

Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)		4.1	< 7.0	
Antimony (Sb)		< 0.01	< 0.050	
Arsenic (As)		0.025	< 0.060	
Barium (Ba)		0.12	< 2.0	
Beryllium (Be)		< 0.01	< 0.020	
Bismuth (Bi)		0.012	< 2.0	
Cadmium (Cd)		0.025	< 0.050	
Lead (Pb)		0.14	< 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)		0.013	< 0.060	
Nickel (Ni)		0.21	< 0.30	
Silver (Ag)		0.08	< 0.15	
Tin (Sn)		0.12	< 0.30	
Titanium (Ti)		0.43	< 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)		577	300- 1200	
Magnesium (Mg)		120	35- 120	
Sodium (Na)		22	20- 250	
Potassium (K)		7	8- 75	
Copper (Cu)		11	11- 37	
Zinc (Zn)		180	140- 220	
Manganese (Mn)		1.2	0.08- 0.60	
Chromium (Cr)		0.35	0.40- 0.65	
Vanadium (V)		0.039	0.018- 0.065	
Molybdenum (Mo)		0.023	0.020- 0.050	
Boron (B)		1.5	0.25- 1.5	
Iodine (I)		0.42	0.25- 1.8	
Lithium (Li)		0.005	0.007- 0.020	
Phosphorus (P)		147	150- 220	
Selenium (Se)		0.73	0.55- 1.1	
Strontium (Sr)		0.33	0.50- 7.6	
Sulfur (S)		49000	44000- 50000	
Cobalt (Co)		0.50	0.005- 0.040	
Iron (Fe)		10	7.0- 16	
Germanium (Ge)		0.035	0.030- 0.040	
Rubidium (Rb)		0.010	0.007- 0.096	
Zirconium (Zr)		0.030	0.020- 0.42	

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 12/07/2018	Sample Size: 0.165 g	Ca/Mg	4.81	4- 30
Date Received: 12/14/2018	Sample Type: Head	Ca/P	3.93	1- 12
Date Completed: 12/17/2018	Hair Color:	Na/K	3.14	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	16.4	4- 20
	Shampoo: Faith In Nature	Zn/Cd	> 999	> 800

1) these days I still have a foggy brain, poor short term memory and concentration and suffer from fatigue although it's not as bad as it once was. I was diagnosed with CFS/M.E. about 15 years ago, I had to give up work and was housebound with unrelenting pain in my back and legs, sensitivity to light, noise and smells which I am still sensitive to. My head didn't work at all back then, I thought I was getting Alzheimer's, I was very ill indeed and could do very little. Things have slowly improved over the years.

In the last couple of years I found out that I have S.I.B.O (small intestine bacterial overgrowth) and an overgrowth of yeast. Treatment for these has not improved my health. Also it seems I could have a problem with oxalates (I had to stop taking vit c) although this has not been officially diagnosed but my Dr agrees it is very probable.

I often get itchy skin at the top of my arms and sometimes my back. Occasionally I have a flare up of red rings on my thigh which my Dr thinks is granuloma annulare.

Blood tests show quite a lot of deficiencies in vitamins and minerals.

I have osteopenia.

I had an operation for Chronic Sinusitis in my early 20's and incidentally A nurse accidentally broke a mercury thermometer at the end of my bed.

2) I had a few fillings when I was a child but looking back now I'm not convinced I needed them. I had 2 wisdom teeth removed in my 20's, they came out without any problems and one recently. I had 4 extractions of healthy teeth when I was about 17 which they didn't inform me about before my brace was fitted. It was only a couple of loops over my canine teeth with a rubber band across not a fixed one. No root canals.

3) I had my 6 amalgams and one crown replaced by a mercury safe dentist in March 2018. No problems afterwards except my crown failed so I had to have the tooth out and I have recently had a bridge fitted.

4) my mum can't remember if she had any dental work before or during her pregnancy but thinks possibly not.

5) I have never had any flu or travel shots but I did have a Hep B vaccination advised by work, I was already struggling with my health but it just went completely downhill after this.

6) just recently I have been taking Q10, magnesium, vitamin D, K2 and probiotics.

7) I am 53. Height 5 foot 10 inches and weigh 9 stone 6 lbs.

9) I lived mainly in Elton near Chester (next to the Shell refinery) and Ellesmere Port (also quite industrial), Cheshire, England.

For the last 8 years I have lived by the sea in Lanzarote