

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	5.9	< 12		
Antimony	0.025	< 0.060		
Arsenic	0.050	< 0.090		
Barium	1.3	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.25	< 2.0		
Cadmium	0.026	< 0.050		
Lead	0.27	< 1.0		
Mercury	0.42	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	0.001	< 0.002		
Uranium	0.19	< 0.060		
Nickel	0.13	< 0.40		
Silver	0.03	< 0.10		
Tin	0.11	< 0.30		
Titanium	0.59	< 1.3		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS							
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium	724	475- 1500					
Magnesium	82	45- 180					
Sodium	77	80- 450					
Potassium	41	28- 160					
Copper	11	11- 30					
Zinc	170	130- 200					
Manganese	0.19	0.15- 0.65					
Chromium	0.37	0.40- 0.65					
Vanadium	0.076	0.018- 0.065					
Molybdenum	0.088	0.040- 0.10					
Boron	0.90	0.40- 4.0					
Iodine	1.2	0.25- 1.8					
Lithium	0.007	0.008- 0.030					
Phosphorus	227	250- 500					
Selenium	1.2	0.80- 1.3					
Strontium	4.3	1.0- 8.0					
Sulfur	47900	42000- 48000					
Cobalt	0.008	0.006- 0.035					
Iron	8.2	7.0- 16					
Germanium	0.037	0.030- 0.040					
Rubidium	0.045	0.030- 0.25					
Zirconium	0.058	0.040- 1.0					

SPECIMEN DATA				RATIOS		
<b>COMMENTS:</b>				<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected:	6/7/2009	Sample Size:	0.199 g	Ca/Mg	8.83	4- 30
Date Received:	6/11/2009	Sample Type:	Pubic	Ca/P	3.19	1- 12
Date Completed:	6/12/2009	Hair Color:	Brown	Na/K	1.88	0.5- 10
Client Reference:		Treatment:	Dye	Zn/Cu	15.5	4- 20
Methodology:	ICP-MS	Shampoo:		Zn/Cd	> 999	> 800
				V010.08		

## Health history for hair test 293

1) My amalgams were put in mostly around the age of 11-12, looking back I can see how these things have progressed over the last 10 years. I had a stillbirth 10 years ago - being a good patient had all my dental work checked up and done ( a couple fillings put in, which were composite in, but amalgam out - she used a dam but that is all)) as soon as I knew I was pregnant - I even remember asking the doctor if there was anything that we did that would have contributed the loss. I then got pregnant again and again did all my dental stuff, but don't remember if there were fillings at that point - and my youngest son was born 9 weeks early - I just started losing amniotic fluid for no apparent reason, but was under the care of an exceptional doctor and my son was okay (although I think probably has mercury too - once I'm on track I'll look at him). About a year after he was born my health crashed mentally and physically I was rung out- it was chalked up to two years of stress and hormones, which was probably part of it. After reading about the mercury complications it makes me wonder. Then last August I had a bunch of dental work - two crowns put in. In October I went some through some emotional trauma and at the same time a lot of these symptoms came on strong. They seem to wax and wane, but never really go away - a lot of the quality of my day is in my ability to handle things mentally and not let this get to me.

I try not to attribute everything to amalgams, but I think they contribute to a shaky foundation for everything else. The mental part is soooo frustrating - it is just not me.

Anxiety - extreme at times like I want to jump out of my skin, and irrational , compulsive fears about things like I just can't let things go  
Short attention - can do routine things okay, but to focus and sustain a deeper concentration difficult - like my mind is not there - I'll be talking to my son and answer his questions with a sentence that has nothing to do with what we are talking about  
Social anxiety - I am uneasy around people and uncomfortable to commit to anything and this is just not me - even a year ago  
Memory - forgetting things mid-sentence, what I did just a few moments ago etc..  
Irritability - out of context reaction to things  
Moodiness - sometimes very down - sometimes angry/agitated  
Dizziness - moments of it or an unbalanced feeling (even when sitting)  
Less coordination - in particular typing on the computer is hard right now  
Low energy  
Headache almost all the time - I think this is in part due to stress and my neck curvature is not great  
Ears ringing  
Metallic taste  
Grind teeth at night  
More food sensitivities irritated gut - developed these in the last 5 years, never had any allergies before.  
Legs feel weak - wobbly, or shaky feeling particularly in knees and ankles  
Muscle cramps, burning muscle sensation, roaming muscle soreness all of which do not seem connected to any particular activity  
Cold feet/hands -  
Body temperature off - often cold when others are comfortable, I feel cold but then I am sweating  
Night Sweats - some nights still bad even on bioidentical progesterone

2) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc..) 14 amalgams from the time al was 11 years old, recently they were cracking and falling out - had four crowns placed as teeth broke. One crown had amalgam under it and read high on galvanic testing (130mV). I had braces twice oin my life, metal ones at the age of 12, and

half metal half plastic when I was about 27. Wisdom teeth pulled at age 17. No root canals or anything else.

3) **What dental work do you currently have in place? What part of the dental cleanup have you completed?** All amalgams out using proper protocol. Half my mouth in March the other this May. Right now I have lots of temp crowns and overlays,

4) **What dentistry did your mother have at any time before or during pregnancy?** None she says, but she has very bad teeth and has lots of stuff done her whole life – now she has implants and bridges...

5) **What vaccinations have you had and when (including flu and especially travel shots)?** Standard vaccinations for early 60's, with the addition that I was born in Germany and had some kind of big shot before I came to the United States – I have a big scar on my left upper arm. Recently had a tetanus shot (it had no thimerosal), but it wiped me out. As an adult I have avoided most shots.

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

NutraMedix Trace Minerals – liquid form 15 drops 2x per day

Emergen-C 1000 – Two times a day

Immunoglobulin Concentrate (IgG2000 DF Xymogen EP) - immune system support

GastrAcid – digestive support each meal

Folic Acid 400mcg 2x per day

Carlson cod liver Oil – 4000mg

Vitamin E- 400IU

IQ Maximizer – 2 tablets per day –

Vitamin D3 5000 IU

Co-Q 10 200-300mg (100mg 3x per day)

Saccharomycin DF (for Candidiasis)

Magnesium Citrate 800mg

Calcium 500 mg

Primal Defense – probiotic 2 tablets daily

B- Complex 50mg 3 times per day

B-12 sublingual 2500 mcg

Milk Thistle – 300mg (100 3x per day)

CLA – 1000 mg

#### **Things I took recently but stopped**

King-Chlorella 10 tabs before each time I eat –

chlorella pyrenoidosa 200mg per tablet

total 6000mg per day for 8 wks

Acetyl-L-Carnitine 250mg

Cellular Silver 200mcg – 7 sprays spray under tongue – immune system support

ALA 300mg 2x per day

Garlic – 600 mg freeze dried one with each meal

- 7) Other information you feel may be relevant?
- 8) What is your location? Irvine, California USA