

HAIR CUTTING INSTRUCTIONS

1. SHAMPOO YOUR HAIR THE SAME DAY, OR THE DAY BEFORE SAMPLING IT. Ideally, shampoo it, let it dry, and cut the sample right away. Use a plain shampoo, if possible. Preferably do not add conditioner or any other products on the hair after washing it on the day you will take the sample. AVOID sending dirty, sweaty or greasy hair.

2. CUT HAIR FROM ANYWHERE ON THE HEAD, AND AS CLOSE TO THE SCALP AS POSSIBLE. It matters little where on the head you cut it. The way to avoid bald spots is to cut several small samples and combine them. If you cannot use head hair, the second best is beard hair for men. You can also use pubic hair, but it is not quite as accurate.

3. SET EACH SAMPLE DOWN ON A DESK OR TABLE. MEASURE ABOUT 1 INCH, OR 2 CENTIMETERS FROM THE CUT END NEAR THE SCALP. CUT OFF AND DISCARD ANY HAIR THAT IS MORE THAN ABOUT 1 INCH, OR ABOUT 2 CENTIMETERS LONG FROM THE SCALP END. Shorter hair is excellent, and the shorter the better, in fact. AVOID SENDING HAIR THAT IS LONGER THAN 1 TO 1.5 INCHES LONG. Also do not send hair cut from the ends of long hair.

If you shave your head, cut hair with a clean electric razor. Save the clippings in a paper envelope, and then razor cut it again in a week or so, and repeat perhaps a few times, until you fill a tablespoon with hair or tip the scale if you have a paper scale to weigh hair.

4. SEND ENOUGH HAIR. The lab requires 125 mg of hair. If you have a paper scale, it must tip for you to have enough. Otherwise, please **completely fill a tablespoon with hair**. Then place the hair sample in the small white envelope. If you do not have one, place it in a small, paper envelope. AVOID SENDING HAIR IN PLASTIC BAGS OR ALUMINUM FOIL.

5. PRINT YOUR NAME, AGE AND GENDER ON THE HAIR SAMPLING ENVELOPE.

TINTS AND DYES. These rarely affect the test because they do not contain any minerals. Therefore, you may sample dyed hair. Ideally, take a hair sample before dyeing your hair. Ideally, do not dye your hair or use only natural hair dyes.

PERMANENTS OR BLEACHED HAIR. These treatments somewhat alter the structure of the hair. Sample the hair before a treatment, or wash the hair five times after a bleach or permanent treatment, before sampling the hair.

IF YOUR HOME HAS A WATER SOFTENER. Before sampling hair you must shampoo it twice with unsoftened tap water or reverse osmosis water from the supermarket. Do not drink reverse osmosis water as it does not hydrate the body well enough.