



SEX: Female
AGE: 44

3894 Old William Penn Hwy
Murrysville, PA 15668 U.S.A.

Toxic & Essential Elements; Hair

TOXIC METALS					
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE	
				68 th	95 th
Aluminum	(Al)	1.6	< 7.0		
Antimony	(Sb)	< 0.01	< 0.050		
Arsenic	(As)	0.014	< 0.060		
Barium	(Ba)	0.78	< 2.0		
Beryllium	(Be)	< 0.01	< 0.020		
Bismuth	(Bi)	0.14	< 2.0		
Cadmium	(Cd)	< 0.009	< 0.050		
Lead	(Pb)	0.10	< 0.60		
Mercury	(Hg)	0.27	< 0.80		
Platinum	(Pt)	< 0.003	< 0.005		
Thallium	(Tl)	< 0.001	< 0.002		
Thorium	(Th)	0.001	< 0.002		
Uranium	(U)	0.002	< 0.060		
Nickel	(Ni)	0.07	< 0.30		
Silver	(Ag)	0.03	< 0.15		
Tin	(Sn)	0.06	< 0.30		
Titanium	(Ti)	0.15	< 0.70		
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)	673	300- 1200		
Magnesium	(Mg)	130	35- 120		
Sodium	(Na)	7	20- 250		
Potassium	(K)	< 3	8- 75		
Copper	(Cu)	12	11- 37		
Zinc	(Zn)	200	140- 220		
Manganese	(Mn)	0.24	0.08- 0.60		
Chromium	(Cr)	0.29	0.40- 0.65		
Vanadium	(V)	0.011	0.018- 0.065		
Molybdenum	(Mo)	0.019	0.020- 0.050		
Boron	(B)	0.36	0.25- 1.5		
Iodine	(I)	0.71	0.25- 1.8		
Lithium	(Li)	< 0.004	0.007- 0.020		
Phosphorus	(P)	133	150- 220		
Selenium	(Se)	0.64	0.55- 1.1		
Strontium	(Sr)	1.8	0.50- 7.6		
Sulfur	(S)	48200	44000- 50000		
Cobalt	(Co)	0.006	0.005- 0.040		
Iron	(Fe)	5.2	7.0- 16		
Germanium	(Ge)	0.033	0.030- 0.040		
Rubidium	(Rb)	< 0.003	0.007- 0.096		
Zirconium	(Zr)	0.012	0.020- 0.42		

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 02/06/2017		Ca/Mg	5.18	4- 30
Date Received: 02/13/2017		Ca/P	5.06	1- 12
Date Completed: 02/17/2017		Na/K	2.33	0.5- 10
Methodology: ICP/MS		Zn/Cu	16.7	4- 20
Sample Size: 0.198 g		Zn/Cd	> 999	> 800
Sample Type: Head				
Hair Color:				
Treatment:				
Shampoo:				

1) Current symptoms and medical history:

Current Symptoms: -Gluten/Dairy Sensitives, Stomach issues/Nausea, Weight gain, Low thyroid function plus thyroid nodules (confirmed by testing), Adrenal fatigue issues (self-diagnosed but very apparent to me), liver pain, extreme fatigue and pain in chest/upper-middle back with exertion/heat and humidity, feelings of being feverish when I overdo it, Petecheaie (or blood spots) randomly on body, sensitivity to loud sounds and bright lights, joint pain and muscle weakness, neck stiffness and pain, degenerative changes in joints/spine, occasional pain and tingling in extremities, weird tingling/crawling sensations on skin (like ants crawling on skin), moodiness, anxiety/depression, feelings of not wanting to be around people at all, brain pain and brain strain (especially when trying to follow conversations), memory issues, extreme irritability, inability to handle any stressors and occasional brain swelling. Also, I recently discovered that I have fibroid cysts on breast and over the last few weeks I am developing some deep pain in my inner right ear.

Medical History: As of Jan. 2016, I was clinically diagnosed with Lyme disease and babesia. My test was not ruled CDC positive but it did show exposure to the borrelia bacteria, plus I held a job where I was exposed to ticks every day, for over 10 years. I think that I've had Lyme for at least 7 years but I was working hard to keep healthy and balanced so I was not symptomatic. I believe that the stress of an accident in June of 2015, plus exposure to molds in my work environment, allowed the Lyme to take advantage of a weakened immune system. I have been trying to bring my body back into health/balance ever since.

Before my accident, I had only a few of the above symptoms. I did have thyroid issues (including nodules), fatigue (but only with a lot of exertion, and if I did not get enough rest in between my work.) I also had general anxiety, some social anxiety and mild depression issues but feel that I was able to keep them mostly in check through diet, exercise, yoga and relaxation techniques...plus a relatively stress free lifestyle. Gut issues were also an issue but I discovered that removing gluten cleared up most of them.

Also, while living overseas in Africa for two years (2004-2006), I suffered from a bout of schistosomiasis and cerebral malaria plus numerous episodes of amoebae and bacteria. (i.e. loads of belly issues)

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

I had all four wisdom teeth removed in 1989, when I was 16 years old. I have never had a root canal nor braces. I am guessing here, but I believe I received my first amalgam filling at around 10 years old. By the time I was 20, I had a grand total of 6 amalgam fillings.

In September of 2011, one of my fillings cracked and the dentist just removed it, without any protection or special procedures, and replaced it with a composite filling. (I did not know the dangers of this at the time!!!! Dang it!)

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

On April 5, 2017 I went to a well-known and highly respected biological dentist and he properly removed the 5 remaining amalgams and replaced them with compatible composite fillings. He also opened and properly cleaned all four of my wisdom tooth/cavitation sites. In May, he took some follow-up bite-wing x-rays, and confirmed that there is no more mercury in my mouth. Yeah! ☺

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

My mom had at least 10 amalgam fillings during her pregnancy with me.

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

I had all the usual vaccinations as I child.

I've had numerous travel vaccinations. Beginning in June of 1999-Feb. 2000, the vaccines I had included: *Polio, Hep. B, Rabies, MMR, Meningitis, Tetnus/Diphtheria, Hep A, Cholera.*

In January 2004, I had: *Rabies, Typhoid, Hep. A, TD, and the Meningococcal ACWY vaccine...*

On December, 2005 I got a *Flu vaccine* and on Jan. 2010 I got a *typhoid and Tetnus and diphtheria booster.*

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

*Nature Thyroid 65mg	* Lose Dose Natrexone 1.5 mg
*Serrapeptase 1 cap @120,000SPU	*Wobezym Enzymes 3 caps x 2
*Methyl-Cobalamin (b12) 1mg	* P5P50 (b6) 50mg
*D3 Serum 2,000-5,000IU	*Hawthorn Extract 1,000mg
*Mega EFA Omega-3's 2,100mg	* Glucosamine, chondroitin, MSM
*Liposomal Vit. C 1-2 grams	*Cal II (from calcium carbonate and calcium hydroxide) 200mg
*Boron 2mg	*Min-Col (calcium) 324mg
*MethylFolate 1mg	*Tri-Min (Zinc 30mg, Manganese 20mg, Selenium, 100mg)
*Pantothenic Acid 1,000mg	*Mood Plus (St. John's Wort + 5-HTP 100mg)
*Milk Thistle 300-450mg	*CoQ10 200 mg
*Raw Adrenal Cortex 200 mg	*Pregnenolone 20mg (in the morning)
*NAC 600mg	*Biosil 15mg
*Liposomal melatonin 3mg	*Magnesium Malate 200-500 mg
*Grapefruit seed extract 200mg	*Lauricidin (monolaurin) 6,000mg
*Colloidal Silver 2-3 ounces a day	*Sarsparilla root 850mg
*Betaine HCL with meals	*Ox Bile 125mg with meals
*Daily Essential Enzymes with meals	*High Potency Probiotic Full Spectrum strains 85 Billion

7) Other information you feel may be relevant?

*I had been taking Alpha Lipoic Acid, on and off, for many 5+years. Yes, with my amalgams in place. I was taking close to 600 mg a day and no, I had no idea the repercussions of that until I started to research heavy metals and the Cutler method. That was about 3-4 months before I had my amalgams taken out. Needless to say, I have stopped taking it.

*Also, my naturopath recommended that I treat my infections with colloidal silver. I had been taking it, on and off, for the last year and a half. It was only after I read some revealing posts on the subject, on this board, did I stop that too. That was in May, 2017.

*As of June 28, 2017, I did my first round of chelation: 3 full days with DMPs 5mg, every 8 hours. Round left me very nauseous, tired and with brain pain/fog....But it was tolerable. I am thinking of doing dosing every 6 hours next round....based on previous posts/advice I have read.

* My LLMD doctor wants me to do a DMSA challenge test in order to "find out exactly what metals we are dealing with." (His words) I declined because I do not want to do any further damage to myself. I feel that I've already done

far too much... I am hoping that by getting your valuable feedback that I will know for sure that I am on the right track in feeling that heavy metals are playing a huge part in my current health issues. (And, that it is more than just Lyme and Co-infections.)

8) What is your age, height and weight?

Age 45, Height 5' 7" Weight 174

9) What is your location – city & country

Currently I am living in Charleroi, PA but, due to my previous work, I have lived in a bunch of places around the country and the world.