**According to the research of Dr. Paul Eck, the following are indicators of adrenal insufficiency on a hair analysis:**

* Sodium level less than 25 mg%
* Potassium level less than 10 mg%
* Sodium/potassium ratio less than 2.5:1
* Sodium/magnesium ratio less than 4.17:1
* Calcium/potassium ratio greater than 10:1