SEX: Female
AGE: 27

Toxic & Essential Elements; Hair

TOXIC METALS		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68th 95th
Aluminum	(Al)	12	< 7.0	
Antimony	(Sb)	0.011	< 0.050	
Arsenic	(As)	0.014	< 0.060	
Barium	(Ba)	1.8	< 2.0	
Beryllium	(Be)	< 0.01	< 0.020	
Bismuth	(Bi)	2.2	< 2.0	
Cadmium	(Cd)	< 0.009	< 0.050	
Lead	(Pb)	0.10	< 0.60	
Mercury	(Hg)	0.20	< 0.80	
Platinum	(Pt)	< 0.003	< 0.005	
Thallium	(Tl)	< 0.001	< 0.002	
Thorium	(Th)	0.001	< 0.002	
Uranium	(U)	0.10	< 0.060	
Nickel	(Ni)	0.30	< 0.30	
Silver	(Ag)	0.03	< 0.15	
Tin	(Sn)	0.07	< 0.30	
Titanium	(Ti)	1.5	< 0.70	
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5th 16th 50th 84th 97.5th
Calcium	(Ca)	2880	300– 1200	
Magnesium	(Mg)	170	35– 120	
Sodium	(Na)	4	20– 250	
Potassium	(K)	< 3	8– 75	
Copper	(Cu)	18	11– 37	
Zinc	(Zn)	180	140– 220	
Manganese	(Mn)	0.11	0.08– 0.60	
Chromium	(Cr)	0.30	0.40– 0.65	
Vanadium	(V)	0.011	0.018– 0.065	
Molybdenum	(Mo)	0.020	0.020– 0.050	
Boron	(B)	0.17	0.25– 1.5	
Iodine	(I)	0.39	0.25– 1.8	
Lithium	(Li)	0.006	0.007– 0.020	
Phosphorus	(P)	141	150– 220	
Selenium	(Se)	0.56	0.55– 1.1	
Strontium	(Sr)	6.6	0.50– 7.6	
Sulfur	(S)	46400	44000– 50000	
Cobalt	(Co)	0.068	0.005– 0.040	
Iron	(Fe)	11	7.0– 16	
Germanium	(Ge)	0.036	0.030– 0.040	
Rubidium	(Rb)	< 0.003	0.007– 0.096	
Zirconium	(Zr)	0.12	0.020– 0.42	

SPECIMEN DATA

COMMENTS:

Date Collected: **10/08/2014**
Date Received: **10/14/2014**
Date Completed: **10/16/2014**
Methodology: **ICP/MS**

Sample Size: **0.198 g**
Sample Type: **Head**
Hair Color: **Brown**
Treatment:
Shampoo: **Garnier**

RATIOS

ELEMENTS	RATIOS	RANGE
Ca/Mg	16.9	4– 30
Ca/P	20.4	1– 12
Na/K	1.33	0.5– 10
Zn/Cu	10	4– 20
Zn/Cd	> 999	> 800

What are your current symptoms and health history? My most bothersome symptoms are severe depression and anxiety (especially social anxiety), OCD, short term memory loss, extreme fatigue, no motivation, headaches, insomnia, endocrine abnormalities, slurring of words, candida, tremor and slight balance issues. I also have a lot of phobias and irrational fears along with neurological Lyme Disease.

Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc…) I had my first amalgam placed at age 8, and three more by the age of 10 for a total of 4. Never had any root canals. Wisdom teeth were removed at the age of 14. I also had braces from the ages of 11-13.

What dental work do you currently have in place? What part of the dental clean-up have you completed? Currently I only have composite fillings. I am done with my dental revision as I had my last amalgam replaced 13 months ago.

What dentistry did your mother have at any time before or during pregnancy? She had one small amalgam filling.

What vaccinations have you had and when (including flu and especially travel shots)? I had all of the required shots at birth as well as throughout childhood. My last vaccination was 9 years ago, when I was 18.

Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken? At the time of the test, as well as 6 months prior, I was taking 425mg of magnesium per day, 15mg of zinc per day, 4,000mg of vitamin C per day. Occasionally, I took molybdenum and lithium.

What is your age, height and weight? I am 27 years old, 5'6" and 130 pounds.

Other information you feel may be relevant? At the time of the hair test, I had completed 24 rounds of chelation. I also have titanium spinal implants and ate a lot of tuna fish for about 20 years. I was also exposed to a broken thermometer as a child.

What is your location – city & country (so that we can learn where certain toxins are more prevalent). I live in the upstate NY area, USA.