



HAIR TEST: 1229
SEX: Male
AGE: 14

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.2	< 8.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.034	< 0.080	
Barium (Ba)	0.06	< 0.75	
Beryllium (Be)	0.16	< 0.020	
Bismuth (Bi)	0.003	< 2.0	
Cadmium (Cd)	< 0.009	< 0.060	
Lead (Pb)	0.10	< 1.0	
Mercury (Hg)	0.03	< 0.40	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.061	< 0.060	
Nickel (Ni)	0.03	< 0.20	
Silver (Ag)	0.12	< 0.10	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.16	< 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)	177	200- 700			
Magnesium (Mg)	18	18- 70			
Sodium (Na)	42	20- 200			
Potassium (K)	4	9- 80			
Copper (Cu)	19	11- 32			
Zinc (Zn)	210	150- 230			
Manganese (Mn)	0.13	0.08- 0.50			
Chromium (Cr)	0.43	0.40- 0.70			
Vanadium (V)	0.024	0.020- 0.075			
Molybdenum (Mo)	0.052	0.030- 0.060			
Boron (B)	0.67	0.34- 3.0			
Iodine (I)	0.48	0.25- 1.3			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	152	150- 220			
Selenium (Se)	0.93	0.70- 1.2			
Strontium (Sr)	0.12	0.30- 3.2			
Sulfur (S)	48900	44000- 50000			
Cobalt (Co)	0.003	0.004- 0.020			
Iron (Fe)	5.5	7.0- 16			
Germanium (Ge)	0.037	0.030- 0.040			
Rubidium (Rb)	0.006	0.009- 0.090			
Zirconium (Zr)	0.18	0.047- 0.70			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 01/02/2017	Sample Size: 0.202 g	Ca/Mg	9.83	4 - 30
Date Received: 01/09/2017	Sample Type: Head	Ca/P	1.16	0.8 - 8
Date Completed: 01/11/2017	Hair Color: Brown	Na/K	10.5	0.5 - 10
Methodology: ICP/MS	Treatment:	Zn/Cu	11.1	4 - 20
	Shampoo: Avalon Organics	Zn/Cd	> 999	> 800

What are your current symptoms and health history?

Had reactions to vaccines. Constant respiratory illnesses throughout childhood. Lived off of antibiotics until age of 3 when he lost his tonsils. Possibly wisdom teeth causing drainage? Removal in next 6 months.

Sour stomach, cannot eat in the morning -**his biggest complain**

Constant junk running down his throat which is clear and sore throat- 2 rounds antibiotics did nothing

Car sickness - vomits on all early to mid morning car rides

Complains of neck pain, stiffness, **cold hands and feet – his biggest complaint**

Hot all of the time – only wears shorts in the house, house temp 65-68 degrees – **his biggest complaint**

Poor recovery after exercise

Poor muscle tone

Nose bleeds

Headaches

Intestinal pain-this has improved with magnesium and better eating

Spine is somewhat curved. His shirts lay off to one side.

Skin picking - has ceased with NAC supplementation and awareness

Hostility or irritability issues

Mood shifts

Restlessness or anxiety

Organic Acids Tests showing something possibly bacterial or mitochondrial. Deficient in many minerals

Dental history:

1 Cavity not filled yet. Working with biological dentist and doing testing with BioComp for recommended materials. Had braces on for 18 months to fix under bite and straighten teeth. Wisdom teeth will need to be removed in next 6 months.

What dental work do you currently have in place? What part of the dental cleanup have you completed?

None

What dentistry did your mother have at any time before or during pregnancy? Mother had 8 or 10 amalgams removed 1 year prior to getting pregnant. No chelation. Improper removal. Mother has numerous root canals and many composites during pregnancy. No dental work during pregnancy, possibly a cleaning.

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

3 Hep B 2003

5 DTAP – 3 in 2003, 1 in 2005, 1 in 2007

3 HIB – 2 in 2003, 1 in 2005

3 IPV – 1 in 2003, 1 in 2004, 1 in 2005, 1 in 2007

2 MMR – 2004 and 2007

2 Varicella 2004 and 2007

4 Pneumococcal 3 in 2003 and 1 in 2004

1 Flu 2007

Other information you feel may be relevant?

Hot all of the time but low body temp

Toxic Urine test – challenged showed very high copper and antimony in July 2016 (I will never do this test again)

Mother took many prescription medications through pregnancy including Oxcontin, muscle relaxers, ibuprofen, and anxiety medication. Mother has been in chronic pain for 21 years.

Home water tests are clean

Copper levels are normal now on DD hair test. Copper levels were off the charts 2 months earlier with a hair test by Trace Elements and urine challenge by DD in July 2016. Started taking 75mg of zinc carnosine which helped stomach pain and possibly lowered copper?

MTHFR- Heterozygous C677T and A1298C and MTRR - Homozygous VDR, MAO, CBS, 2 COMT

RBC Copper .76 normal

RBC Zinc 9.4 normal but low end

RBC Mag normal

Potassium serum 4.9 normal

Calcium normal

Vitamin D 23

CRP, SED, and CPK normal

Glutathione serum 605 but lower end of the range

TSH 2034 normal, Free T3 4.0 normal, Free T4 1.3 normal, Thyroid antibodies 4 normal- tested in July 2016

Iodine normal but on the low end of the range

Iron, Ferritin, TIBC Normal

Negative for H-pylori serum test

Food Allergy test showed Med IGE allergies to beef, lamb, dairy but IGG on almost every other food

Have 2 Organic Acid Tests if anything is helpful on those tests

What is your location – Manitou Springs, Colorado

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

6 Months before:

1. Mannatech Plus - **Current** -Wild Yam Extract 200 mg Standardized to 12.5% Diosgenin 25 mg, L-Glutamic Acid 200 mg, Glycine 200 mg, L-Lysine (as L-Lysine HCl) 200 mg, L-Arginine (as L-Arginine HCl) 95 mg, Beta-Sitosterol (from plant sterols) 25 mg, Ambrotose® complex (patent pending) 2.5 mg, Arabinogalactan (from Larix spp. wood), Aloe Vera (inner leaf gel powder), Ghatti Gum, Gum Tragacanth, Boron 1 mg
2. ProArgi twice daily- Vit C 60mg, Vit D3 2500, Vit K 20mcg, Vit B6 2mg, Vit B12 6mcg, Folate 200mcg, Proprietary Blend 6.5 mg: L-Arginine, Pomegranite Fruit, L-Citrulline, D-Ribose, Grape Skin Extract, Red Vine Extract – **Occasionally in the last 3 months**
3. Vit. C 500mg daily **current**
4. Vit. B Complex SRT **current**
5. Magnesium 150-300mg daily SRT and ionic in water SRT **current**
6. Fish Oil – DHA 550mg EPA 800mg other 250mg **current**
7. Cod Liver Oil- Rosita 1 tsp daily **current**
8. Ubiquinol – 200mg **current**
9. Vit E – D-Alpha 45iu, Gamma E Mixed Tocopherols 360mg & Tocotrienols 145mg **current**
10. Intramax Multit Vitamin- **discontinued 3 month ago – Taking All In One by Amy Yasko Holistic Health**
11. Vit D 5000 iu with K2 400mcg – **stopped 3 months ago**
12. Calcium 500mg **stopped 3 months ago**
13. Zinc 37.5 carnosine **started 3 months ago**
14. Boron 1.5 mg **just started**
15. Potassium 500 mg over the day **just started**
16. Adrenal Complex by Thorne **just started**