



SEX: Male  
AGE: 39

### Toxic & Essential Elements; Hair

| TOXIC METALS               |                |                       |   |
|----------------------------|----------------|-----------------------|---|
|                            | RESULT<br>µg/g | REFERENCE<br>INTERVAL | PERCENTILE<br>68 <sup>th</sup> 95 <sup>th</sup> |
| Aluminum (Al)              | 1.0            | < 7.0                 |   |
| Antimony (Sb)              | 0.043          | < 0.066               |   |
| Arsenic (As)               | 0.061          | < 0.080               |   |
| Barium (Ba)                | 0.06           | < 1.0                 |   |
| Beryllium (Be)             | < 0.01         | < 0.020               |   |
| Bismuth (Bi)               | 0.056          | < 2.0                 |   |
| Cadmium (Cd)               | < 0.009        | < 0.065               |   |
| Lead (Pb)                  | 0.06           | < 0.80                |   |
| Mercury (Hg)               | 4.1            | < 0.80                |   |
| Platinum (Pt)              | < 0.003        | < 0.005               |   |
| Thallium (Tl)              | < 0.001        | < 0.002               |   |
| Thorium (Th)               | < 0.001        | < 0.002               |   |
| Uranium (U)                | 0.003          | < 0.060               |   |
| Nickel (Ni)                | 0.02           | < 0.20                |   |
| Silver (Ag)                | 0.02           | < 0.08                |   |
| Tin (Sn)                   | 0.03           | < 0.30                |   |
| Titanium (Ti)              | 0.34           | < 0.60                |   |
| Total Toxic Representation |                |                       |   |

| ESSENTIAL AND OTHER ELEMENTS |                |                       |   |  |  |
|------------------------------|----------------|-----------------------|---|--|--|
|                              | RESULT<br>µg/g | REFERENCE<br>INTERVAL | PERCENTILE<br>2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup> |  |  |
| Calcium (Ca)                 | 332            | 200- 750              |   |  |  |
| Magnesium (Mg)               | 36             | 25- 75                |   |  |  |
| Sodium (Na)                  | 25             | 20- 180               |   |  |  |
| Potassium (K)                | 20             | 9- 80                 |   |  |  |
| Copper (Cu)                  | 8.8            | 11- 30                |   |  |  |
| Zinc (Zn)                    | 210            | 130- 200              |   |  |  |
| Manganese (Mn)               | 0.04           | 0.08- 0.50            |   |  |  |
| Chromium (Cr)                | 0.43           | 0.40- 0.70            |   |  |  |
| Vanadium (V)                 | 0.041          | 0.018- 0.065          |   |  |  |
| Molybdenum (Mo)              | 0.015          | 0.025- 0.060          |   |  |  |
| Boron (B)                    | 0.56           | 0.40- 3.0             |   |  |  |
| Iodine (I)                   | 0.30           | 0.25- 1.8             |   |  |  |
| Lithium (Li)                 | < 0.004        | 0.007- 0.020          |   |  |  |
| Phosphorus (P)               | 174            | 150- 220              |   |  |  |
| Selenium (Se)                | 0.95           | 0.70- 1.2             |   |  |  |
| Strontium (Sr)               | 0.15           | 0.30- 3.5             |   |  |  |
| Sulfur (S)                   | 47300          | 44000- 50000          |   |  |  |
| Cobalt (Co)                  | 0.002          | 0.004- 0.020          |   |  |  |
| Iron (Fe)                    | 7.8            | 7.0- 16               |   |  |  |
| Germanium (Ge)               | 0.034          | 0.030- 0.040          |   |  |  |
| Rubidium (Rb)                | 0.012          | 0.011- 0.12           |   |  |  |
| Zirconium (Zr)               | 0.14           | 0.020- 0.44           |   |  |  |

| SPECIMEN DATA              |                   | RATIOS          |               |
|----------------------------|-------------------|-----------------|---------------|
| <b>COMMENTS:</b>           |                   | <b>ELEMENTS</b> | <b>RATIOS</b> |
| Date Collected: 02/18/2019 |                   | Ca/Mg           | 9.22          |
| Date Received: 03/08/2019  |                   | Ca/P            | 1.91          |
| Date Completed: 03/12/2019 |                   | Na/K            | 1.25          |
| Methodology: ICP/MS        |                   | Zn/Cu           | 23.9          |
| Sample Size: 0.199 g       | Sample Type: Head | Zn/Cd           | > 999         |
| Hair Color: Brown          | Treatment:        |                 |               |
| Shampoo: Suave 3n1         |                   |                 |               |
|                            |                   | <b>RANGE</b>    |               |
|                            |                   | 4- 30           |               |
|                            |                   | 0.8- 8          |               |
|                            |                   | 0.5- 10         |               |
|                            |                   | 4- 20           |               |
|                            |                   | > 800           |               |

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

For the past 10 years, this is what I've had: Food sensitives to almost everything, only able to eat about 4 foods, seeing blood in my stools with certain foods (especially carrots), hallucinations with others (esp. rice), chronic constipation, lethargy, cold intolerance, thinning hair, tense/shaky muscles, constant pounding headaches, plagued with SIBO/Candida for years, shooting pains in my legs and feet, social anxiety and reclusive lifestyle, thinning skin, weight loss, varicose veins, Sulfur/thiol sensitivity, Lectin sensitivity, unable to take most supplements (especially B vitamins and minerals, even sea salt), low blood pressure, chronic dehydration, and slow movement.

Also the very beginning of my symptoms 10 years ago started with polyuria, constant urination all day long (50x more than I was actually drinking) until my urine became very dark, and I just kept urinating for days and couldn't stop. I had to be given IV saline solutions for hydration.

After I took Fulvic minerals for a few months, I developed very severe sensitivities to minerals. I cannot eat sea salt without developing throbbing pains my in legs and feet. I lost the ability to run for more than 30 seconds once I stopped salt intake, due to my veins feeling like they are about to explode.

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

I had 2 or 3 mercury amalgams from age 16, removed at age 34. One wisdom tooth removed. Braces as a teenager. Nothing else done.

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

All amalgams removed through a biological dentist which I paid out of pocket for.

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

She had gold crowns for most of her life. But she doesn't believe there are any mercury fillings underneath them.

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

I had all recommended vaccinations done as a child. But then stopped since my mother changed her view on them. I haven't had any flu shots or vaccinations since.

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

A 50,000 IU

C 2g

E 800 IU

D 10,000 IU

Pancreatic Enzymes (6x before meals)

Liquid Ionic Potassium (with meals)

Candibactin BR+AR

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

39, 6'1", 135 lbs.

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

Stool Sample analysis revealed I have no growth (NG) of Lactobascillus. I am able to manage my SIBO / "gut disbiosis" by avoiding carbs, and just eating protein and fats. But the loss of energy is the trade off.

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

Norwalk, CT (lived in CT since grade-school)