

Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum	(Al)	1.0	< 7.0	
Antimony	(Sb)	< 0.01	< 0.050	
Arsenic	(As)	0.056	< 0.060	
Barium	(Ba)	0.24	< 2.0	
Beryllium	(Be)	< 0.01	< 0.020	
Bismuth	(Bi)	0.094	< 2.0	
Cadmium	(Cd)	< 0.009	< 0.050	
Lead	(Pb)	0.28	< 0.60	
Mercury	(Hg)	0.48	< 0.80	
Platinum	(Pt)	< 0.003	< 0.005	
Thallium	(Tl)	< 0.001	< 0.002	
Thorium	(Th)	< 0.001	< 0.002	
Uranium	(U)	0.41	< 0.060	
Nickel	(Ni)	0.04	< 0.30	
Silver	(Ag)	0.03	< 0.15	
Tin	(Sn)	0.02	< 0.30	
Titanium	(Ti)	0.29	< 0.70	
Total Toxic Representation				

Handwritten notes: PS/PE/PCT/D HA, All in One + Be, Cd, m spray + Potassium, Wow! Lovely excretion, check water supply is like a hot bed, not a combining source.

ESSENTIAL AND OTHER ELEMENTS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th
Calcium	(Ca)	418	300- 1200	
Magnesium	(Mg)	45	35- 120	
Sodium	(Na)	34	20- 250	
Potassium	(K)	14	8- 75	
Copper	(Cu)	15	11- 37	
Zinc	(Zn)	220	140- 220	
Manganese	(Mn)	0.07	0.08- 0.60	
Chromium	(Cr)	0.42	0.40- 0.65	
Vanadium	(V)	0.052	0.018- 0.065	
Molybdenum	(Mo)	0.049	0.020- 0.050	
Boron	(B)	1.3	0.25- 1.5	
Iodine	(I)	0.29	0.25- 1.8	
Lithium	(Li)	0.008	0.007- 0.020	
Phosphorus	(P)	161	150- 220	
Selenium	(Se)	1.6	0.55- 1.1	
Strontium	(Sr)	1.2	0.50- 7.6	
Sulfur	(S)	44800	44000- 50000	
Cobalt	(Co)	0.005	0.005- 0.040	
Iron	(Fe)	6.2	7.0- 16	
Germanium	(Ge)	0.020	0.030- 0.040	
Rubidium	(Rb)	0.019	0.007- 0.096	
Zirconium	(Zr)	0.16	0.020- 0.42	

Handwritten notes: Uranium, Magnesium, Potassium, zinc/oz, quick hand plus, 15 fatigue, Black Box, All in One + Be, Cd, m spray, Hair Aug, Ore Inplex.

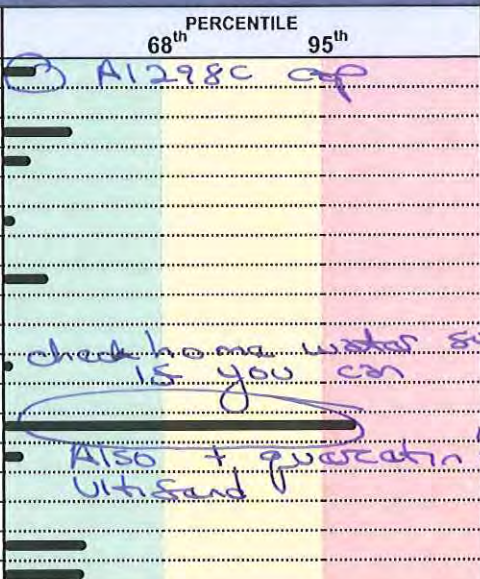
SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 11/14/2013		Ca/Mg	9.29
Date Received: 11/18/2013		Ca/P	2.6
Date Completed: 11/20/2013		Na/K	2.43
Methodology: ICP/MS		Zn/Cu	14.7
Sample Size: 0.195 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Black	Treatment:		
Shampoo: Shea			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

Defeat your doctor

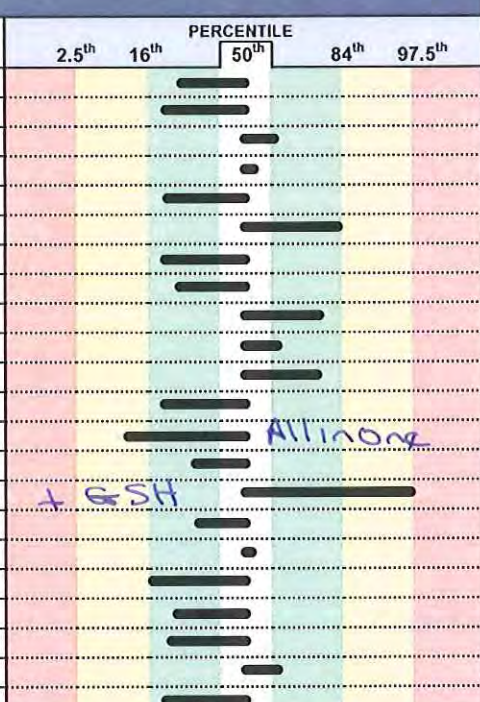
Toxic & Essential Elements; Hair

try to send a supplement list next time you run a test

TOXIC METALS			
		RESULT µg/g	REFERENCE INTERVAL
Aluminum (Al)		1.2	< 7.0
Antimony (Sb)		< 0.01	< 0.050
Arsenic (As)		0.030	< 0.060
Barium (Ba)		0.28	< 2.0
Beryllium (Be)		< 0.01	< 0.020
Bismuth (Bi)		0.040	< 2.0
Cadmium (Cd)		< 0.009	< 0.050
Lead (Pb)		0.15	< 0.60
Mercury (Hg)		< 0.03	< 0.80
Platinum (Pt)		< 0.003	< 0.005
Thallium (Tl)		0.001	< 0.002
Thorium (Th)		< 0.001	< 0.002
Uranium (U)		0.32	< 0.060
Nickel (Ni)		0.03	< 0.30
Silver (Ag)		< 0.006	< 0.15
Tin (Sn)		< 0.02	< 0.30
Titanium (Ti)		0.36	< 0.70
Total Toxic Representation			



ESSENTIAL AND OTHER ELEMENTS			
		RESULT µg/g	REFERENCE INTERVAL
Calcium (Ca)		429	300- 1200
Magnesium (Mg)		38	35- 120
Sodium (Na)		120	20- 250
Potassium (K)		23	8- 75
Copper (Cu)		12	11- 37
Zinc (Zn)		220	140- 220
Manganese (Mn)		0.09	0.08- 0.60
Chromium (Cr)		0.43	0.40- 0.65
Vanadium (V)		0.058	0.018- 0.065
Molybdenum (Mo)		0.037	0.020- 0.050
Boron (B)		1.3	0.25- 1.5
Iodine (I)		0.29	0.25- 1.8
Lithium (Li)		0.006	0.007- 0.020
Phosphorus (P)		164	150- 220
Selenium (Se)		2.1	0.55- 1.1
Strontium (Sr)		1.3	0.50- 7.6
Sulfur (S)		47200	44000- 50000
Cobalt (Co)		0.005	0.005- 0.040
Iron (Fe)		7.8	7.0- 16
Germanium (Ge)		0.031	0.030- 0.040
Rubidium (Rb)		0.048	0.007- 0.096
Zirconium (Zr)		0.027	0.020- 0.42



SPECIMEN DATA		RATIOS		
COMMENTS: <i>Cont. All in One + PS/PE/PC + DHA</i>		ELEMENTS	RATIOS	RANGE
Date Collected:	Sample Size: 0.197 g	Ca/Mg	11.3	4- 30
Date Received: 01/20/2015	Sample Type: Head	Ca/P	2.62	1- 12
Date Completed: 01/21/2015	Hair Color: <i>Hydroxy + Adenosyl B12</i>	Na/K	5.22	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	18.3	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

Porphyrians; Urine

methyls help w/ arsenic exposure

	RESULT nmol/g creatinine	REFERENCE INTERVAL	PERCENTILE	
			95 th	99 th
Uroporphyrins	10	< 20		
Heptacarboxylporphyrins	2.4	< 4		
Hexacarboxylporphyrins	0.43	< 3.5		
Pentacarboxylporphyrins	1.2	< 3		
Coproporphyrin I	<i>All in one + PS/PEP 35C + DHA</i>	< 24		
Coproporphyrin III	93	< 70		
Coproporphyrin I/Coproporphyrin III	0.38	< 0.8		
Total Porphyrins	140	< 110		
Precoproporphyrin I*	1.3	< 2		
Precoproporphyrin II*	0.14	< 1.2		
Precoproporphyrin III*	0	< 1.2		
Total Precoproporphyrins*	1.4	< 4		
Precoproporphyrins*/Uroporphyrins	0.14	< 0.1		

*A1298C exp
&
NADH
may be
help
also low dose
EDTA or
Metal Away*

INFORMATION

Urinary porphyrins are oxidized intermediate metabolites of heme biosynthesis and can serve as biomarkers of disorders in heme production. Abnormal porphyrin profiles have been associated with genetic disorders, poor nutritional status, oxidative stress, and high level exposure to toxic chemicals or toxic metals. The ratio of Precoproporphyrins-to-Uroporphyrins is reported to increase the sensitivity for detecting abnormalities in individuals with low heme biosynthesis. Alcohol, sedatives, analgesics, antibiotics estrogens and oral contraceptives can affect the levels of urinary porphyrins. Anemia, pregnancy, and liver disease can also affect porphyrin metabolism. The Urine Porphyrins test is best used in conjunction with urine toxic metals pre- and post-provocation testing.

Porphyrians Pattern Recognition Guide:

- Mercury ↑ Penta, ↑ Copro III, ↑ Precopros, ↑ Precopros : Uros
- Arsenic ↑ Uros, ↑ Copro I : Copro III
- Lead ↑ Copro III
- Hexachlorobenzene, Dioxin ↑ Uros
- Methylchloride, Polyvinylchloride, Polybrominated biphenyl ↑ Copros

to help with any lead related to porphyrians

URINE CREATININE

	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	100	35 - 225					

Also IF tolerated (ie no shellfish allergies) + Back Solv

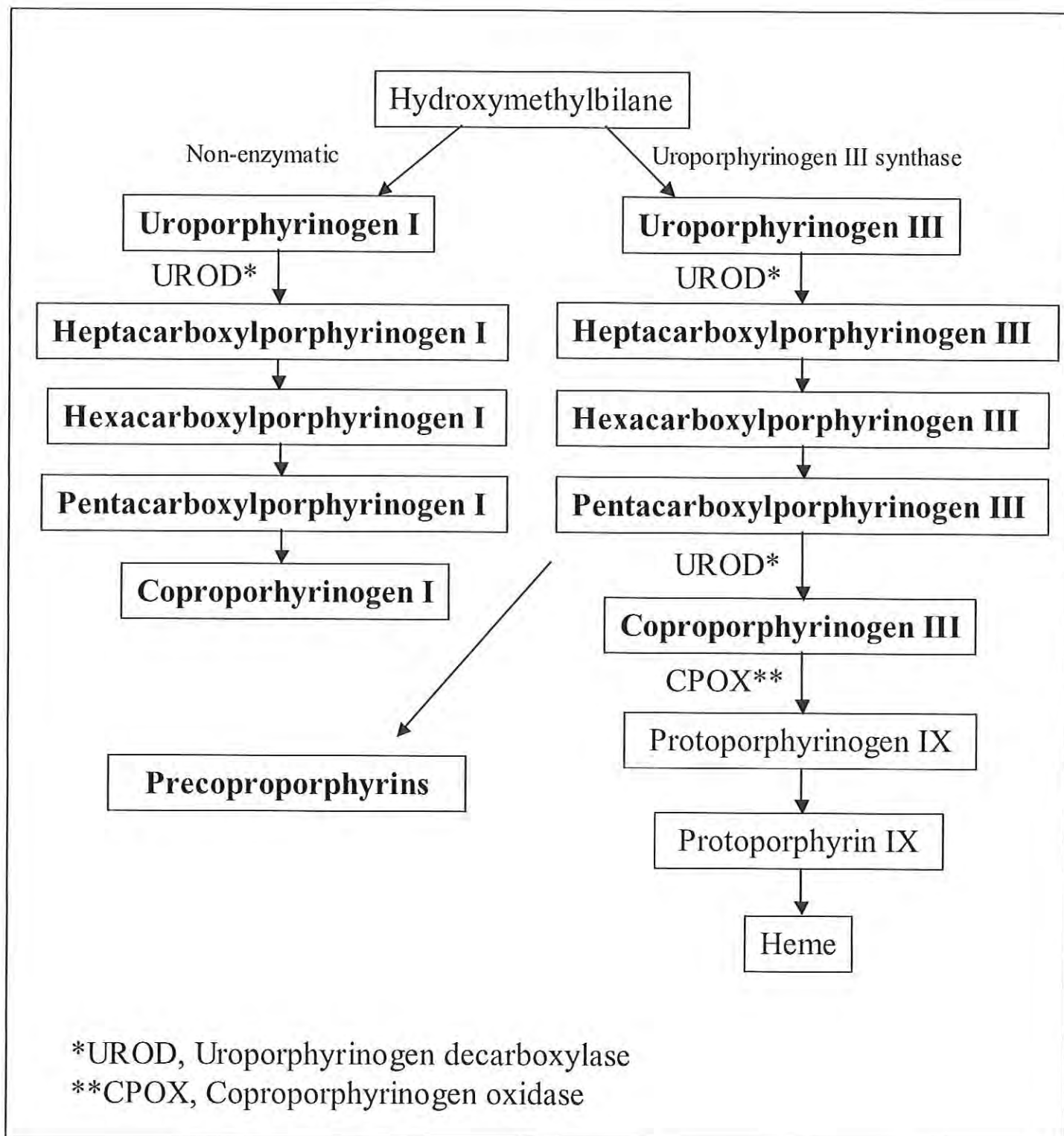
SPECIMEN DATA

Comments:

Date Collected: 03/24/2014 Method: HPLC Collection Period: Random
 Date Received: 03/26/2014 <dl: less than detection Volume:
 Date Completed: 04/02/2014

*Precoproporphyrins are atypical porphyrins associated with high-level mercury exposure as described in Woods, J et al. J. Toxicol. Env. Hlth. 40,235-46(1993) and Morita, Y et al. Porphyrins 14,93-7(2005). Precoproporphyrins are intended for Research Use Only. Not for use in diagnostic procedures.

Abbreviated Porphyrinogen/Heme Metabolism



Health history for hair test 1050

1. What are your current symptoms and health history:

- got sick after a childhood vaccine (tuberculosis) - had to spend time in hospital for vomiting, diarrhea, malnutrition
- cried a lot and LOTS of tantrums as a child and still as an adult; very explosive anger most of my life
- always slept a lot
- lots of anxiety and depression starting in my teens that got worse and worse into adulthood; lots of meltdowns
- history of perfectionism and repetitive thoughts, very critical of others
- hard time making and keeping friends; now have zero friends, no longer have/make any social plans
- been told by a few different people that i'm socially awkward - have problems (and hate) making small talk, i'm easily distracted by the thoughts in my own head and change the topic a lot mid-conversation
- diagnosed with Hashimoto's at 22
- diagnosed with Celiac at 30; going gluten-free didn't really change much
- started getting Raynaud's symptoms two years ago (numb toes in the winter)
- lots of ear infections, urinary tract infections, and sinus infections throughout life
- brain fog on and off throughout twenties - it got really bad 10 months after i got my last amalgam removed in 2012 - it's an extremely wired/tired brain fog (like all my neurons brain cells are activated at the same time)... when it's at it's worst, i can't do anything but stare at the wall because my entire brain feels like it's on fire - magnesium and zinc have stopped it from being at it's worst; ativan and sleep are the only things that help prevent it or get rid of it completely; i need at least 8 hours of sleep every night or chances are i'll get it
- histamine intolerance
- pretty thiol sensitive: thiols bring lots of fatigue, ADD, and mood symptoms (bad anxiety and depression)
- did an anti-candida diet in 2013 for 6 months with anti-fungals - it helped sugar cravings a bit and healed a small patch of psoriasis on my elbow
- sometimes I get a very light, extremely high-pitched ringing in my ears
- hypoglycemia
- used to have TMJ but it's gone now (probably when i got my amalgams removed); still clench teeth at night (but it gets better if i take lots of magnesium)
- PMS, very bad menstrual cramps
- frequent urination, especially at night
- hard time tolerating b12 and folate (i used to tolerated them better before my last amalgam removal) - they make me very agitated at higher doses - they often make me tired, even at lower doses
- high urine porphyrins
- elevated ALT for the last 5 years
- started getting severe acne on my back in 2007 after one of my improper amalgam removals
- seasonal allergies started in my twenties
- master at procrastinating, very low motivation to do things in general
- loved to write when i was younger but starting in my late teens (maybe after i got my first amalgams?) i could no longer organize the thoughts in my head and lost my creativity; writing became impossible so i ended up with a degree in computer science.... I was very good in school, but as the years went on, programming became very difficult for me too - i always felt like the dumbest one amongst my co-workers because i started having trouble learning/remembering new things
- various other symptoms

2. Dental history:

- 4 molars and 4 wisdom teeth extracted

- five amalgams placed in my teens, this is when i started getting more depressed and anxious and less creative at school
- three of the amalgams were improperly removed in 2003, one in 2007 (after this depression and repetitive thoughts got extremely bad), and last improper removal was in 2012; 10 months after this (probably dump phase?) i was no longer able to work due to extreme brain fog and on and off fatigue as well as more extreme depression and panic attacks

3. Dental work currently in place:

- composite fillings: not sure if all specks of amalgam were removed because i didn't get my amalgams removed properly but x-rays haven't shown anything suspicious; i'm still anxious about this, though
- no crowns
- no root canals;

4. What dentistry did your mother have in place before or during pregnancy?

- she had amalgams, not sure of the details
- she also told me she used to play with mercury as a child

5. What vaccinations have you had and when?

- standard childhood vaccines for a kid growing up in the 80s
- hep B series in teens/college
- no flu or allergy shots
- tetanus, hep A and oral typhoid for travel to south africa in 2009

6. Supplements and medications taken at time of hair test:

First hair test (November 2013), this was about 18 months after my final (improper) amalgam removal and 4 months before I started chelation

- synthroid 100 mcg
- grapefruit seed extract as needed
- tryptophan 625 mg
- coQ10 200 mg
- probiotic
- cod liver oil
- activated B complex + methylcobalamin sublingual
- extra riboflavin - 36.5 mg
- choline/inositol
- vitamin K
- vitamin D 5000 IU
- vitamin E 400 IU
- calcium 650 mg
- magnesium 350 mg
- iron 50 mg
- selenium 200 mcg
- molybdenum 150 mcg

-Thorne Pic-Mins, 2 capsules a day in addition to minerals above. Two capsules of Pic-Mins contains:

- selenium 200 mcg (400 mcg total per day including amount from above)
- zinc 30 mg
- chromium 200 mcg

- molybdenum 100 mcg (250 mcg total per day including amount from above)
- manganese 5 mg
- boron 1400 mcg
- vanadium 100 mcg

Second hair test (January 2015) : (9 months after i started chelation in April 2014)

- tirosint 100 mcg (hypoallergenic version of synthroid)
- grapefruit seed extract as needed
- B complex without folic acid + 250 mcg methylcobalamin sublingual
- choline 125 mg/inositol 225 mg
- vitamin K
- cod liver oil
- thorne ACE 1 capsule per day
- glycine 1500 mg
- taurine 500 mg
- vitamin D 10000 IU
- vitamin E 1000 IU
- vitamin C 3-4 grams
- calcium 560 mg
- magnesium 800 mg on round, 600 mg off round
- iron 50 mg
- selenium 200 mcg
- molybdenum 100 mcg
- zinc 35 mg

-Thorne Pic-Mins, 1 capsule a day in addition to minerals above. One capsule of Pic-Mins contains:

- selenium 100 mcg (300 mcg total per day including amount from above)
- zinc 15 mg (50 mg total per day including amount from above)
- chromium 100 mcg
- molybdenum 50 mcg (150 mcg total per day including amount from above)
- manganese 2.5 mg
- boron 700 mcg
- vanadium 50 mcg

7. Age, height, and weight: 34 years old, 5 foot 2 inches, 110 pounds

8. Other information:

-lived with (lots of) toxic black mold in my shower for a few years in my late twenties (could be as much as 5+ years); also found (non-black) mold in my bedroom walls, toxic mold in my parent's

bedroom walls and bathroom, and mold behind the kitchen walls; we just got it all remediated a year ago

-tested positive for Lyme from Igenex this year but I'm ignoring this result for now because I really don't feel like Lyme disease is my issue (tested CDC negative)

9. Location: Los Angeles, California