

HAIR ELEMENTS



PATIENT: Number 344
SEX: Male
AGE: 46
LOCATION: Denver, CO USA

POTENTIALLY TOXIC ELEMENTS

| TOXIC ELEMENTS | RESULT µg/g | REFERENCE RANGE | PERCENTILE | |
|----------------------------|----------------|-----------------|------------------|------------------|
| | | | 68 th | 95 th |
| Aluminum | 4.8 | < 7.0 | | |
| Antimony | 0.051 | < 0.066 | | |
| Arsenic | 0.024 | < 0.080 | | |
| Barium | 1.1 | < 1.0 | | |
| Beryllium | < 0.01 | < 0.020 | | |
| Bismuth | 0.037 | < 2.0 | | |
| Cadmium | 0.067 | < 0.065 | | |
| Lead | 0.89 | < 0.80 | | |
| Mercury | 0.15 | < 0.80 | | |
| Platinum | < 0.003 | < 0.005 | | |
| Thallium | < 0.001 | < 0.002 | | |
| Thorium | < 0.001 | < 0.002 | | |
| Uranium | 0.13 | < 0.060 | | |
| Nickel | 0.09 | < 0.20 | | |
| Silver | 0.03 | < 0.08 | | |
| Tin | 0.10 | < 0.30 | | |
| Titanium | 0.82 | < 0.60 | | |
| 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 | 996 | 200- 750 | | | | | |
| Magnesium | 87 | 25- 75 | | | | | |
| Sodium | 32 | 20- 180 | | | | | |
| Potassium | 5 | 9- 80 | | | | | |
| Copper | 32 | 11- 30 | | | | | |
| Zinc | 250 | 130- 200 | | | | | |
| Manganese | 0.09 | 0.08- 0.50 | | | | | |
| Chromium | 0.23 | 0.40- 0.70 | | | | | |
| Vanadium | 0.013 | 0.018- 0.065 | | | | | |
| Molybdenum | 0.032 | 0.025- 0.060 | | | | | |
| Boron | 0.14 | 0.40- 3.0 | | | | | |
| Iodine | 0.51 | 0.25- 1.8 | | | | | |
| Lithium | 0.011 | 0.007- 0.020 | | | | | |
| Phosphorus | 301 | 150- 220 | | | | | |
| Selenium | 0.98 | 0.70- 1.2 | | | | | |
| Strontium | 4.0 | 0.30- 3.5 | | | | | |
| Sulfur | 55800 | 44000- 50000 | | | | | |
| Cobalt | 0.016 | 0.004- 0.020 | | | | | |
| Iron | 11 | 7.0- 16 | | | | | |
| Germanium | 0.037 | 0.030- 0.040 | | | | | |
| Rubidium | 0.004 | 0.011- 0.12 | | | | | |
| Zirconium | 1.2 | 0.020- 0.44 | | | | | |

SPECIMEN DATA

COMMENTS:

Date Collected: 4/9/2010 Sample Size: 0.197 g
 Date Received: 4/12/2010 Sample Type: Head
 Date Completed: 4/18/2010 Hair Color: Brown
 Client Reference: 1228133 Treatment:
 Methodology: ICP-MS Shampoo: Suave

V010.08

RATIOS

| ELEMENTS | RATIOS | EXPECTED RANGE |
|----------|--------|----------------|
| Ca/Mg | 11.4 | 4- 30 |
| Ca/P | 3.31 | 0.8- 8 |
| Na/K | 6.4 | 0.5- 10 |
| Zn/Cu | 7.81 | 4- 20 |
| Zn/Cd | > 999 | > 800 |

Health history for hair test 344

What are your current symptoms and health history?

Current symptoms: Fatigue, brain fog, loss of motivation, poor memory, periodic depression, occasional poor digestion, headaches, kidney-area pain

Past symptoms: all of the above much worse, plus pain in lower legs/feet, anxiety, tremors, IBS -- most started around 2000, but onset was gradual so hard to say

Started Armour Thyroid & hydrocortisone in 2003. This helped so much, for several years I thought it was a complete solution. I was so successful, I even moderated the men's section of a popular thyroid forum. As time went on, I realized that although the decline had reversed to a significant degree, I was still getting noticeably worse. Thyroid has allowed me to have maybe half of my life back, but I no longer think it's the root cause.

Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)

Amalgam fillings all my life. Stopped getting new amalgams in 1990. Unsure when last amalgam was removed. Unsure whether any amalgam remains under crowns. Wisdom teeth removed in 2000, 1 dry socket. First root canal in 1991, remained painful, had to be redone several years later because original dentist only did 1 of 2 roots. Extensive tetracycline discoloration.

What dental work do you currently have in place? What part of the dental clean-up have you completed?

3 root canals with no amalgam. A number of crowns, 1 gold, others porcelain. Currently don't know what to do about possible amalgam under crowns. I am working on getting records from old dentists, but don't know how long they keep them for, or if they will be cooperative.

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

Numerous amalgams.

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

Normal vaccinations. Never get flu shots, no travel-related shots.

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

Natural thyroid 4 gr/day (thyroid-s brand), naltrexone 1.2mg/day (am trying LDN, unsure whether I will continue), occasional tramadol 50mg for headaches & body aches. Stopped hydrocortisone in 2006.

What is your age, height and weight?

47, 5'11 (180cm), 225 lbs (102kg)

Other information you feel may be relevant?

Can't tolerate alcohol at all, even a couple swallows of wine gives me headaches & stomach upset.

Moderately stressful childhood. Used merthiolate for cuts & scrapes.

DCS ("the bends") in 1995

vasectomy in 2000

Seen well over a dozen doctors. The only way most of them would have helped me is if I happened to be allergic to money.

Current doc wants to do IV DMPS challenge test, but that isn't going to happen.

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

Denver, CO USA since 1984. Maryland (DC suburbs area) from 1967 to 1984. Born in Dallas TX in 1963.