

**Brian Esty CMT**  
**Manual and Movement Therapy**  
California License # 15332  
521 Victoria Street  
San Francisco, CA 94132  
[bkesty@gmail.com](mailto:bkesty@gmail.com)  
[www.brianesty.com](http://www.brianesty.com)

**Trace Element Hair Analysis Kit:**

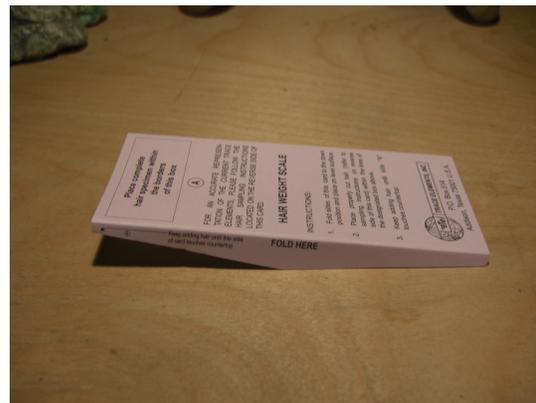
Thank you for purchasing a Trace Element test kit. The lab results from this test indicate your averaged exposure to Mercury, Lead and other neuro-toxins. Perhaps even more importantly your results will offer insight into how your metabolism manages the essential nutrients in your diet. This information can guide you to appropriate therapy or dietary changes for eliminating heavy metals from your system and reducing or eliminating symptoms related to skewed metabolism.

If you follow the dietary recommendations outlined in the lab results you may temporarily experience worsening symptoms as your body detoxifies and your metabolic profile shifts. This should shortly be replaced by feeling more energy, clarity of mind, comfort and diminishing symptoms.

Always drink plenty of water when making any changes to your diet or routines.

**To submit a sample please follow these basic instructions:**

1) Remove the pink cardboard scale from the packet, fold the edges down and place on a flat surface.



2) Using stainless steel or new scissors cut hair from the back of the scalp in several places. Cut off an inch (3mm) of the newest hair. and



3) Place the hair inside the rectangle printed on the scale. Once the scale has tipped, you are done.



4) Without touching the hair, slide it into the small white envelope provided.

5) Fill out the top part of the form, noting shampoo and hair dyes used. Also any symptoms you are experiencing.

6) Drop kit in mail.

7) Email me at: **bkesty@gmail.com** that you have sent in the kit. Results will be sent to me in approximately two weeks.

I will evaluate the results and send them onto you with a written summary of the most salient points. You are welcome to email me questions you have once you have seen the summary and report. If I don't know the answer I will forward the question to Dr. watts at Trace Elements for a response.

Sincerely,

Brian Esty

My Website: <http://www.brianesty.com>

Trace Elements Lab Website: <http://www.traceelements.com>