How to send in a hair sample Transcript

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Welcome and health evaluation

Hello, I am genuinely excited that you've chosen to take this next step towards a healthier, more balanced life. To ensure we tailor our approach to your unique needs, we're going to start with a comprehensive evaluation.

This will help us understand you better and to determine if we are a good fit for your health journey.

Collecting a hair sample

So to Take a deeper dive into your Health, We'll need a small hair sample from you. It's a simple process that will provide valuable insights into your well-being.

Don't worry, it's really easy. I'll guide you through every step. So some people will clip from the ends of their hair. Some people cut further up and take it from back here.

Uh, some take from their arms. Any of these options are totally fine. And here is what one of them looks like. Let's make sure that you can see this here, and there you go.

There's what of one looks And so, and then you just wrap it up into the tissue.

Submitting the sample and forms

There you go. And put it into a Ziploc baggie. Like that. Then send it off. So, once we receive your hair sample, you'll find lots of forms in your inbox.

Completing these will give me a comprehensive overview of your health history, your lifestyle, or your goals. With your sample and your forms, I have all the necessary information to prepare for our upcoming session.

So take a moment, send it in. The address is in the body of this message, and you can fill out the forms to get ready for a journey towards your healthier you.

I'm here to support you every step of the way. Your path to wellness starts now.