



PATIENT: Hair Test 569  
 SEX: Female  
 AGE: 45

## Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	3.3	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.15	< 0.060	
Barium (Ba)	0.98	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.21	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.09	< 0.60	
Mercury (Hg)	0.45	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.035	< 0.060	
Nickel (Ni)	0.09	< 0.30	
Silver (Ag)	0.02	< 0.15	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.36	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	700	300- 1200			
Magnesium (Mg)	52	35- 120			
Sodium (Na)	23	20- 250			
Potassium (K)	4	8- 75			
Copper (Cu)	15	11- 37			
Zinc (Zn)	190	140- 220			
Manganese (Mn)	0.10	0.08- 0.60			
Chromium (Cr)	0.33	0.40- 0.65			
Vanadium (V)	0.029	0.018- 0.065			
Molybdenum (Mo)	0.080	0.020- 0.050			
Boron (B)	< 0.07	0.25- 1.5			
Iodine (I)	4.0	0.25- 1.8			
Lithium (Li)	0.007	0.007- 0.020			
Phosphorus (P)	191	150- 220			
Selenium (Se)	0.92	0.55- 1.1			
Strontium (Sr)	2.7	0.50- 7.6			
Sulfur (S)	48600	44000- 50000			
Cobalt (Co)	0.005	0.005- 0.040			
Iron (Fe)	9.5	7.0- 16			
Germanium (Ge)	0.027	0.030- 0.040			
Rubidium (Rb)	0.007	0.007- 0.096			
Zirconium (Zr)	< 0.007	0.020- 0.42			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 10/30/2011	Sample Size: 0.196 g	Ca/Mg	13.5
Date Received: 11/3/2011	Sample Type: Head	Ca/P	3.66
Date Completed: 11/4/2011	Hair Color: Brown	Na/K	5.75
Methodology: ICP/MS	Treatment:	Zn/Cu	12.7
	Shampoo: Aubrey	Zn/Cd	> 999
		<b>RANGE</b>	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

## Health history for hair test 569

### **Current symptoms;**

Some tiredness, has improved a lot with supps over the last 6 months.

Dry eyes, in the morning and late evening, have improved a lot in the last 6 months with supps.

Snapping/clicking joints.

Pain in shoulders, used to be right, now it's both.

Ridges on nails, appeared over the last 2 years.

Thin brittle nails, deteriorated over the last 2/3 years.

Some twitching of muscles, has improved a lot with epsom salt baths, and B12.

Gum disease.

Some depression, mostly when I buy into fear, or I'm in pain a lot; seems situational more than biological.

Good cognitive function presently, good memory, have had some brain fog in the past.

Only thing that shows up on my not very helpful doctors testing is low ferritin (iron)

### Health history;

Clinical (recognized by medical profession)

Tonsils out at age 4.

Some gum disease.

Low iron

Other than that I'm "healthy"

Symptomatic (not recognized by medical profession)

Amalgams placed (I think) between ages 9 and 14? probably 8 in total.

Cold hands and feet from teens.

Puffy eyes/eyelids in the morning since teens.

Puffy eyes/eyelids with certain foods; now think sulfur/thiol foods possibly oxalate issue

Some depression

Some lack of motivation

Severe lower back pain at age 25; now see it was after some amalgams were put into my wisdom teeth, and route planing done for gum disease.

Noticed gas and bloating when I ate bread; stopped eating wheat.

Hypoglycemic symptoms from 26 onwards.

28 or so, had wisdom teeth removed, also had another amalgam put in, around this time I developed frequent urination at night when I was trying to get to sleep.

This was misdiagnosed as a bladder infection and I was treated with sulfa drugs, I had a severe allergic reaction; neck swelled up and was burning and itchy.

Started avoiding sulfites.

Had travel vaccinations at 31.

Severe lower back pain again at age 32, now see it was after I had a tattoo.

Brain fog, depression, and hypoglycemia, at age 33, now see it was following another tattoo. I thought I had candida, did a extremely strict candida protocol for 6 months.

Severe knee pain at age 34, inner knee mostly right knee. Given orthotics to wear.

Trying to figure this all out, saw Julie Anderson (back in the day when she first started!!) she thought I was sensitive to salicylates, began avoiding those.

Lump appeared on back of neck (lypoma) thought it was following a mild rear end collision, now see it was after an amalgam had fallen out (I remember

crunching it and spitting it out) and then, unfortunately going to the wrong dentist and having it replaced with composite unsafely.

Had severe "whiplash" symptoms for a month or more.

Following this, I frequently had flu like symptoms, aching all over, and fatigued. Also had the feeling of my blood being "heavy" and "stagnant"!!!!

These symptoms came and went for a few years.

Around 39/40 had Hep B vaccinations.

Severe leg and lower back pain; onset dramatic, had trouble walking; felt unsafe in my body, had heart palpitations, freezing feet and hands, and ptsd (which I thought was tied to a childhood trauma) this went on for 8 months, I had MRIs and blood tests, nothing turned up, I assumed it was all ptsd, I did a lot of therapy. This was following another tattoo at age 42. You would think I might have put this together at this point, but I was deep into the ptsd, and was just coping.

Consistant fatigue and shoulder pain began at age 44, shoulder pain disappeared with very strict diet; no wheat,no dairy,no sugar,very little fat, no fried foods, alot of veggies.

But then seemed to be triggered by certain veggies, now believe it's thiols and oxalates.

Mild head trauma at 44 created floaters in eyes.

Dry eyes began at 44 following a two week period when I had a very hoarse voice and felt like "a lit match had been dropped down my throat" (sulfur?)

I was exposed to a moth bombing in my building during this time; a few months after the hoarse voice illness.

5 months later the shoulder pain returned along with fatigue and depression, this has improved somewhat since I started all the supps, but has been pretty constant for a year now, shoulders have not improved consistantly.

### **Current dental situation;**

I have all the original amalgams in place (I felt I was not able to cope in anyway with removal, I had to get myself stabilized first) looking to do it in January.

So that means a total of 8 amalgams.

No root canals or any other dental work.

### **Mothers dental work.**

My mother was a dental nurse (!) before she became pregnant with me. She remembers handling Hg with her bare hands.

She had many amalgams but no root canals.

She became very very depressed and unwell.

She had what was then termed as a "nervous breakdown"

She committed herself to an asylum when I was 2, she had electric shock treatment.

She continued to be depressed and medicated much of her life.

### **Supps I began taking at different times beginning 8 months ago, all these were current with the hair test;**

Innate Flora (5 billion)	2x day
Milk thistle	3Xday
Zinc picolinate (22mg)	2Xday
Vit E (d-alpha-tocopherol 400iu)	3xday
Biogest enzymes	3xday
Adrenal cortex extract	2Xday
Actifolate (L5tetrahydrofolate)	1xday
CoQ10	1xday
Omega 369 (Nordic naturals)	3xday
Selenium	1xday
B12 (methylcobalamin 5,000 mcg)	3xday
Raw thyroid glandular (natural sources)	2xday
Potassium Citrate (99mg)	3xday
Thyroid helper (Byron Richards)	2xday
Ginger	3xday
Viamin A (5,000 iu)	3xday
Magnesium (chelated 100mg)	2/3xday
Olive Leaf	3xday
Monolaurin	3xday
Biotin (5mg)	3xday
P-5-P (5mg)	3xday
B6	2xday
N-A-G	3xday