



## Counting Rule Assessment of Hair Analysis

The counting rules, first established by Andy Cutler, Ph.D, apply to the Doctor's Data and Great Plains Hair test. The counting rules assessment is a way to determine the probability of metal toxicity, including mercury by assessing the mineral section of this profile. Heavy metals are known to create imbalances in mineral metabolism, and if a counting rule is determined to be positive than according to Dr. Cutler mercury toxicity (and likely other metals too) is present.

When looking at the mineral section at the bottom of the test there are various percentile brackets - starting with the 50th percentile in the middle. You will also see the 2.5th percentile to the far left and the 97.5th to the far right. There is also the zone bordered by the 16th percentile on the left and the 84th percentile on the right.

There are 4 main counting rules with one alternate. You only need to meet one counting rule in order to determine a mineral transport issue caused likely from mercury and/or other heavy metals, but mostly mercury. The following will describe positive counting rules:

1. 5 or less minerals shifting to the right of the graph - starting at the 50th percentile.
2. 5 or less minerals shifting to the left of the graph.
3. 11 or less minerals found within the two middle zones - including the 50th percentile. This zone overall will be bordered by the 16th percentile on the left and the 84th percentile on the right.
4. 4 or more minerals shifting all the way to either side of the far end of the graph - 2.5th and/or 97.5th percentile.

The alternate counting rule is as follows:

- If two or more counting rules are only one away from meeting their criteria this equates to a positive. For example, 6 minerals shifting to the right for counting rule #1, and 12 minerals in the middle zone for counting rule #3.
- For counting rule number #3 - if a mineral is touching a line, but does not extend beyond it - count this as one of the 11.



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