

Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)		16	< 8.0	
Antimony (Sb)		0.25	< 0.066	
Arsenic (As)		0.086	< 0.080	
Barium (Ba)		0.85	< 0.75	
Beryllium (Be)		< 0.01	< 0.020	
Bismuth (Bi)		0.041	< 2.0	
Cadmium (Cd)		0.27	< 0.070	
Lead (Pb)		4.6	< 1.0	
Mercury (Hg)		0.18	< 0.40	
Platinum (Pt)		< 0.003	< 0.005	
Thallium (Tl)		0.001	< 0.002	
Thorium (Th)		0.001	< 0.002	
Uranium (U)		0.014	< 0.060	
Nickel (Ni)		0.88	< 0.30	
Silver (Ag)		1.0	< 0.20	
Tin (Sn)		2.0	< 0.30	
Titanium (Ti)		0.49	< 0.90	
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)		408	140- 500		
Magnesium (Mg)		33	15- 45		
Sodium (Na)		110	18- 180		
Potassium (K)		280	10- 150		
Copper (Cu)		23	11- 24		
Zinc (Zn)		65	100- 190		
Manganese (Mn)		0.51	0.10- 0.50		
Chromium (Cr)		0.62	0.43- 0.70		
Vanadium (V)		0.14	0.030- 0.10		
Molybdenum (Mo)		0.12	0.050- 0.13		
Boron (B)		4.7	0.40- 3.5		
Iodine (I)		1.2	0.25- 1.3		
Lithium (Li)		0.010	0.007- 0.020		
Phosphorus (P)		128	150- 220		
Selenium (Se)		0.70	0.70- 1.1		
Strontium (Sr)		1.0	0.19- 2.0		
Sulfur (S)		47700	45500- 53000		
Cobalt (Co)		0.043	0.005- 0.030		
Iron (Fe)		18	7.0- 16		
Germanium (Ge)		0.048	0.030- 0.040		
Rubidium (Rb)		0.34	0.012- 0.16		
Zirconium (Zr)		0.29	0.030- 1.0		

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 12/09/2014		Ca/Mg	12.4	4- 30
Date Received: 12/15/2014		Ca/P	3.19	1- 12
Date Completed: 12/19/2014		Na/K	0.393	0.5- 10
Methodology: ICP/MS		Zn/Cu	2.83	4- 20
Sample Size: 0.199 g		Zn/Cd	241	> 800
Sample Type: Head				
Hair Color: Brown				
Treatment:				
Shampoo: Kirkland				



SEX: Female
AGE: 3

As tolerated

279 Walkers Mills Rd
Bethel, ME 04217 U.S.A.

+ low dose Ion Transport CAP +

nucleotide blend

DEFER to your doctor always

Toxic & Essential Elements; Hair

TOXIC METALS				PERCENTILE	
		RESULT µg/g	REFERENCE INTERVAL	68 th	95 th
Aluminum (Al)		14	< 8.0		
Antimony (Sb)		0.089	< 0.066		
Arsenic (As)		0.022	< 0.080		
Barium (Ba)		1.2	< 0.75		
Beryllium (Be)		< 0.01	< 0.020		
Bismuth (Bi)		0.030	< 2.0		
Cadmium (Cd)		0.15	< 0.070		
Lead (Pb)		2.7	< 1.0		
Mercury (Hg)		0.07	< 0.40		
Platinum (Pt)		< 0.003	< 0.005		
Thallium (Tl)		< 0.001	< 0.002		
Thorium (Th)		0.001	< 0.002		
Uranium (U)		0.011	< 0.060		
Nickel (Ni)		0.48	< 0.30		
Silver (Ag)		0.50	< 0.20		
Tin (Sn)		1.1	< 0.30		
Titanium (Ti)		0.55	< 0.90		
Total Toxic Representation					

A1278C cap +
Metal Away +
All in one +
Ba Cd m +
PS/PEPC +
+ DHA +
ATP +
Riboflavin

SDE & NSA
CSA

ESSENTIAL AND OTHER ELEMENTS				PERCENTILE				
		RESULT µg/g	REFERENCE INTERVAL	2.5 th	16 th	50 th	84 th	97.5 th
Calcium (Ca)		471	140- 500					
Magnesium (Mg)		30	15- 45					
Sodium (Na)		6	18- 180					
Potassium (K)		< 3	10- 150					
Copper (Cu)		60	11- 24					
Zinc (Zn)		110	100- 190					
Manganese (Mn)		0.35	0.10- 0.50					
Chromium (Cr)		0.46	0.43- 0.70					
Vanadium (V)		0.098	0.030- 0.10					
Molybdenum (Mo)		0.091	0.050- 0.13					
Boron (B)		0.59	0.40- 3.5					
Iodine (I)		2.2	0.25- 1.3					
Lithium (Li)		< 0.004	0.007- 0.020					
Phosphorus (P)		143	150- 220					
Selenium (Se)		0.52	0.70- 1.1					
Strontium (Sr)		1.8	0.19- 2.0					
Sulfur (S)		48300	45500- 53000					
Cobalt (Co)		0.025	0.005- 0.030					
Iron (Fe)		14	7.0- 16					
Germanium (Ge)		0.040	0.030- 0.040					
Rubidium (Rb)		0.005	0.012- 0.16					
Zirconium (Zr)		0.18	0.030- 1.0					

work with your doctor
magnesium cap +
zinc +
lithium +
ATP
Potassium
ATP
work with your doctor
check on lithium
+ POTASSIUM

TOO LOW
TOO LOW
TOO HIGH
TOO LOW

SPECIMEN DATA		RATIOS		
COMMENTS: Work with your doctor on lithium + potassium + ATP + zinc		ELEMENTS	RATIOS	RANGE
Date Collected: 09/30/2015	Sample Size: 0.196 g	Ca/Mg	15.7	4- 30
Date Received: 10/05/2015	Sample Type: Head	Ca/P	3.29	1- 12
Date Completed: 10/13/2015	Hair Color: Brown	Na/K	2	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	1.83	4- 20
	Shampoo: Dove Bar Soap	Zn/Cd	733	> 800

Suggestions for your consideration.

THEN run HMT in 3-4 months to recheck lithium. DEFER to your doctor

EXCELLENT increases in

Deserts
four
down
doctor
as always
Suggestions for your consideration
As always, work with your Doctor.
With love & hope, Dr. Amy



SEX: Female
AGE: 4

279 Walkers Mills Rd
Bethel, ME 04217 U.S.A.

Inflammatory
Pathway cap to help
with detox

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	9.5	< 8.0	Cont.
Antimony (Sb)	0.068	< 0.066	PS/PERPC + DNA
Arsenic (As)	0.076	< 0.080	+ All in One
Barium (Ba)	0.54	< 0.75	Be Calm
Beryllium (Be)	< 0.01	< 0.020	OKAY to add low
Bismuth (Bi)	0.039	< 2.0	dose Hydroxy +
Cadmium (Cd)	0.13	< 0.070	Adchasy/B12
Lead (Pb)	2.2	< 1.0	Cont. EDTA soap!
Mercury (Hg)	0.07	< 0.40	Metal Away
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.007	< 0.060	
Nickel (Ni)	0.28	< 0.30	Riboflavin Sphes
Silver (Ag)	0.22	< 0.20	+ ATP + Mitofore
Tin (Sn)	0.79	< 0.30	SDE + runa CSA DNA GJ
Titanium (Ti)	0.50	< 0.90	astin can
Total Toxic Representation			Impact digestion

ESSENTIAL AND OTHER ELEMENTS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th
Calcium (Ca)	228	140- 500	Cont. A.T.P.
Magnesium (Mg)	15	15- 45	Inc. a bit
Sodium (Na)	12	18- 180	M. soap
Potassium (K)	28	10- 150	
Copper (Cu)	16	11- 24	
Zinc (Zn)	78	100- 190	Inc. Zinc
Manganese (Mn)	0.32	0.10- 0.50	Limit charcoal
Chromium (Cr)	0.56	0.43- 0.70	Limit Benzoyl
Vanadium (V)	0.12	0.030- 0.10	
Molybdenum (Mo)	0.096	0.050- 0.13	
Boron (B)	2.6	0.40- 3.5	
Iodine (I)	4.0	0.25- 1.3	Run runa iodine when
Lithium (Li)	0.010	0.007- 0.020	cont. support CSA
Phosphorus (P)	161	150- 220	go ahead
Selenium (Se)	0.76	0.70- 1.1	with low dose
Strontium (Sr)	0.65	0.19- 2.0	hydroxy +
Sulfur (S)	48300	45500- 53000	adchasy/B12
Cobalt (Co)	0.026	0.005- 0.030	Run a CSA
Iron (Fe)	19	7.0- 16	& DNA GJ
Germanium (Ge)	0.033	0.030- 0.040	cardiac
Rubidium (Rb)	0.040	0.012- 0.16	detox
Zirconium (Zr)	0.22	0.030- 1.0	cont. support

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 02/25/2016	Sample Size: 0.196 g	Ca/Mg	15.2	4- 30
Date Received: 02/29/2016	Sample Type: Head	Ca/P	1.42	1- 12
Date Completed: 03/03/2016	Hair Color: Brown	Na/K	0.429	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	4.88	4- 20
	Shampoo: Dove Soap	Zn/Cd	600	> 800



SEX: Female
AGE: 5

Suggestion:
As always, work with your Doctor.
With love & hope, Dr. Amy

279 Walkers Mills Rd
Bethel, ME 04217 U.S.A.

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	15	< 8.0	
Antimony (Sb)	0.066	< 0.066	
Arsenic (As)	0.035	< 0.080	
Barium (Ba)	0.57	< 0.75	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.037	< 2.0	
Cadmium (Cd)	0.10	< 0.070	
Lead (Pb)	1.4	< 1.0	
Mercury (Hg)	0.08	< 0.40	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.014	< 0.060	
Nickel (Ni)	0.48	< 0.30	
Silver (Ag)	0.22	< 0.20	
Tin (Sn)	0.46	< 0.30	
Titanium (Ti)	0.47	< 0.90	
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)	254	140- 500					
Magnesium (Mg)	16	15- 45					
Sodium (Na)	17	18- 180					
Potassium (K)	56	10- 150					
Copper (Cu)	15	11- 24					
Zinc (Zn)	80	100- 190					
Manganese (Mn)	0.36	0.10- 0.50					
Chromium (Cr)	0.42	0.43- 0.70					
Vanadium (V)	0.039	0.030- 0.10					
Molybdenum (Mo)	0.097	0.050- 0.13					
Boron (B)	1.1	0.40- 3.5					
Iodine (I)	0.58	0.25- 1.3					
Lithium (Li)	0.046	0.007- 0.020					
Phosphorus (P)	113	150- 220					
Selenium (Se)	0.74	0.70- 1.1					
Strontium (Sr)	0.61	0.19- 2.0					
Sulfur (S)	49400	45500- 53000					
Cobalt (Co)	0.014	0.005- 0.030					
Iron (Fe)	20	7.0- 16					
Germanium (Ge)	0.035	0.030- 0.040					
Rubidium (Rb)	0.058	0.012- 0.16					
Zirconium (Zr)	0.28	0.030- 1.0					

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 03/14/2017	Sample Size: 0.201 g	Ca/Mg	15.9	4- 30
Date Received: 03/18/2017	Sample Type: Head	Ca/P	2.25	1- 12
Date Completed: 03/23/2017	Hair Color: Brown	Na/K	0.304	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	5.33	4- 20
	Shampoo: Clairol	Zn/Cd	800	> 800



SEX: Female
DOB: 01/03/2012

AGE: 8

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	10	< 8.0	
Antimony (Sb)	0.022	< 0.066	
Arsenic (As)	0.028	< 0.060	
Barium (Ba)	0.86	< 1.5	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	0.041	< 0.070	
Lead (Pb)	1.3	< 0.80	
Mercury (Hg)	0.06	< 0.40	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.036	< 0.060	
Nickel (Ni)	0.10	< 0.30	
Silver (Ag)	0.08	< 0.18	
Tin (Sn)	0.14	< 0.30	
Titanium (Ti)	0.31	< 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)	631	250- 800			
Magnesium (Mg)	100	25- 90			
Sodium (Na)	75	18- 180			
Potassium (K)	160	10- 90			
Copper (Cu)	18	11- 37			
Zinc (Zn)	150	120- 220			
Manganese (Mn)	0.65	0.08- 0.60			
Chromium (Cr)	0.40	0.40- 0.65			
Vanadium (V)	0.070	0.025- 0.10			
Molybdenum (Mo)	0.049	0.030- 0.090			
Boron (B)	2.0	0.30- 1.7			
Iodine (I)	0.39	0.25- 1.3			
Lithium (Li)	0.017	0.007- 0.020			
Phosphorus (P)	137	150- 220			
Selenium (Se)	0.67	0.70- 1.1			
Strontium (Sr)	3.0	0.37- 3.6			
Sulfur (S)	48900	44000- 51000			
Cobalt (Co)	0.006	0.005- 0.035			
Iron (Fe)	9.7	7.0- 16			
Germanium (Ge)	0.034	0.030- 0.040			
Rubidium (Rb)	0.17	0.008- 0.080			
Zirconium (Zr)	0.033	0.030- 0.40			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 09/19/2020	Sample Size: 0.196 g	Ca/Mg	6.31
Date Received: 09/25/2020	Sample Type: Head	Ca/P	4.61
Date Reported: 09/28/2020	Hair Color: Brown	Na/K	0.469
Methodology: ICP/MS	Treatment:	Zn/Cu	8.33
	Shampoo: Kirks	Zn/Cd	> 999
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

Follow-up history for hair test 1044

Here is my 3 year old's 2nd hair test after 10 months of AC chelation. My daughter is number 1044 on your list of hair tests. Could you please upload her latest test? Please advise me when it's uploaded so I can ask for help with interpretation.

Current situation:

I Just wanted to see if any helpful info can be derived from this 2nd hair test. We've been chelating for 10 months.

Has mineral disruption improved so we can get a better idea where she's at with lead, cadmium, etc?

Does she meet counting rules?

For the last few months I have been chelating her at 41 ala and 8mg - 12.5 - dmsa which I realize is a very high dose for a 27 ish pound 3 year old. I thought she had been tolerating it relatively well, but retrospectively considering she has been catching every bug that goes around, I will definitely lower her dose now. (Sorry, I should have followed original advice I was given here to have her at a lower dose.)

Now that she is way passed the initial 4-8 dmsa rounds I would like to use dmsa each round as an accessory chelator. If she weighs 27 pounds what would be an appropriate accessory dmsa dose to complement the ala each round?

Her zinc is even lower than it was before. We are supplementing w/ 4 basics: vitamin e, vit c, magnesium, and zinc, although it's hard to get enough zinc in her (especially on round) as it makes her nauseous.

I think this test shows improvement but I'm not sure my interpretation is correct so I wanted to ask for feedback.

Thanks so much!

Health history for hair test 1044

1. Current Symptoms /Health History: reoccurring ear infections, rash on chest (doctor said it is believed to be a fungus), bad diaper rash as a baby
2. No dental history
3. No dental work
4. Mother had 3 – 4 amalgams removed unsafely a few years before patient was born. Mother had no amalgams IN TEETH during patient 's gestation. Maternal grandmother also had amalgams in place during mother 's gestation.
5. No vaccines
6. No supps/meds taken at time of hair test
7. This is the patient 's older sister 's hair test: http://www.livingnetwork.co.za/files/hairtest_1024.pdf

As can be seen they have the same metal patterns but the older patient has higher levels of almost everything. The patient has generally been healthier than her sister. Neither children received vaccines. Mother 's amalgams were in place during older sister 's gestation and removed unsafely when older sister was a few months old/nursing which might explain why she received the greater toxic metal burden. (Mother was fully vaccinated up into adulthood)

8. Both girls born in Mexico City but currently living in the United States. Patient 's blood lead level dropped from 8 to 4 after moving back to USA ...so it seems there were probably at least one if not multiple sources of lead exposure where we lived in Mexico City.

TEST REPORT

Live Well Testing

2019 09 05 463 S

Ordering Provider:
Live Well Testing

Samples Received
09/05/2019

Report Date
09/11/2019

Samples Collected
Saliva - 08/31/19 09:26
Saliva - 08/31/19 12:15
Saliva - 08/31/19 17:05
Saliva - 08/31/19 20:45



Gender Female	Last Menses Unspecified	Height 3 ft 9 in	Waist 23 in
DOB 1/3/2012 (7 yrs)	Menses Status Postmenopausal	Weight 42 lb	BMI 14.6

TEST NAME	RESULTS 08/31/19	RANGE
Salivary Steroids		
Cortisol	8.2	3.7-9.5 ng/mL (morning)
Cortisol	1.5	1.2-3.0 ng/mL (noon)
Cortisol	5.6 H	0.6-1.9 ng/mL (evening)
Cortisol	0.5	0.4-1.0 ng/mL (night)

<dL = Less than the detectable limit of the lab. N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit. H = High. L = Low.

Therapies

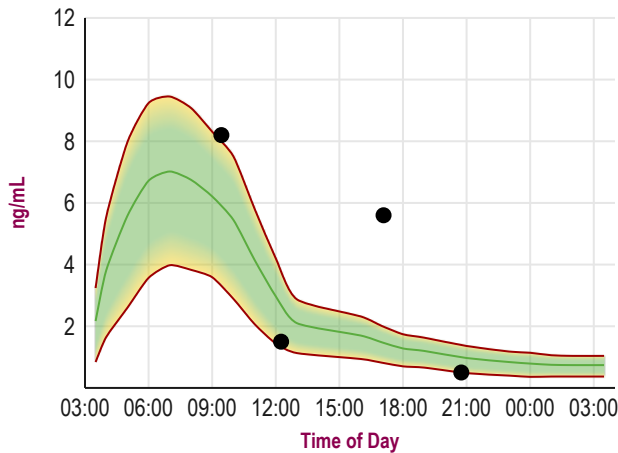
None Indicated

Graphs

Disclaimer: Graphs below represent averages for healthy individuals not using hormones. Supplementation ranges may be higher. Please see supplementation ranges and lab comments if results are higher or lower than expected.

Average Off Graph

Saliva Cortisol



Disclaimer: Supplement type and dosage are for informational purposes only and are not recommendations for treatment. For a complete listing of reference ranges, go to www.zrtlab.com/reference-ranges.

TEST NAME	WOMEN
Cortisol	3.7-9.5 ng/mL (morning); 1.2-3.0 ng/mL (noon); 0.6-1.9 ng/mL (evening); 0.4-1.0 ng/mL (night)

TEST REPORT | Patient Reported Symptoms

2019 09 05 463 S

Disclaimer: Symptom Categories below show percent of symptoms self-reported by the patient compared to total available symptoms for each category. For detailed information on category breakdowns, go to www.zrtlab.com/patient-symptoms.

SYMPTOM CATEGORIES	RESULTS 08/31/19
Estrogen / Progesterone Deficiency	0%
Estrogen Dominance / Progesterone Deficiency	0%
Low Androgens (DHEA/Testosterone)	4%
High Androgens (DHEA/Testosterone)	0%
Low Cortisol	16%
High Cortisol	0%
Hypometabolism	1%
Metabolic Syndrome	0%

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Aches and Pains			
Acne			
ADD/ADHD			
Addictive Behaviors			
Allergies			
Anxious			
Autism Spectrum Disorder			
Bleeding Changes			
Blood Pressure High			
Blood Pressure Low			
Blood Sugar Low			
Body Temperature Cold			
Bone Loss	BLANK		
Breast Cancer			
Breasts - Fibrocystic			
Breasts - Tender			
Chemical Sensitivity			
Cholesterol High			
Constipation			
Depressed			
Developmental Delays			
Eating Disorders			
Fatigue - Evening			
Fatigue - Morning			
Fibromyalgia			
Foggy Thinking			
Goiter			
Hair - Dry or Brittle			
Hair - Increased Facial or Body			
Hair - Scalp Loss			
Headaches			
Hearing Loss			
Heart Palpitations			
Hoarseness			
Hot Flashes			
Incontinence			
Infertility			
Irritable			
Libido Decreased			
Mania			

CLIA Lic # 38D0960950
9/12/2019 4:36:27 AM

The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

David T. Zava

David T. Zava, Ph.D.
Laboratory Director

Alison McAllister ND

Alison McAllister, ND.
(Ordering Provider unless otherwise specified on page 1)

SYMPTOM CHECKLIST	MILD	MODERATE	SEVERE
Memory Lapse			
Mood Swings			
Muscle Size Decreased			
Nails Breaking or Brittle			
Nervous			
Night Sweats			
Numbness - Feet or Hands			
OCD			
Panic Attacks			
PreMenstrual Dysphoric Disorder			
Pulse Rate Slow			
Rapid Aging			
Rapid Heartbeat			
Skin Thinning			
Sleep Disturbed			
Stamina Decreased			
Stress			
Sugar Cravings			
Sweating Decreased			
Swelling or Puffy Eyes/Face			
Tearful			
Triglycerides Elevated	BLANK		
Urinary Urge Increased			
Uterine Fibroids			
Vaginal Dryness			
Water Retention			
Weight Gain - Hips			
Weight Gain - Waist			

Lab Comments

This is a child. Comments are provided as a guideline and can not replace clinical decision making. Please review any suggestions of supplements, lifestyle, or hormone replacement with this patient's clinical health in mind. Hormone supplementation is generally not warranted in this population based solely on lab results.

Cortisol is within normal range in the morning and at noon, rises to a high level in the evening and then drops to a normal range again at night. Higher evening/night cortisol indicates either some form of adrenal stressor(s) that is increasing adrenal gland synthesis of cortisol or supplementation with a glucocorticoid (eg. hydrocortisone used as an anti-inflammatory or some other cortisol analogue used for treating allergies or asthma) or adrenal adaptogen that increases adrenal cortisol synthesis (eg. licorice or ginseng). The most common stressors include: psychological stressors (emotional), physical insults (injury, pain, diseases), chemical exposure (environmental pollutants, excessive medications), hypoglycemia (low blood sugar), and pathogenic infections (bacterial, viral, fungal). Acute situational stressors (e.g., anxiety over unresolved situations, coming home from work to a stressful situation.) can also result in a transient increase in evening/night cortisol levels, which is a normal response to the stressor. Chronic high evening/night cortisol is commonly associated with sleep disturbances, fatigue, depression, weight gain in the waist, bone loss, and anxiety. This condition can also impair the actions of other hormones such as insulin and thyroid, causing symptoms of their deficiency, even though the levels of these hormones may be within normal range (i.e., insulin resistance and thyroid deficiency). For additional information about strategies for supporting adrenal health and reducing stressors, the following books are worth reading: "Adrenal Fatigue", by James L. Wilson, N.D., D.C., Ph.D.; "The Cortisol Connection", by Shawn Talbott, Ph.D.; "The End of Stress As We Know It" by Bruce McEwen; "Awakening Athena" by Kenna Stephenson, MD.