

# Nutrition Connection Balance (NCB)

**Valerie Sayre, RD, LDN, IMD**  
Registered and Licensed Dietitian  
Medical Exercise Specialist  
Reiki Master  
**Kent Sayre, CNC, NASM**



303 Garrison Ave  
Port St. Joe, FL 32456  
850-227-7931  
Fax: 850-227-7932

[ncbteam@nutritionconnectionbalance.com](mailto:ncbteam@nutritionconnectionbalance.com)  
[www.nutritionconnectionbalance.com](http://www.nutritionconnectionbalance.com)

## Hair Tissue Mineral Analysis or Minerals by Urine

**2024 Dates: 2/21/24 & 7/31/24**

**2025 Dates: 2/19/25 & 7/30/25 (prices will change)**

**\$225.00 by hair sample or \$320.00 by urine sample**

**Can also register for hair minerals & omega for: \$395.00 or minerals and toxic metals by urine & omega for: \$495.00 Same person & same clinic date.**

**\*prices subject to change\***

1. What is Hair Tissue Mineral Analysis or Urine Minerals testing? It's a very simple, non-invasive but VERY detailed test that is an indicator of mineral status, heavy metal toxicities, bone health, pain and inflammation, protein status, hormone function, cognitive function and so much more.
2. Knowing your expansive mineral levels can help determine how your current health and lifestyle (exercise, food, stress, best bone density co factors (osteopenia and osteoporosis) exposures, including from beauty & topical skin products etc.) and how they are affecting you and those you care about. This test can also help with prescription medication mineral depletions (blood pressure, diuretics, ADHD etc.) athletic performance, muscle related conditions and behavior (ADHD & ADD) and mood management. The results can also provide an early preventative clue and to detection of many diseases such as thyroid, heart and cancers. Hair tissue is an earlier indicator than blood.
3. Participants will need to call our office @ 850-227-7931 or e-mail NCB: [ncbteam@nutritionconnectionbalance.com](mailto:ncbteam@nutritionconnectionbalance.com) to provide demographic information and credit card information to register for the workshop and receive the testing kit **at least 5-6 weeks or more before the workshop date so their personal results will be back in time for the clinic date.**

4. **You will receive an email with handouts, a recorded webinar from NCB clinician and your individual results and goals between 11 am – 5 pm on the testing clinic date or sooner.**
5. The **\$225.00 or \$320.00 registration fee** is due when you call the office for the kit or pay on our website. This includes a copy of your results by e-mail and an information sheet, a therapy handout and recorded group webinar recording that is good for 30 days from the clinic date. **You can register for the Hair Mineral Clinic or & Omega Clinic for the same person at the same time for \$395 or minerals and toxic metals by urine and omega for: \$495.00/ Same person & same clinic date.**
6. Please refer to (purple) instruction card on hair test kit for instructions. Please make sure hair is free from any hair color treatment for at least 3-4 weeks, (cut hair close to the scalp in one or two spots-more is not necessary).
7. For urine testing, just collect your first urine sample upon waking for the day.

***It's takes approximately 3-4 weeks or MORE for the results to come back due to mail unreliability! Be sure the lab receives your sample no later than 5-6 weeks before your clinic date!***

**There are no cancellations or refunds for any reason, and you can NOT move to another testing clinic or send in an old kit. Purchasing a kit for this clinic means it must be sent in for this clinic.**

8. **Important:** The therapies (supplements, foods and powders) at Nutrition, Connection, Balance (NCB) are used and brought in through my verification and food science degree. MOST importantly, they have shown clinical effectiveness with thousands of our NCB clients; therefore, if you do have issues with your levels or your body is unresponsive to something, we know that it is not the supplement but that your body needs a different dose or therapy to achieve balance. We STRONGLY advise you to order any recommended over the counter supplements directly from Nutrition Connection Balance/NCB at [850-227-7931](tel:850-227-7931) or e-mail your order [ncbteam@nutritionconnectionbalance.com](mailto:ncbteam@nutritionconnectionbalance.com) after the results session for your individualized deficiencies and imbalances. A NEW updated of "Supplement Guideline" sheet has been included with your e-mailed individual test results. Please review the handout and the recorded lecture on [www.nutritionconnectionbalance.com](http://www.nutritionconnectionbalance.com) under "education" about "The Right Supplements".
9. If you are interested in Juice Plus+ (fruits, vegetables, berries and/or omegas), Complete or Perform shakes, and Tower Garden, please call or email NCB.
10. Please visit our website [www.NutritionConnectionBalance.com](http://www.NutritionConnectionBalance.com) for more information about **NCB, upcoming events and clinics and testing services. Under "education" there are many medical valuable presentations on many health topics!**