

HAIR ELEMENTS



PATIENT: Number 209
SEX: Female
AGE: 35
LOCATION: New York, USA

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT μg/g	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	3.8	< 7.0		
Antimony	0.013	< 0.050		
Arsenic	0.081	< 0.060		
Beryllium	< 0.01	< 0.020		
Bismuth	0.018	< 2.0		
Cadmium	0.012	< 0.10		
Lead	0.06	< 1.0		
Mercury	1.0	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.021	< 0.060		
Nickel	0.12	< 0.40		
Silver	0.02	< 0.15		
Tin	0.07	< 0.30		
Titanium	0.34	< 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	565	300– 1200					
Magnesium	56	35– 120					
Sodium	16	12– 90					
Potassium	8	8– 38					
Copper	10	12– 35					
Zinc	170	140– 220					
Manganese	0.09	0.15– 0.65					
Chromium	0.68	0.20– 0.40					
Vanadium	0.043	0.018– 0.065					
Molybdenum	0.030	0.028– 0.056					
Boron	0.66	0.30– 2.0					
Iodine	0.57	0.25– 1.3					
Lithium	< 0.004	0.007– 0.023					
Phosphorus	182	160– 250					
Selenium	1.1	0.95– 1.7					
Strontium	0.39	0.50– 7.6					
Sulfur	48300	44500– 52000					
Barium	0.21	0.26– 3.0					
Cobalt	0.004	0.013– 0.050					
Iron	17	5.4– 14					
Germanium	0.034	0.045– 0.065					
Rubidium	0.013	0.007– 0.096					
Zirconium	0.035	0.020– 0.42					

SPECIMEN DATA

COMMENTS:

Date Collected: 8/7/2008
Date Received: 8/8/2008
Date Completed: 8/9/2008

Sample Size: 0.199 g
Sample Type: Head
Hair Color: Black

Treatment:
Shampoo: Alberto V05

Methodology: ICP-MS

V06.99

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	10.1	4– 30
Ca/P	3.1	1– 12
Na/K	2	0.5– 10
Zn/Cu	17	4– 20
Zn/Cd	> 999	> 800

Health history for hair test 209

1) What are your current symptoms and health history?

Health history:

Current age: 35

Anxious as a child, but other than that, was a reasonably healthy and normal kid. (BTW, had 8 amalgams placed at around age 8, and had all the standard baby/childhood vaccinations)

As a teen, started to develop depression, mood swings, and anxiety. Also, the first signs of immune dysfunction: got colds very easily and very frequently, and they were pretty bad at times. I went on to develop a chronic (daily!) sore throat and low-grade fever that persists to this day! (although seems a notch better since starting chelation about 2 weeks ago). Not sure if this chronic (daily) throat/fever thing started in the teens or early 20's.

At age 18, moved to NYC to start college, and then the depression and anxiety spun out of control (and started to get panic attacks). This persisted throughout my 20's, and gradually lessened in my early 30's.

In mid-20's, the first signs of adrenal fatigue: significantly lower libido, the beginning signs of hypoglycemia, and jitteriness.

By the early 30's, hypoglycemia had really come to a head (b/c had not addressed it earlier). Jitteriness a major problem.

Also during early 30's, started to get annual flu shots, for a period of maybe 3 or 4 years (one year, I got 2 within a week's time). I believe I was already mercury-toxic to begin with (primarily due to 8 amalgams, and to a lesser extent, vaccinations and some fish consumption), and then the flu shots "put me over the edge" -- b/c I started to develop new, "unexplainable" symptoms then that I'd never had before -- eg. GI issues (chronic burning stomach, and food allergies/sensitivities)

At age 34 (last fall), took an long course of antibiotics for an upper respiratory infection (the aforementioned chronic sore throat and low-grade fever). The after-effects of that were very elevated Candida yeast and bad (anaerobic) bacteria (b/c the antibiotics decimated my good bacteria). (In addition, the sore throat and fever remained!).

A few months after this antibiotic use, I started to get NEW problems -- eg. brain fog started up around Nov./Dec. (and got steadily worse over the next several months); in Jan., started getting mild pressure in heart area (and rarely, subtle "pangs" there), which also persists til now; and a LOT more GI problems (look at list below).

I can understand how high levels of Candida (and bad bacteria) can cause brain fog and GI problems, but not sure if they're related to the heart problem (tests done for heart in Jan. all came back normal... so I suspect either the heart itself, or possible magnesium deficiency, or possible acid reflux?, or the Candida)

Current symptoms:

Brain/mental:

- occasional dysthymia, and rarely, depression
- mood swings
- anxiety
- mild OCD tendencies
- brain fog (and concomitant lethargy/sluggishness)

Endocrine/hormonal:

- adrenal fatigue/hypoadrenalism (low levels of adrenal hormones on blood tests. Will do saliva hormone testing soon to confirm)
- sluggish and inconsistent libido (due to hypoadrenalism -- low level of sex hormones)
- hypoglycemia
- somewhat irregular periods (esp. during and post amalgam removal)

Hormonal +/- "neurological":

- chronic jitteriness / exaggerated startle response / noise sensitivity
- rarely, brief tremor of head (when "startled" -- refer above)
- "uncoordination" feeling / stiff movement feeling (again, related to above)

Gastrointestinal:

- chronic burning stomach
- food allergies/sensitivities

(the following symptoms are recent -- only had for the last 6 - 8 months, post antibiotic use...)

- inconsistent, and rather infrequent, BM's

- very high levels of Candida yeast (dysbiosis)
- high levels of bad (anaerobic) bacteria (dysbiosis)
- malabsorption? (not enough stomach acid +/- digestive enzymes?) (malabsorption suspected b/c lately cholesterol and triglycerides always low, and also lost 5 lb.s in 2 weeks about 2 months ago)
- rarely (once a month), mild anal (bile?) leakage (steatorrhea?) (NOT fecal matter/diarrhea, but I suspect bile -- color is green, oily, and smells different. Also, during BM's during this time, little green oily "droplets" floating on surface of toilet water. -- Anyone know what this is??)
- occasionally, gas

Immune system:

- chronic sore throat and low-grade fever (w/ nasal congestion)
- chronic sour taste in mouth (seems unrelated to oral hygiene -- I believe comes from the sore throat infection -- ie. bacteria from the infection)

Heart:

- chronic mild pressure in heart area (and rarely, mild "pangs" there)

Other:

- frequent urination

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

- 8 amalgams placed as kid (not sure exact age, but around 8 or so).
- No other dental work done (no root canals or braces, and wisdom teeth intact).

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

- Completed amalgam removal in early July, and now have non-toxic glass-type inlays in their place.

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

- She doesn't think she had any dental work done during pregnancy. She did have a couple fillings put in, but doesn't remember if it were before the pregnancy, or a few years later. (Also, this was done in S. Korea, but I'm assuming they use mercury in their amalgams too)

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

- All standard baby/childhood vaccinations (eg. chicken pox, polio, mumps, etc) -- mom thinks from around ages 6 months old to 3 years old or so. (This was done in S. Korea in the early/mid 70's, so not sure if they were any different than those given in the US, but probably not). Got a tetanus booster shot sometime in 20's (and probably before then too).

- No travel shots (that I'm aware), but had annual flu shots in early 30's, for about 3 or 4 years straight.

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

- No meds.

Supplements:

- Solgar Antioxidant Complex (vit. A, C, E, glutathione, cysteine, etc)
- Ester C, about 2000 mg/day
- Vit. D, 1600 IU/day
- Tocotrienols (vit. E), 70 mg/day
- OmegaBrite Omega 3 fish oil caps, 10 caps/day (5000 mg/day)
- L-tyrosine, 500 - 1000 mg/day
- SamE, 800 mg/day
- Adrenal Support Formula (RLC Labs) (adrenal tissue, ashwagandha, rhodiola root extract, ginseng, licorice, ginger, etc)
- Adrenalyze (DaVinci Labs) (all B vit.s, ginseng, ashwagandha, phosphatidylserine, licorice)
- Ulcetrol (NOW) (calcium, zinc, zinc-l-carnosine complex, mastic gum, slippery elm)

7) Other information you feel may be relevant? no

8) What is your location - city & country (so that we can learn where certain toxins are more prevalent). New York, NY (and occasionally Chicago, IL area)