

BEFORE YOU BOOK THE TESTS, PLEASE READ THE FOLLOWING CAREFULLY:**IMPORTANT INFORMATION**

1. Having the tests carried out does not constitute a guarantee that your hair will re-grow.
2. The test results do not constitute a medical diagnosis. For a medical diagnosis, please consult your doctor or dermatologist.
3. Please do not order tests 4 or 5 if you are pregnant or breastfeeding. If you fall pregnant while on the treatment plan, you will need to inform me immediately.
4. The treatment plan you will receive when you order the tests is tailor-made to your specific needs and is not transferable to someone else.
5. You will need to start the treatment plan within six weeks of receiving the test results. After six weeks, the tests are no longer valid.
6. Be aware that you may be required to cut out certain foods as part of the treatment plan.
7. If the tests show metal toxicity or invasive organisms, it can take up to 18 months to detox from these. During this time, re-tests will have to be carried out approximately every three months. A re-test is currently £60, sometimes less.
8. It may be necessary to have amalgam fillings removed if they are a problem.
9. This is not a quick fix treatment plan. If your hair growth can be restored, it can take up to 12 months to see progress with your hair.
10. Being vegan may severely restrict your chances of regrowing your hair.
11. HGUK testing is different from conventional laboratory testing.

Conventional laboratory testing

Advantage: You will get a figure of how much of a toxin has been detected in your urine, blood or hair sample.

Disadvantage: The figure you get as a result of conventional testing will not include the amount of toxins that have been stored in body tissue over the years. Stored amounts of toxins can be considerable so that the actual amount of toxins present in your body is higher than the figure you are given by the laboratory.

Disadvantage: You will be given a 'normal range value' with your test results. The normal range will tell you whether the level of toxin in your body is considered 'acceptable' or whether it is considered a danger to your health. However, the normal range does not take into account differences between individuals. What is normal for one person is abnormal for the next person.

Disadvantage: If you are within the normal range, your doctor will do nothing about the toxin because the test gave you the 'all clear'. However, if you are sensitive to a particular toxin, this toxin can cause you health and hair loss problems, even if you are within the normal range. Your 'all clear' is therefore inaccurate.

HGUK testing

Disadvantage: You will not get a figure for the toxins that were found in your sample. Instead, you will be told that there is or that there is not a problem with a toxin.

Advantage: The HGUK testing will pick up a toxin in its entirety, i.e. in your blood, your urine and in your body tissues where it may have settled over the years. This means you will not get a false 'all clear' message from the test.

Advantage: You get a tailor-made plan of exactly which supplement/s you need to take to remove the toxin from your body. In that way, physical balance is restored which increases the likelihood for your hair to recover.

Advantage: You get a tailor-made plan of how long you need to take your supplements for and at which dosage.

Advantage: You can ask questions via e-mail if you are not clear about your treatment plan or feel you have a problem with any of the supplements, and I will get back to you with an answer, normally within 2 working days, often faster.

PLEASE RETAIN THIS SHEET FOR YOUR RECORDS.

ORDER FORM

Please carry out the following test/s (please tick boxes you require):

- 1 Toxic metals £ 50**
 - 2 Invasive organisms £ 50**
 - 3 Food intolerances £ 50**
 - 4 Big supplement test £ 70 ***
 - 5 Big test (Tests 1 – 4) normally £220, but if booked together **only £160 *****
- SPECIAL REDUCTION: If your hair sample reaches me by 10th February 2012, there is a further reduction and you only pay £140 for all the tests together.**

PLEASE WRITE CLEARLY

Mr / Mrs / Miss / Ms Date of birth:.....

First Name Surname

Address

.....Country

Post Code/ZIP Code Tel. no.

E-mail address

Your personal details will NOT be sold to third parties.

- I would like to pay by **cheque**, made out to **Vera Peiffer**.
(Cheques can only be accepted in British Pounds.)
- I would like to pay with **PayPal**.
Please send me a **PayPal invoice** to my e-mail address so that my credit card details stay safe. (You do not need a PayPal account yourself to use this facility.)
- I would like to pay £ by **credit card**.

Type of credit card	Visa	Mastercard
Credit Card No.		
Expiry date		
Card verification number (last 3 digits on signature strip)		
Name as it appears on card		
Signature	

*** Tests 4 and 5 require answers to the questionnaire which follows this form. Tests 4 and 5 will only be carried out if the completed questionnaire is enclosed.**
6 wks

How to take a hair sample

If your hair is actively falling out at the moment: Go with your fingers through your hair and send me hair that has been left in your fingers. I need at least 10 hairs.

If your hair is thinning but not actively falling out: Cut off approximately **twenty hairs** of at least 2 centimetres length from the back of your neck, close to the scalp. If your hair is shorter, please send a nail sample instead.

It does not matter if your hair is dyed. It would be better if your hair has not been washed before you cut it.

DO NOT TAKE HAIR FROM A BRUSH AS THIS COULD CONTAIN SOMEONE ELSE'S HAIR AND CONFUSE THE RESULT!

Put your sample into a white clean piece of paper and sellotape it shut.

Write your name on the paper.

How to take a nail sample

If you have no hair or your hair is too short, send in some nail clippings from finger nails.

If you wear nail varnish, you need to take it off before you cut the nail. The larger you can make the clipping, the better. If in doubt, send little clippings from several nails.

Put your sample into a white, clean piece of paper and sellotape it shut.

Write your name on the paper.

QUESTIONNAIRE

HAIR AND SCALP

Please explain briefly what type of hair loss you are suffering from, for example whether your hair comes out in round patches, whether it is overall thinning or only thinning in certain areas.

Do you also suffer from dandruff, skin irritations, itchiness or sensitivities or any other conditions on the scalp? If so, please describe briefly here.

Do you suffer from any other health problems except hair loss?

TEETH

Do you have any silver/grey amalgam fillings in your teeth? How many?

Have you ever had any silver/grey amalgam fillings in your teeth that were removed?

If so, approximately how many?

Do you have any gold fillings or gold crowns in your teeth?

Do you have any root canal fillings in your teeth?

Do you have problems with your gums, for example bleeding or puffiness?

FOOD AND DRINK

How much alcohol do you consume in a week?

Are you vegetarian?

What do you eat for a typical breakfast ?

What do you eat for a typical lunch?

What do you eat for a typical dinner?

What foods do you eat between meals as snacks?

What type of liquids do you take during the day?

Do you eat chocolate and/or sweets every day?

Do you find it hard to resist sweet foods (biscuits, cakes, sugary drinks)?

Do you chew gum? If so, which brand and flavour?

GENERAL

Do you have any pets or do you come in daily contact with animals?

Do you smoke? If yes, how many cigarettes on average?

Have you ever had operations with general anaesthetics? If yes, how many?

If you are currently on **prescribed medication**, please state what you are taking:

DO NOT DISCONTINUE PRESCRIBED MEDICATION UNLESS ADVISED TO DO SO BY YOUR DOCTOR.

How many cordless phones do you have in your home?

In which rooms are the cordless phones located?

Do you use a mobile phone?

Do you have any tattoos? If so, how many?

Do you have any body piercings except ear lobes?

Do you suffer from any of the following more than you feel you should?
Please tick the relevant box:

unexplained weight loss
exhaustion
unexplained pains in the body
depression

constipation
headaches
diarrhoea
anxiety

itchy skin on the body
sleeping problems
irritability
fuzzy-headedness

Any other symptoms :

Are you currently taking any supplements? If so, which ones and what dosage?
(Please include supplements for **bodybuilding** if you take those.)

What is your profession?

For female clients:
Are you currently

- pregnant?
- breastfeeding?
- trying to become pregnant?
- none of the above?

I confirm that I have read the Important Information on page 1 and have retained the sheet for my records.

.....
Date Signature

Please send your
**order form with completed questionnaire
payment and
hair/nail sample**
to

**Vera Peiffer
75 South Lane
Ash GU12 6NL
Great Britain**