



SEX: Female  
AGE: 39

### Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	1.3	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.042	< 0.060	
Barium (Ba)	0.22	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.20	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.11	< 0.60	
Mercury (Hg)	0.63	< 0.80	
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)	0.05	< 0.30	
Silver (Ag)	0.04	< 0.15	
Tin (Sn)	0.42	< 0.30	
Titanium (Ti)	0.64	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	224	300- 1200			
Magnesium (Mg)	22	35- 120			
Sodium (Na)	34	20- 250			
Potassium (K)	14	8- 75			
Copper (Cu)	9.9	11- 37			
Zinc (Zn)	180	140- 220			
Manganese (Mn)	0.06	0.08- 0.60			
Chromium (Cr)	0.37	0.40- 0.65			
Vanadium (V)	0.028	0.018- 0.065			
Molybdenum (Mo)	0.029	0.020- 0.050			
Boron (B)	0.64	0.25- 1.5			
Iodine (I)	0.49	0.25- 1.8			
Lithium (Li)	0.007	0.007- 0.020			
Phosphorus (P)	158	150- 220			
Selenium (Se)	0.65	0.55- 1.1			
Strontium (Sr)	0.40	0.50- 7.6			
Sulfur (S)	48800	44000- 50000			
Cobalt (Co)	0.007	0.005- 0.040			
Iron (Fe)	5.6	7.0- 16			
Germanium (Ge)	0.032	0.030- 0.040			
Rubidium (Rb)	0.014	0.007- 0.096			
Zirconium (Zr)	0.025	0.020- 0.42			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 12/29/2015		Ca/Mg	10.2
Date Received: 01/04/2016		Ca/P	1.42
Date Completed: 01/06/2016		Na/K	2.43
Methodology: ICP/MS		Zn/Cu	18.2
Sample Size: 0.198 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment: Dye		
Shampoo: Pantene			
		<b>RANGE</b>	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

## **Health history for hair test 1158**

**1. What are your current symptoms and health history?** Current symptoms: Achy and tight in between shoulders and back of neck, air hunger, head and sinus pressure, nasal congestion, brain fog, dizzy, ears popping and ringing, occasional twitching, fatigued, nauseas when on antibiotics for over 4 weeks at a time, bloating, reflux, and digestive issues.

health history: no major issues except scarlet fever when I was 20, chicken pox when I was 6, otherwise super healthy until march of 2014 when i started having lyme symptoms. not a smoker or drinker and have never even consumed caffeine. had a stressful marriage/divorce 5 years ago, that caused weight loss and anxiety.

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

All wisdom teeth removed when I was about 13 yrs old, first root canal at 15 (I think). Had a tooth extracted (b/c of an absessed root canal) right after I started having lyme symptoms in April 2014. No braces. First amalgam was when I was about 8, I think.

**3. What dental work do you currently have in place? What part of the dental clean-up have you completed?** I have horrible teeth!! 2 mercury fillings and 5 crowns (root canals) No clean up as of yet

**4. What dentistry did your mother have at any time before or during pregnancy?**  
not sure.

**5. What vaccinations have you had and when (including flu and especially travel shots)?** I've had all except the flu shot, I think. I can't find my records, but am sure I've had the usuals: polio, MMR, polio, hep A and B, tetanus, etc...I traveled to Taiwan in 2006, so I had to get some vaccines then but can't remember which ones.

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

3-6 months before: sertraline 50 mg once per day, 1 digestive enzyme twice a day, 2 curamin (turmeric) twice a day, 2 1750 mg of omega3 once a day, 1 vitamin D 500mg per day, 2 100mg doxycycline twice a day, Artemisinin 1 100mg twice a day (5 days on 5 days off), Atovaquone 1pill twice a day, 2 15 strain 30 billion probiotics twice a day, 1 saccharomyces boulardii 5 billion once a day.

At time of test: sertraline 50 mg once per day, 2 1750 mg of omega3 once a day, 2 600 mg milk thistle once a day, 1 NAC 600 mg once a day, 1 300mg cefdinir twice a day, Artemisinin 1 100mg twice a day, Atovaquone 1pill twice a day, 1 Tinidazole 500 mg twice a day for two days every two weeks, 1

Azithromycin 250 mg twice a day, monolaurin 1500 mg twice a day, 2 15 strain 30 billion probiotics twice a day, 1 saccharomyces boulardii 5 billion once a day.

**7. What is your age, height and weight?** 39, 5'7", and 122 pounds

**8. Other information you feel may be relevant?** my dad was treated for mercury toxicity a few years ago.

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