



< 5 F H9 GH. % ' ( ' )  
 SEX: Male  
 AGE: 43

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	2.0	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.051	< 0.080	
Barium (Ba)	0.28	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.07	< 0.80	
Mercury (Hg)	0.25	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.020	< 0.060	
Nickel (Ni)	0.02	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.32	< 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)	298	200- 750			
Magnesium (Mg)	75	25- 75			
Sodium (Na)	20	20- 180			
Potassium (K)	8	9- 80			
Copper (Cu)	10	11- 30			
Zinc (Zn)	180	130- 200			
Manganese (Mn)	0.23	0.08- 0.50			
Chromium (Cr)	0.45	0.40- 0.70			
Vanadium (V)	0.073	0.018- 0.065			
Molybdenum (Mo)	0.024	0.025- 0.060			
Boron (B)	0.68	0.40- 3.0			
Iodine (I)	1.5	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	185	150- 220			
Selenium (Se)	0.70	0.70- 1.2			
Strontium (Sr)	0.69	0.30- 3.5			
Sulfur (S)	48400	44000- 50000			
Cobalt (Co)	0.004	0.004- 0.020			
Iron (Fe)	6.6	7.0- 16			
Germanium (Ge)	0.031	0.030- 0.040			
Rubidium (Rb)	0.013	0.011- 0.12			
Zirconium (Zr)	0.009	0.020- 0.44			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 04/13/2017		Ca/Mg	3.97
Date Received: 04/18/2017		Ca/P	1.61
Date Completed: 04/19/2017		Na/K	2.5
Methodology: ICP/MS		Zn/Cu	18
Sample Size: 0.196 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	

My current symptoms: I think most bother me is my heart palpitations, with some irregular beats that last few secs. but it should be combination of pvc's and heart speeds up for few secs. ( i think something do with digestion(traped gas/bupring,vagus nerv and position),because of that i developed anxiety/sometime panic attack.

I have some dizzines/sleepy that comes and goes(very oten) ,worst with stress when i have more things i need to do.cant multitask anymore,my mind shuts off i get dizzy cant concetrate ,really have to focus if shopping what i want, lights and shelves/products making me dizzy,when going out need to focus to remember where i parked.If im relaxed than its not that extreme.Drivng car longer than 2hr.makes me dizzy/rocking.only thing helps lay down close eyes.

I had two episodes with bad vertigoes ,one 2yr. ago after waking up in rv trailer smelling exhaust from generator ,lasted few minutes ,than felt sick.other guy didnt smelled any and was fine.

6months ago after waking up home really bad vertigo ,couldnt get from bed ,would fall over.went to e.r. ,they thought probably inner ear problem.this episode lasted for 3hrs.After physical therapy ,no improvement .Didnt have bad vertigo since last episode.

Have hard time deal with stress,easy to irritate,nervousness,chronic low back pain,joint stiffnes,episode with gut yeast overgrowth ,with no lactobicillus ....which was corrected(few yrs ago) ,just to find out year ago test, again no lactobacillus and some disbiotic bacteria present.Now on diet/supplements again and gut doing ok/better.

Some rash under arms cant get rid off,get more red when sweating.Body Temperature between 96-97 .probably adrenals not good.Have energy crashes.

Did have 14 amalgams since 14yr old,now 44 some were removed not safely ,last 8 safely.Have 3root canals.wisdom teeth removed 8yr ago.Pretty sure mom had amalgams during pregnancy.Have been painter for 20yr. ,but last 2yr. paint only maybe 40 days in year.Not sure what other chemicals could accumulate from that.Had all the vaccines when kid and some tetanus shot when 26.

Taking supplements for 4 months or so (so before hair test) magnesium 500mg,zinc 50mg,vitamin E 800, liposomal C 2g ,fish oil,K 30mg,taurine 400mg,COQ10,glycine/glutamine.

Had some hypertension ranging 145/90 mornings, evenings 125/80, after these supplements its 110/75 and 100/60.

Thank you