<5 =F ˙H9 GH. ˙%% ' ˙
SEX: Female
AGE: 37

Toxic & Essential Elements; Hair

TOXIC METALS		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68th 95th
Aluminum	(Al)	6.2	< 7.0	
Antimony	(Sb)	0.053	< 0.050	
Arsenic	(As)	0.051	< 0.060	
Barium	(Ba)	1.8	< 2.0	
Beryllium	(Be)	< 0.01	< 0.020	
Bismuth	(Bi)	< 0.002	< 2.0	
Cadmium	(Cd)	0.010	< 0.050	
Lead	(Pb)	1.1	< 0.60	
Mercury	(Hg)	0.57	< 0.80	
Platinum	(Pt)	< 0.003	< 0.005	
Thallium	(Tl)	0.001	< 0.002	
Thorium	(Th)	< 0.001	< 0.002	
Uranium	(U)	0.046	< 0.060	
Nickel	(Ni)	0.37	< 0.30	
Silver	(Ag)	0.14	< 0.15	
Tin	(Sn)	0.08	< 0.30	
Titanium	(Ti)	0.41	< 0.70	
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5th 16th 50th 84th 97.5th
Calcium	(Ca)	2340	300– 1200	
Magnesium	(Mg)	88	35– 120	
Sodium	(Na)	27	20– 250	
Potassium	(K)	25	8– 75	
Copper	(Cu)	25	11– 37	
Zinc	(Zn)	250	140– 220	
Manganese	(Mn)	1.2	0.08– 0.60	
Chromium	(Cr)	0.46	0.40– 0.65	
Vanadium	(V)	0.036	0.018– 0.065	
Molybdenum	(Mo)	0.14	0.020– 0.050	
Boron	(B)	0.51	0.25– 1.5	
Iodine	(I)	0.48	0.25– 1.8	
Lithium	(Li)	0.006	0.007– 0.020	
Phosphorus	(P)	174	150– 220	
Selenium	(Se)	0.56	0.55– 1.1	
Strontium	(Sr)	5.9	0.50– 7.6	
Sulfur	(S)	46500	44000– 50000	
Cobalt	(Co)	0.053	0.005– 0.040	
Iron	(Fe)	18	7.0– 16	
Germanium	(Ge)	0.038	0.030– 0.040	
Rubidium	(Rb)	0.024	0.007– 0.096	
Zirconium	(Zr)	0.11	0.020– 0.42	

SPECIMEN DATA

COMMENTS:

Date Collected: **04/21/2016**
Date Received: **04/29/2016**
Date Completed: **05/02/2016**
Methodology: **ICP/MS**

Sample Size: **0.197 g**
Sample Type: **Head**
Hair Color: **Brown**
Treatment:
Shampoo: **Avalon Organics**

RATIOS

ELEMENTS	RATIOS	RANGE
Ca/Mg	26.6	4– 30
Ca/P	13.4	1– 12
Na/K	1.08	0.5– 10
Zn/Cu	10	4– 20
Zn/Cd	> 999	> 800

Hair Test 1193 health history

What are your current symptoms and health history?

Current symptoms: Joint pain, lack of concentration, fatigue during the day, mood swings, red bumps on the skin.
Health History:
Pre-mature menopause when 32 years old in 2011.
Kidney infection 1 month after the root canal treatment in 2014
Goitre when 15 years old, drug used for 10 years
Sister recently diagnosed with MS

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

Braces for 5 years between 1986-1990,
First amalgam filling in 90s, last one taken out without precaution 3 months ago.
Numerous times of amalgam fillings on 17 teeth 12-28 years old.
2 wisdom teeth removed; Age 30 and age 32, 1 root canal (non-amalgam) age: 35.

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

17 fillings, 1 of them root canal, none of them amalgam anymore, all taken out without any precautions.

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

She started to have filings since her childhood as well. All amalgam as she was born in 1944.

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

All Childhood vaccinations; polio, diphtheria, pertussis, tetanus… No flu, nor travel vaccinations.

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

Propolis (5-6 drops a day/ 4 days a week),
Hormone replacement therapy pills: Trisequence for the last 4 years. Stopped 1 month before the test.

What is your age, height and weight?

Age: 37, 175cm, 64kg

Other information you feel may be relevant?

Pre-mature menopause when 31 years old (Mother and sister had it early 40s), used HRT pills until recently (total 4 years),
Had a kidney infection 1 month after the root canal treatment in 2014,
Was diagnosed with goitre when 15 years old, drug used for 10 years: Levothyroxine.

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

London, UK since 2008, 1978-2008 Turkey (Ankara and Istanbul)