

# HAIR ELEMENTS



**PATIENT: Number 379**  
**SEX: Male**  
**AGE: 43**  
**LOCATION: Ames, IA USA**

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	2.9	< 7.0		
Antimony	0.020	< 0.066		
Arsenic	0.035	< 0.080		
Barium	0.66	< 1.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.068	< 2.0		
Cadmium	0.023	< 0.065		
Lead	0.27	< 0.80		
Mercury	0.06	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.005	< 0.060		
Nickel	0.05	< 0.20		
Silver	0.03	< 0.08		
Tin	0.16	< 0.30		
Titanium	0.77	< 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	449	200- 750					
Magnesium	23	25- 75					
Sodium	57	20- 180					
Potassium	88	9- 80					
Copper	11	11- 30					
Zinc	170	130- 200					
Manganese	0.11	0.08- 0.50					
Chromium	0.41	0.40- 0.70					
Vanadium	0.027	0.018- 0.065					
Molybdenum	0.047	0.025- 0.060					
Boron	1.7	0.40- 3.0					
Iodine	3.9	0.25- 1.8					
Lithium	0.005	0.007- 0.020					
Phosphorus	199	150- 220					
Selenium	1.1	0.70- 1.2					
Strontium	0.93	0.30- 3.5					
Sulfur	50500	44000- 50000					
Cobalt	0.009	0.004- 0.020					
Iron	12	7.0- 16					
Germanium	0.043	0.030- 0.040					
Rubidium	0.14	0.011- 0.12					
Zirconium	0.11	0.020- 0.44					

SPECIMEN DATA				RATIOS		
<b>COMMENTS:</b>				<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected: 5/25/2010	Sample Size: 0.2 g			Ca/Mg	19.5	4- 30
Date Received: 5/27/2010	Sample Type: Head			Ca/P	2.26	0.8- 8
Date Completed: 5/29/2010	Hair Color: Brown			Na/K	0.648	0.5- 10
Client Reference: 1232828	Treatment:			Zn/Cu	15.5	4- 20
Methodology: ICP-MS	Shampoo: Suave			Zn/Cd	> 999	> 800

V010.08

## Health history for hair test 379

I am a male 43 years old. As near as I can tell I have had symptoms for well over 20 years.

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

Diagnosed with depression/anxiety back in 1993. For past two and 1/2 years have had multiple symptoms and seen multiple doctors. Currently, anxiety, temper, no physical energy, brain fog, bouts of depression, occasional hypoglycemia, pain in the left flank area, low confidence, brain fog sometimes... probably more but I don't think so well right now. Occasional pain in the kidney areas different from earlier described flank pain. Don't feel well particularly in late afternoon. Low morning temperature. Occasional headaches. Tightening in right temple sometimes. Am sleeping pretty good and usually at least one bm per day. In the past, before and during high dose chelation... peeing a ton during the day and waking up at least two to three times a night.

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

Had 12 amalgams removed approx 7 months ago; had two root canals done at the same time during college (late 80s); one tooth was pulled in mid 90s. Recently, had other root canal removed properly (not sure about first one) by a biological dentist. All four Wisdom teeth removed in college as well.

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

**completed?** all fillings are now composite and no metal... x-rays showed no cavitations. still need a bridge over most recent root canal extraction; possible concern is still first tooth extraction that had a root canal but that has a bridge now. Knowing what I know now I'm concerned whether or not it was removed properly.

4) What dentistry did your mother have at any time before or during pregnancy? a lot of amalgam fillings and some root canals, too. She is currently 77 years old and seems to be very healthy. Healthier than I am.

5) What vaccinations have you had and when (including flu and especially travel shots)? standard vaccinations for children in the US; never had a flu or travel shot

### 6) Supplements and medications (including dosages) taken at time of hair test, or for the 3-6

**months before the sample was taken.** Was taking a break from recent protocol from high dose chelation doctor when hair was collected. Was taking epsom salt baths; drinking very small electrolyte drink each day (4 oz or less) fish oil, d3 5000 IU mag citrate; stopped taking in early May when I stopped with high dose chelation doctor; 4 grams vitamin C along with many multiple vitamins from Endo-Met - Megapan 2 pill 3X; Limcocin 2 pill 3 X; thym adren 1 pill 3X; d3 5000 IU, Taurine 2 500mg pills 3X a day; APO Hepat for liver support; Toxex drops; ioderal; Zinc; also took Allinia Rx for parasites and a liver and whole body detox. High dose chelation doc proclaimed me well from parasites and OK to stop detox protocol.

7) Other information you feel may be relevant? was working with a doctor and had two DMPS challenge tests that showed high mercury levels; was prescribed 500 mg DMSA every other day along with multiple supplements; after feeling horrible after a couple weeks of this dropped to 250 mg every other day and then every third day with doctors' approval; was still taking the multiple supplements. I was feeling so miserable - fatigued, very emotional, temper and crying, brain fog and inability to concentrate that I called doc to stop this protocol. Still having many of these issues occasionally. Took a break from all treatment and started

studying AC protocol. Trying to heal perceived damage in liver and kidneys from bad high dose protocol.

Have added the following to current protocol: 4 grams Vitamin C; 800 IU Vitamin E; Milk Thistle Extract; currently stopped electrolyte drink; tried a baking soda bath; PH urine showed to be very acidic; use Rx anxiety med to help with anxiety. have been on this for several months; b100, zinc; chromium picolinate; taking Thera-Zyme Kidney enzymes when kidney areas hurt... recommended from NAET practitioner.

Was on an anti-depressant from 1993 until a year and a half ago when I finally figured out that I wasn't going crazy and the depression was a symptom rather than a cause of my problems.

Generally feel better in the evenings than in the mornings. Also don't feel great in the mid to late afternoons. Very up and down.

Currently going to a sulfur free diet - just started today to see what that shows.

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