

## POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	2.3	< 7.0		
Antimony	0.022	< 0.050		
Arsenic	0.055	< 0.060		
Barium	0.15	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.053	< 2.0		
Cadmium	0.020	< 0.050		
Lead	0.74	< 0.60		
Mercury	2.1	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.017	< 0.060		
Nickel	0.17	< 0.30		
Silver	0.39	< 0.15		
Tin	0.20	< 0.30		
Titanium	0.54	< 0.70		
Total Toxic Representation				

## ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT µg/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	787	300- 1200					
Magnesium	50	35- 120					
Sodium	6	20- 250					
Potassium	7	8- 75					
Copper	59	11- 37					
Zinc	210	140- 220					
Manganese	1.2	0.08- 0.60					
Chromium	0.40	0.40- 0.65					
Vanadium	0.026	0.018- 0.065					
Molybdenum	0.023	0.020- 0.050					
Boron	0.31	0.25- 1.5					
Iodine	1.4	0.25- 1.8					
Lithium	< 0.004	0.007- 0.020					
Phosphorus	181	150- 220					
Selenium	1.4	0.55- 1.1					
Strontium	4.0	0.50- 7.6					
Sulfur	49300	44000- 50000					
Cobalt	0.006	0.005- 0.040					
Iron	6.9	7.0- 16					
Germanium	0.031	0.030- 0.040					
Rubidium	0.006	0.007- 0.096					
Zirconium	0.25	0.020- 0.42					

## SPECIMEN DATA

## RATIOS

## COMMENTS:

Date Collected: 3/8/2011      Sample Size: 0.197 g  
Date Received: 3/14/2011      Sample Type: Head  
Date Completed: 3/17/2011      Hair Color: Brown  
Client Reference:                      Treatment: Dye  
Methodology: ICP-MS                  Shampoo: Treseemme

V010.08

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	15.7	4- 30
Ca/P	4.35	1- 12
Na/K	0.857	0.5- 10
Zn/Cu	3.56	4- 20
Zn/Cd	> 999	> 800

## Health history for hair test 461

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

I am a female, age 44. Since I was a teenager I suffered from migraines, insomnia and gastrointestinal problems, diagnosed as IBS. Through my 20's and 30's I was functional, although I bounced from specialist to specialist as I sought the cause of a myriad of seemingly disconnected health issues. Around age 35 there was a more dramatic decline in my health. I began to see a psychiatrist and behavioral therapist for the worsening migraines, depression, incapacitating insomnia and gastrointestinal distress. I was prescribed Celexa and Klonopin as well as sleep hygiene techniques, which together greatly improved my insomnia. I no longer count insomnia as one of my symptoms. However, I still experienced periodic crashes, where I was unable to work due to acute onset fatigue, infections (kidney, sinus), or other undiagnosed mystery illnesses. Finally in January 2010, I began my journey to identifying and addressing food sensitivities, adrenal, hormonal and thyroid issues. However, while many of the gastrointestinal symptoms improved with diet modifications, I was unresponsive to therapies to improve my adrenals, low thyroid, and anemia. My wellness advisor suspected mercury as an underlying cause.

### **2) Dental history:**

I had my first amalgam placed when I was a small child in the early 1970's. In later years I opted for composite fillings as an aesthetic choice. On October 14, 2010, I had my four amalgams removed using full IAOMT protocol, plus sedation dentistry and IV Vitamin C. All four of the amalgams were surface fillings. I had never had any crowns, root canals, braces, or any dental work other than routine cavity fillings.

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

All dental cleanup is completed. I am amalgam free as of October 14, 2010.

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

**5) What vaccinations have you had and when (including flu and especially travel shots)?** Routine childhood vaccinations. One flu shot in 2005.

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

Rx Celexa® 10mg daily  
Rx Hydrocortisone - 5mg/3x day since March 1, 2011  
Rx Gastrocrom® (cromilyn sodium, for hyper allergic reactions) – 3x day  
Digestzymes® (digestive aid) with each meal  
Milk Thistle – 3x day with meals  
Ioderal® (iodine/potassium iodide) – 25 mg daily  
Theralac® (probiotic) - 2x day  
Vital Nutrients® Multi Mineral Complex (essential mineral formula without copper or iron) – 4 capsules daily  
Allergy-C® (vitamin C from sago palm)  
Adrenal Stress End® - contains 33 mg ACE  
Vitamin E – 400 IU daily  
Magnesium Glycinate – 400 mg daily  
Zinc Picolinate – 50 mg daily  
Perque® Activated B-12 Guard – 2,000 mcg sublingual daily  
Rx Klonopin® .5 mg daily

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

I chelated approximately nine rounds with DMSA according to the Cutler protocol. I stopped in early February 2011, because it became impossible to go to work. I could barely get out of bed - I was so fatigued, dizzy, out

of breath, and intolerant of any noise/light/motion. I started taking Hydrocortisone on March 1<sup>st</sup>. I did a hair test in March to see if more information could be gleaned about my condition, toxicities and deficiencies. I have no pre-amalgam hair test.

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