

HAIR ELEMENTS



PATIENT: Number 319
SEX: Female
AGE: 36
LOCATION: Atlanta, Georgia, U.S.A

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE		
			68 th	95 th	
Aluminum	4.6	< 7.0			
Antimony	0.029	< 0.050			
Arsenic	0.023	< 0.060			
Barium	1.9	< 2.0			
Beryllium	< 0.01	< 0.020			
Bismuth	0.013	< 2.0			
Cadmium	0.042	< 0.050			
Lead	0.16	< 0.60			
Mercury	0.15	< 0.80			
Platinum	< 0.003	< 0.005			
Thallium	0.001	< 0.002			
Thorium	< 0.001	< 0.002			
Uranium	0.003	< 0.060			
Nickel	0.16	< 0.30			
Silver	0.01	< 0.15			
Tin	0.09	< 0.30			
Titanium	0.48	< 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	903	300- 1200					
Magnesium	71	35- 120					
Sodium	54	20- 250					
Potassium	47	8- 75					
Copper	9.1	11- 37					
Zinc	220	140- 220					
Manganese	0.08	0.08- 0.60					
Chromium	0.39	0.40- 0.65					
Vanadium	0.014	0.018- 0.065					
Molybdenum	0.036	0.020- 0.050					
Boron	1.8	0.25- 1.5					
Iodine	0.52	0.25- 1.8					
Lithium	< 0.004	0.007- 0.020					
Phosphorus	177	150- 220					
Selenium	1.0	0.55- 1.1					
Strontium	2.7	0.50- 7.6					
Sulfur	45100	44000- 50000					
Cobalt	0.004	0.005- 0.040					
Iron	5.8	7.0- 16					
Germanium	0.031	0.030- 0.040					
Rubidium	0.054	0.007- 0.096					
Zirconium	0.11	0.020- 0.42					

SPECIMEN DATA

COMMENTS:

Date Collected: 11/4/2009
Date Received: 11/9/2009
Date Completed: 11/12/2009
Client Reference:
Methodology: ICP-MS

Sample Size: 0.197 g
Sample Type: Head
Hair Color: Blond
Treatment:
Shampoo: Giovanni Tea Tree

V010.08

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	12.7	4- 30
Ca/P	5.1	1- 12
Na/K	1.15	0.5- 10
Zn/Cu	24.2	4- 20
Zn/Cd	> 999	> 800

Health history for Hair Test 319

1.) What are your current symptoms and health history?

Among my current symptoms are:

- severe depression (in partial remission due to the psychiatric medication Klonopin) - this keeps getting worse...much of this depression seems to be triggered by stress/anxiety. I have an exceedingly low tolerance for even the "mildest" stressors - and any kind of stress seems to bring on depressive episodes
- Avoidant personality disorder/crippling social anxiety disorder - this keeps getting worse...symptoms are worse than they were even 2 years ago
- marked generalized anxiety (in partial remission thanks to Klonopin) - this also keeps getting worse - in recent years, I've developed a "panic" element to my anxiety
- (very) mild psychosis or "paranoia" - mainly associated with my social anxiety and depression (i.e. suspicious of people's motives). The more depressed I am, the more intrusive these thoughts are.
- cognitive/intellectual decline: don't seem (nearly) as intelligent as I used to be; don't have as wide of a vocabulary as I used to, etc. I've even noticed "small" things like not enunciating as well as I used to, making more spelling errors than I used to, and having poorer/sloppier handwriting
- "brain fog"/poor mental energy - i.e. not being able to think clearly or logically; severe concentration problems; quick mental exhaustion (i.e. I always have trouble writing "posts" on Internet); often forgetting what I had planned to say; general problems with short and long-term memory; "spaciness"
- obsessive thought patterns - pattern of "obsessions" with particular topics or people - manifested by such behavior as obsessively/repeatedly "Googling" a topic/person, spending a lot of time immersing myself in info related to that topic (or person), reading a book (or a particular section of a book) over and over again...etc. Narrowly focusing on these "obsessions" to the exclusion of more "balanced" or "well-rounded" intellectual activity.
- Severe introversion - far more involved with my "inner thoughts" than the average person. Preferring to be alone 90% of the time - wrapped up in my private world of solitary pursuits and inner "fantasies". Extreme difficulty in directing energy outward toward others.
- symptoms of hormonal imbalances - symptoms of "estrogen dominance" (such as breast "tenderness", heavy menstrual periods, hypersensitivity); symptoms of androgen excess (such as loss of scalp hair, hirsutism; symptoms of adrenal fatigue (i.e. severe inability to handle stress, allergies, "unreasonable fears"); symptoms of hypothyroidism (i.e. not being able to lose weight, cognitive dulling, low energy). Many of my symptoms may "overlap" - i.e. it's hard to tell whether a particular symptom is due to "estrogen dominance", hypothyroidism, adrenal fatigue - or some

combination of the three conditions. These various hormonal-imbalance symptoms have been pronounced and problematic.

- yeast symptoms - i.e. seborrhea, "mild" oral thrush/mouth bacteria problems

- anemia - ferritin of 6; hemoglobin & hematocrit below normal-range; serum iron below normal-range; iron-saturation below normal-range. I have demonstrated poor-tolerance to both heavy and moderate iron supplementation: I have experienced a dramatic (temporary) worsening of my "brain fog" shortly after consuming iron supplements (even after doses as low as 18 mg).

- accelerated aging - over the past several years, my age has often been overestimated by people who were unaware of my true age. I've recently even been mistaken as my 63-year-old mother's sister (I'm 36).

There may be more symptoms that I'm forgetting to mention at this time. This probably isn't a 100% complete or comprehensive list of all of my symptoms.

- Health History: I struggled with allergies as a child and adolescent; for ex., I went through a phase during my childhood where environmental allergies would trigger wheezing. Throughout my childhood, I suffered from other allergic symptoms such as "hay fever", and eczema. Other than this, I don't recall any significant health problems during childhood (other than being a "colicky" infant, and having my adenoids surgically-removed at age four). I had an early menarche: I was ten-and-a-half years old at the time of my first menstrual period. I also recall having signs of breast-development as early as 8-years-old. I was extremely shy as a child - but had a more-or-less "normal" childhood, socially-speaking. It wasn't until about the 6th grade that my "shyness" started progressing into the clinical social-anxiety-disorder - which began to seriously interfere with my life, and stunt my social and emotional development. Looking back, I believe I also started experiencing dysthymia around this time - which would gradually worsen over the years and later develop into full-blown clinical, severe depression around age 21.

Around the age of 13 - I started quickly developing nearsightedness, to the point where I would need to wear glasses part-time (in the classroom) by 9th grade. This nearsightedness rapidly progressed to the point where, by age 17, I would need to wear my glasses all of the time. This nearsightedness (officially diagnosed as "astigmatism" by my optometrist) continued to progress to where, today, my nearsightedness is quite extreme. I've heard/read that mercury-intoxication could be a cause/contributor to my poor eyesight.

To continue my mental-health history - my social-anxiety disorder also became worse over the years (and seems to continue to get worse). As I mentioned above, I experienced a "nervous breakdown" at age 21, while in college. I went to a psychiatrist and was prescribed Prozac. Propped up by Prozac, I tried to continue to function at my usual level for about another year - but the Prozac proved to be a temporary, unreliable fix, and my severe depression crept back in, worse than ever. My deteriorating mental-health forced me to drop out of college - and I've been unable to function at a "normal" level ever since. I've tried a succession of psychiatric medications to treat my depression and anxiety - with very limited, mixed results (not to mention the side effects). Each time I've "tapered off" a psychiatric medication, my depression and anxiety seemed worse than the previous time I was med-free. It seems that, underneath the "bandaid" of psychiatric medication, my illness(es) have only continued to progress in severity. I've been so crippled by the symptoms of my depression, social anxiety, and generalized anxiety that I've been unable to work for

the vast majority of the 14 years since I dropped out of college. Recently, I was awarded SSI disability benefits due to the severity of my psychiatric troubles.

Since my early-twenties, I've also experienced symptoms of the hormonal imbalances that I mentioned above - so much so that I've wondered if there is a "hormonal component" to my mental problems (I've also experienced physical symptoms of hormonal imbalances - as mentioned above). Like my mental diseases themselves, the symptoms of these hormonal imbalances have seemed to worsen in severity over the years.

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

I have not had any wisdom teeth removed, and I've never had any root canals. Unfortunately, I cannot precisely recall when I had my first amalgam placed (earlier this year, I attempted to retrieve my dental records from my old childhood dentist - and was basically given the run around). I remember having to have a "silver crown" on one of my baby teeth - one of the molars. That's all I really remember about the dental work performed on my baby teeth. I'm not sure if dental fillings were placed in my baby teeth or not. I roughly estimate that I was about 8 or 9 when I had my first amalgam - again, this estimate may be inaccurate. In all - I had at least 9 amalgams placed into my permanent teeth...I could have had more, but a few of my amalgams have either partially or totally eroded (or "dissolved").

When I was 13, I had braces placed onto my teeth - these braces were removed about two years later, during my 15th year. I also recall at least a couple of dental "sealants" being placed on my front molars (perhaps as many as 3 or 4) during my later teenage years.

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

I currently have about seven-and-a-half mercury dental amalgams remaining in my teeth - as I said above, at least a couple of dental amalgams have either partially or totally worn away (by "natural" means). It appears that my dental sealants have either worn away, or were (accidentally) removed (by a dental-hygienist-in-training). I have not (yet) undertaken any portion of "dental cleanup".

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

To the best of my mother's recollection (which may not be 100% accurate), she had "definitely more than one - but probably not more than 2" mercury amalgam fillings placed into her mouth circa 1969 - approximately four years before I was born. She did not have any other dental work (to the best of her recollection) from 1969 to after I was born. Prior to 1969, her "dental work" consisted of getting cavities teeth extracted - according to her, she had several molars extracted prior to 1969. (She was given Novacaine during these extractions.)

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

This is probably not a 100% complete record (I seem to recall having a few flu shots as a teenager and as an adult that my mother did not document in my Immunization Record), but I've had the following (to help determine my age at the time of these vaccinations - my birthdate is July 3, 1973):

I had a Diphtheria/Tetanus/Pertussis (DTP) shot on Sept. 4, 1973 (age 2 months). The recorded dose was 0.5cc.

I had a Oral Poliomyelitis Vaccine (OPV) shot on Sept. 4, 1973 (age 2 months). The recorded dose was 0.5cc.

I had a 2nd DTP shot on Oct. 4, 1973 (age 3 months). The recorded dose was 0.5cc.

I had a 3rd DTP shot on Nov. 8, 1973 (age 4 months). The recorded dose was 0.5cc.

I had a 2nd OPV shot on Nov. 8, 1973 (age 4 months). The recorded dose was 0.5cc.

I had a 3rd OPV shot on Jan. 8, 1974 (age 6 months). The recorded dose was 0.5cc.

I had a Tuberculin Test on April 1, 1974 (age 9 months). (Not sure if this contains the mercury-preservative or not.)

I had a Measles/Mumps/Rubella (MMR) shot on July 5, 1974 (age 1 year). The recorded dose was 0.7cc.

I had a 4th DTP shot on Nov. 14, 1974 (age 1 year, 4 months). The recorded dose was 0.5cc.

I had a 4th OPV shot on Nov. 14, 1974 (age 1 year, 4 months). The recorded dose was 0.5cc.

I had a 2nd Tuberculin test on Oct. 24, 1975 (age 2 years, 3 months).

I had a 5th DTP shot on Dec. 7, 1978 (age 5 years, 5 months). The recorded dose was 0.5cc.

I had a 5th OPV shot on Dec. 7, 1978 (age 5 years, 5 months). The recorded dose was 0.5cc.

I had a Diphtheria and Tetanus shot on April 3, 1987 (age 13 years, 9 months). The recorded dose was 0.5cc.

I had a 3rd Tuberculin Test on May 15, 1987 (age 13 years, 10 months).

I had a 2nd MMR shot on June 25, 1990 (at almost 17 years of age). There is no recorded dose.

I had a Hepatitis B shot on April 20, 1997 (age 23 years, 9 months). There is no recorded dose.

I had a 2nd Hepatitis B shot on May 20, 1997 (age 23 years, 10 months). There is no recorded dose.

I had a 3rd Hepatitis B shot on Nov. 20, 1997 (age 24 years, 4 months). There is no recorded dose.

I (or my mother) am pretty sure I've had my Hepatitis A shots - but they are not documented in the immunization record that I have available to me here at home. Also not documented are the few/several "flu" shots that I've had. 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.

At the time of the test, I was taking 1.0mg of Clonazepam (generic Klonopin) per day - I've been taking this medication for about the past 10/11 months - and I've been at the 1.0mg dosage for at least the past 5-6 months. I was also taking the following:

Calcium ascorbate - approx. 1,000mg per day

Mixed mineral ascorbates (a "combination powder" of calcium ascorbate, magnesium ascorbate, zinc ascorbate, manganese ascorbate, potassium ascorbate) - approx. 1,000mg per day

Calcium citrate powder - approx. 1,000mg per day

Magnesium citrate powder - approx. 500mg per day

Vitamin D - had been taking 2,000 I.U. per day since about July/August 2009 - then, increased to 4,000-5,000 I.U. per day in late-August 2009. Was taking this dose at the time of the test.

Grape Seed Extract (w/ Alma Fruit Extract) - one capsule containing 125mg of each extract, taken about every 3 days

Coenzyme Q-10 (ubiquinol) w/ Vitamin E - one capsule containing 50mg of ubiquinol & 2 I.U. of Vitamin E, taken about every 3 days

Coenzyme Q-10 (ubiquinone) w/ Vitamin E - one capsule containing 30mg of ubiquinone & 10 I.U. of Vitamin E, taken about every 3 days

Vitamin E - one capsule containing 200 I.U. of Vitamin E, taken about every 3 days

Multivitamin - Natrol's "My Favorite Multiple" - see this page for contents of multivitamin: <http://www.iherb.com/Natrol-My-Favorite-Multiple-Take-One-Multivitamin-60-Tablets/2258?at=0> - for past couple months, I've been averaging about 1/2 tablet about every 3 or 4 days. Before this, I averaged 1/2 tablet once-per-day or once every other day.

Selenium (as l-selenomethionine) - one capsule containing 200 mcg - taken occasionally (no consistent pattern - try to take at least once per week)

Chromium (as chromium polynicotinate) - one capsule containing 200 mcg - taken occasionally (no consistent pattern)

Vitamin K complex: one capsule containing 9.8mg of ascorbyl palmitate, 200 mcg of Vitamin K1, 200 mcg of Vitamin K2, and 200mg of Medium Chain Triglycerides - only added this supplement about 4-5 weeks prior to test, 1 capsule about every 4 days

Zinc (as zinc picolinate) - one capsule containing 50mg - taken occasionally (no consistent pattern)

Iron (as ferrous fumarate) - one capsule containing 18 mg - taken "as needed" (no consistent pattern)

Biotin - one capsule containing 1mg - took occasionally since July '09....but did not take much of this supplement at all in 4-5 weeks leading up to test

"B-100 complex" - took 1/3 to 2/3 of a tablet (see this page for contents of tablet: <http://www.iherb.com/Natrol-B-100-Complex-100-Tablets/6914?at=0>) since July '09...took this dose about 3 times per week. But in 5 or 6 weeks leading up to test, hardly took this supplement at all.

Over-the-counter antihistamines/nasal decongestants: taken infrequently (no consistent pattern) in the 6 months leading up to hair test. One of these tablets contains 4mg of chlorpheniramine maleate & 10 mg of phenylephrine hcl - and the other tablet ("Alavert") contains 10mg of loratadine

7.) What is your age, height, and weight?

Age: 36; Height: 5 feet, 4 inches; Weight: approx. 212lbs.

8) Other information you feel may be relevant?

Starting when I was close to 12-years-old, I was given regular "allergy" shots for at least 2 full years. My memory is quite imperfect on this - but to the best of my recollection, I was routinely injected with about two shots every week or every other week.

On my DDI Hair Elements results report, my hair-color is reported as "blond". This is a glaring error - my hair is black in color, and I reported my hair-color as "black" on the test requisition form. Rightly or wrongly, this reporting error concerns me - as I wonder if there are more inaccuracies contained within the report.

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

I was born and raised in Atlanta, Georgia (U.S.A.) - and continue to reside there today. I've never lived anywhere else.