



H & N Analysis (Hair & Nails)

Instructions for Hair and/or Nails sample collection and mailing are as follows

Hair/Nail Collection: Preferable Method –take a small pinch of hair from the ends of your hair, cut it off and place the sample in the small Ziploc bag provided. **Alternative Method:** cut 4 or 5 fingernails or toenails and place the samples in the Ziploc bag provided. Write your name and DOB on the label (see example below)



Forms: Complete the following forms and return them with the collected hair or nails sample;

1) Health Assessment – completed to the best of your ability to identify your major symptoms.

2) Release signed by client or, where applicable, client guardian. Be sure to provide the email address for where ever your scan reports are to be sent, as well as the postal address for the location your homeopathic remedies are to be delivered.

Mailing: Place the Ziploc sample bag, the Health Assessment and the signed Release form in the self-addressed envelope provided (postage required). Mail as soon possible. Samples are best ASAP and best up to 20 days after collection.

Reports/Analysis: The three scan reports along with a short analysis and recommendation for future wellness will be sent to the email address you provided. The reports will be in pdf format.

Remedies: The custom homeopathic imprints will be prepared and couriered to your postal address shortly there after. These remedies will be formulated specifically for you based on the Qest4 system recommendations and are meant to shift your energetic dis-resonance to a state of “homeostasis” to provide your body the opportunity to detox and heal.