

Toxic & Essential Elements; Hair

Fatigue CAP
as needed

Prostate nucleotide blend + Saw Palmetto

TOXIC METALS			
PS/PEPC + DHA +	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE
			68 th 95 th
Aluminum (Al)	3.2	< 7.0	████████████████████
Antimony (Sb)	< 0.01	< 0.066	████████████████████
Arsenic (As)	0.064	< 0.080	████████████████████
Barium (Ba)	1.8	< 1.0	████████████████████
Beryllium (Be)	< 0.01	< 0.020	████████████████████
Bismuth (Bi)	0.006	< 2.0	████████████████████
Cadmium (Cd)	0.009	< 0.065	████████████████████
Lead (Pb)	0.47	< 0.80	████████████████████
Mercury (Hg)	0.16	< 0.80	████████████████████
Platinum (Pt)	< 0.003	< 0.005	████████████████████
Thallium (Tl)	< 0.001	< 0.002	████████████████████
Thorium (Th)	< 0.001	< 0.002	████████████████████
Uranium (U)	0.057	< 0.060	████████████████████
Nickel (Ni)	0.19	< 0.20	████████████████████
Silver (Ag)	0.07	< 0.08	████████████████████
Tin (Sn)	0.02	< 0.30	████████████████████
Titanium (Ti)	0.49	< 0.60	████████████████████
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)	1960	200- 750	████████████████████
Magnesium (Mg)	130	25- 75	████████████████████
Sodium (Na)	50	20- 180	████████████████████
Potassium (K)	7	9- 80	████████████████████
Copper (Cu)	79	1- 30	████████████████████
Zinc (Zn)	190	130- 200	████████████████████
Manganese (Mn)	0.09	0.08- 0.50	████████████████████
Chromium (Cr)	0.33	0.40- 0.70	████████████████████
Vanadium (V)	0.049	0.018- 0.065	████████████████████
Molybdenum (Mo)	0.033	0.025- 0.060	████████████████████
Boron (B)	0.57	0.40- 3.0	████████████████████
Iodine (I)	1.8	0.25- 1.8	████████████████████
Lithium (Li)	0.005	0.007- 0.020	████████████████████
Phosphorus (P)	145	150- 220	████████████████████
Selenium (Se)	0.90	0.70- 1.2	████████████████████
Strontium (Sr)	6.8	0.30- 3.5	████████████████████
Sulfur (S)	47500	44000- 50000	████████████████████
Cobalt (Co)	0.008	0.004- 0.020	████████████████████
Iron (Fe)	8.6	7.0- 16	████████████████████
Germanium (Ge)	0.040	0.030- 0.040	████████████████████
Rubidium (Rb)	0.007	0.011- 0.12	████████████████████
Zirconium (Zr)	0.55	0.020- 0.44	████████████████████

SPECIMEN DATA		RATIOS		
COMMENTS: A+B: OK to use Low dose methylate A+B: hydroxy + adenosyl B12 or Black Ber Then run HMT in 3 months		ELEMENTS	RATIOS	RANGE
Date Collected: 07/19/2015	Sample Size: 0.197 g	Ca/Mg	15.1	4- 30
Date Received: 07/28/2015	Sample Type: Head	Ca/P	13.5	0.8- 8
Date Completed: 07/30/2015	Hair Color: Brown	Na/K	7.14	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	2.41	4- 20
	Shampoo: Treseme	Zn/Cd	> 999	> 800

to be sure lithium stays in balance by using All in One; Be Calm

Suggestions for your consideration.
As always, work with your Doctor.
With love & hope, Dr. Amy

Health history for hair test 1186

1. For reference, 30 years of Brain Fog and other symptoms but not necessarily some of the more "Classic" Mercury ones, but definitely some others (trouble is so many root causes share so many of the same symptoms).

3 years ago things were getting worse and I finally gave up on ALL Doctors, even Naturopaths etc, not one good experience sadly, I know many do find good Docs just some bad luck I guess I seen 5 Nat Paths, of course the 40+ useless MD's and 5 Specialists for 25 years before that were never going to help. So anyway I finally decided that I fit the Candida profile more than any other, and changed my diet completely (and still have can't go back) and started a Candida Protocol, which worked sort of off and on for about 4 months. I was having some really interesting "healing days", where the Fog in my head was clearing, and I was getting a "tingling" feeling right in my head, which is kind of key for me I would find out later (it feels like "shivers down your spine", only in your head).

During the first 3 months of that protocol, I was taking Molybdenum for Die-off which I was slowly tapering down until I stopped around 3 months. I was also eating a LOT of Sulfur, which I would learn much later was almost for sure responsible for the "downs" in the "up and down" days I would often have. So after about 4 months or so, I would stop having "really good" days, and slowly but surely I regressed almost back to where I was before I started, and would stay that way until July 2015, never knowing WHY, until later. Then in July 2015 I figured out I had Adrenal Fatigue and eating such a low Sugar diet (almost none like no fruit etc) was a contributing factor. At this time I did my first Hair Test, which showed high Copper (usually shows up with AF), high Calcium, high Barium, mostly low other toxic crap, low Chromium and Manganese, and nothing else too remarkable. Hg was low AND surprisingly to me, I did not really meet the counting rules either.

Anyway I started an Adrenal Fatigue protocol and a Copper chelation protocol which included Moly. 2 weeks later the FOG cleared again! Not only that, but now the Adrenals were kicking in and holy sheeet, when they fired up, they REALLY fired up (almost certainly a COMT issue when I look back at my life, 23andme not done yet but I am convinced) and ended up in overdrive at times. So there is Moly again when I am feeling 80% or above. Then I started having setbacks, again, this time the "good times" only lasted 2 weeks. I figured out I was having MASSIVE BRAIN SHUT DOWNS from SULFUR. Eating Quiche with Garlic and Onions on the same day as taking MSM, holy farging hell, almost surely brain damage, this would happen 3 times until I connected the dots damn it.

So okay, I have a Sulfur issue, and, a BIG one. There are several possibilities here for root causes, but 3 big ones: Mercury of course, Copper, and Genetics (CBS/SUOX specifically). If someone is really unlucky, which could be me, they can suffer from all 3 really complicating and already very complex issue, and where testing is really not all that helpful in 2 of them. The next 8 months or so to present, I would live on a roller coaster of ups, downs, and spend most of the time somewhere in the middle. I would also learn that I ABSOLUTELY can NOT live without Molybdenum, every time I slack off on it (because really it is NOT normal or recommended to take this twice a day continuously, for like, years, or the rest of your life AFAIK) and I would slowly go downhill again. This was not easy to figure out, because I have 25 different confirmed triggers of Brain Fog, where when I am stuck in it I have to go through the list and figure out what the heck is screwing me over "this time". For those that don't know, toxic Sulfites are a normal byproduct of the Methylation Cycle, and most people who have SUOX working, will convert them to Sulfates, where they then are excreted. If someone has both CBS and SUOX the problem is magnified many times, as CBS is an up-regulation to the cycle.

One other important note and weird discovery I made, well, partial discovery as you will see. I started having a pain in my head around Jan 2015 IIRC, not a headache, more like a stabbing pain that would usually last anywhere from 30 seconds to 3 minutes and then usual dissipate and disappear. IIRC (VERY bad memory, another age old symptom for me) this would happen maybe once a day, sometimes twice, and might last 1 - 3 days and then go away for maybe 3 weeks, just

gone, only to come back again. This is still ongoing, and there are MANY possibilities here, it could be Sulfites, definitely Copper and what I am leaning to, parasites or some other bug, and more. Here is my partial discovery, I am quite sure Chocolate brings this on BIG time if I overdo it, to the point where I don't just have some stabbing pains but it feels like my head is going to cave in from the pressure, like a massive migraine sort of and usually will last a whole night (not just 3 mins) until I sleep it off. Here again, there are many possibilities but same 3 stand out to me: Sugar feeding "bad guys", Copper (choc is high), Sulfur - High in Thiols and it is a Methyl Donor which could push CBS also (though I take other Methyl Donors at times and do not get this head issue).

So this kind of brings me to where I am now, I know I can't live without Moly, and I know Sulfur is an issue, BUT, I don't the "why's" for each of these. Moly can help in several ways but 3 main ones that I know of, Aldehydes, Copper, Sulfur. Seeing as I have a Sulfur issue, it would seem that the Moly is likely helping alleviate that, though my hair test also showed high Copper, and once brought down and Adrenals were supported that really kicked the Adrenals square in the butt where they needed it. Then there is still the Mercury possibility here too of which I am really unsure of, but it could definitely be behind the Sulfur issue where Brain Fog is the main symptom, and something I have always wondered for 5 years or more (and kicked the can down the road on) so while I am getting oh so much closer to finalizing this bloody diagnosis after all this time, I am-not-quite-there-yet.

2. I had all wisdom teeth removed the same time I got braces (not enough room in mouth had buck teeth) (not sure if mercury in those back then) when I was about 12 to 14 or so. I got my first metal filling around age 18 or so, then would get one more around age 24 or so. Then around age 38 I would get two more really small ones. I would have all these replaced with white fillings around 2014, they reported that one of the big ones was "cracked". No other dental work.

3. All metal is removed and replaced with white fillings

4. Unknown

5. I would of had all the normal vaccinations of every kid back in those days, no flu shots ever though. I did have them up to date up to age 35 or so. I would also get Hepatitis Vaccines twice for travel (twinrix), once in 2000, and again later in 2006.

6. Supplementing with Iodine, Fish Oil and Magnesium mostly before Hair Test as I was poisoned by Cipro in Jan 2015, test done in July, around July I was 90% healed or so but still needed these supplements minimum.

7. Age 49, 5, 10", 180lbs,

8. poisoned by Cipro in Jan 2015, contains Fluorine, have to shower in Fluoridated Water. Very likely an UnderMethylator, with COMT, and possibly CBS/SUOX (unless Sulfur issue is purely from Mercury). Neice is Autistic, Mother is suspected of having long standing Brain Fog as well, but too old and stubborn to do anything about it.

9 live in Toronto Canada.