

# HAIR ELEMENTS



**PATIENT: Number 366**  
**SEX: Male**  
**AGE: 37**  
**LOCATION: California Bay, USA**

## POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	2.2	< 7.0		
Antimony	< 0.01	< 0.066		
Arsenic	0.072	< 0.080		
Barium	1.8	< 1.0		
Beryllium	< 0.01	< 0.020		
Bismuth	< 0.002	< 2.0		
Cadmium	< 0.009	< 0.065		
Lead	1.1	< 0.80		
Mercury	0.07	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.099	< 0.060		
Nickel	0.08	< 0.20		
Silver	0.08	< 0.08		
Tin	0.10	< 0.30		
Titanium	0.26	< 0.60		
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	757	200- 750					
Magnesium	120	25- 75					
Sodium	370	20- 180					
Potassium	50	9- 80					
Copper	160	11- 30					
Zinc	200	130- 200					
Manganese	0.21	0.08- 0.50					
Chromium	0.39	0.40- 0.70					
Vanadium	0.046	0.018- 0.065					
Molybdenum	0.040	0.025- 0.060					
Boron	0.79	0.40- 3.0					
Iodine	0.15	0.25- 1.8					
Lithium	0.008	0.007- 0.020					
Phosphorus	176	150- 220					
Selenium	1.1	0.70- 1.2					
Strontium	2.3	0.30- 3.5					
Sulfur	50200	44000- 50000					
Cobalt	0.010	0.004- 0.020					
Iron	8.2	7.0- 16					
Germanium	0.037	0.030- 0.040					
Rubidium	0.064	0.011- 0.12					
Zirconium	0.021	0.020- 0.44					

### SPECIMEN DATA

**COMMENTS:**

Date Collected: 5/2/2010      Sample Size: 0.205 g  
 Date Received: 5/6/2010      Sample Type: Head  
 Date Completed: 5/14/2010      Hair Color: Brown  
 Client Reference: 1230919      Treatment:  
 Methodology: ICP-MS      Shampoo: Trader Joes

V010.08

### RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	6.31	4- 30
Ca/P	4.3	0.8- 8
Na/K	7.4	0.5- 10
Zn/Cu	1.25	4- 20
Zn/Cd	> 999	> 800

## **Health history for hair test 366**

### **•What are your current symptoms and health history?**

- Brain Fog starts in early afternoon and at it's worst in the evening.
- General feeling of anxiety for no reason.
- Tired in the afternoon need to lay down.
- Fell at my best early in the morning and need to go to bed early.
- Short term memory lapses, go to room to get something and forget what I was looking for.
- I crave sunshine and warmth.
- Easily feel cold, never take cold showers even on hot days.
- Fertility issues possible as my wife and I have been trying to conceive for two years we are both 37.
- Chemical sensitivity (chlorine, scented detergents, fabric softeners, automobile exhaust fumes)
- Fluorescent light sensitivity I work under them all day and they make my head hurt.
- I am caucasian and fair skinned. My face is kind of bluish and sickly according to my wife & huge bags under my eyes that never go away.

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

- Root Canal 1989 front tooth (Now a metal post and porcelain crown over metal see metal compositions below)
- 4 wisdom teeth removed 1994, 2 upper and two lower they had not grown in yet.
- Never had Amalgams

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

- Metal post and metal crown bonded to porcelain inserted in root canal on upper front tooth (2006).
- Metal Post Composition: Silver, Copper, Zinc
- Crown Composition: Not sure but definitely no nickel. Most likely Gold, Silver, Platinum, Palladium,
- 5 white fillings starting in 2005. Never had cavities before that even in my baby teeth.

### **• What dentistry did your mother have at any time before or during pregnancy?**

- Amalgams probably about 5

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

- 2009 H1N1 Nasal Version in October
- 2002-2009 Annual Flu Shot, last one on 8/14/2009
- 2002 Travel Shots HEP B series of 3, and Single HEP A
- CHILDHOOD VACCINATIONS:
- DTP Diphtheria, Tetanus, Pertussis
- 1<sup>st</sup> 02/06/1973, 2<sup>nd</sup> 03/20/1973, 3<sup>rd</sup> 05/14/1973, 4<sup>th</sup> 06/12/1974, 5<sup>th</sup> 05/23/1977
- OPV Trivalent
- 1<sup>st</sup> 02 06/73, 2<sup>nd</sup> 03/20/73, 3<sup>rd</sup> 05/14/73, 4<sup>th</sup> 12/14/73, 5<sup>th</sup> 05/23/77
- RUBELLA & MEASLES (Live attenuated WITHOUT ISG) 01/18/1974
- MUMPS 06/11/197?

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

- L Arganin 1000mg Day
- B12 (Methylcobalamin) 400mcg Day (Thorne Methyl Guard Capsule)
- Multi vitamin once daily <http://www.vitacost.com/Rainbow-Light-Just-Once-Mens-One-Food-Based-Multivitamin>
- Kefir 6oz Day (Raw Milk Home Made for 6 months)
- Pre Hair Test used deodorant crystal daily with "Ammonium Alum" I have since stopped using deodorant.

### **• What is your age, height and weight?**

- 37 Years Old
- 6 Feet Tall

143 Pounds (Weight has been the same since high school, I have never been able to gain weight.)

• **Other information you feel may be relevant?**

- Celiac Disease diagnosed 2005 Probably started noticing signs a couple of years earlier. Have been on strict gluten free diet since then and now my digestion system seems to be in good shape.
- Family history Type II Diabetes and Hypothyroidism on Fathers side of the family that seems to kick in in their late fifties and sixties. I now have suspicions that it is all from mercury poisoning as all of the family members with these problems still have amalgams.
- Have been drinking reverse osmosis water since October 2009, in San Jose California.
- Have been a vegetarian for 20 years, no meat, fish, or eggs, I do eat some dairy but not much.
- Supplements I was taking pre Hair Test did not help my symptoms.
- I have purchased and read Amalgam Illness and Hair Test Interpretation.
- Based on the books I am taking the following supplements on and off rounds:
  - +B-50 4x day
  - +B-12 (Methylcobalamin) 400mcg 3x day
  - +B6 P-5-P 50mg 4x day
  - +Chia Seeds 1 Tablespoon 2x day in water
  - +Ground Flax Seed 1 tsp daily
  - +C 1000mg 6x day
  - +Chromium Picolinate 200mg 5x day
  - +Co-Q-10 100mg 4x day
  - +E 400UI 2x day
  - +Flax Oil 2 Tablespoons daily
  - +Folate 400mcg 4x day
  - +Kefir home made from raw milk 6oz daily
  - +Lysine 500mg 4x day
  - +Magnesium 300mg 4x day
  - +Potassium 100mg 4x day
  - +Milk Thistle 200mg 4x day
  - +Molybdenum 600mcg 4x day
  - +Selenium 100mcg 4x day
  - +Taurine 600mg 4x day
  - +Zinc 50mg 4x day

1. Copper is in the Red and HTI says on page 116-117 that it is synergistic with mercury. Could it be from my metal post in my mouth? If so then will the Molybdenum and zinc help as I thought they helped to decrease copper absorption in the gut? Could I have copper poisoning or is copper red due to deranged mineral transport from the mercury?
2. I have no idea what the Lead exposure is from unless it is very old from when I lived in New Hampshire and drank from copper pipes that had lead solder in the pipes when I grew up until around 2004. Is this level considered high? I am going to test my current dishes for lead.
3. From reading HTI it seems that my hair test is suspicious as it almost meets counting rule #2 with seven bars to the left. Maybe one bar could be ruled out as it is just barley to the left.
4. Does the test show signs of low adrenals or poor thyroid function? On page 112 of HTI it says that elevated calcium & magnesium, and low Iron could indicate parathyroid problems? Could this apply to me?
5. I have completed two rounds. First round was DMSA at 8.33mg every 3 hours for 3 days. Second round was DMSA at 12.5mg every 3 hours and ALA at 16.6mg every 3 hours for 3 days. My brain fog went away on the second day of each round but came back again. I think I generally felt better on the round but need to do more to see if it is supplements as I have only been taking them a couple of weeks.
6. Being a vegetarian I am thinking of adding a low dose Iron and Iodine supplement to see how I feel. My last blood test in 2008 showed a Ferritin level of 42. I am guessing my iron is still low.
7. I generally crave citrus. I have been loving taking Vitamin C as ascorbic acid powder throughout the day and I feel that this has helped my stomach acid and digestion.
8. I think that my travel shots and last 8 or 9 years of flu shots and my metal post and crown have done me in. I am thinking about having my metal post and crown taken out ASAP and replaced with a non metallic option if possible. I am never getting another flu shot and I did not realize they had mercury in them until this year.

- What is your location - city & country (so that we can learn where certain toxins are more prevalent).  
Born and Raised in Southern New Hampshire until 2006. Moved to California Bay area in August of 2009.

Sorry if this is too much information. I have spent that last two weeks compiling this information as I really want to get better.