

HAIR ELEMENTS



PATIENT: Number 206
SEX: Male
AGE: 29
LOCATION: Sacramento, CA

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE		
			68 th	95 th	
Aluminum	2.0	< 7.0			
Antimony	0.037	< 0.066			
Arsenic	0.073	< 0.080			
Beryllium	< 0.01	< 0.020			
Bismuth	0.015	< 2.0			
Cadmium	0.020	< 0.15			
Lead	0.06	< 2.0			
Mercury	0.55	< 1.1			
Platinum	< 0.003	< 0.005			
Thallium	< 0.001	< 0.010			
Thorium	< 0.001	< 0.005			
Uranium	0.044	< 0.060			
Nickel	0.05	< 0.40			
Silver	0.01	< 0.12			
Tin	0.29	< 0.30			
Titanium	0.80	< 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	866	200– 750					
Magnesium	140	25– 75					
Sodium	21	12– 90					
Potassium	8	9– 40					
Copper	26	10– 28					
Zinc	310	130– 200					
Manganese	0.08	0.15– 0.65					
Chromium	0.39	0.20– 0.40					
Vanadium	0.16	0.018– 0.065					
Molybdenum	0.024	0.025– 0.064					
Boron	8.0	0.40– 3.0					
Iodine	0.43	0.25– 1.3					
Lithium	0.011	0.007– 0.023					
Phosphorus	149	160– 250					
Selenium	0.82	0.95– 1.7					
Strontium	4.2	0.30– 3.5					
Sulfur	46200	44500– 52000					
Barium	2.6	0.16– 1.6					
Cobalt	0.003	0.013– 0.035					
Iron	9.2	5.4– 13					
Germanium	0.033	0.045– 0.065					
Rubidium	0.006	0.011– 0.12					
Zirconium	0.052	0.020– 0.44					

SPECIMEN DATA

COMMENTS:

Date Collected:
Date Received: 8/14/2008
Date Completed: 8/18/2008

Sample Size: 0.202 g
Sample Type: Head
Hair Color:
Treatment:
Shampoo:

Methodology: ICP-MS

V06.99

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	6.19	4– 30
Ca/P	5.81	0.8– 8
Na/K	2.63	0.5– 10
Zn/Cu	11.9	4– 20
Zn/Cd	> 999	> 800

Health history for hair test 206

1) What are your current symptoms and health history?

Fearful and mild ocd symptoms as a child, then anxiety/panic attack issues started at age 18. Got better with medication (Paxil and klonopin) and had a period of pretty good health for 5 years, then things started going downhill about 3 years ago.

-Neurological symptoms: tingling, burning, pins and needles/numbness, muscle twitches starting with eyes but now whole body is fair game, tremor of ring and pinky fingers.

-Weight loss: Went from 220 to 160 lbs in about 2 years without trying.

-Gastrointestinal issues that were severe at first and have now gotten better with allergy testing and diet modification. However I still have yellow/orange stools so presumably a bile issue (?) as well as a positive leaky gut test taken after symptoms had improved/post diet modification. CDSA showed pancreatic insufficiency, high bile acids and low beneficial bacteria.

-Allergy: Multiple food allergies developed out of the clear blue, High IgA and IgE, negative for Sprue.

-Chemicals: Developed sensitivity to adhesives used in band aids, heart monitor patches, some tapes, etc.

-Mood issues: depression, anxiety, huge, sudden mood swings for no apparent reason.

-Brain fog and concentration issues. Intermittent, then TERRIBLE when GI issues were at their worst, got better, then got worse again but I believe that was tied to glutamine intake in large doses. Have not had an episode since stopping the supplement 2 weeks ago.

-Sleep issues: insominia, myoclonic jerks (hadn't had in a couple years, just started up again).

-Adrenal issues: Generally low cortisol levels after morning rise period, dhea levels wonky (too high or too low), both urine/saliva combo tests I have done suggested adrenal fatigue. About to do a 3rd.

-Thyroid issues: Unexplained thyroiditis (antibody testing was below limits, presumed viral per my endo), T3 and T4 were above normal, TSH was zero. Is self correcting now, 3 months since discovered.

-Liver issues: Elevated ALT (last 3 readings were 90, 80, 77 so may be regulating), Very low cholesterol

-Iron issues: Elevated iron and iron saturation, normal ferritin, both DNA marker for Hemochromatosis. Waiting for liver biopsy results.

-Other: Migraines, periods of easy bruising, tinnitus, eczema that seems to have become psoriasis on hands and feet mainly, periods of heart palps and one sustained rapid heartbeat event lasting 20 minutes (subsequent EKG and 24 hour monitor showed nothing).

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

-All wisdom teeth removed 12 years ago.

-7 amalgams placed from childhood to college (approx 1985-2000).

-No root canals/crowns/braces/etc.

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

-All 7 amalgams removed in 2005, improperly, over 4 sessions and replaced with composites. Only preventative method beyond routine suction was a dental dam on the lower procedures, not the uppers.

-No other dental work.

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

-At least 6 fillings, perhaps as many as 9, she can't recall exactly when all were placed.

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

-All childhood vacs in 79/80.

-Heb B in 2004.

-Varicella in 2004 and again in late 2007, did not work either time (still have insufficient antibodies), very odd. I never had chickenpox despite exposure as child.

-Tetanus booster in 2007.

-No travel or flu shots.

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

Prescription meds:

-Klonopin, .5 mg to .125 mg (on a slow taper off after being on for too long).

Supplements (links to ingredients when available):

-SomniTR, 1/day:

- Coleus forskohlii (standardized 20% forskolin) – 100mg
- Lactium – 75mg
- Pantethine – 20mg
- Melatonin – 2mg

-Lentra, 2/day:

- Magnesium – 22mg
- Taurine – 250mg
- L-theanine – 75mg
- Lactium – 75mg
- NSB (blend of amylase, lipase, protease and BioPerine (standardized for 95%piperine from piper nigrum))

-Prolent, 1/day: <http://www.greenwillowtree.com/-strse-760/PROLENT%C2%AE.-a-Targeted-Nutritional/Detail.bok>

-ADR, 2/day with 2 week breaks every 8 weeks due to Ginseng:
<http://store.totalhealthvitamins.com/pe-ad6.html>

-GlutAloeMine, 2 rounds in previous 6 mo:
http://www.theroadtohealthyliving.com/shop/index.php?main_page=product_info&products_id=883

-Intestinal repair Complex, 2 rounds in previous 6 mo: <http://www.drhoffman.com/page.cfm/430>

-Fish Oil, 2 grams per day.

-Digestive enzymes, plant based.

-Random periods of Vit C intake (500mg-3g/day).

-Started B50, E and Milk Thistle about a month before hair test.

-In the same 1 month period I took some cal/mag/zinc and then zinc alone, 7 times total.

7) Other information you feel may be relevant?

-Long term, low dose klonopin use (98-00 and again from 05-present) may be a factor in some symptoms.

-Boron level could have been impacted by a homemade borax shampoo I use.

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

-Sacramento, CA, however was San Francisco CA 00-07, and Irvine CA 96-00.