

# HAIR ELEMENTS



**PATIENT: Number 333**  
**SEX: Female**  
**AGE: 47**  
**LOCATION: Florida, Winter Haven, USA**

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	1.3	< 7.0		
Antimony	0.011	< 0.050		
Arsenic	0.066	< 0.060		
Barium	0.09	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.016	< 2.0		
Cadmium	0.035	< 0.050		
Lead	0.11	< 0.60		
Mercury	< 0.03	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.003	< 0.060		
Nickel	0.04	< 0.30		
Silver	0.02	< 0.15		
Tin	0.09	< 0.30		
Titanium	0.37	< 0.70		
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	272	300- 1200					
Magnesium	22	35- 120					
Sodium	40	20- 250					
Potassium	26	8- 75					
Copper	8.5	11- 37					
Zinc	220	140- 220					
Manganese	0.07	0.08- 0.60					
Chromium	0.42	0.40- 0.65					
Vanadium	0.031	0.018- 0.065					
Molybdenum	0.054	0.020- 0.050					
Boron	7.4	0.25- 1.5					
Iodine	0.65	0.25- 1.8					
Lithium	< 0.004	0.007- 0.020					
Phosphorus	180	150- 220					
Selenium	1.1	0.55- 1.1					
Strontium	0.45	0.50- 7.6					
Sulfur	47100	44000- 50000					
Cobalt	0.003	0.005- 0.040					
Iron	4.4	7.0- 16					
Germanium	0.032	0.030- 0.040					
Rubidium	0.017	0.007- 0.096					
Zirconium	0.14	0.020- 0.42					

SPECIMEN DATA				RATIOS		
<b>COMMENTS:</b>				<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected: 1/26/2010	Sample Size: 0.2 g			Ca/Mg	12.4	4- 30
Date Received: 1/30/2010	Sample Type: Head			Ca/P	1.51	1- 12
Date Completed: 2/3/2010	Hair Color: Blond			Na/K	1.54	0.5- 10
Client Reference:	Treatment:			Zn/Cu	25.9	4- 20
Methodology: ICP-MS	Shampoo: Biolage			Zn/Cd	> 999	> 800

V010.08

## Health history for hair test 333

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

no energy  
depressions  
fibromyalgia  
raynold syndrom  
weird feeling in toes and fingers  
always extremely cold (when my family runs around in tshirts I need to wear to sweaters, I only feel comfortable with temperatures around the 78 and above, but have also trouble with hot humid weather)  
anemic (can not tolerate iron supplements, they make my constipation a lot worse),  
concentration problems  
I have a very poor memory, short term and long term (for example: I ask my kids something and they answer me, a moment later I ask again and they say I just asked them but I cannot remember. Sometimes I can remember that I asked but I cannot remember their answer. Long term memory, family and friends ask me about things that happend 10, 20 or 30 years ago. They can remember pretty good, I cannot remember anything about it).  
restlessness  
sleep problems (when waking up in the middle of the night, cannot go back to sleep for hours)  
have to use the bathroom like 20 times during the day and 2 - 3 times in the night  
getting weird swellings in legs, neck, shoulders which feels hard and hurts with pressure, constipation  
eating disorder (compulsive eating) but not gaining any weight  
very sensitive skin, every scratching or rubbing with clothes leaves red marks on my skin, feeling on skin is not the same compare to a few years ago (for example I could pinch myself pretty hard and can hardly feel it)  
cuts or little injuries take a long to time heal,  
lately weird kind of feeling dizzy (but only for a short moment)  
food allergies with different symptoms (scratching throat, worsening of my allergic runny nose, cramps in digestive tract, feeling like heart is beating faster)  
very sensitive to smells (example: my family has to watch what kind of hygiene products to use)  
sensitive to noises  
allergy to dust mites (constantly runny nose)  
2 operations age 19, 20

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

wisdom teeth 3 still in, 1 removed with age 16. First root canal around 18 (cannot remember anymore), 3 more between 30 - 35.  
Retainers from 10 to 13, 2 teeth needed to get extracted to make room  
Amalgam: mouth full in early childhood, as teenager 13 - 15 fillings, replaced couple of times, ones all got replaced from one dentist  
Removal of amalagam starting around age 30 and later. Replaced with crowns and bridges. Bridges with gold part in back molars.  
First root canal tooth removed around age 40 after infection and cutting off part of root because by cyst. Never heeled, antibiotics for 6 weeks than tooth removed without cleaning out area. Still pain in the area today (age 47) but x-rays never showed anything there. There is a bridge with metal to porcellan with 50 % gold and

30 % platinum. Rest I don't know.

2nd root canal tooth removed after few weeks of having root canal done. There is the bridge with one gold tooth in it. This gold tooth has a small hole and I don't know if I should just put a composite filling on top or get a new bridge.

3rd and 4th root canal teeth removed around age 40 with cleaning out the bone area.

No problems or pain anymore in that areas. Today covered with zirkonium bridges.

I am in the process of getting another zirkonium crown on a wisdom tooth.

I have 5 more teeth with composite (white fillings). One is a huge filling in a wisdom teeth

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

see answer 2

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

The usual. Amalgam, bridges with gold. She cannot remember everything.

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

Polio, Diphterie, Tetanus, 9 month old, 10 month old, 4 years old

another Tetanus 11 years old, age 25 (3 times), age 26

Tuberkolosis 3 days old

Polio age 22, age 2, age 7 (2 times), age 8, age 9, age 14, age 25 (2 times)

Diphterie age 22,

Diphterie, Tetanus Age 37, 2001 (requirement for Visa for USA), age 7,

immunizations to go on vacation to india (but there is nothing in my records). I guess I forgot to let the doctor put it there.

another tetanus age 33 (during pregnancy), also not in records

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

1 week before hair test: vit b complex and milk thistle

3 - 6 month before: nothing special for longer, can not really remember. Tried some

multivitamins (good quality) but gave my very bad cramps in the digestive tract. I

think it has to do with citric acid. Took collodial silver 6 month ago for 2 weeks. I take

homoeopathic remedies, and also herbal remedies but not on a daily basis

**7) Other information you feel may be relevant?**

Vegetarian diet, with lot of green vegetables and fruits, no fast foods, only

homemade cakes or cookies, no white sugar

Once we moved into a newly painted apartment. It took over 3 weeks till the smell of the paints did not bother me anymore. Had to keep the windows open the whole time (it was winter).

3 children

never smoked

no alcohol for 10 years, but was never drinking much anyway

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

Moving a lot. Husband was in the military. Lived in Germany till age 39. Maryland age 39 - 42. Germany, Mannheim, again 42 - 46. Washington State (Tacoma) age 46. Since August 2009 in Florida, Winter Haven.