

Health history for hair test 275

1) What are your current symptoms and health history?

I have suffered from major depression for many years, and I was diagnosed Bipolar Type II disorder in 2001. I have been in therapy for 15 years on and off to learn to deal with the mood swings and anger that I struggle with. In 2007 I was diagnosed with A.D.D and given stimulant drugs that made me very sick. Ever since I got my 4th Amalgam filling in February of 2007 I have went downhill very fast, prior to that I was able to function in my daily life, now I am not able to function. My doctor believes that I now have Hashimoto's, an autoimmune disease. I also do have adrenal fatigue stage 7 (my adrenal glands are not working at all right now). This makes it very difficult to get out of bed in the mornings. And I drag myself around all day long. My body cannot produce cortisol or DHEA. I developed severe allergies and asthma at the age of 35 shortly after getting my 4th amalgam filling put in. I developed hypothyroidism shortly after getting my 4th amalgam filling in 2007. I take thyroid meds now as of last year. I have Restless legs syndrome, carpal tunnel syndrome, severe mood swings and fatigue that is so bad that I have not been able to care for my 2 small children in over 2 years. I stay in bed for days and sometimes weeks. I have NO motivation, I have phobias now where I do not like to be around a lot of people or to go out in public much, and most of my time is spent inside my home. This is shocking because I won class clown in high school and was a social butterfly until my last amalgam filling 2 years ago in 2007. I have poor memory problems, I lose everything and I cannot remember much of anything anymore, it's like I have Alzheimer's disease. I also have many symptoms of Multiple Sclerosis, muscle twitching and muscle spasms all over my body 24 hours a day. I urinate frequently well over 15 times per day and 2 to 3 times at night. I have frequent infections, such as chronic bronchitis infections, upper respiratory infections, bladder infections, urinary tract infections. I always have a cold or the flu. I get low grade fevers weekly for no apparent reason. Fluctuating periods of constipation and diarrhea, severe hair loss (hair falls out in clumps), I have a very low body temperature around 97 to 97.2F daily. Low Blood pressure, Heart murmur developed shortly after amalgam in 2007. Stomach troubles (such as IBS, Gas, indigestion, etc.), Foggy Brain - Unable to think clearly - Ringing in ears/dizziness upon standing/fluid in ears - Itching inside of ears - Memory problems (short term and long term memory problems) - Lack of concentration or confusion - Dry Skin or Dry hair - Feeling sick all over - general Malaise - Lethargy or feeling the need to sleep all the time - Low Levels of Vitamin D - Low Levels of Vitamin B-12 - Low Levels of Ferritin (Iron storage) - High Cholesterol levels -Intolerance to Heat -Intolerance to Cold - Debilitating reaction to any exercise -Cold Hands and Cold Feet and Cold Rear End - Feeling hot at night, but freezing in the morning - Pain (Joint pain, muscle pain and body pain) - Inability to hold kids for very long at all - Carpal Tunnel Syndrome (tingling or numbness in hands or fingers) - Restless Legs Syndrome (urge to move your legs at night time) - Reynaud's Phenomenon (fingers or toes turn white or blue) -Belly fat - Small bumps on legs or back of upper arms - Difficulty walking up a hill or slight grade - Swollen lymph glands -Osteoporosis - Poor Handwriting (not legible) - Moody, or Mood swings -Skin Twitching or Muscle Spasm (twitching) -Teeth impressions on my tongue - Itchy skin especially at night while in bed - Inability to work at all or to work full-time - Inability to stand on feet for long periods of time - Normal Blood tests - Weak Immune system -Hormonal Problems (all my hormones are low: DHEA, Cortisol, Testosterone, Progesterone are all very low) - Perimenopause (early Menopause) -Inability to eat breakfast - Inability to get motivated or fully wake up until after 10:00 A.M. - Insomnia or frequent waking throughout the night - Bloating, swelling or Edema in face or other body - Frequent and constant yeast infections (candida overgrowth) and Thrush (yeast infection on tongue) - Less stamina and less energy than most people -Need for stimulants such as coffee or caffeine -Feeling like I've been hit by a Mack Truck or Train in the mornings -Long recovery period after any activity -Arms feeling like dead weights after heavy activity -No eyebrows or thinning outer eyebrows - Require naps in the afternoon -Sleep Apnea -Heartburn -Gerd or Reflux -Hypoglycemia - Air Hunger (feeling like you can't get enough air) - Inability to function in a relationship with anyone (losing friends) - Low Libido or low or NO sex drive -Moody around my periods/PMS -Suicidal thoughts - Really Painful Periods -Headaches -Inability to stand on feet for long periods of time -Extremely crabby, irritable, and intolerant of others -Broken or peeling fingernails or dry brittle nails -Startle very easy (jump at any noise or sound) -Sensitivity to noises -Sensitivity to smells or odors - Sensitivity to lights -Sensitivity to chemicals -Inability to multitask or talk to someone when the TV is on -Lack of motivation -Loss of interest in things I once loved -Lactose Intolerance/Gluten intolerance -Allergic to things that I never used to be allergic to (growing allergies) - Constant

worrying or panic - Chronic Fatigue Syndrome -Adrenal Fatigue or Adrenal Insufficiency -
Fibromyalgia

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

When I was about 10 years old in 1982 I had 4 large amalgams done in 3 of my molars. Then in February of 2007 I had another large amalgam put into another large molar. In January 2009 I had a large mercury filled molar extracted improperly. I have never had braces or a root canal done before.

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

Currently I have 4 amalgam fillings in my mouth one in each of my molars (one in each quadrant). I have not started any dental work yet, I will get my amalgams removed in 2 days (April 16 2009).

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

She has many mercury fillings done during her pregnancy with me.

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

I have had all the regular children's vaccinations in the 1970's and 1980's and also had several flu shots in recent years and in the past.

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

Hydrocortisone 5mg --- 4 to 5 times per day
Armour Thyroid -- 1 grain twice daily
Nystatin (antifungal) – 50,000 units 3 times per day
Biotin ---- 1000mcg daily
B-Comp - twice daily
B-12 -- 5000mcg twice daily
B-6 --- 500mg 3 times per day
B-5 --- 100mg 3 times per day (active form of B5)
Folate --- 800 daily (active form of folate)
Iodoral (iodine) --- 12.5mg once daily
Vitamin A --- 10,000 units daily
Vitamin C --- 2000mg 3 times per day
Vitamin D3 --- 2500IU's twice daily
Vitamin E ---- 400 daily
Calcium Citrate --- 400mg twice daily
Magnesium Citrate --- 400mg twice daily
Niacin (B-3) -- 50mg once daily
Zinc (Picolinate) with B-6 ---- 30 mg once daily
Selenium ---- 100mg twice daily
Adrenal Glandulars (bovine) ---twice daily
Probiotics
Cod Liver Oil

7) What is your age, height and weight?

As of now, April 14, 2009 I am 37 years old and I am 60 inches (5 feet tall) and I weight 120 pounds.

8) Other information you feel may be relevant?

My sister also has all of the major debilitating symptoms that I have but much worse then me and she has 12 amalgam fillings (3 times the amount that I have) but she lives in Iceland where they do not use the proper protocol to remove mercury.

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

I live in Suffolk, Virginia