



< 5 F H9 GH. '%%' '
 SEX: Female
 AGE: 64

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.5	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.024	< 0.060	
Barium (Ba)	0.75	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.29	< 0.60	
Mercury (Hg)	0.04	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.005	< 0.060	
Nickel (Ni)	0.07	< 0.30	
Silver (Ag)	0.04	< 0.15	
Tin (Sn)	0.31	< 0.30	
Titanium (Ti)	0.38	< 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)	1050	300- 1200			
Magnesium (Mg)	69	35- 120			
Sodium (Na)	16	20- 250			
Potassium (K)	3	8- 75			
Copper (Cu)	14	11- 37			
Zinc (Zn)	190	140- 220			
Manganese (Mn)	1.1	0.08- 0.60			
Chromium (Cr)	0.27	0.40- 0.65			
Vanadium (V)	0.011	0.018- 0.065			
Molybdenum (Mo)	0.017	0.020- 0.050			
Boron (B)	0.23	0.25- 1.5			
Iodine (I)	0.53	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	182	150- 220			
Selenium (Se)	0.44	0.55- 1.1			
Strontium (Sr)	3.2	0.50- 7.6			
Sulfur (S)	46300	44000- 50000			
Cobalt (Co)	0.005	0.005- 0.040			
Iron (Fe)	5.6	7.0- 16			
Germanium (Ge)	0.039	0.030- 0.040			
Rubidium (Rb)	< 0.003	0.007- 0.096			
Zirconium (Zr)	0.014	0.020- 0.42			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 09/13/2015	Sample Size: 0.201 g	Ca/Mg	15.2	4- 30
Date Received: 09/17/2015	Sample Type: Head	Ca/P	5.77	1- 12
Date Completed: 09/21/2015	Hair Color: Gray	Na/K	5.33	0.5- 10
Methodology: ICP/MS	Treatment: Dye	Zn/Cu	13.6	4- 20
	Shampoo: L'oreal	Zn/Cd	> 999	> 800

1. What are your current symptoms and health history?

Currently I suffer frequent headaches and migraines which began at the age of 8 yrs old approximately – but becoming worse in my early teens.

I believe I am coeliac / or at least intolerant to gluten, although there has been no positive diagnosis. I am extremely allergic to all fish and seafood. Certain foods trigger a migraine but also changing weather conditions can bring one on.

Long bouts of Tonsillitis in my early teens which kept me off school for long periods.

Stress in my 30's gave rise to many allergies, both food and to some medication. Irregular heart beat and anxiety during that time exacerbated the Migraine headaches with intense pain, vomiting and general feelings of weakness. Depression, claustrophobia, fear of eating because of increasing allergies. An inability to sleep through the night.

I currently take Amitriptyline 10mg (Began 18months ago) as an anti-migraine remedy, together with Paracetamol, Aspirin, and occasionally Ibuprofen. I am becoming resistant to the Amtriptyline (It doesn't work as well as first did)

I am Osteopenic (though I stopped taking the large doses of Calcium originally prescribed) My ankle had fractured after a fall and the mend was very delayed)

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

First Amalgam placed around 1960/61. Four front teeth removed 1965 (one tooth had broken, dentist took out adjoining three teeth owing to teeth being generally weak) Wisdom tooth removed under local anaesthesia in 1968. Eight or so other Amalgams placed between 1975-1985. Around 1985 painful abscess led to first root canal treatment. Three other root canal treatments subsequently.

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

I have recently begun a plan of removal of all amalgam fillings. To date, one large amalgam filling has been extracted and the tooth has been crowned. There are 6 more amalgam extractions planned. I have had two sessions of plaque removal and gum care with the hygienist. I wear an upper plate which I believe is made of acrylic.

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

I am unaware of my mother's dental history, other than that she did have top and bottom dentures for a good part of her adult life.

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

I was never vaccinated as a child as my father was a Homeopath and so I received Homeopathic remedies instead of the routine jabs. The only other vaccination was at the age of 40 (1990) which was a Tetanus jab. I have never had flu or travel vaccinations.

6. Other information you feel may be relevant?

I currently take 600mg Magnesium daily, plus one dose of multivitamins and minerals.

7 What is your age, height and weight?

I am 65 years, 5ft 6", 64kg

What is your location – city & country (so that we can learn where certain toxins are more prevalent).
I live in a village setting on the outskirts of Guildford, Surrey UK -