

HAIR ELEMENTS



PATIENT: Number 230

SEX: Female

AGE: 22

LOCATION: Suburban area near Toronto, Ontario, Canada.

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	3.2	< 7.0		
Antimony	0.018	< 0.050		
Arsenic	0.069	< 0.060		
Barium	4.8	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.14	< 2.0		
Cadmium	0.033	< 0.050		
Lead	0.14	< 0.60		
Mercury	0.43	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	0.001	< 0.002		
Uranium	0.006	< 0.060		
Nickel	0.16	< 0.30		
Silver	0.02	< 0.15		
Tin	0.09	< 0.30		
Titanium	0.50	< 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	2110	300– 1200					
Magnesium	160	35– 120					
Sodium	10	20– 250					
Potassium	4	8– 75					
Copper	29	11– 37					
Zinc	180	140– 220					
Manganese	1.3	0.08– 0.60					
Chromium	0.40	0.40– 0.65					
Vanadium	0.018	0.018– 0.065					
Molybdenum	0.042	0.020– 0.050					
Boron	0.16	0.25– 1.5					
Iodine	2.5	0.25– 1.8					
Lithium	< 0.004	0.007– 0.020					
Phosphorus	145	150– 220					
Selenium	0.87	0.55– 1.1					
Strontium	7.4	0.50– 7.6					
Sulfur	45000	44000– 50000					
Cobalt	0.094	0.005– 0.040					
Iron	42	7.0– 16					
Germanium	0.039	0.030– 0.040					
Rubidium	0.003	0.007– 0.096					
Zirconium	0.30	0.020– 0.042					

SPECIMEN DATA

COMMENTS:

Date Collected: 11/16/2008

Date Received: 11/24/2008

Date Completed: 11/26/2008

Client Reference:

Methodology: ICP-MS

Sample Size: 0.196 g

Sample Type: Head

Hair Color: Brown

Treatment:

Shampoo:

V010.08

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	13.2	4– 30
Ca/P	14.6	1– 12
Na/K	2.5	0.5– 10
Zn/Cu	6.21	4– 20
Zn/Cd	> 999	> 800

Health history for hair test 230

1) What are your current symptoms and health history?

Food Allergies/Intolerances: I have various reactions to a large number of foods, and I am developing more and more food allergies/intolerances as time goes on. The immediate reactions I have to some foods are slight swelling of the throat/difficulty breathing, mucus in my throat, and hives. The delayed reactions are eczema, acne, oily skin, and digestive problems (either constipation or diarrhea depending on the food). Some foods give me all of the above symptoms, and some just give me one or two. The foods I react to are: dairy, gluten, eggs, soy, peanuts, tree nuts, some seeds, citrus fruit, bananas, coconut, palm oil, garlic, and shellfish. I have always been allergic to dairy and shellfish, but all the other allergies or intolerances developed in the past couple of years.

IBS:

Recently, I developed IBS with alternating diarrhea and constipation. I think this is separate from the food allergies because it's triggered by certain TYPES of foods or meals -- raw vegetables, high fat meals, etc. I can keep it under control to some extent by avoiding those types of foods and making sure every meal has soluble fiber, but I can't control it 100%.

Hormonal Issues/Insulin Resistance:

I have symptoms of PCOS (Polycystic Ovarian Syndrome) -- mainly acne, oily skin, and hirsutism (excess hair), but according to my doctor, I do not actually have PCOS because all of my bloodwork is normal and I don't have ovarian cysts. I believe I have insulin resistance though, which is one of the main causes of PCOS. I have not been tested for it, but I have been taking a supplement for insulin resistance that helps a lot of PCOS women, and my symptoms have been greatly reduced as a result. Taking this supplement combined with dieting and exercising as if I have insulin resistance keeps my acne, oily skin, and hirsutism mostly under control... but I have become rather underweight as a result (BMI of 16.9). If I stop exercising or eat more in order to gain weight, my symptoms increase. I have read that there could be a link between mercury and insulin resistance... and I'm hoping that once I chelate the mercury, I won't have to diet and exercise so strictly so I can gain weight.

Insomnia:

I suffered from insomnia for almost my whole life, and only when I started treating my insulin resistance did it improve/almost disappear entirely. A month or two ago, I would have said that I did not have insomnia anymore. However, about a month ago (shortly after I had a vaccine -- see question #5), it came back severely for a couple of weeks. It has since improved again, but I am not sleeping as well as I was before the vaccine.

Seasonal Allergies:

I am allergic to several types of grass, and I get symptoms every June -- sneezing, stuffed up nose, and itchy eyes. I have had these allergies since I was around 11 or 12.

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

I had 4 amalgam fillings. One of them was put in when I was 15. I believe the other three were put in when I was around 9 or 10.

I haven't had any root canals or braces, or wisdom teeth removed.

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

I have several composite resin fillings. I had all four of my amalgams removed (two at a time, one week apart, done with proper precautions) in May 2008.

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

She had/has a mouthful of amalgam fillings, and had one amalgam put in while pregnant with me.

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

I believe I had all the regular childhood vaccinations (not sure exactly which ones and when).

Six weeks ago, I had a TD (Tetanus and Diphtheria) vaccine that may have contained "trace amounts of mercury".

I had allergy shots for a few years as a teenager. I'm not sure if these contained thimerosal.

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

Calcium (500 mg)/Magnesium (250 mg) with Vitamin D (100IU) *
B-complex (25 mg) with Zinc (15 mg) and Vitamin C (500 mg) *
digestive enzymes
probiotics

*I do not take these every single day. I try to, but I usually miss some days.

7) Other information you feel may be relevant?

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

Suburban area near Toronto, Ontario, Canada.