



SEX: Female
DOB: 02/22/1984

AGE: 35

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.6	< 7.0	
Antimony (Sb)	0.017	< 0.050	
Arsenic (As)	0.036	< 0.060	
Barium (Ba)	1.7	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	0.010	< 0.050	
Lead (Pb)	0.28	< 0.60	
Mercury (Hg)	0.17	< 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)	0.25	< 0.30	
Silver (Ag)	0.09	< 0.15	
Tin (Sn)	0.05	< 0.30	
Titanium (Ti)	0.34	< 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)	610	300- 1200			
Magnesium (Mg)	86	35- 120			
Sodium (Na)	8	20- 250			
Potassium (K)	5	8- 75			
Copper (Cu)	14	11- 37			
Zinc (Zn)	190	140- 220			
Manganese (Mn)	0.19	0.08- 0.60			
Chromium (Cr)	0.30	0.40- 0.65			
Vanadium (V)	0.019	0.018- 0.065			
Molybdenum (Mo)	0.020	0.020- 0.050			
Boron (B)	0.55	0.25- 1.5			
Iodine (I)	0.56	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	172	150- 220			
Selenium (Se)	1.3	0.55- 1.1			
Strontium (Sr)	3.3	0.50- 7.6			
Sulfur (S)	49100	44000- 50000			
Cobalt (Co)	0.006	0.005- 0.040			
Iron (Fe)	5.9	7.0- 16			
Germanium (Ge)	0.033	0.030- 0.040			
Rubidium (Rb)	0.004	0.007- 0.096			
Zirconium (Zr)	0.022	0.020- 0.42			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 09/24/2019		Ca/Mg	7.09
Date Received: 09/30/2019		Ca/P	3.55
Date Reported: 10/01/2019		Na/K	1.6
Methodology: ICP/MS		Zn/Cu	13.6
Sample Size: 0.204 g		Zn/Cd	> 999
Sample Type: Head			
Hair Color: Brown			
Treatment:			
Shampoo: Rempure Argan			
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

1. What are your current symptoms and health history?

Current symptoms:

hypothyroidism

fatigue

exercise resistance

anxiety

brain fog

depression

weight loss (despite nutrient-dense diet)

digestive problems, including bloating

irregular/dysfunctional uterine bleeding patterns

*health history: Enjoyed good health as a child, but suffered from **anxiety, crying spells, OCD, difficulty with***

attention and organization, shyness/social anxiety, periodic digestive discomfort, very painful leg

***cramps**, have always had a very poor sense of direction/spacial skills*

Had a thermometer break in my mouth around age 7

Struggled with eating at ages 12-13, being diagnosed with anorexia nervosa at age 13, recovered but had problems with establishing balanced/healthful eating and exercise habits into young adulthood

*Diagnosed with **depression and OCD** around age 16, took antidepressants between ages 16 and 32, with about two total years (non-consecutive) of not taking medication. Suffered from some racing thoughts and manic symptoms when taking an antidepressant and when quitting too suddenly, also at times of extreme stress and loss.*

***Nervous breakdown** senior year of college, took a year off before finishing college. Psychological evaluation at age 22 led to conclusions that I had a high IQ, ADHD inattentive type, and possibly non-verbal learning disability (NVD or NVLD)*

summer 2018- low DHEA, estrogen levels; poor T4 to T3 conversion-->hypothyroidism diagnosis

February 2019 to present: testing and treatment for Epstein Barr virus reactivation, mold toxicity, Lyme disease and co-infections (have had about three ticks in the past)

Menstruation: have intermittently experienced irregular periods, missed periods; 4 months without menstruating after moving to Austria in 2007-2008

this past year: dysfunctional uterine bleeding.

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

Around July 2000 my wisdom teeth were removed. Around April 1995 three baby molars were removed due to long roots. No root canals. Braces from 1995 to 1997, retainer

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

night-guard (present)

To repair breaks and chips, dentists used bonding and tooth-colored composite resin material

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

She had 2-5 fillings between 1952 and 1984 (my birth year) and routine cleanings.

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

IMMUNIZATION RECORD:

H-DTP (DTP, Td); POLIO (OPV); MENING, HEPA, HIB (HEMO-B VAX), MMR, HEPB

SKIN TESTS: PPD, TINE (Negative)

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

Activated Charcoal- 280 mg daily for 2 months

Adren-all (2-3 caps daily) for 4 months

ALA- (25 mg) – 3 day rounds of chelation for a few weeks

DMSA (50 mg)- 3-day rounds of chelation for a few weeks

Argentyn-23- 1/8 tsp for 2 month

Beyond Balance MC-BB-1 (1-8 drops daily for 3 weeks)

Beyond Balance MC-BAB01 (1-8 drops daily for 3 weeks)

Activated Methyl B complex Integrative Therapeutics vitamins – 1-4 caps daily for a couple of weeks

Vitamin C- 500 mg occasional to daily

Vitamin D3- 5000 IU approx. 2-4 times per week

Cod Liver Oil (2 tsp nearly every day)

Nordic Naturals Omega Woman fish oil (500-1000mg 2-3 times per week)

D-limonene for digestion – 500 mg as needed

DHEA- approx.. 10 mg for 3-1/2 months

Progesterone- 200 mg, 10 days per month

Compounded T3 and T4 Thyroid medication Slow Release (from 2.25MCG/9.5MCG to 9.25/38 mcg)

Transdermal estrogen patches .075 mg- continuously

Thorne Basic Nutrients III multivitamin without copper and iron (usually 3-6 daily)

Creatine monohydrate (800-1600 mg as needed for exercise resistance)

Lysine/Super-Lysine - approx 500-1000 mg a few times a week

bee pollen, propolis, and royal jelly (0-4 times per week for approx 2-1/2 months

Magnesium Malate taken 6 months prior to hair sample near-daily at approx. dosage of 1250mg 1-3x a day

Hydrocortisone taken for 2-3 weeks prior to hair sample, no more than a fraction of 5 mg tablet per day

7. What is your age, height and weight?

Age:- 35-1/2, Ht: 5 feet, 2-1/2 inches, Weight: 95 lbs.

8. Other information you feel may be relevant?

Experienced diarrhea, fatigue, and insomnia when chelating in spring of 2019.

When she gave birth to us, my mother had the Rhogam shot for three older sisters and for me between 1969 and 1984. I am her sixth child. One older sister of mine has Addison's disease, Hashimoto's, GERD, and had premature ovarian failure.

The fires in Northern California in October 2017 and October 2018 caused poor air quality and may have triggered my hypothyroidism/Lyme/mold toxicity problems. I also endured stressful life events and circumstances that likely contributed.

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

I live in Novato, California.