

HAIR ELEMENTS



PATIENT: Number 247
SEX: Female
AGE: 37
LOCATION: Philadelphia, PA, USA

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	1.9	< 7.0		
Antimony	0.011	< 0.050		
Arsenic	0.059	< 0.060		
Barium	0.31	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.014	< 2.0		
Cadmium	< 0.009	< 0.050		
Lead	0.11	< 0.60		
Mercury	0.31	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.003	< 0.060		
Nickel	0.13	< 0.30		
Silver	0.47	< 0.15		
Tin	0.02	< 0.30		
Titanium	0.45	< 0.70		
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	479	300- 1200					
Magnesium	39	35- 120					
Sodium	110	20- 250					
Potassium	68	8- 75					
Copper	16	11- 37					
Zinc	240	140- 220					
Manganese	0.06	0.08- 0.60					
Chromium	0.38	0.40- 0.65					
Vanadium	0.031	0.018- 0.065					
Molybdenum	0.034	0.020- 0.050					
Boron	0.74	0.25- 1.5					
Iodine	0.29	0.25- 1.8					
Lithium	< 0.004	0.007- 0.020					
Phosphorus	221	150- 220					
Selenium	0.98	0.55- 1.1					
Strontium	0.67	0.50- 7.6					
Sulfur	48500	44000- 50000					
Cobalt	0.003	0.005- 0.040					
Iron	7.5	7.0- 16					
Germanium	0.027	0.030- 0.040					
Rubidium	0.082	0.007- 0.096					
Zirconium	0.14	0.020- 0.42					

SPECIMEN DATA

COMMENTS:
 Date Collected: 1/17/2009 Sample Size: 0.203 g
 Date Received: 1/23/2009 Sample Type: Head
 Date Completed: 1/24/2009 Hair Color: Brown
 Client Reference: Treatment: Dye
 Methodology: ICP-MS Shampoo: Garnier Nutrisse

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	12.3	4- 30
Ca/P	2.17	1- 12
Na/K	1.62	0.5- 10
Zn/Cu	15	4- 20
Zn/Cd	> 999	> 800

Health history for hair test 247

1) What are your current symptoms and health history?

My current symptoms are perhaps not as bad as others, so I should be thankful, but they are nonetheless frustrating. If I eat certain foods I have fatigue and depression. Regardless of what I eat I have low libido and my temperature is usually below 98. My previous lab tests showed I have very low vit A, vit D, iron, copper (slightly) and magnesium. I have been on supplements to try to correct this for a few months. I haven't had a cold, flu or any contagious illness since 2006. I have read Candida can do that but I'm not sure why. (Candida/yeast was what I knew I had before I realized that mercury was what was ultimately causing that.)

My symptoms used to be worse before I went on the Candida diet over a year ago. Back then I also had oral thrush, sore throat, hives, itching, exhaustion and pretty bad depression. These symptoms would come and go and I didn't have all of them all the time. But I did have some of them all the time.

My health history is the following. I was a healthy person most of my life with occasional depression and a lot of laziness but nothing horrible. About 8 years ago I had recurring vaginal yeast infections. I also felt tired, hung-over (w/o drinking anything), run down, and was thirsty often. A doctor finally realized I might have systemic yeast/Candida. I took Nystatin, altered my diet for a few months, and everything returned to normal except for pain during intercourse. I was OK for about 2 or 3 years. Then 3 years ago, after much family stress, all my Candida symptoms (listed above) came back. I went on the Candida diet and felt much better, but if I tried to eat un-allowed foods all the symptoms came back. I knew there must be an underlying problem. So I had a dmsa urine challenge test (I didn't know it was dangerous at the time). It came back as very high lead and mercury levels.

I just finished having all 15 mercury amalgam fillings replaced. It took about 2-3 months. There was extensive decay under all of them. I took the hair sample for this test during the removal process a few weeks ago.

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

I had my first amalgam filling placed at probably 6 years old, not sure exactly, and had more put in over the years. I had most of them put in as a teenager and in my twenties. I have had 2 root canals. I had them done as a teenager and perhaps one in my twenties. I had braces for about 2 years when I was about 12. I had 3 wisdom teeth removed around 1991 at the age of about 20. (I only had 3 wisdom teeth).

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

I just finished having all 15 mercury amalgam fillings replaced. It took about 2-3 months. There was extensive decay under all of them. I now have about 10 porcelain crowns and composite resin fillings. My dentist used materials with little or no metal in them. I believe he also had to put in some fiberglass bonded posts.

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

She says she had "a whole mouthful" of amalgam fillings during her pregnancy with me.

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

I may have had the flu shot once or twice about 5 years ago but I'm not sure of the exact time. I remember having the measles, mumps, rubella vaccine in college. I have not had any travel shots.

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

I take pharma-grade supplements:

multi vitamin w/ iron , vitamin D - 4000/day, magnesium - 1000mg/day, omega 6 - 500mg/day, omega 3 - 2400mg/day, vitamin C (powder) in water throughout day, probiotics: saccharomyces boulardii - 1000mg/day, acidophilus/bifodobacterium lactis blend - 30 billion organisms/day, B 50 complex (but not pharma-grade) - 1capsule of various b's/day, calcium citrate (but not pharma-grade)

For a couple weeks in October of 2008 I took a product called Chelex twice a day. My alternative med doctor prescribed it after my metals test came back. It had DMSA and cilantro in it. I felt fine on it but stopped after 2 weeks because that's when I found out about Cutler. Luckily I don't think it did any bad damage.

7) Other information you feel may be relevant?

I dye my hair and have for the last 8 years. I also dyed it once in awhile in high school and college. When I took the hair sample for this test I used hair on the back of my head below the tops of my ears that I had not dyed recently and took the samples within 1-2 cm of my scalp.

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

Philadelphia, PA, USA