

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

Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)		1.6	< 7.0	██████████ MTHFR Liver Cap + ATP
Antimony (Sb)		0.012	< 0.066	██████████ + Metal Away
Arsenic (As)		0.031	< 0.080	██████████
Barium (Ba)		1.6	< 1.0	██████████ Potassium + ATP
Beryllium (Be)		< 0.01	< 0.020	
Bismuth (Bi)		0.002	< 2.0	██████████
Cadmium (Cd)		< 0.009	< 0.065	
Lead (Pb)	Extra gaba as needed	0.15	< 0.80	██████████ AS TOLERATED +
Mercury (Hg)		1.2	< 0.80	██████████ Low dose
Platinum (Pt)		< 0.003	< 0.005	Ion Transport Cap &
Thallium (Tl)		0.001	< 0.002	+ GSH + NADH
Thorium (Th)		< 0.001	< 0.002	
Uranium (U)		0.040	< 0.060	██████████ Uti/End
Nickel (Ni)		0.09	< 0.20	██████████ + ATP +
Silver (Ag)		0.03	< 0.08	██████████ Ribos Phos
Tin (Sn)		0.07	< 0.30	██████████ + Mitoforce
Titanium (Ti)		0.30	< 0.60	██████████
<u>Total Toxic Representation</u> Inflammatory Pathway Cap				██████████

Short cut support: All in One + Be Gln  
+ PS/PEPC + JHA  
+ Ultimate B

SEX: Male  
AGE: 27

Saw Palmetto +  
extra Zinc for  
males

279 Walkers Mills Rd  
Bethel, ME 04217 U.S.A.

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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)	938	200- 750					
Magnesium	(Mg)	85	25- 75					
Sodium	(Na)	33	20- 180					
Potassium	(K)	7	9- 80					+ Potassium
Copper	(Cu)	30	11- 30					
Zinc	(Zn)	170	130- 200					INC. ZINC
Manganese	(Mn)	0.22	0.08- 0.50					
Chromium	(Cr)	0.38	0.40- 0.70					FOR cap
Vanadium	(V)	0.014	0.018- 0.065					
Molybdenum	(Mo)	0.022	0.025- 0.060					Molybdenum + MTR cap
Boron	(B)	1.2	0.40- 3.0					
Iodine	(I)	0.39	0.25- 1.8					work with
Lithium	(Li)	< 0.004	0.007- 0.020					your doctor on lithium
Phosphorus	(P)	163	150- 220					
Selenium	(Se)	0.52	0.70- 1.2					orotate + ATP
Strontium	(Sr)	2.3	0.30- 3.5					
Sulfur	(S)	47300	44000- 50000					
Cobalt	(Co)	0.013	0.004- 0.020					
Iron	(Fe)	7.1	7.0- 16					
Germanium	(Ge)	0.039	0.030- 0.040					
Rubidium	(Rb)	0.006	0.011- 0.12					
Zirconium	(Zr)	0.016	0.020- 0.44					

work on energy + short cut methylation while working to get lithium in better balance. THEN RERUN a HMT in 3-5 months to be sure lithium is in balance so you can THEN add extra B12 = methylfolate once lithium is in normal range

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Total Toxic Representation				

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Zirconium (Zr)		0.016	0.020- 0.44	

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 12/14/2016	Sample Size: 0.201 g	Ca/Mg	11	4- 30
Date Received: 12/20/2016	Sample Type: Head	Ca/P	5.75	0.8- 8
Date Completed: 12/22/2016	Hair Color: Brown	Na/K	4.71	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	5.67	4- 20
	Shampoo: Acure	Zn/Cd	> 999	> 800

## Health history for hair test 1223

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

History of depression, OCD, generalized anxiety, ADD, visual disturbances. Histamine intolerance (rashes) began in 2014, treated with Remeron. Recently (as of mid-2015), sudden adrenal fatigue (low salivary cortisol with normal DHEA), hypothyroidism, exercise intolerance, mild POTS, severe anxiety.

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

Braces at ~14, two wisdom teeth extracted a month ago, a few amalgams as child (confirmed to be with mercury-free composite)

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

Permanent lower mouth retainer

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

Don't know

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

Standard vaccinations as an infant. Haven't had flu shots in many years, or travel shots ever

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

Remeron 30mg, Zoloft 25mg, Baclofen 22mg, Depakote 750mg, Magnesium Glycinate 600mg

- **What is your age, height and weight?**

27, 5'10", 180lb

- **Other information you feel may be relevant?**

Homozygous for MTHFR 677T mutation. Bulk of severe symptoms started in 2014 during a period of heavy stress and possible over-medication.

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

New Jersey, USA