

## Toxic &amp; Essential Elements; Hair

## TOXIC METALS

		RESULT μg/g	REFERENCE INTERVAL	PERCENTILE	
				68 <sup>th</sup>	95 <sup>th</sup>
MTHFR Liver Caps					
Aluminum	(Al)	26	< 7.0		
Antimony	(Sb)	< 0.01	< 0.050		
Arsenic	(As)	0.037	< 0.060		
Barium	(Ba)	0.94	< 2.0		
Beryllium	(Be)	< 0.01	< 0.020		
Bismuth	(Bi)	< 0.002	< 2.0		
Cadmium	(Cd)	0.013	< 0.050		
Lead	(Pb)	0.70	< 0.60		
Mercury	(Hg)	0.72	< 0.80		
Platinum	(Pt)	< 0.003	< 0.005		
Thallium	(Tl)	0.001	< 0.002		
Thorium	(Th)	< 0.001	< 0.002		
Uranium	(U)	0.023	< 0.060		
Nickel	(Ni)	0.13	< 0.30		
Silver	(Ag)	0.01	< 0.15		
Tin	(Sn)	0.10	< 0.30		
Titanium	(Ti)	0.44	< 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>
Doctor to your								
Calcium	(Ca)	475	300- 1200					
Magnesium	(Mg)	42	35- 120					
Sodium	(Na)	47	20- 250					
Potassium	(K)	44	8- 75					
Copper	(Cu)	20	11- 37					
Zinc	(Zn)	170	140- 220					
Manganese	(Mn)	0.34	0.08- 0.60					
Chromium	(Cr)	0.36	0.40- 0.65					
Vanadium	(V)	0.044	0.018- 0.065					
Molybdenum	(Mo)	0.044	0.020- 0.050					
Boron	(B)	1.1	0.25- 1.5					
Iodine	(I)	0.78	0.25- 1.8					
Lithium	(Li)	0.007	0.007- 0.020					
Phosphorus	(P)	174	150- 220					
Selenium	(Se)	0.64	0.55- 1.1					
Strontium	(Sr)	2.3	0.50- 7.6					
Sulfur	(S)	47600	44000- 50000					
Cobalt	(Co)	0.044	0.005- 0.040					
Iron	(Fe)	8.9	7.0- 16					
Germanium	(Ge)	0.033	0.030- 0.040					
Rubidium	(Rb)	0.068	0.007- 0.096					
Zirconium	(Zr)	0.042	0.020- 0.42					

## SPECIMEN DATA

## COMMENTS:

okay to use low dose hydroxy +  
adenosyl B12 + low dose methyl B12  
Date Collected: 02/28/2016  
Date Received: 04/07/2016  
Date Completed: 04/08/2016  
Methodology: ICP/MS  
Sample Size: 0.203 g  
Sample Type: Head  
Hair Color: Brown  
Treatment: DHA + Allinone  
Shampoo: Pantene

## RATIOS

ELEMENTS	RATIOS	RANGE
Ca/Mg	11.3	4- 30
Ca/P	2.73	1- 12
Na/K	1.07	0.5- 10
Zn/Cu	8.5	4- 20
Zn/Cd	> 999	> 800

## Health history for hair test 1185

Got very sick @ 3 years old. I had body pains and pains in my bones. All my hair fell out including eyebrows and eyelashes. Was seen by multiple doctors in multiple hospitals, had a lot of testing done, but never received an official medical diagnosis. Due to this illness I suffered bone decalcification and had to go back to the doctor for orthopedic problems, at which point I received the diagnosis of achondroplasia.

- As a teenager I started having knee problems due to achondroplasia. I had 3 surgeries on my legs: 2 knee surgeries + one surgery to lengthen one of my tibias (no metal placed in bones)
- Very bad menstrual cramps since I was 15 years old
- Young adult - Ovarian cysts that were first treated with birth control pills. After birth control caused inflammation in intestines, I switched to hormonal patches that didn't produce those side effects
- At 25 diagnosed with "nervous colitis" also known as IBS. For a period of years I used a lot of Tylenol, and ibuprofen to help with abdominal inflammation. On occasion I also took a NSAID called ketorolaco. IBS went away after 5ish years.
- At 35 I started having strange symptoms: a 6 month period of chronic fatigue, chest pain upon inhalation, waking up with facial swelling; difficulty breathing and getting tired when going up and down stairs. Consequently I was diagnosed with pulmonary hypertension in 2015. I was given a prescription for Viagra (no joke) to help this which I took for a short period of time and then it became too expensive. Pulmonary pressure should be around 26. Mine was @ 90 but has now come down to about 32. It seems to be getting better.
- Recent bloodwork from a cardiologist in 2015 showed the following results to be higher than reference range:

My result

Reference range

Erythrocytes

6.3

3.5 - 5.7

Hemoglobin

18.60

10 - 15

Hemocrite

56

30 - 46

Platelets

107

150-400

- I have never had amalgams, but my mother had at least several when she was pregnant with me. No dental work. I did have braces.
- Reflux (constant throat clearing)
- Maybe 4 or so vaccines as a child in the 80's. no boosters
- No medication/supplements currently
- Location - Mexico City





4/29/2016

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