





"QNS": Sample Size Was Inadequate For Analysis.

"N/A": Currently Not Available

Ideal Levels And Interpretation Have Been Based On Hair Samples Obtained From The Mid-Parietal To The Occipital Region Of The Scalp.

Laboratory Analysis Provided by Trace Elements, Inc., an H. H. S. Licensed Clinical Laboratory. No. 45 D0481787

5/05/2014
CURRENT TEST RESULTS

PREVIOUS TEST RESULTS

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SIGNIFICANT RATIOS 8.20 4.60 4.40 16.00 8.00 15.00 2.30 HIGH 3.60 3.40 6.20 12.00 6.00 11.00 1.60 ACCEPTABLE 2.60 4.20 8.00 4.00 7.00 .90 2.40 1.60 1.40 2.20 4.00 2.00 3.00 .20 0 Ca/Mg Na/Mg Ca/P Na/K Ca/K Zn/Cu Fe/Cu 8.36 4.00 30.67 5.38 3.33 25.56 .31

TOXIC RATIOS 168.0 8.8 44.0 1.6 1000.0 400.0 56900 142251 11380 ACCEPTABLE 750.0 300.0 106688 8535 126.0 6.6 33.0 1.2 42675 0.8 500.0 200.0 28450 71126 5690 84.0 4.4 22.0 42.0 2.2 11.0 0.4 250.0 100.0 14225 35563 2845 Ca/Pb Fe/Pb Fe/Hg Se/Hg Zn/Cd Zn/Hg S/Hg S/Cd S/Pb 920.0 8.0 26.7 2.7 14000.0 466.7 149700 4491000 44910

ADDITIONAL RATIOS

	Current	Previous	1
Ca/Sr	1150.00		131/1
Cr/V	15.00		13/1
Cu/Mo	520.00		625/1
Fe/Co	400.00		440/1
K/Co	1500.00		2000/1
K/Li	3000.00		2500/1
Mg/B	120.00		40/1
S/Cu	1727.31		1138/1
Se/TI	160.00		37/1
Se/Sn	8.00		0.67/1
Zn/Sn	1400.00		167/1

LEVELS

All mineral levels are reported in milligrams percent (milligrams per one-hundred grams of hair). One milligram percent (mg%) is equal to ten parts per million (ppm).

NUTRITIONAL ELEMENTS

Extensively studied, the nutrient elements have been well defined and are considered essential for many biological functions in the human body. They play key roles in such metabolic processes as muscular activity, endocrine function, reproduction, skeletal integrity and overall development.

TOXIC ELEMENTS

The toxic elements or "heavy metals" are well-known for their interference upon normal biochemical function. They are commonly found in the environment and therefore are present to some degree, in all biological systems. However, these metals clearly pose a concern for toxicity when accumulation occurs to excess.

ADDITIONAL ELEMENTS

These elements are considered as possibly essential by the human body. Additional studies are being conducted to better define their requirements and amounts needed.

RATIOS

A calculated comparison of two elements to each other is called a ratio. To calculate a ratio value, the first mineral level is divided by the second mineral level

EXAMPLE: A sodium (Na) test level of 24 mg% divided by a potassium (K) level of 10 mg% equals a Na/K ratio of 2.4 to 1.

SIGNIFICANT RATIOS

If the synergistic relationship (or ratio) between certain minerals in the body is disturbed, studies show that normal biological functions and metabolic activity can be adversely affected. Even at extremely low concentrations, the synergistic and/or antagonistic relationships between minerals still exist, which can indirectly affect metabolism.

TOXIC RATIOS

It is important to note that individuals with elevated toxic levels may not always exhibit clinical symptoms associated with those particular toxic minerals. However, research has shown that toxic minerals can also produce an antagonistic effect on various essential minerals eventually leading to disturbances in their metabolic utilization.

ADDITIONAL RATIOS

These ratios are being reported solely for the purpose of gathering research data. This information will then be used to help the attending health-care professional in evaluating their impact upon health.

REFERENCE RANGES

Generally, reference ranges should be considered as guidelines for comparison with the reported test values. These reference ranges have been statistically established from studying an international population of "healthy" individuals

Important Note: The reference ranges should not be considered as absolute limits for determining deficiency, toxicity or acceptance.

Health history for hair test 1022

- 1. Current symptoms
- daily nausea, vomitting several times a week
- anxiety and panic daily for decades, suicidal thoughts, low mood, insomnia,nightmares, poor memory
- strange rashes
- excessive sweating
- prone to infections eg skin, toes
- prone to fainting
- scored highly on a pyrrole disorder questionnaire

Health history

- all of the above for decades
- as a child: nightmares, sleep walking, screaming in sleep, very dry skin but not eczema
- suicidal from teenage years
- might meet criteria for dissociative disorder

2, 3. Dental history

- no major dental work, no amalgams ever
- no metal in mouth at all
- 4. mother's dentistry
- no idea was adopted
- 5. vaccinations
- not sure probably had routine childhood vaccinations in Australia in 1970s
- 6. Supplements and medications
- Efexor (venlafaxine) 300 mg daily
- Seroquel (quetiapine) 300mg at night
- a basic vitamin regime multivit and zinc (not 100% sure)
- 7. Age 43, weight 138 kg, height 182 cm
- 8. Lifelong emotional distress
- 9. Location: Canberra, Australia