

HAIR ELEMENTS



PATIENT: Number 403
SEX: Female
AGE: 51
LOCATION: in Red Deer, Alberta, Canada

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	2.9	< 12		
Antimony	0.035	< 0.060		
Arsenic	0.26	< 0.090		
Barium	7.3	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.032	< 2.0		
Cadmium	0.057	< 0.050		
Lead	0.48	< 1.0		
Mercury	0.14	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.003	< 0.060		
Nickel	0.30	< 0.40		
Silver	0.01	< 0.10		
Tin	0.13	< 0.30		
Titanium	5.0	< 1.3		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	3320	475- 1500					
Magnesium	300	45- 180					
Sodium	260	80- 450					
Potassium	170	28- 160					
Copper	13	11- 30					
Zinc	190	130- 200					
Manganese	0.58	0.15- 0.65					
Chromium	0.35	0.40- 0.65					
Vanadium	0.019	0.018- 0.065					
Molybdenum	0.067	0.040- 0.10					
Boron	2.2	0.40- 4.0					
Iodine	0.27	0.25- 1.8					
Lithium	0.017	0.008- 0.030					
Phosphorus	2120	250- 500					
Selenium	1.0	0.80- 1.3					
Strontium	16	1.0- 8.0					
Sulfur	43300	42000- 48000					
Cobalt	0.032	0.006- 0.035					
Iron	14	7.0- 16					
Germanium	0.041	0.030- 0.040					
Rubidium	0.14	0.030- 0.25					
Zirconium	0.23	0.040- 1.0					

SPECIMEN DATA

COMMENTS:

Date Collected: 7/10/2010 Sample Size: 0.199 g
 Date Received: 7/16/2010 Sample Type: Pubic
 Date Completed: 7/17/2010 Hair Color:
 Client Reference: 1230720 Treatment:
 Methodology: ICP-MS Shampoo:

V010.08

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	11.1	4- 30
Ca/P	1.57	1- 12
Na/K	1.53	0.5- 10
Zn/Cu	14.6	4- 20
Zn/Cd	> 999	> 800

Health history for hair test 403

I am wanting help with interpreting this test. I joined the frequent dose group and have bought the book, but need to know where to start with the results just received today.

Here goes and I am so sorry it is such a saga;

I have Fibromyalgia and MCS. I am sensitive to wheat, sulphites, msg and food colorings, wheat and most dairy. I was finally diagnosed with FM in 1993 after a sky diving accident in 1989 where I broke heel and ankle and pain never stopped after that, have a very hard time healing and pain moves around and is now settled in hips and neck area mostly for the last couple of years.

I started getting sick (only at work) with perfumes and cleaning chemicals from the fall of 2002 and then in 2004 I had a very large exposure to toxic wax stripper and 3 weeks later a drain cleaner on the job. I left the building in April 2004 and have never returned and started working from home May 2008 part time. My health never bounced back the way it used to on my days off. I now react to a growing number of substances, mostly petrochemical, air fresheners and fabric softeners are probably my worst reactions. I am pretty isolated and use a mask when I go to most places and have a filter in my home and car. I often get disorientating, crying when not sad, skin reactions, ears plugging and itchy and eczema in ears, red scaly cheeks and scalp, herpes on lips, shingles or post herpetic neuralgia pain on left side of head, when my body gets run down. I get wound up in my brain and my body has trouble keeping up. If I don't force myself to lie down and let it settle, I will end up sick. Some days I surprise myself and I can plow through a bunch of information and the next week, I can't comprehend at the same rate and am quite frustrated with myself and what I can handle and accomplish.

I have no wisdom teeth, and none show up on an xray. I had a large number of mercury fillings from age 7 on but was extremely healthy and energetic up to the accident in 1989. I got a large number of fillings after my first pregnancy and then some gum surgeries for receding gums. In August 2002 (ironically in hindsight) same time I became chemically sensitive, I got a root canal through a very large gold crown on the 1-6 after trying 2 large fillings where it felt as if I had a radio station (off channel) playing in my head with the electronic activity and a continual metallic taste. I have had all my amalgams removed in 2004 and 2005 (supposedly safe method), but am still having major trouble with the 1-6. I eventually had the tooth extracted in 2005 (which I don't think the ligament was removed properly) and have had 2 cavitations above the area since, but area still sore (indented never healed) and right cheek on and off pain which varies in intensity to a continual electrical buzz or hum to a deep throbbing pain that I need to take medication to dull. I tried preservative free lidocaine injection into the cheek area and it calmed it down until I chewed on that side. Sweets and hot liquids sets off the pain immediately. I had to quit drinking coffee as it seemed to be the worst thing for creating the searing pain.

The other extraction I had was to the 2-5 area where there was also a root canal performed. I got dry socket (the dentist said his first case) but the area has eventually healed and is not causing me any trouble now.

I did the Clifford Reactions Test and also muscle tested for materials for the replacement crowns and bridges.

My main symptoms are chemical sensitivities, pain, fatigue, cognitive, insomnia and tooth/cheek pain specifically as well as no sex drive.

As far as I know, my mother never had any fillings while before or during the time she was pregnant and is still healthier than I am.

I had the polio, mumps, measles, chicken pox ones as a kid (early 60's), and one tetanus and flu shot when I was around 30, but have received no travel or any other immunizations.

I received allergy serum injections weekly for two years starting in 2004 and then monthly till June 2009. Apparently serum had no thermosol (sp?). I am still allergic to dust, ragweed pollen and canola, so didn't notice much change.

I went off all supplements for around 3 months before completing the hair test, but was taking zinc, liquid magnesium and vitamin E, Vit B5/B6 prior to that. I have a cupboard of supplements I have tried over the years since doing a yeast busters kit after quitting smoking 10 years ago, and then oil of oregano, B5/B5, Vitamin C, kelp, licorice root, L-Arginine, so many that I have spent a small fortune and seem to be getting worse instead of better.

I take 7.5 mg of Zopiclone nightly and have done so since December 2004. I have Tramadol and Diazepam compounded with acidophilus which I take sparingly for pain and anxiety. I also have Interstitial Cystitis and receive bladder instillations by a urologist every 2 – 3 months using a cocktail mixture of Heparin and Lidocaine.

I get trigger point injections with Lidocaine (preservative) free every 2 – 3 months into the most 10 active trigger points to help with pain so I don't take much pain medication in between.

I get as much massage, physio, and chiro adjustments as I can afford and try to stretch and walk daily. Lately if I sit down, I just want to sleep and feel overwhelmed physically and emotionally.

I did a cortisol test about 3 years ago (you spit into a vial 4 different times a day) and my levels were normal during the day but shot up at night, which might explain the inability to go and stay asleep at night. I took progesterone and testosterone compounded for about 9 months but did not notice any difference.

I have had several surgeries over the years for gyno, bladder issues, breast reduction, partial hysterectomy. Most recently had small benign bladder cyst removed which has starting growing on the scar tissue so need to have another surgery to remove it again. I have a family history of bladder cancer and one sister with breast cancer.

I also received a major exposure to a pesticide sprayed on a leather briefcase that was inadvertently brought to my home in February 2009 which set me back considerably and have had major fatigue I guess since that time.

I am hoping that I can get the results and start getting rid of the toxins in my body instead of adding to them unknowingly. I eat healthy (except for chocolate binges) and try to practice food combining and eating lower carbohydrate and as much raw and organic as possible.

I am female, 51, 130 pounds, 5.5 inches and have lost some muscle tone especially in the past 2 years and have a hard time with posture, strength in upper back to sit up (rounded shoulders). My lifestyle is stressful as I have some addiction in family members and some ongoing WCB issues not resolved with the workplace, but have a positive support system and a very great need to listen to my body and move in this direction. I have some reservation about starting the chelation process with the 1-6 area still not yet resolved and was surprised to see low mercury on the test results, so am very anxious to hear the interpretation of it.

I live in Red Deer, Alberta, Canada which has a lot of oil field drilling and refining activity.

I am most appreciative and grateful for any help you can give me.

Warmly