ABSTRACT

The purpose of the present invention is to propose a method for measuring the level of health of a subject, with which it is possible: to perform health examination that is non-invasive to the human body and that employs a simple method; to provide highly reliable analysis results having a scientific basis; and to, additionally, provide appropriate solutions to the subject. Another purpose of the present invention is to propose a health-level determining apparatus employing said method and a new business model employing said method. The present invention is a method for measuring the level of health of a subject, including a hair analyzing step (A) for analyzing hair of the subject. It is preferable that the aforementioned hair analyzing step (A) include a step (A-1) for analyzing hair in the occipital region. In addition, it is preferable that the aforementioned hair analyzing step (A) include a step (A-2) for analyzing hair in a site other than the occipital region.