

HAIR ELEMENTS



PATIENT: Number 203
SEX: Female
AGE: 60
LOCATION: Grand Rapids, Michigan, USA

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE		
			68 th	95 th	
Aluminum	1.6	< 7.0			
Antimony	0.018	< 0.050			
Arsenic	0.029	< 0.060			
Beryllium	< 0.01	< 0.020			
Bismuth	0.079	< 2.0			
Cadmium	0.052	< 0.10			
Lead	0.05	< 1.0			
Mercury	0.10	< 1.1			
Platinum	< 0.003	< 0.005			
Thallium	< 0.001	< 0.010			
Thorium	< 0.001	< 0.005			
Uranium	0.001	< 0.060			
Nickel	0.10	< 0.40			
Silver	0.03	< 0.15			
Tin	0.17	< 0.30			
Titanium	0.51	< 1.0			
Total Toxic Representation					

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	240	300– 1200					
Magnesium	110	35– 120					
Sodium	92	12– 90					
Potassium	15	8– 38					
Copper	9.2	12– 35					
Zinc	200	140– 220					
Manganese	0.98	0.15– 0.65					
Chromium	0.32	0.20– 0.40					
Vanadium	0.041	0.018– 0.065					
Molybdenum	0.030	0.028– 0.056					
Boron	0.63	0.30– 2.0					
Iodine	1.3	0.25– 1.3					
Lithium	0.004	0.007– 0.023					
Phosphorus	199	160– 250					
Selenium	0.93	0.95– 1.7					
Strontium	0.21	0.50– 7.6					
Sulfur	49200	44500– 52000					
Barium	0.30	0.26– 3.0					
Cobalt	0.003	0.013– 0.050					
Iron	12	5.4– 14					
Germanium	0.032	0.045– 0.065					
Rubidium	0.010	0.007– 0.096					
Zirconium	0.15	0.020– 0.42					

SPECIMEN DATA

COMMENTS:

Date Collected: 7/21/2008
Date Received: 7/23/2008
Date Completed: 7/24/2008

Sample Size: 0.195 g
Sample Type: Head
Hair Color: Gray

Treatment:

Methodology: ICP-MS

Shampoo: Johnsons Baby
V06.99

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	2.18	4– 30
Ca/P	1.21	1– 12
Na/K	6.13	0.5– 10
Zn/Cu	21.7	4– 20
Zn/Cd	> 999	> 800

HAIR ELEMENTS



PATIENT: Number 203a

SEX: Female

AGE: 61

LOCATION: Grand Rapids, Michigan, USA

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE		
			68 th	95 th	
Aluminum	3.4	< 7.0			
Antimony	0.015	< 0.050			
Arsenic	0.018	< 0.060			
Barium	0.12	< 2.0			
Beryllium	< 0.01	< 0.020			
Bismuth	< 0.002	< 2.0			
Cadmium	0.016	< 0.050			
Lead	0.11	< 0.60			
Mercury	< 0.03	< 0.80			
Platinum	< 0.003	< 0.005			
Thallium	< 0.001	< 0.002			
Thorium	< 0.001	< 0.002			
Uranium	0.003	< 0.060			
Nickel	0.08	< 0.30			
Silver	0.01	< 0.15			
Tin	0.08	< 0.30			
Titanium	0.31	< 0.70			
Total Toxic Representation					

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	164	300- 1200					
Magnesium	130	35- 120					
Sodium	79	20- 250					
Potassium	10	8- 75					
Copper	8.5	11- 37					
Zinc	190	140- 220					
Manganese	0.31	0.08- 0.60					
Chromium	0.28	0.40- 0.65					
Vanadium	0.019	0.018- 0.065					
Molybdenum	0.032	0.020- 0.050					
Boron	0.51	0.25- 1.5					
Iodine	0.15	0.25- 1.8					
Lithium	0.005	0.007- 0.020					
Phosphorus	183	150- 220					
Selenium	1.0	0.55- 1.1					
Strontium	0.11	0.50- 7.6					
Sulfur	49700	44000- 50000					
Cobalt	0.004	0.005- 0.040					
Iron	9.5	7.0- 16					
Germanium	0.026	0.030- 0.040					
Rubidium	0.012	0.007- 0.096					
Zirconium	0.054	0.020- 0.42					

SPECIMEN DATA

COMMENTS:

Date Collected: 7/20/2009

Date Received: 7/23/2009

Date Completed: 7/25/2009

Client Reference:

Methodology: ICP-MS

Sample Size: 0.197 g

Sample Type: Head

Hair Color: Gray

Treatment:

Shampoo: Johnson

V010.08

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	1.26	4- 30
Ca/P	0.896	1- 12
Na/K	7.9	0.5- 10
Zn/Cu	22.4	4- 20
Zn/Cd	> 999	> 800

Hair test 203 history

First hair test July 2008 (see second hair test history below)

Health history – I have been taking natural thyroid since my teen years. I am now 60. When I was 50 a new doctor insisted that I replace the natural thyroid with a very low dose of Synthroid. That event started the cascade of health problems. Started waking up early in the morning and couldn't get back to sleep. Then came muscle and joint pain – Diagnosed with rheumatoid arthritis in March, 1999. Took Celebrex and Sulfasalazine for years. Wouldn't take Methotrexate. Rheumatologist said find a different doctor, so I found several doctors, a homeopath, acupuncturist, etc., over the years. I was put on Armour Thyroid in 2000. I lost 50+ pounds inexplicably around 2001. Gradually, I discovered that sugar made me hurt worse, so in 2003, I started severely limiting my sugar intake. Food sensitivities were tested for three different times – 24-25 food sensitivities, some remaining the same, some changing (many are sulfur foods). Hypoglycemia diagnosed October, 2007. Osteopenia diagnosed 3-4 years ago – I took Boniva for 4 months until I heard about osteonecrosis of the jaw as a side effect. Have had eye problems – dryness, blepharitis, corneal ulcer, inflammation. Ligaments in foot wouldn't hold cuboid bone in place – much pain when walking – this is getting better with foot manipulations and shoe inserts and special shoes. Mitochondria problems diagnosed Oct. 2007. Can't remember what I read, other minor symptoms.

Current Symptoms – Rheumatoid arthritis pain and stiffness in elbows, forearms, wrists, hands, feet, difficulty walking at times, food sensitivities, inability to gain weight, insomnia (awake in middle of night for 2-3 hours), liver toxicity (?), leaky gut (?), hypoglycemia, osteopenia.

Dental History: Still have wisdom teeth, but had one other tooth removed in elementary school because of small mouth. Three more teeth removed in 1984-5 when I started braces for crooked teeth. My parents made sure we went to the dentist every 6 months as children, so I'm sure I had amalgams placed when I was in elementary school. No root canals.

As of July 21, 2008, all amalgams have been replaced. I have been going to a dentist who only uses composites, but went to a different dentist (who has lots of patients chelating, but not with the Cutler program) for the last 5 amalgam removals.

My mother is deceased so I can't ask her about **dental work before or during pregnancy**. I'm sure if she needed cavities filled, she didn't hesitate to have amalgam placed in her teeth.

Vaccinations – childhood vaccinations, travel (to Europe) shots in 1970 and 1972, several smallpox vaccinations in the early 70s (supposed to inhibit cold sores, I was told), tetanus shots 1988, 2008, cortisone shots for poison ivy, bursitis at various times, allergy shots 1970-1979.

Medications and supplements in the 6 months prior to hair test -

- Armour thyroid – 60 mg daily
- Multivitamin, multimineral with copper – 1 daily
- Vitamin C – 3000 mg per day
- L-Carnitine 250 mg per day
- CoQ10 – 200 mg/day
- Chromium Picolinate 200 mcg twice daily

EPA Fish Oil – 2000 mg/day
Vitamin E-400 IU/day
Milk thistle – 250 mg twice daily
Balance B-50 – one/daily (during the month prior to hair test)
Zinc 50mg daily (during the month prior to hair test)
Vitamin D3 – 1000 IU/day
Calcium Citrate – 630-945 mg/daily
Cod liver oil – 1250 IU Vitamin A and 130 IU Vitamin D per day

Location – Grand Rapids, Michigan, USA

Second hair test, July 2009:

1. Current symptoms - Somewhat better than a year ago, but still not good. Muscle and joint pains in back, arms, wrists, hands, feet are the worst. I do have more stamina. I have not yet had hormones tested, nor have I done parasite/bowel cleanses in the past year. I have recently started saunas.

6. List of supplements and medications taken in past 6 months:

AM before breakfast

Acetyl L-Carnitine – 500 mg
L-Lysine – 500 mg
Buffered Vitamin C with Bioflavonoids – 1 gm

Breakfast

NOW Super Enzymes - 1 capsule
Biotics Research Beta Plus (includes Ox Bile Extract 100 mg, Pancrelipase 50 mg, Beet Concentrate 200 mg, Superoxide Dismutase 20 mcg, Catalase 20 mcg)
Armour Thyroid – 120 mg
Magnesium Citrate – 200 mg
Zinc Gluconate - 50 mg
Chromium Picolinate - 200 mg
Selenium (L-selenomethionine) – 100 mcg
Balance B-50 (50 mg each Vitamin B, plus 400 mcg Folic Acid, 50 mcg vitamin B-12, 50 mcg Biotin)
CoQ10 – 100 mg
Nutricology Adrenal Cortex Organic Glandular – 250 mg
Glucosamine Sulfate – 500 mg
Taurine – 500 mg
Milk Thistle Seed - 250 mg, Milk Thistle Seed Extract – 250 mg
Vitamin E (d-alpha tocopheryl acetate) – 400 IU
Borage Oil – 1000 mg
EPA Fish Oil -1000 mg
Niacinamide – 500 mg

Lunch

NOW Super Enzymes - 1 capsule
Chromium Picolinate – 200 mg
Cod Liver Oil (Vitamin A – 2500 IU, Vitamin D – 270 IU)
Vitamin C with Bioflavonoids (Ascorbic acid) – 1000 mg
TwinLab Daily One Caps (including 800 mcg Folic Acid, 4000 IU beta carotene, 6000 IU Vitamin A, 150 mg Vitamin C, 400 IU Vitamin D, 100 IU Vitamin E, 100 mcg

Vitamin B12, 25 mg Calcium, 15 mg Zinc Picolinate, 2 mg Copper, 200 mcg Sodium Selenate, 200 mcg Chromium Chloride, 150 mcg Molybdenum)
Milk Thistle Seed – 250 mg, Milk Thistle Seed Extract – 250 mg
Phosphatidyl Choline in Lecithin – 420 mg
Calcium Citrate – 630 mg (includes Vitamin D cholecalciferol – 400 IU)

Dinner

NOW Super Enzymes - 1 capsule
Magnesium Citrate – 200 mg
Cinnamon Gymnema Mulberry Complex – 500/500/500 mg
Albion Chelated Calcium – 180 mg including Vitamin D (cholecalciferol) – 100 IU
Chromium Picolinate – 200 mg
Vitamin C with Bioflavonoids (Ascorbic Acid) – 100 mg
Taurine – 500 mg
Milk Thistle Seed – 250 mg, Milk Thistle Seed extract – 250 mg
Vitamin D-3 – 1000 IU
EPA Fish Oil – 1000 mg

Bedtime

Glucosamine Sulfate – 500 mg
Acidophilus