

HMD® HAIR TESTING PROTOCOL

The Tissue Hair Mineral Analysis (THMA) is a good way of determining what levels of toxic metals you have circulating in your blood over the last couple of months. However, it does not determine the degree of heavy metal toxicity you have stored in your organs and tissues.

In order to make some sense of the THMA, this is a summary of how to use the hair test along with HMD® (Heavy Metal Detox) to help eliminate the metals from the body and monitor the changes by re-testing – here is the protocol:

1. Take a baseline sample of hair NOW (costs \$85) – complete [SUBMITTAL FORM](#) - and see the levels of toxic metals and minerals – see [COLLECTING A HAIR SAMPLE](#). A report will be sent to you by email within 15 days – see [SAMPLE REPORT](#).
2. In order to begin eliminating toxic metals from your body, begin taking the **HMD® ULTIMATE DETOX PROTOCOL** as follows:
 - **HMD®** - 50 drops x 3 daily in some juice or water – probably best to begin with 25 drops x 3 daily and increase by one drop daily until reaching the 50 drops
 - **ORGANIC LAVAGE** - 25 drops x 3 daily (this is an organic herbal formula that helps eliminate toxins from the body – called a ‘drainage’ remedy).
 - **CHLORELLA** - 2 tabs x 3 daily (this helps to stop the re-absorption of metals through the gut – it acts like a ‘mop’).

Details of the HMD® ULTIMATE DETOX PROTOCOL can be seen at <http://www.detoxmetals.com/Toxic-Metal-Detoxification-Protocol.html>

3. In addition to the above, it is a good idea to take a good quality multivitamin tablet and a multimineral if the level of minerals is low.
4. After **TWO MONTHS**, while STILL taking the HMD®, do another hair test to see the effects of metal mobilization.
5. Assuming the metals are still high (they should actually increase if there are storage sites of toxic metals in organs and tissues) then this is a good indication to continue taking the HMD® ULTIMATE DETOX PROTOCOL
6. Take another hair test in 2 months and again see the levels of metals – if they are still high then you can continue to take the HMD® DETOX PROTOCOL.
7. Continue doing this until the levels of metals drop off and reach zero or very low levels – this may take anything between 6-12 months depending on the level of toxicity to begin with.

You can see more details on this hair testing protocol at:
<http://www.detoxmetals.com/Challenge-Test.html>

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