

Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum	(Al)	2.7	< 7.0	
Antimony	(Sb)	< 0.01	< 0.050	
Arsenic	(As)	0.019	< 0.060	
Barium	(Ba)	0.50	< 2.0	
Beryllium	(Be)	< 0.01	< 0.020	
Bismuth	(Bi)	0.009	< 2.0	
Cadmium	(Cd)	< 0.009	< 0.050	
Lead	(Pb)	0.04	< 0.60	
Mercury	(Hg)	0.56	< 0.80	
Platinum	(Pt)	< 0.003	< 0.005	
Thallium	(Tl)	< 0.001	< 0.002	
Thorium	(Th)	< 0.001	< 0.002	
Uranium	(U)	0.013	< 0.060	
Nickel	(Ni)	0.07	< 0.30	
Silver	(Ag)	0.01	< 0.15	
Tin	(Sn)	< 0.02	< 0.30	
Titanium	(Ti)	0.30	< 0.70	
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th
Calcium	(Ca)	539	300- 1200	
Magnesium	(Mg)	53	35- 120	
Sodium	(Na)	68	20- 250	
Potassium	(K)	9	8- 75	
Copper	(Cu)	11	11- 37	
Zinc	(Zn)	220	140- 220	
Manganese	(Mn)	0.17	0.08- 0.60	
Chromium	(Cr)	0.44	0.40- 0.65	
Vanadium	(V)	0.031	0.018- 0.065	
Molybdenum	(Mo)	0.13	0.020- 0.050	
Boron	(B)	0.52	0.25- 1.5	
Iodine	(I)	0.72	0.25- 1.8	
Lithium	(Li)	0.048	0.007- 0.020	
Phosphorus	(P)	182	150- 220	
Selenium	(Se)	1.2	0.55- 1.1	
Strontium	(Sr)	1.5	0.50- 7.6	
Sulfur	(S)	48000	44000- 50000	
Cobalt	(Co)	0.004	0.005- 0.040	
Iron	(Fe)	5.9	7.0- 16	
Germanium	(Ge)	0.032	0.030- 0.040	
Rubidium	(Rb)	0.012	0.007- 0.096	
Zirconium	(Zr)	0.012	0.020- 0.42	

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 01/03/2013	Sample Size: 0.2 g	Ca/Mg	10.2	4- 30
Date Received: 01/11/2013	Sample Type: Head	Ca/P	2.96	1- 12
Date Completed: 01/12/2013	Hair Color: Brown	Na/K	7.56	0.5- 10
Methodology: ICP/MS	Treatment: Dye - <i>Kenna</i>	Zn/Cu	20	4- 20
	Shampoo: Baking Soda	Zn/Cd	> 999	> 800

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0.113 K/cu .017 .03-.35

Health history for hair test 714

What are your current symptoms and health history?

Current symptoms: yellow/white goo on tongue, ears and vagina itch if I eat anything sweet or starchy (grapefruit, canned nuts, honey). This has gotten much better in the last month or so. I get grey moons under my eyes if I eat the wrong thing (again sweet or starchy foods).

I've had a history of foggy brain, learning disabilities, and yeast infections. Reading was hard because the words moved across the page as if they were on waves. In 2006 or 07, I did a food elimination test and determined that wheat had to go. My health was great for a year until I had two doses of antibiotics (strep throat & a "precautionary" dose for a medical exam). Within weeks symptoms were returning and they were worse. I couldn't eat much. Doctors were useless. The GI doc told me to take Citrucel because I had a little IBS. All I could eat at that time were vegetables and meat. I was getting plenty of fiber.

Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)

First amalgams: 10 or 11 years of age. These were replaced when I was in my early thirtys.

First extractions: freshman year of high school – preparation for braces. My braces put on my freshman year of high school and removed in my junior year.

My wisdom teeth were removed my junior or senior year of high school.

No root canals...hopefully ever.

What dental work do you currently have in place? What part of the dental clean-up have you completed?

All my amalgam fillings were replaced in 2010 and 2011. To the best of my knowledge, my mouth is clean of metals.

What dentistry did your mother have at any time before or during pregnancy?

I really don't know because she died of cancer when I was 12. I'm sure she had some amalgams and possibly a root canal.

What vaccinations have you had and when (including flu and especially travel shots)?

DPT 1 – 4, Polio Trivalent 1 – 4, Typhoid, (all that before I was 1 year old).

Measles Rubeola, Oral Polio, DPT B, Polio B, Typhoid 2, Rebella, TB, Trivalent B, Typhoid B, TB/Mono-VACC, TMH, Mumps, DT, PPD – Tine. All that before the end of 1980

Yellow fever, Hep A (Havrix), Oral Thyphoid, IPV, MMR, TD, HepA, Hep B, 2006 – 09 flu shot, 2009 H1N1 flu shot, 2012 flu shot (had to get it to follow husband to duty assignment over seas). 2003 05 PPD (was living overseas and they were checking for TB), DTAP, typhoid, typhoid.

Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?

105 mg Armour Thyroid every morning upon waking.

With Breakfast (one capsule each)

KAL A& D (10,000 mg A & 500 mg D)

Cardiovascular Research B Complex

KAL Niacin 50 mg

Carlson Labs Cod Liver Oil 1000 mg

Cardio Vascular Research Zinc 25 mg
Klaire Labs LDA Trace Mineral Complex
Klaire Labs Vitamin C powder 1,000 mg
Sundown Biotin 7,500 mg
Milk Thistle 250 mg
NAC 700 mg
Taurine 700 mg
Elagic Acid 180 mg

With Dinner (one capsule each)
KAL A& D (10,000 mg A & 500 mg D)
Cardiovascular Research B Complex
KAL Niacin 50 mg
Carlson Labs Cod Liver Oil 1000 mg
Cardio Vascular Research Zinc 25 mg
Thorne Research Pic Mins (1 capsule)
Thorne Research Iron Picolinate (25 mg)
Klaire Labs Vitamin C powder 1,000 mg
Sundown Biotin 7,500 mcg
Milk Thistle 250 mg
NAC 700 mg
Taurine 700 mg
Elagic Acid 180 mg

When chelating, I do not take NAC. To chelate I take 200 mg of ALA every two hours except at night when I go 4 hours between rounds. DMSA causes intensely itchy rashes and swollen lips so I only take a few capsules the last few hours of a round or not at all.

What is your age, height and weight?

45 years old
5 feet 2 inches tall
115 lbs

Other information you feel may be relevant?

I felt better within an hour of my amalgams being removed. My right ear quit itching. Since I've been chelating my health has only gotten better. I'm exercising again. I look forward to riding my bike again.

What is your location – city & country (so that we can learn where certain toxins are more prevalent).

Currently I'm living in Seoul, Korea and have been here approximately 6 months.

Though my hair is colored, I used henna, a vegetable dye. Since it was growing out I tried to submit the ends that had no color.

I also rinsed my hair with distilled water after washing it for the test to try and wash away any minerals from the city water.