



SEXO: Female  
EDAD: 36

## Elementos Tóxicos & Esenciales; Pelo

METALES TÓXICOS			
	RESULTADO µg/g	INTERVALO DE LA REFERENCIA	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminio (Al)	1,8	< 7,0	
Antimonio (Sb)	< 0,01	< 0,050	
Arsenico (As)	0,039	< 0,060	
Bario (Ba)	0,22	< 2,0	
Berilio (Be)	< 0,01	< 0,020	
Bismuto (Bi)	0,023	< 2,0	
Cadmio (Cd)	< 0,009	< 0,050	
Plomo (Pb)	0,05	< 0,60	
Mercurio (Hg)	1,9	< 0,80	
Platino (Pt)	< 0,003	< 0,005	
Talio (Tl)	< 0,001	< 0,002	
Torio (Th)	0,001	< 0,002	
Uranio (U)	0,006	< 0,060	
Niquel (Ni)	0,06	< 0,30	
Plata (Ag)	0,44	< 0,15	
Estano (Sn)	0,05	< 0,30	
Titanio (Ti)	0,32	< 0,70	
Total Toxico Representacion			

ELEMENTOS ESENCIALES Y OTROS			
	RESULTADO µg/g	INTERVALO DE LA REFERENCIA	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>
Calcio (Ca)	414	300- 1200	
Magnesio (Mg)	36	35- 120	
Sodio (Na)	51	20- 250	
Potasio (K)	11	8- 75	
Cobre (Cu)	14	11- 37	
Cinc (Zn)	200	140- 220	
Manganeso (Mn)	0,07	0,08- 0,60	
Cromo (Cr)	0,24	0,40- 0,65	
Vanadio (V)	0,022	0,018- 0,065	
Molibdeno (Mo)	0,023	0,020- 0,050	
Boro (B)	0,26	0,25- 1,5	
Yodo (I)	3,1	0,25- 1,8	
Litio (Li)	< 0,004	0,007- 0,020	
Fosforo (P)	161	150- 220	
Selenio (Se)	0,47	0,55- 1,1	
Estroncio (Sr)	1,6	0,50- 7,6	
Azufre (S)	47500	44000- 50000	
Cobalto (Co)	0,003	0,005- 0,040	
Hierro (Fe)	6,7	7,0- 16	
Germanio (Ge)	0,028	0,030- 0,040	
Rubidio (Rb)	0,011	0,007- 0,096	
Circonio (Zr)	< 0,007	0,020- 0,42	

INFORMACIÓN MUESTRA	COCIENTES		
Comentarios:	ELEMENTOS	COCIENTES	REFERENCIA
Fecha de Toma: 06/03/2015	Ca/Mg	11,5	4- 30
Fecha de Recepcion: 09/03/2015	Ca/P	2,57	1- 12
Fecha de Realizacion: 12/03/2015	Na/K	4,64	0,5- 10
Metodologia: ICP/MS	Zn/Cu	14,3	4- 20
Tamaño de la Muestra: 0.197 g	Zn/Cd	> 999	> 800
Tipo de Muestra: Head			
Color del pelo:			
Tratamiento del pelo:			
Champu:			

## **Hair Test 1085**

### **What are your current symptoms and health history?**

I have had frequent headaches, constipation and vocal cords issues (loss of voice) since childhood, seasonally got better or worse.

I was diagnosed nodules and edema in vocal cords in 1996, the nodules reabsorbed after two years of foniatric therapy but oedema was supposed to be chronic. I had a detailed check-up in 2012 and the doctor concluded I have no physical problems (no edema even) in my vocal cords, but I still lose my voice quite frequently.

I had my only mercury amalgam filling in 1997, two years after my knee problems began: I was diagnosed chondromalacia patellae in both knees (not very clear though), I had an arthroscopy that solved nothing and since then I have an intraarticular ozone injection once a year in order to pain relieving. In 2013 I had a detailed check-up, the doctor concluded I have no chondromalacia, but my knees still hurt.

For the last 8 years I have had intense headaches, muscle contractures in shoulders and neck, severe constipation, severe dental sensitivity and gum recession, liquid retention (edema), poor sleeping patterns (insomnia, frequent waking up), fatigue, pollen allergies, amenorrhoea (during 6 years, despite taking hormonal contraceptives), skin problems (descamation), severe depression (I had flouxetin and done psychotherapy, I have been fine for the last 2 years), bulimia (I began with it in early 2008 and ended in late 2013) and complete loss of libido. In May 2014 I had a chronic histaminosis diagnosis which implies several food intolerances (milk protein, soy, egg, oats, pear, pepper, white fish and coffee) and low diamine oxidase activity (DAO enzyme), in autumn I got diagnosed leaky gut.

In January 2015 I found out I could have candidiasis (by symptoms) and someone told me it could be mercury-related, so I removed my only amalgam filling and began the candida diet. Since March I have been taking antifungal supplements such as nystatin, garlic oil, curcumin with piperine and coconut oil, plus the recommended Cutler protocol supplements (minerals, vitamins, milk thistle, borage and flaxseed oils), and quite recently sodium/calcium butyrate and L-glutamine.

By the time being, my current symptoms are quite the same except depression and bulimia; there has been an appreciable improvement (but seasonal) of sleeping patterns, constipation, headaches, edema, muscle contractures and amenorrhoea (although it is not fixed), and a slight improvement of dental sensitivity.

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

Wisdom teeth removed in 3 stages: the first one about 1998, the third and fourth in 2012 approx and the second one in between those periods.

One amalgam filling in 1997.

Two composite fillings in visible parts due to a sensitivity problem.

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

I have the amalgam filling removed on February 24th 2015 and substituted by a composite filling. The dentist followed the mercury amalgam removal protocol, but prescribed Chlorella afterwards (I only had it during 5 days at a 4-4-4-4 dose, 60 pills in total, until I found out I should not have done it and stopped).

### **What dentistry did your mother have at any time before or during pregnancy?**

NR/DK, but probably she had at least one mercury amalgam.

### **What vaccinations have you had and when (including flu and especially travel shots)?**

The usual Spanish vaccination schedule during the 80's, that comprised poliomyelitis, tetanus, diphtheria, pertussis, measles, mumps and rubella.

Afterwards I had the tetanus vaccine twice (2000 and 2012) and the last ones (about 2012) were hepatitis A + B.

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

Diamine Oxidase Supplement (Migrasin) twice a day

Q10 coenzyme 100 mg once a day  
Quercetin Complex (Solgar) twice a day  
Vitamin C 1000 mg, 3 times a day

**What is your age, height and weight?**

Age 36  
Height 1,64 m  
Weight 55,5 kg

**Other information you feel may be relevant?**

I am a part-time jeweller who works with sterling silver (soldering, welding, sanding, etc.), but I had not paid much attention to personal protective equipment until I got my mineralogram results (high silver). Now I usually wear a particle mask and eye protection.

I began chelating in April 2015 with the following scheme:

10-12 Apr: DMSA 12.5 mg

17-19 Apr: DMSA 12,5 mg

24-26 Apr: DMSA 25 mg

1-3 May: DMSA 37.5 mg

My intention is chelating during the weekends at a 37.5 mg dose until 29-31 May, when I will start DMSA + ALA 12.5 mg (from Living Supplements)

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

I have always lived in Madrid, Spain