



HAIR TEST: 1179
SEX: Female
AGE: 51

Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)		4.3	< 12	
Antimony (Sb)		0.013	< 0.060	
Arsenic (As)		0.076	< 0.090	
Barium (Ba)		0.79	< 2.0	
Beryllium (Be)		< 0.01	< 0.020	
Bismuth (Bi)		12	< 2.0	
Cadmium (Cd)		0.017	< 0.050	
Lead (Pb)		0.53	< 1.0	
Mercury (Hg)		0.07	< 0.80	
Platinum (Pt)		< 0.003	< 0.005	
Thallium (Tl)		< 0.001	< 0.002	
Thorium (Th)		< 0.001	< 0.002	
Uranium (U)		0.006	< 0.060	
Nickel (Ni)		0.08	< 0.40	
Silver (Ag)		0.02	< 0.10	
Tin (Sn)		0.08	< 0.30	
Titanium (Ti)		1.4	< 1.3	
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)		805	475- 1500		
Magnesium (Mg)		35	45- 180		
Sodium (Na)		190	80- 450		
Potassium (K)		42	28- 160		
Copper (Cu)		10	11- 30		
Zinc (Zn)		150	130- 200		
Manganese (Mn)		0.15	0.15- 0.65		
Chromium (Cr)		0.53	0.40- 0.65		
Vanadium (V)		0.049	0.018- 0.065		
Molybdenum (Mo)		0.039	0.040- 0.10		
Boron (B)		0.28	0.40- 4.0		
Iodine (I)		0.85	0.25- 1.8		
Lithium (Li)		0.012	0.008- 0.030		
Phosphorus (P)		462	250- 500		
Selenium (Se)		0.54	0.80- 1.3		
Strontium (Sr)		1.2	1.0- 8.0		
Sulfur (S)		47000	42000- 48000		
Cobalt (Co)		0.005	0.006- 0.035		
Iron (Fe)		8.2	7.0- 16		
Germanium (Ge)		0.028	0.030- 0.040		
Rubidium (Rb)		0.064	0.030- 0.25		
Zirconium (Zr)		0.094	0.040- 1.0		

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 03/13/2016		Ca/Mg	23
Date Received: 03/18/2016		Ca/P	1.74
Date Completed: 03/19/2016		Na/K	4.52
Methodology: ICP/MS		Zn/Cu	15
Sample Size: 0.204 g		Zn/Cd	> 999
Sample Type: Pubic			
Hair Color: Brown			
Treatment:			
Shampoo: Radox Feel Calm			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

Hair Test 1179 history

- 1. What are your current symptoms and health history?** Health history - well as child until placing of amalgams at age 13. Thereafter small niggly illnesses crept in, very bad (pass out) period pain, hayfever at 19, acne that never went away and worsened at age 25, migraine at 27, always got every cold and virus going. Health broke down completely at 33 - have been chronically ill since with severe limits on life. Doctors blood tests always came out 'perfect' to quote my last GP, failing to note that I looked like death warmed up. Current symptoms are tiredness, lethargy, stiffness, extreme allergies/ intolerances to supplements, and marked allergies/ intolerances to many foods, itching on and off, very sensitive skin all over, problems shaking off infections, prone to colds going to sinuses, hypothyroidism hard to improve, adrenal fatigue, problems with temperature regulation (overheating), abnormally low body temperature despite treatment for thyroid and adrenal issues, occasional small bruising into small joints, feeling toxic (scalp, skin) esp when have taken something intolerant to, low blood iron levels which I can't improve - allergic to the supplements, and many other symptoms on and off.
- 2. What dental work do you currently have in place? What part of the dental clean-up have you completed?** Have had 6 large amalgams safely removed in last few months - now amalgam free. Still have one metal crown and 2 root canals. Dentist thought should take 3 month break here.
- 3. What dentistry did your mother have at any time before or during pregnancy?** None most likely, didn't go to dentists unless essential, but may have had some decay.
- 4. What vaccinations have you had and when (including flu and especially travel shots)?** Childhood ones, also Hepatitis b and boosters due to work.
- 5. Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?** None of the standard supplements as can't tolerate, but on adrenal and thyroid glandulars, cortef (hydrocortisone) - 20 mg /day, and T3 - 62 mcg/ day - under care of Dr P here in UK (thyroid and adrenal specialist)
- 6. What is your age, height and weight?** Age 51, 5ft 10in, 10.5 stones (female)
- 7. Other information you feel may be relevant?** Feel that what I have read about symptoms of mercury toxicity sounds right on the nail.
- 8. What is your location (so that we can learn where certain toxins are more prevalent).**
– Preston, Lancashire, England, but originate from and have lived most of my life on west coast of Scotland