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SEX: Male

AGE: 37

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	3.8	< 7.0	
Antimony (Sb)	0.015	< 0.066	
Arsenic (As)	0.032	< 0.080	
Barium (Ba)	0.39	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.015	< 2.0	
Cadmium (Cd)	0.011	< 0.065	
Lead (Pb)	0.35	< 0.80	
Mercury (Hg)	0.35	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.018	< 0.060	
Nickel (Ni)	0.34	< 0.20	
Silver (Ag)	0.28	< 0.08	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.21	< 0.60	
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)	1240	200- 750	
Magnesium (Mg)	25	25- 75	
Sodium (Na)	13	20- 180	
Potassium (K)	4	9- 80	
Copper (Cu)	16	11- 30	
Zinc (Zn)	210	130- 200	
Manganese (Mn)	0.07	0.08- 0.50	
Chromium (Cr)	0.38	0.40- 0.70	
Vanadium (V)	0.020	0.018- 0.065	
Molybdenum (Mo)	0.020	0.025- 0.060	
Boron (B)	0.38	0.40- 3.0	
Iodine (I)	0.42	0.25- 1.8	
Lithium (Li)	0.004	0.007- 0.020	
Phosphorus (P)	130	150- 220	
Selenium (Se)	0.99	0.70- 1.2	
Strontium (Sr)	2.5	0.30- 3.5	
Sulfur (S)	47100	44000- 50000	
Cobalt (Co)	0.009	0.004- 0.020	
Iron (Fe)	6.8	7.0- 16	
Germanium (Ge)	0.038	0.030- 0.040	
Rubidium (Rb)	0.003	0.011- 0.12	
Zirconium (Zr)	0.014	0.020- 0.44	

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 09/21/2016		Ca/Mg	49.6
Date Received: 09/27/2016		Ca/P	9.54
Date Completed: 09/29/2016		Na/K	3.25
Methodology: ICP/MS		Zn/Cu	13.1
Sample Size: 0.201 g	Sample Type: Head	Zn/Cd	> 999
Hair Color:	Treatment:		
Shampoo:			
		<b>RANGE</b>	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

## Hair Test 1219

### **What are your current symptoms and health history?**

Majority of symptoms started post 2012 when large amalgam filling placed. Dizziness, tinnitus, chronic sore throat initially. The roughly the following in this order; fatigue, general aches and pains all over body, low back ache, Ankylosing spondylitis (diagnosed December 2013), panic attacks, anxiety, palpitations, general feeling of being unwell, unable to deal with stressful situations, Depression, sudden mood swings, feeling of sense of dread, low heart rate (around 45-50bpm), low temperature (average 35.8), tremors at night. I suspect adrenal and/or thyroid problems.

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

Large filling (nearly the whole size of a tooth) placed March 2012- before this I had fillings as a child in my milk teeth. I had fixed braces both upper and lower from age 14-17, 6 teeth removed over this period.

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

Filling holistically removed using precautions (breathing apparatus etc) in March 2016

### **4. What dentistry did your mother have at any time before or during pregnancy?**

Unknown but she thinks she had a few fillings.

### **5. What vaccinations have you had and when (including flu and especially travel shots)?**

Standard for a UK child up to age 16 I can't remember but there were a few. Had 3 immunisation injections for trips to Africa in 2000 and 2014

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

Magnesium 400mg per day and Selenium 200mcgs a day

### **7. What is your age, height and weight?**

37, 179cm, 73kgs

### **8. Other information you feel may be relevant?**

I think I may have hypothyroidism, my thyroid tests all came back fine but I have lots of the symptoms. I also think I have a problem with my Adrenals, I seem to get raised heart rate and the slightest incident and palpitations. I also have been diagnosed with Gilberts Syndrome.

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

London, UK