

HAIR ELEMENTS



PATIENT: Number 202
SEX: Female
AGE: 56
LOCATION: Oregon, USA

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	2.6	< 12		
Antimony	0.035	< 0.060		
Arsenic	0.059	< 0.090		
Beryllium	< 0.01	< 0.020		
Bismuth	0.098	< 2.0		
Cadmium	0.087	< 0.10		
Lead	0.52	< 1.0		
Mercury	2.1	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.062	< 0.060		
Nickel	0.28	< 0.40		
Silver	13	< 0.10		
Tin	0.88	< 0.30		
Titanium	0.74	< 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	343	475- 1500					
Magnesium	270	45- 180					
Sodium	380	24- 180					
Potassium	190	20- 80					
Copper	31	9.0- 24					
Zinc	220	130- 200					
Manganese	0.29	0.20- 0.65					
Chromium	0.59	0.20- 0.45					
Vanadium	0.28	0.018- 0.065					
Molybdenum	0.054	0.040- 0.10					
Boron	1.8	0.70- 4.0					
Iodine	1.7	0.25- 1.3					
Lithium	0.035	0.008- 0.040					
Phosphorus	234	350- 600					
Selenium	3.1	0.95- 1.7					
Strontium	1.3	1.0- 8.0					
Sulfur	46800	43000- 50000					
Barium	0.53	0.50- 5.0					
Cobalt	0.025	0.013- 0.050					
Iron	8.1	5.8- 14					
Germanium	0.032	0.045- 0.065					
Rubidium	0.22	0.030- 0.25					
Zirconium	0.077	0.040- 1.0					

SPECIMEN DATA

COMMENTS:
 Date Collected: 7/10/2008 Sample Size: 0.2 g
 Date Received: 7/18/2008 Sample Type: Pubic
 Date Completed: 7/21/2008 Hair Color: Brown
 Treatment:
 Methodology: ICP-MS Shampoo: Ivory Soap

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	1.27	4- 30
Ca/P	1.47	1- 12
Na/K	2	0.5- 10
Zn/Cu	7.1	4- 20
Zn/Cd	> 999	> 800

Hair test 202 history

1) What are your current symptoms and health history?

Multiple chemical sensitivity. It's gotten bad the last few years. Exhaustion at midday. Supplementation with Andy Cutler's recommendations has ameliorated many of my symptoms so, in the grand scheme of things I feel pretty good, especially considering my current stressful life.

This test reflects my use of adrenal support -- about 15mg HC/day and ACE from time to time. The midday exhaustion has let up a great deal since starting this several months ago.

2) Dental history (wisdom teeth removed? First root canal placed? Braces?

First amalgam etc...)

I'm celiac (both genes) and grew up eating poor starchy food. I don't remember seeing a dentist until I was almost 11 at which time he put in 13 amalgams. Much later, and when I could personally afford it, I had orthodontic surgery to correct an over-bite of half an inch. Prior to the surgery I wore metal braces two years. During orthodontic surgery, your jaw is broken and reset, pinned together with titanium. Bone grows back around the titanium. Of course there was no attention paid to all the mercury in my mouth at the time. Around that time I had to get about eight root canals because of all the changes in bite.

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

All amalgams removed, crowns replaced with top of the line porcelain.

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

Many amalgams. She now has bad dementia and all the symptoms of mercury toxicity. She had early allergies. Her hair turned gray in her early twenties.

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

All shots and vaccines. I had to get a student VISA for an art scholarship to Japan and was given the works. I also had the entire set of childhood vaccines.

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

All hair submitted to this test was grown after starting Andy Cutler's full program of supplements. Since I couldn't use head hair, am blonde with little hair, I had to harvest hair for the test by shaving the pubic area twice so this whole process took longer than I would have liked :-). I've been following Cutler's protocol for 10 months.

7) Other information you feel may be relevant?

I've been eating (and supplementing) extremely healthfully for at least the past three years. And my entire ADULT life I've eaten quite well. I make everything from scratch, bone broths, fermented foods, old-fashioned traditional cooking. Since childhood, no fast food or fake food.

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

Childhood was near Columbia River in Washington State. High school was near Willamette River in Oregon. In those days, 1960's, the rivers were pretty polluted and I spent a lot of time swimming back. Also remember a lot of mosquito and pest spraying with straight blasts of DDT from trucks that went through the streets more than a few times..

Middle adult life, twenty years, was spent in downtown San Francisco working at the NBC-TV affiliate there. The early years were great in that I worked outside directing shows on location but later I created computer graphics in a small windowless room that contained a lot of electronic and PVC type toxins. The only ventilation came from a large garage under building. After 2 years (1986) I became quite ill, couldn't remember my own home phone number, with what they called chronic fatigue syndrome. I had to quit my job. I've not been able to work since unless I could control my own hours. A relative athlete at the time, I couldn't even climb a flight of stairs when diagnosed, couldn't even get out of bed for a year.

Then 16 years later, 5 years ago, while I was on and off recovering from CFS, I had an H. pylori induced ulcer that put a hole in my stomach and blocked my gastric canal. A 911 call brought me to a week of inferior treatment at a fancy San Francisco hospital where, through lack of knowledge, my digestive system was thrashed for good. Upon release I lost 20 lbs in a month and that's when I started doing my own research (!)

2 years after the ruptured ulcer, I was involved in a freak near-fatal poisoning called "scombroid histamine poisoning" from a parasite in fish: poisoning out both ends and then anaphylaxis. Another ambulance ride -- where I heard the techs say they'd lost me-- after that I was back to square one with my recovery, actually worse than ever before. This time, I just packed some bags and left my family and my San Francisco home to live way up in the pristine southern Rocky Mountains at 7000 feet. Slowing down and breathing good air has helped make this recovery possible.