

# HAIR ELEMENTS



PATIENT: Hair Test 217  
 SEX: Male  
 AGE: 39  
 LOCATION: Asker, Norway

| POTENTIALLY TOXIC ELEMENTS |                        |                 |  |                  |
|----------------------------|------------------------|-----------------|--|------------------|
| TOXIC ELEMENTS             | RESULT $\mu\text{g/g}$ | REFERENCE RANGE | PERCENTILE                                       |                  |
|                            |                        |                 | 68 <sup>th</sup>                                 | 95 <sup>th</sup> |
| Aluminum                   | 9.4                    | < 7.0           | [Bar chart showing result at 68th percentile]    |                  |
| Antimony                   | < 0.01                 | < 0.066         | [Bar chart showing result below 68th percentile] |                  |
| Arsenic                    | 0.039                  | < 0.080         | [Bar chart showing result below 68th percentile] |                  |
| Beryllium                  | < 0.01                 | < 0.020         | [Bar chart showing result below 68th percentile] |                  |
| Bismuth                    | 0.015                  | < 2.0           | [Bar chart showing result below 68th percentile] |                  |
| Cadmium                    | 0.022                  | < 0.15          | [Bar chart showing result below 68th percentile] |                  |
| Lead                       | 0.44                   | < 2.0           | [Bar chart showing result below 68th percentile] |                  |
| Mercury                    | 0.52                   | < 1.1           | [Bar chart showing result below 68th percentile] |                  |
| Platinum                   | < 0.003                | < 0.005         | [Bar chart showing result below 68th percentile] |                  |
| Thallium                   | < 0.001                | < 0.010         | [Bar chart showing result below 68th percentile] |                  |
| Thorium                    | < 0.001                | < 0.005         | [Bar chart showing result below 68th percentile] |                  |
| Uranium                    | 0.11                   | < 0.060         | [Bar chart showing result below 68th percentile] |                  |
| Nickel                     | 0.15                   | < 0.40          | [Bar chart showing result below 68th percentile] |                  |
| Silver                     | 0.10                   | < 0.12          | [Bar chart showing result below 68th percentile] |                  |
| Tin                        | 0.13                   | < 0.30          | [Bar chart showing result below 68th percentile] |                  |
| Titanium                   | 0.34                   | < 1.0           | [Bar chart showing result below 68th percentile] |                  |
| Total Toxic Representation |                        |                 |  |                  |

| ESSENTIAL AND OTHER ELEMENTS |                        |                 |                   |                  |                  |                    |
|------------------------------|------------------------|-----------------|-------------------|------------------|------------------|--------------------|
| ELEMENTS                     | RESULT $\mu\text{g/g}$ | REFERENCE RANGE | PERCENTILE        |                  |                  | 97.5 <sup>th</sup> |
|                              |                        |                 | 2.5 <sup>th</sup> | 16 <sup>th</sup> | 50 <sup>th</sup> |                    |
| Calcium                      | 408                    | 200- 750        | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Magnesium                    | 58                     | 25- 75          | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Sodium                       | 19                     | 12- 90          | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Potassium                    | 12                     | 9- 40           | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Copper                       | 13                     | 10- 28          | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Zinc                         | 230                    | 130- 200        | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Manganese                    | 0.12                   | 0.15- 0.65      | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Chromium                     | 0.49                   | 0.20- 0.40      | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Vanadium                     | 0.038                  | 0.018- 0.065    | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Molybdenum                   | 0.034                  | 0.025- 0.064    | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Boron                        | < 0.07                 | 0.40- 3.0       | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Iodine                       | 0.29                   | 0.25- 1.3       | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Lithium                      | < 0.004                | 0.007- 0.023    | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Phosphorus                   | 165                    | 160- 250        | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Selenium                     | 0.94                   | 0.95- 1.7       | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Strontium                    | 1.7                    | 0.30- 3.5       | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Sulfur                       | 48100                  | 44500- 52000    | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Barium                       | 0.37                   | 0.16- 1.6       | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Cobalt                       | 0.004                  | 0.013- 0.035    | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Iron                         | 6.6                    | 5.4- 13         | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Germanium                    | 0.043                  | 0.045- 0.065    | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Rubidium                     | 0.014                  | 0.011- 0.12     | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |
| Zirconium                    | 0.021                  | 0.020- 0.44     | [Bar chart]       | [Bar chart]      | [Bar chart]      | [Bar chart]        |

| SPECIMEN DATA    |            |              |         | RATIOS          |               |                       |
|------------------|------------|--------------|---------|-----------------|---------------|-----------------------|
| <b>COMMENTS:</b> |            |              |         | <b>ELEMENTS</b> | <b>RATIOS</b> | <b>EXPECTED RANGE</b> |
| Date Collected:  | 10/23/2008 | Sample Size: | 0.203 g | Ca/Mg           | 7.03          | 4- 30                 |
| Date Received:   | 10/30/2008 | Sample Type: | Head    | Ca/P            | 2.47          | 0.8- 8                |
| Date Completed:  | 10/31/2008 | Hair Color:  |         | Na/K            | 1.58          | 0.5- 10               |
| Methodology:     | ICP-MS     | Treatment:   |         | Zn/Cu           | 17.7          | 4- 20                 |
|                  |            | Shampoo:     |         | Zn/Cd           | > 999         | > 800                 |

V06.99

## Health History 217

Information about me and my health (sorry about my English, it is not my native language)..

- 1) Current symptoms include fatigue, visionary disturbances, stress intolerance, aching/burning muscles and joints (on and off), tremors, muscle weakness, dry and sore/red eyes, dizziness, tinnitus (ringing in ears), mood swings / depression (from been sick for a long time and/or as a symptom of the toxicity ?), GI trouble. Well, those are the ones I can remember now...
- 2) Can't really remember when I got my first amalgam, maybe when I was around 7 or 8. Haven't had that many, but some of them were quite large (not much tooth left...). No root canals, no braces.
- 3) All amalgam fillings have been removed. The last one was removed in April 2007.
- 4) No dental work during pregnancy. She did have amalgam fillings.
- 5) No flu or travel shots. Have had shots as a child, but nothing out of the 'ordinary'.
- 6) Vitamin C (~1.5 g), vitamin E (525IE), Magnesium 600 mg, multiple B (+ B12 and B6), omega 3-6-9, flax oil, coconut oil, Milk Thistle, zinc (30 mg), calcium (300mg), calium (200 mg), ginger, Q10 (30mg).
- 7) Had two visits to the dentist in 2006 (May and October). At both times old amalgam fillings were drilled in (without any protection). The fatigue started about August 2006 and got worse during autumn. Before these visits to the dentist I 'only' had some GI trouble, and some tinnitus and dizziness (on and off) which started back inn 1998 after a back injury (ruptured disc). Mercury toxicity have been shown with porphyrin test, and I also have yeast/candida. I have been chelating with DMSA since May 2007. Have tried ALA (3 mg) a few times, but have ended up feel so much worse that I have done several rounds of DMSA only before next ALA trial. Haven't managed to use more than 33 mg DMSA due to GI trouble. Took a break from chelation this summer to try and fix the candida (Nystatin). This has helped. I think I can say I followed the e(d?) curve in the figure at page 52 in AI until the dumping was over. Now, It feels like things are going downhill. Haven't really had tremors until now.
- 8) Asker, Norway