

Your HTMA Test Kit Prep Guide

Let's get started!

In this guide, you will find

- ☆☆ An Overview of your Hair Test Kit
- ☆☆ Step-by-step instructions how to collect a hair sample
- ☆☆ Shipping Instructions for your hair sample
- ☆☆ Next Steps before our consultation call



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Overview of Hair Sample Kit

What's included in my sample kit?

In your kit you will find:

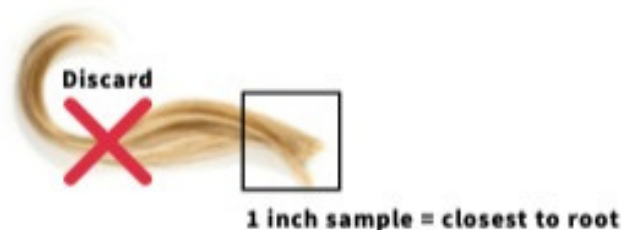
- 1 Small envelope to put the hair sample in
- 1 Standard Envelope addressed to Trace Elements
- 1 Trace Elements Form
- Hair Collection Instructions Sheet

How much hair does the test require?

The lab requires about 1 teaspoon of hair to be sent in. You only send in the first ½ inch of hair growth closest to the root, and discard the rest.

Why? *The first ½ inch is what typically grew over the past 2-3 months and provides the most recent, cumulative information about the body.*

To make sure you're submitting enough hair, use an actual teaspoon and ensure that its filled completely.



Overview of Hair Sample Kit

Lab Submission Form

Below is the form you will need to fill out and send in with your hair sample to the lab.

Please fill out all the highlighted areas and be sure to date at the bottom.

Any questions filling this out, please let me know!



TRACE ELEMENTS

HTMA SUBMITTAL FORM

(PLEASE PRINT)

Empty box for laboratory number

Please provide previous laboratory number if applicable.

SAMPLES SHOULD NOT BE OBTAINED FROM ANY PORTION OF HAIR THAT WAS PERMED, COLORED OR CHEMICALLY TREATED.

ACCOUNT NO.: 10750
SUBMITTED BY: LAST NAME: Vinck, FIRST NAME: Jordan, DEGREE:
STREET: 4427 N 24th Way
CITY: Phoenix, STATE: AZ, ZIP: 85016, TEL #: 240-997-2005

TYPE OF SAMPLE:
 SCALP PUBIC AXILLARY
 OTHER

NOTE: "Normal levels" and interpretations are based upon hair obtained from several areas of the occipital region of the scalp.

PATIENT: LAST NAME: FIRST NAME:
SEX: AGE:(REQUIRED): OCCUPATION:
ETHNIC ORIGIN: CAUCASIAN HISPANIC BLACK/AFRICAN-AMERICAN ASIAN OTHER
NATURAL HAIR COLOR: BLONDE BROWN BLACK GREY RED PREGNANT? YES NO
CURRENT MEDICATIONS: 1. 2. 3.

SHAMPOO AND OTHER HAIR PREPARATIONS:

DYES

REQUIRED = WAS THIS SAMPLE COLLECTED WITHIN THE STATE OF NEW YORK (PLEASE CHECK ONE) () YES () NO

PLEASE CHECK FIVE MOST PREDOMINANT SYMPTOMS: (CLINICAL DIAGNOSIS ONLY)

- 101 ALLERGIES (RESP) 102 ALLERGIES (FOOD) 103 ALLERGIES (ECOL) 104 ANEMIA 105 ASTHMA 106 CANCER (TYPE) 107 CANDIDIASIS 108 CATARACTS 109 CYSTIC FIBROSIS 110 DERMATITIS 111 DIABETES 112 ECZEMA 113 EMPHYSEMA 114 EPILEPSY 115 FATIGUE 116 GLAUCOMA 117 HEADACHES 118 HYPERKINESIS 119 HYPERCALCEMIA 120 HYPOGLYCEMIA 121 INFECTIONS (BACTERIAL) 122 INSOMNIA 123 IMMUNE DEFICIENCY (AIDS) 124 MONONUCLEOSIS 125 PSORIASIS 126 PERIODONTAL DISEASE 127 SCLERODERMA
128 VIRUSES 129 CHRONIC FATIGUE SYNDROME 132 HEMACHROMATOSIS
MUSCULO-SKELETAL 201 ARTHRITIS- OSTEO 202 ARTHRITIS-RHEUMATOID 203 BURSTITIS 204 CRAMPS (NIGHT) 205 CRAMPS (EXTETION) 206 DISC DEGENERATION 207 MUSCULAR DYSTROPHY 208 JOINT STIFFNESS 209 JOINT DISEASE 210 OSTEOPOROSIS 211 OSTEOMALACIA 212 OSTEOSARCOMA 213 PAGET'S DISEASE 214 SCOLIOSIS 216 FIBROMYALGIA 218 LUPUS
CARDIOVASCULAR 301 ANGINA 302 ARTIOSCLEROSIS 303 ATHEROSCLEROSIS 304 HYPERCHOLESTEROLEMIA
305 HYPERLIPIDEMIA 306 HYPERTENSION 307 HYPERTENSION (SYST) 308 HYPERTENSION (DIAS) 309 TACHYCARDIA 310 BRADYCARDIA 311 CORONARY OCCLUSION
GASTRO-INTESTINAL 400 CROHN'S DISEASE 401 COLITIS 402 CONSTIPATION 403 DIARRHEA 404 DIVERTICULOSIS 405 GASTRITIS 406 GALL STONES 407 HEPATITIS 408 LIVER DYSFUNCTION 409 LIVER CANCER 410 ULCERS - GASTRIC 411 ULCERS - DUODENAL 413 IRRITABLE BOWEL SYNDROME
RENAL 500 BLADDER DISTURBANCES 501 CALCIUM OXALATE STONES 502 CALCIUM PHOSPHATE STONES
503 FREQUENT URINATION 504 GOUT 506 RENAL DISEASE
NEUROLOGICAL 600 ALZHEIMER'S 601 A.L.S. 602 DYSLEXIA 603 MULTIPLE SCLEROSIS 604 MYESTHENIA GRAVIS 605 PARKINSONS DISEASE 607 DEMENTIA 609 STROKE 611 TOURETTE'S SYNDROME
EMOTIONAL 701 ANXIETY 702 ATTENTION DEFICIT 703 AUTISM 704 DEPRESSION 705 HOSTILITY 706 LEARNING DISABILITY 707 MEMORY LOSS 708 SCHIZOPHRENIA 710 MANIC DEPRESSION
ENDOCRINE 801 HYPERADRENIA 802 HYPERPARATHYROID 803 HYPERTHYROID 804 HYPOADRENIA 805 HYPOPARATHYROID 806 HYPOTHYROID
MALE 901 IMPOTENCE 902 PROSTATE CANCER 903 PROSTATE ENLARGEMENT 904 PROSTATITIS
FEMALE 1001 AMMENORHEA 1002 BREAST TUMORS (BENIGN) 1003 BREAST TUMORS (MALIGNANT) 1004 MENSTRUAL BREAST SORENESS 1005 MENSTRUAL CRAMPS 1006 MENSTRUAL IRREGULARITY 1007 PROLONGED MENST. FLOW 1008 DECREASED MENST. FLOW 1009 PREMENSTRUAL SYNDROME 1011 FIBROCYSTIC DISEASE 1013 ENDOMETRIOSIS 1014 OVARIAN CYSTS

PROFILE AND LANGUAGE REQUESTED To Avoid Processing Delays Check Profile Desired

Profile 1: Test Results Only Profile 2: Test Results, Patient Report, Doctor Report, Dietary and Supplement Recommendations Profile 3: (For Retest Only) Test Results, Patient Report, Dietary and Supplement Recommendations Profile 4: Test Results and Patient Report Only
LANGUAGE: _____

LABORATORY PAYMENT PLAN Prepay With Check No.: Bill To My Account: Send C.O.D.
 Charge My Card MC VISA AMEX DISC # Expires: _____

SUPPLEMENT REQUEST No Supplements Requested One Month Supply Two Month Supply Three Month Supply

SUPPLEMENT PAYMENT PLAN Prepay With Check No.: Bill To My Account: Send C.O.D.
 Charge My Card MC VISA AMEX DISC # Expires: _____

COMMENTS

FORM MUST BE COMPLETED IN ENTIRETY BY HEALTH CARE PROVIDER. FAILURE TO DO SO MAY RESULT IN PROCESSING DELAYS.

I understand that the interpretation or other information derived from the trace mineral analysis of the patient's hair, and the recommendations if implemented, will be based entirely upon my professional judgement and knowledge of the patient involved. I also hereby certify that the above information provided by this office is complete and accurate to the best of my knowledge.

Jordan Vinck
PHYSICIAN/CLINICIAN

DATE

Hair Sample Collection Instructions

Considerations:

- Hair should be free of dye, bleach, and/or hair products. If you have recently dyed your hair, please wait a minimum of 3 weeks before collection or make sure hair has been washed at least 8-10 times. It is ideal to wait until the root has grown out and the hair sample is only untreated hair.
- If you use Head and Shoulders, Selsun Blue, or any other anti-dandruff shampoo, please discontinue for 2 weeks prior to collection and note this on your submission form. If it is impossible to temporarily stop, please make sure to indicate use on the submission form.
- Please avoid the use of public pools for at least one week prior to collection.
- Scalp hair should be used whenever possible.
- If you are bald, you may use armpit, chest, or beard hair. Please notify your practitioner if you will be using something other than scalp hair and follow the directions below closely to avoid contamination from sweat.
- Ask a friend or family member to help take your hair sample, do not try to do it alone!

Day of Collection:

- Shampoo and condition hair preferably using a clarifying shampoo, but normal shampoo is fine.
- While still in the shower, rinse hair thoroughly with distilled or purified water.
- Collect hair sample 4-6 hours after washing, preferably air dried.
- Please ensure you do not sweat at all after washing your hair and prior to taking the hair sample.
- Take very small sections of hair from 3-4 locations at the base of the skull and cut as close to the scalp as possible.
- Trim the hair sample to only include ½ - 1 inch from the root. Discard the remainder of the hair.
- To measure the amount of hair, either fill up a teaspoon or use a kitchen scale and ensure it weighs at least 125 mg (0.125 g). It is important to send in enough hair, or else the sample will be rejected.

To Mail Your Sample to the Lab:

- **Materials Needed:**
 - 1 Printed Form, with all of the highlighted sections filled out
 - 2 Envelopes
- Add your hair sample to one envelope. Write your first and last name, account number (found on form), and shampoo on the front. Do not use any tape, aluminum foil, or staples for containing the hair. The hair sample will be loose inside the envelope. Seal the envelope.
- Place the sealed hair sample envelope inside the second envelope. Add the filled out Trace Elements form.
- Send to the lab:
 - Trace Elements
P.O. Box 514
Addison, TX 75001-0514
- The envelope can be sent directly from your personal mailbox using one stamp.
- Notify your HTMA practitioner when you have placed your sample in the mail! The typical turnaround time is 2-3 weeks from when the lab receives your sample.

Will taking the hair sample leave a bald spot?

Not if you do it right!

- 1 Make sure to ask a friend or partner to help take the hair sample! Do not attempt to do this yourself!
- 2 Make sure to get small snips of hair from multiple places from the back of the skull. Do not take a sample from the crown or front of the head, and definitely do not take it all from one place.

What if I dye my hair?

The lab technically says that you will need to wait until there is enough hair growth for the sample to not contain any hair dye.

But other HTMA practitioners have found that as long as you have washed their hair 8-10 times in the shower, that the hair dye does not affect the results.

Can I blow dry my hair?

No, air drying is preferable. When the hair is blow-dried, there is a higher chance of sweating and the sample being contaminated with extra sodium.

Speaking of sodium contamination, I do not recommend washing your hair, sleeping on it, and then taking a hair sample in the morning. Many people unknowingly sweat in the night.

