



SEX: Male
AGE: 30

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.3	< 7.0	
Antimony (Sb)	0.035	< 0.066	
Arsenic (As)	0.038	< 0.080	
Barium (Ba)	0.36	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	0.014	< 0.065	
Lead (Pb)	0.09	< 0.80	
Mercury (Hg)	0.93	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.024	< 0.060	
Nickel (Ni)	0.09	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.38	< 0.60	
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)	975	200- 750	
Magnesium (Mg)	21	25- 75	
Sodium (Na)	48	20- 180	
Potassium (K)	9	9- 80	
Copper (Cu)	19	11- 30	
Zinc (Zn)	200	130- 200	
Manganese (Mn)	0.05	0.08- 0.50	
Chromium (Cr)	0.26	0.40- 0.70	
Vanadium (V)	0.023	0.018- 0.065	
Molybdenum (Mo)	0.031	0.025- 0.060	
Boron (B)	0.25	0.40- 3.0	
Iodine (I)	0.47	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	200	150- 220	
Selenium (Se)	0.68	0.70- 1.2	
Strontium (Sr)	2.4	0.30- 3.5	
Sulfur (S)	50600	44000- 50000	
Cobalt (Co)	0.006	0.004- 0.020	
Iron (Fe)	5.4	7.0- 16	
Germanium (Ge)	0.036	0.030- 0.040	
Rubidium (Rb)	0.006	0.011- 0.12	
Zirconium (Zr)	0.063	0.020- 0.44	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 03/07/2015		Ca/Mg	46.4
Date Received: 03/23/2015		Ca/P	4.88
Date Completed: 03/24/2015		Na/K	5.33
Methodology: ICP/MS		Zn/Cu	10.5
Sample Size: 0.171 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment:		
Shampoo: Organic Aloe Vera			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

Health history for hair test 1069

1. What are your current symptoms and health history?

Current symptoms: Brain fog, lethargy, fatigue, anxiety, tendency towards panic, easily embarrassed, impaired social interactions, flattened emotions, low libido, fleeting sense of hopelessness, chronically itchy anus, frequent urination especially at night, extra weight around the mid section especially on the sides, difficulty planning and following through, low basal temperature 35.8-36.1C (96.4-96.9F)

Recent symptoms before amalgam removal: Panic attacks, panic disorder, quick to startle, huge general anxiety and fear, social anxiety, scathing paranoia, obsessive intrusive thoughts, alopecia areata (bald patch) on the back left of my head the size of my palm, persistent fungal looking skin infections, sores in the corner of the mouth, constant and severe difficulty breathing, dissociation, dizziness, short term memory loss, loss of creativity, loss of vitality, loss of intellect, allergy to ibuprofen (stops me from being able breathe), swollen tongue after amalgam removal

Earlier symptoms starting closer to amalgam placement: Heart palpitations, racing heartbeat, chest pain, shooting pains down left arm, fever during which time it was difficult to stand up or balance, intense chest pain when breathing in too deeply, three large and painful puss filled abscesses shortly after amalgam placement, one in the corner of the mouth, one on the chin, one on my bum near the anus, persistent mouth ulcers, sensitive and bleeding gums, slightly pink looking urine, feeling of accelerated ageing, depression, feeling as though I might die, loss of libido, irritability, mood swings, aggressiveness, insomnia, needing to sleep 12+ hours and not feeling refreshed afterwards, light sensitivity, crossed eyes/eyes not always seeming to line up properly when looking at things.

Before amalgam placement I was not ill, immediately after amalgam placement I became very ill.

Went on a detox retreat October 2013 without knowing I had Mercury fillings and attempted a liver flush. This caused an extreme reaction, heavy fever, bouts of uncontrollable crying, difficulty walking, difficulty drinking water, raised blood pressure and heart rate, and intense lower back ache which turned out to be my kidneys. Severely ill for over 24 hours after which time I made a gradual recovery upon forcing myself to drink water and gradually reintroducing food.

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

Three amalgam fillings placed in mid 2005

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

Amalgams replaced by Mercury free dentist Jan 2015. Have been chelating using DMSA since then, starting on 50mg, then quickly moving dose down to 12.5mg due to side effects

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

More than 5 amalgam fillings, plus crowns and at least one root canal

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

The usual vaccinations as a child, Flu shot in 2011 (which gave me heart troubles and stabbing pains in my abdomen), Travel shots: Hepatitis A and Tetanus/Diphtheria/Polio on the same day in October 2013 (which made me extremely ill, terrible panic attacks, being unable to operate at all between about 2-4pm, wiped out lying on the floor hallucinating and hearing voices, extreme shyness and nervousness and strong desire to escape any and all social contact which lasted a good few months and was only brought under some sort of control by seeing a trauma therapist)

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

B-50 x 3
1000mg Vitamin C x 4 + top ups of Liposomal C when needed
400mg Magnesium x4
200IU Vitamin E x4
30mg Coenzyme Q10 x3
25mg Zinc x4
5ml Flax Oil x3
500mg Borage Oil x3
Milk Thistle x3
400mg Folic Acid x3
1360mg Lethicin x1
500mg Choline x1
500mcg B12 x2
435mg Gotu Kola x2
250mg B3 (Niacinamide) x1
500mg B6 X2
500mg Gaba x1 (not always)

400mg Forskolin x3 (only just started at time of test)
500mg Chromium Picolinate x2 (only just started at time of test)

12.5mg DMSA every 4 hours on round try to do 5 days on, several days off

7. What is your age, height and weight?

30, 5ft11, 12stone

8. Other information you feel may be relevant?

Post amalgam swollen tongue and occasional difficulty breathing stopped after taking Forskolin. Obsessive thinking and paranoia stopped after taking Glutamine (since this test was taken). Thank you Andy Cutler!

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

London, UK