

HAIR ELEMENTS



PATIENT: Number 303
SEX: Female
AGE: 48
LOCATION: Tucson, Arizona USA.

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	1.9	< 7.0		
Antimony	0.018	< 0.050		
Arsenic	0.052	< 0.060		
Barium	4.0	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.057	< 2.0		
Cadmium	0.030	< 0.050		
Lead	0.17	< 0.60		
Mercury	0.22	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	0.002	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.059	< 0.060		
Nickel	0.09	< 0.30		
Silver	0.02	< 0.15		
Tin	0.08	< 0.30		
Titanium	0.41	< 0.70		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS						
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE			97.5 th
			2.5 th	16 th	50 th	
Calcium	1700	300- 1200				
Magnesium	420	35- 120				
Sodium	110	20- 250				
Potassium	75	8- 75				
Copper	10	11- 37				
Zinc	160	140- 220				
Manganese	0.30	0.08- 0.60				
Chromium	0.30	0.40- 0.65				
Vanadium	0.12	0.018- 0.065				
Molybdenum	0.033	0.020- 0.050				
Boron	1.6	0.25- 1.5				
Iodine	0.31	0.25- 1.8				
Lithium	0.18	0.007- 0.020				
Phosphorus	159	150- 220				
Selenium	1.0	0.55- 1.1				
Strontium	16	0.50- 7.6				
Sulfur	44900	44000- 50000				
Cobalt	0.009	0.005- 0.040				
Iron	3.4	7.0- 16				
Germanium	0.036	0.030- 0.040				
Rubidium	0.12	0.007- 0.096				
Zirconium	0.068	0.020- 0.42				

SPECIMEN DATA				RATIOS		
COMMENTS:				ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 7/12/2009	Sample Size: 0.2 g			Ca/Mg	4.05	4- 30
Date Received: 7/16/2009	Sample Type: Head			Ca/P	10.7	1- 12
Date Completed: 7/20/2009	Hair Color: Brown			Na/K	1.47	0.5- 10
Client Reference:	Treatment:			Zn/Cu	16	4- 20
Methodology: ICP-MS	Shampoo: Baking Sodavinegar			Zn/Cd	> 999	> 800

Health history for hair test 303

1) What are your current symptoms and health history? Current symptoms: fatigue, hypoglycemia, muscle weakness, ADD/memory problems/brain fog, anxiety, weak digestion, food allergies/sensitivities, anemia, environmental and chemical sensitivities, candida, gallbladder and liver congestion/pain, intestinal inflammation and tendency towards constipation.

Health history: Main symptoms, all of which started in childhood and early teens: chronic constipation, food allergies/sensitivities/addictions, weight gain, IBS symptoms, candida, cystic acne, fatigue, depression, anxiety, ADD, prone to bad upper respiratory and throat infections when younger, pain in the kidney area (after awakening in the morning).

Had a lower GI and a sigmoidoscopy (age 21?) which showed no structural abnormalities or occlusions (they told me I was constipated and should eat more fiber).

Was prescribed long courses of tetracycline for acne - late teens early 20's.

Early 20's - "diagnosed" with candida (by a skin test), put on nystatin (anti-fungal), did the candida diet, and also had colonics.

Used tap water enemas more or less daily basis for throughout the 1980's. Dropped out of college because I did not have the energy to work and go to school both. During this period, I had chronic urinary tract infections and took antibiotics for that on many occasions. I had some sort of kidney attack, more courses of nystatin, and for a long period I took pseudoephedrine and Excedrin (caffeine & aspirin) every morning and lots of coffee so I could function. Stopped the pseudoephedrine and Excedrin after developing welts all over my legs (1989?). At that time I was cleaning houses part time for a living so I had daily chemical exposure for about 4 years.

Went on a raw food, vegan, high-fruit diet around 1990. Was still constipated (still had candida and didn't realize it). Began using herbal laxatives (senna) instead of enemas - 2 cups senna daily for the next decade more or less. This was a great improvement over the enemas, but this diuretic use compounded my mineral deficiencies. I had restless leg syndrome for at least 15 years, before realizing it was a mineral deficiency. Developed fairly severe chemical sensitivities which made employment outside of the home very problematic. This ~10 year period however, was the closest I've experienced to having a "normal" life in regards to my health and otherwise. Yet I still functioned at a low level energy-wise.

In 2001, had a broken amalgam replaced with a very large amalgam. Immediately after I developed a throat infection then an upper respiratory infection that recurred monthly for several months, also severe flu at one point (didn't make the connection to the dental work at the time). I was completely exhausted and consulted with Elson Haas MD in early 2002. He put me on nystatin (again), an anti-candida diet and also armour thyroid. I had a stool analysis from Great Smokies lab and it showed I had no "good" microflora in my intestines, along with the candida and some evidence of parasites. I was still extremely hypoglycemic and couldn't digest the foods on the candida diet - I couldn't really function without coffee to stimulate my adrenals and sugars that feed directly into my bloodstream.

In 2002, moved to Gabriel Cousen's Tree of Life Rejuvenation Center seeking support for healing and staying on a raw vegan diet. I learned that I needed supplementation to help my body heal. Had electro-dermal screening diagnostics there and was told I had a very high level of deep-tissue toxicity (including mercury) and therefore should not fast. Was told that I needed to rebuild my body's functions to handle detoxification. At the time, I still didn't understand the relationship between the mercury and all the health problems. I couldn't afford the \$200 (minimum) weekly to stay on their supplement regimen.

Did a liver flush in 2003 that I prepared for well in advance with supplements to dissolve calcium deposits. The flush resulted in huge blood loss vaginally (apparently, detoxification through the blood). Right after that I developed fibroids and endometriosis. For a time, the endometriosis was quite debilitating (I still lose very large amounts of blood every month). I became very anemic (unknowingly) and was quite fatigued with other signs of estrogen dominance and worsening ADD for the next several years. I was unable to work enough to support myself and was dependent on friends and family to some degree.

In early 2007 I had an unintentional exposure to heavy cigarette smoke for a 2 week duration. My candida and ADD got much worse after that. I consulted briefly with Michael Biamonte the candida specialist, but I couldn't afford to do his whole program. I had a bad gallbladder attack around this time; I had another one in 2008.

In 2008 I went on the Body Ecology diet, and started using a variety of supplements including several weak chelators (chlorella, garlic, modifilan etc.). The diet itself is very high in sulfur foods. I got progressively worse instead of better over a number of weeks – extreme fatigue and muscle weakness. I found Andy's information about sulfur foods and supplements and the reaction they can cause for mercury toxic people. I went off all sulfur foods and supplements and felt tremendously better. All candida symptoms went away. I began to follow Andy's advice for supplementation, adrenal support etc. (as much as I could afford) and this was also extremely helpful. I'm still working out how I can earn the money to pay to have my amalgams replaced.

2) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...) Had amalgams in my baby teeth, but don't remember what age. I had braces early – by the age of 9. My orthodontic work included the surgical removal of 4 permanent teeth. Braces off by the age of 12.

Had 7 amalgams in my permanent teeth. One was replaced in 2001 (see health history). Another tooth broke in 2007 - a corner of this tooth chipped off along with part of the amalgam. Couldn't afford to get it fixed and had to take great care to keep it from becoming painfully infected. Had it extracted in April 2009 after it became irritated and unbearably painful. Against my better judgment I did a course of antibiotics - the candida flared up badly as a result. No special precautions were taken in extracting this tooth.

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

I still have 6 amalgams.

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

I believe she had amalgams but not sure.

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

"Normal" childhood vaccinations (born in 1960), not sure which. Might have had flu shots when I was younger, but I have not had any vaccinations that I can recall within the past 30 years.

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

Varied considerably during the past 3 – 6 months mainly due to finances. I have not taken the full recommended dosages (per Andy) because of the cost. Here is a guess at daily averages in the months before this test (probably over estimating):

Magnesium: 400 mg
Potassium: 50 mg
Selenium: 200 mcg
Zinc: 30 mg
Chromium: 100 mcg
Vanadium: 300 mcg
V-C: 1000 mg
V-E: 300 mg
V-D: 2400 IU
B-50 with high folic acid: 1x daily
B-12: 500 mcg
Panthenic Acid: 200 mg
Niacinamide: 200 mg
Biotin: 300 mcg
DMG: 50 mg
Pregnenolone: 5 mg
Taurine: 200 mg
Aloe Ferox: 225 mg
Also various herbs (i.e. for adrenal support), but inconsistently

7) Other information you feel may be relevant? At the time of this test, I had recently stopped using shampoo and mostly used baking soda and raw apple cider vinegar to “wash” my hair. Before that I used very mild mostly organic shampoos and conditioners.

I have had off-the-charts chronic stress through much of my adult life (caused indirectly by my health issues), but especially during the last 9 years.

8) What is your location - city & country (so that we can learn where certain toxins are more prevalent). Currently in Tucson, Arizona USA. I have lived throughout California and 3 different times in Arizona. I have moved about 60 times in my adult life.