine the toxicities origin. The environment we live and work in is often found to be the source of most toxicity. Contamination or long-term chronic exposure can lead to severe health problems and should be investigated, allowing for appropriate responses to be taken. It must be coming from somewhere!

SIGNIFICANT MINERAL RATIOS:

The mineral ratio horizontal bar graph indicates mineral imbalance. Mineral ratio balance is as important as the individual mineral level themselves, as the ratio reflects the balance between the two related elements. To calculate the ratio values divide the readings from the first mineral element by the second mineral element. The ratio levels outside the reference range parameters identified can be treated with the administration of the appropriate minerals thereby restoring a more biochemical balance. These ratios indicate if you are a **FAST** or **SLOW METABOLISER**.

TOXIC RATIOS:

Minerals and toxic elements are expressed as ratios. All persons are exposed to toxicity to some degree. due to toxic metals being in the environment. Industrial ingestion is a major source of concern. All essential nutrients are effected by heavy metal toxicity therefore the toxic ratio coloured coded pie chart is an excellent indicator of our present and future health.

NUTRIENT ELEMENT LEVELS :

This area shows the element levels that have a marked increase or decrease. A long-term average reading will result and long-term patterns are represented in the analysis report. This report is based on World referenced data and a mineral that is slightly outside the reference range may not be of concern unless it is thought to be significant. Elements that are within the reference range are also dependant upon the balance of other essential nutrients and their respective ratios.

BODY MASS INDEX (BMI):

Body mass index (BMI) is a measure of body fat based on height and weight that applies to both adult men and women. Hence BMI gives you your weight status, be it underweight , normal weight, overweight or obese.

BIO-MEDICALS PTY LTD

HAIR TISSUE MINERAL ANALYSIS (HTMA) ORDER FORM

Please send hair sample accompanied with payment to:

BIO-MEDICALS PTY LTD

P.O. Box 154 BOND UNIVERSITY. Qld. AUSTRALIA. 4229

☎ 61-7-5575-9595 📠 61-7-5575-9508 E-mail: htma@bio-medicals.com



OFFICE USE ONLY: RUN No: _____ SAMPLE No: _____	
DATE RECEIVED: ____ / ____ / _____	
MYOB: _____	PracC: _____

Date mailed: ____ / ____ / _____

Patient Details (Please Print)

Do you wish to know your Body Mass Index (BMI), indicating your weight status? Yes No

GIVEN NAME: _____ SURNAME: _____

ADDRESS: _____

POSTCODE: _____ PHONE NO: _____

D. O. B. ____ / ____ / _____ AGE: _____ (Please Tick) Male Female

HEIGHT: _____ WEIGHT: _____

GENERAL HEALTH: Excellent Good Fair Poor

(Please Tick)

PRESCRIBE (Medically Diagnosed) CONDITION: _____

OCCUPATION: _____ PREGNANT (Please Tick) Yes No

MEDICATION /SUPPLEMENTS; Please list on Page 3

PREVIOUS REPORT: (Please Tick) Yes No if Yes, TEST NO: _____

Sample Details: (if not applicable, please mark N/A)

LOCATION OF SAMPLE: _____ HAIR CONDITION: _____
Nape/Pubic/Other Bleach/Dye/Colour/Perm etc

NATURAL HAIR SHAMPOO CONDITIONER:
COLOUR: _____ BRAND: _____ BRAND: _____

TIME SINCE LAST COLOURING AGENT
COLOUR: (If any) _____ BRAND: (If any) _____

Practitioners details, NAME: _____

ADDRESS: _____ POSTCODE: _____

PHONE No: _____ E-MAIL: _____ @ _____

AN ADOBE FORMATTED REPORT WILL BE E-MAILED TO YOUR PRACTITIONER, **DETAILS MUST BE SUPPLIED**. A BOUND COPY OF YOUR REPORT MAY BE AVAILABLE FROM YOUR PRACTITIONER'S OFFICE, BY APPOINTMENT, WITHIN APPROXIMATELY 10 WORKING DAYS, IF YOU HAVE PAID THE \$22.00 FOR THE BOUND REPORT.

Payment Details:

Please make cheque or money order payable to:

BIO-MEDICALS PTY LTD

P.O. Box 154 BOND UNIVERSITY. Qld. AUSTRALIA. 4229

☎ 61-7-5575-9595 📠 61-7-5575-9508 E-mail: htma@bio-medicals.com

Please Tick

A) Cheque/money order: TOTAL: = A\$174.00 **NO BOUND** REPORT SUPPLIED **OR**

B) Plus \$22.00: TOTAL: = A\$196.00 **FOR A BOUND** REPORT TO BE SUPPLIED

Credit Card payment of \$ _____ Re Hair Tissue Mineral Analysis report as requested.

Please Tick Bankcard MasterCard Visa.

Credit Card No: _____

CCV No: _____ [Last three digits on signature slip] Expiry Date: ____ / ____

Card Holder's Name: _____ Amount: AUD\$ _____

Cardholders Signature: _____ Date: ____ / ____ / 200__

HAIR SAMPLE LOCATION, PLEASE READ THIS INFORMATION:

Hair samples should be taken with uncontaminated/clean scissors preferably from the back region of the head (**nape of the neck**) as illustrated below. The closer the sample is taken from to skull, the shorter the time period that will reflected re your body's chemistry. With those who have long hair, your sample should be taken from the hair closer to your scalp 1 inch or approximately 2 cm, so that a analysis of your current health status will be achieved. If you submit a sample of hair that has not been cut for years and cut from the tip of the length of hair, the results of the analysis will reflect your mineral status from that time, respective to the distance from your scalp. **IMPORTANT**; Therefore, for client's with long hair it is suggested to cut the additional length of small volume and discard, so that only 1 inch or 2 cm of that small volume remains. Cut and send the remaining hair which is closer to your scalp being 1 inch or approx 2 cm, this will give more accurate, recent results.

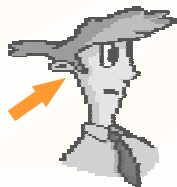
SAMPLE DETAILS:

Clean, untreated hair is generally recommended, as some chemical treatments can alter readings. Do not mix pubic hair with head hair.

If pubic hair is used please indicate so and mark accordingly on sample envelope.

* **SAMPLE AMOUNT:** (DO NOT wash sample after cutting.)

APPROXIMATELY 1 GRAM IS REQUIRED being approximately **TWO** level tablespoons full



PLEASE ENCLOSE YOUR MINIMUM 1 GRAM

HAIR SAMPLE HERE



PLEASE, AT LEAST 1 GRAM

IN THE ENVELOPE SUPPLIED

WITH THE PATIENTS NAME & DATE,

SEAL AND RETURN WITH THIS

COMPLETED ORDER FORM TO

BIO-MEDICALS PTY LTD P.O. Box 154

BOND UNIVERSITY. Qld. Australia. 4229

Two level tablespoons full please.

If not, more hair will have to be sent and a delay in the analytical reporting process may unfortunately take place.

MEDICATION /SUPPLEMENTS & SPECIAL NOTES:

