

Vera Peiffer *BA FAPHP MFHT BSYG (Herb.)*
 Hair/Nail Sample Testing - Energy Psychology

Analytical Video Consultation (AVC)

Conditions

If you are considering this type of consultation, there are a number of conditions.

Please note that I CANNOT help you

- if you are **on recreational drugs**, including smoking marijuana, even if this is only occasionally.
- if you are **vegetarian or vegan**. You will need animal protein to build keratin for hair. Unfortunately, vegetable proteins do not work for hair growth.
- if you have an **alcohol** problem.
- if you are pregnant, trying to become pregnant or if you are breastfeeding.

Analytical Video Consultation versus Hair/Nail Sample test

The AVC offers you a less expensive entry into the Hair/Nail Sample testing.

Service offered	Analytical Video Consultation	Hair/Nail Sample tests
Toxic metal test	---	YES
Invasive organisms test	---	YES
Food intolerance test	YES	YES
Supplement plan	YES	YES
Hair/nail sample required	---	YES
Initial cost	£100.00	£200.00*
Re-test/re-evaluation fee	£60.00	£80.00
Can you ask questions after receiving your results?	---	YES
Can you change over to Hair/Nail sample re-testing after you have completed your first AVC?	YES	

* The Hair/Nail sample test fee varies depending on how many tests come in.

Having an AVC done will allow you to see whether you are able to stick to food exclusions and whether you are good at taking the necessary supplements from your Supplement Plan regularly.

If you now want more details and to have an actual hair/nail sample tested, including toxic metals and invasive organisms, you can simply move over and have a hair/nail sample re-test done (£80) and take advantage of the extra facilities that this type of testing offers.

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What you will get

During your consultation, I will be able to assess which foods you are intolerant to and exactly which supplements you need to take to detox and to encourage hair growth.

Within 24 - 48 hours after your consultation, I will e-mail you:

(A) A tailor-made Supplement Plan for 10 weeks

Together with your Supplement Plan, you will also get links where you can order each supplement and detailed information on how much to take and for how long.

[I am not affiliated to any supplement companies and am not making any money from supplements that I assess are best for you.]

(B) A list of foods you are intolerant to and which you need to avoid.

Please note

Having an AVC does not constitute a guarantee that your hair will re-grow.

The AVC results do not constitute a medical diagnosis. For a medical diagnosis, please consult your doctor or dermatologist.

Your Supplement Plan is NOT transferable to another person as it is tailor-made for you.

You need to start on your Supplement Plan within 4 weeks of getting the Plan.

Your Supplement Plan will need to be adapted after 10 weeks which means that you will have to schedule in for another AVC after 10 weeks. The follow-up AVC is currently £60.

Alternatively, you may want to change over to a hair sample test in which case the fee is £80.

There is no obligation to do a follow-up AVC or a hair sample test.

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Your name:

Date of birth:

Your e-mail address:

QUESTIONNAIRE

TEETH

1. Do you have any silver/grey amalgam fillings in your teeth? How many can you see if you look into your mouth?
2. Do you have any gold fillings or gold crowns in your teeth? How many can you see if you look into your mouth?

FOODS

3. What do you eat for a typical breakfast?
4. What do you eat for a typical lunch?
5. What do you eat for a typical dinner?
6. What foods do you eat between meals as snacks?
7. What type of liquids do you take during the day?
8. Do you find it difficult to stay away from chocolate and/or sweets?

ILLNESSES and MEDICATIONS

9. Have you been diagnosed with any of the following illnesses [tick relevant box]
 - High blood pressure
 - Low blood pressure
 - Diabetes [any type]
 - Arthritis [any type]
 - Heart disease
 - High cholesterol
 - Asthma
 - Cancer [any type]
 - Any other illnesses?

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

SYMPTOMS

11. Do you suffer from any of the following more than you feel you should?

Please tick the relevant box:

- | | | |
|--|--|---|
| <input type="checkbox"/> unexplained weight loss | <input type="checkbox"/> constipation | <input type="checkbox"/> itchy skin on the body |
| <input type="checkbox"/> exhaustion | <input type="checkbox"/> headaches | <input type="checkbox"/> sleeping problems |
| <input type="checkbox"/> unexplained pains in the body | <input type="checkbox"/> diarrhoea | <input type="checkbox"/> irritability |
| <input type="checkbox"/> depression | <input type="checkbox"/> anxiety | <input type="checkbox"/> fuzzy-headedness |
| <input type="checkbox"/> bloating | <input type="checkbox"/> overweight but cannot lose it | |

12. Any other symptoms?

13. Which supplements are you currently taking? Give **brand** (for example 'Solgar') and **name** of supplement (for example 'Gentle Iron')

For female clients only:

14. Are you currently
- | | | |
|------------------------------|-----|----|
| - pregnant? | yes | no |
| - breastfeeding? | yes | no |
| - trying to become pregnant? | yes | no |

(Please circle the relevant reply.)

Please complete this questionnaire, scan it and e-mail me your answers at hairgrowth@peiffer.co.uk.

If you cannot scan this sheet, please fill in the questionnaire and **have it ready for your session** with me so I can make a note of your answers.