

HAIR ELEMENTS



PATIENT: Number 198
SEX: Female
AGE: 39
LOCATION: Wisconsin-United States

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	2.6	< 7.0		
Antimony	0.017	< 0.050		
Arsenic	0.090	< 0.060		
Beryllium	< 0.01	< 0.020		
Bismuth	0.033	< 2.0		
Cadmium	< 0.009	< 0.10		
Lead	0.34	< 1.0		
Mercury	0.42	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.007	< 0.060		
Nickel	0.19	< 0.40		
Silver	0.03	< 0.15		
Tin	0.17	< 0.30		
Titanium	0.47	< 1.0		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS							
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	495	300- 1200					
Magnesium	49	35- 120					
Sodium	10	12- 90					
Potassium	4	8- 38					
Copper	53	12- 35					
Zinc	190	140- 220					
Manganese	0.57	0.15- 0.65					
Chromium	0.24	0.20- 0.40					
Vanadium	0.019	0.018- 0.065					
Molybdenum	0.029	0.028- 0.056					
Boron	0.28	0.30- 2.0					
Iodine	0.15	0.25- 1.3					
Lithium	< 0.004	0.007- 0.023					
Phosphorus	202	160- 250					
Selenium	0.76	0.95- 1.7					
Strontium	0.61	0.50- 7.6					
Sulfur	46000	44500- 52000					
Barium	0.34	0.26- 3.0					
Cobalt	0.013	0.013- 0.050					
Iron	11	5.4- 14					
Germanium	0.033	0.045- 0.065					
Rubidium	0.004	0.007- 0.096					
Zirconium	0.11	0.020- 0.42					

SPECIMEN DATA				RATIOS		
COMMENTS:				ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 7/1/2008	Sample Size: 0.17 g			Ca/Mg	10.1	4- 30
Date Received: 7/7/2008	Sample Type: Head			Ca/P	2.45	1- 12
Date Completed: 7/9/2008	Hair Color: Brown			Na/K	2.5	0.5- 10
	Treatment:			Zn/Cu	3.58	4- 20
Methodology: ICP-MS	Shampoo: Natures Gate			Zn/Cd	> 999	> 800

Hair Test 198

1. Diagnosis of Multiple Sclerosis in January 2008. Little sweating from underarms. Prior to this, sweating was quite excessive. Numbness, tingling, burning sensation in legs, fatigue, bruise easily, decreased vision and ability to see color vividly in right eye(optic neuritis), sensitivity to bright light. I've struggled with periods of depression over the years. Anxiety issues have started in last few years. Brain fog in last few months. Irritable quite often. Appetite fair to poor. Weight loss. Mood becomes worse if I don't eat regularly. Bleeding gums and gum pockets(2s and 3s) for as long as I can remember. However, my gums have totally improved within last six months. My gums no longer bleed when brushing, and gum pockets are all 1s now. I attribute this drastic improvement to the dietary and lifestyle changes I have made since MS diagnosis. No refined sugar, anti inflammatory diet, exercise, etc.
2. Fourteen amalgam fillings total. I had some kind of metal retainer cemented to my teeth for about a year. All amalgams were placed before age 16. Two removed in 1996.No safety procedures used. Root canal placed then because one of these teeth cracked. Wisdom teeth(all four) removed in 1997. Five amalgams removed between 2005 and 2006. Rubber dam was only safety procedure used. Last seven amalgam removed in June 2008. Rubber dam,oxygen,ionizer and charcoal rinse used.
3. Currently I have 4 porcelain/metal base crowns, 3 nonmetal porcelain crowns. Root canal tooth extracted June 2008.
4. My mother told me that she had more than 15 amalgams in her mouth during her pregnancy with me.
5. Common childhood vaccinations. Hepatitis B vaccination in 1995. No travel or flu shots
6. Vitamin D3 4400 I.U.
Calcium 1250 mg
Magnesium 600 mg
Vitamin C 3-4 grams
amino acids blend 750-1500 mg
fish oil 3 grams
Acidophilus 4 tablets
Milk Thistle 200-400 mg
Multivitamin-contains no iron, vitamin K. iodine, copper. Does contain digestive enzymes.
7. I do eat a lot of leafy greens and nuts which could explain the higher copper. I've just discovered from Andy's book that Cilantro is a chelator, and it should be avoided. I have been consuming Cilantro in two different food items almost weekly. I'm not sure if these quantities would be enough to change the way my test results came back. I only just put this together after developing new MS symptoms after consuming cilantro lime rice. The symptoms were noticeable within an hour or so of consuming this item, and were gone within 24 hours. I also see that my multivitamin has chlorella in it.
8. I live in Wisconsin-United States