



PATIENT: 'Bi a Vyf') - \*  
 SEX: Female  
 AGE: 37

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	5.9	< 12	
Antimony (Sb)	0.017	< 0.060	
Arsenic (As)	0.044	< 0.090	
Barium (Ba)	0.55	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	0.026	< 0.050	
Lead (Pb)	0.27	< 1.0	
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)	0.004	< 0.060	
Nickel (Ni)	0.45	< 0.40	
Silver (Ag)	0.02	< 0.10	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.39	< 1.3	
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)	629	475- 1500	
Magnesium (Mg)	33	45- 180	
Sodium (Na)	41	80- 450	
Potassium (K)	31	28- 160	
Copper (Cu)	24	11- 30	
Zinc (Zn)	270	130- 200	
Manganese (Mn)	2.8	0.15- 0.65	
Chromium (Cr)	0.34	0.40- 0.65	
Vanadium (V)	0.013	0.018- 0.065	
Molybdenum (Mo)	0.028	0.040- 0.10	
Boron (B)	0.77	0.40- 4.0	
Iodine (I)	0.34	0.25- 1.8	
Lithium (Li)	0.013	0.008- 0.030	
Phosphorus (P)	211	250- 500	
Selenium (Se)	0.86	0.80- 1.3	
Strontium (Sr)	1.3	1.0- 8.0	
Sulfur (S)	42000	42000- 48000	
Cobalt (Co)	0.018	0.006- 0.035	
Iron (Fe)	7.6	7.0- 16	
Germanium (Ge)	0.031	0.030- 0.040	
Rubidium (Rb)	0.033	0.030- 0.25	
Zirconium (Zr)	0.040	0.040- 1.0	

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 2/25/2012	Sample Size: 0.202 g	Ca/Mg	19.1	4- 30
Date Received: 3/5/2012	Sample Type: Pubic	Ca/P	2.98	1- 12
Date Completed: 3/6/2012	Hair Color: Brown	Na/K	1.32	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	11.3	4- 20
	Shampoo: Goats Milk	Zn/Cd	> 999	> 800

## Health history for hair test 596

What are your current symptoms and health history?

I have been sick for the last 12 years to various degrees.

I first started feeling very tired and coming down with every bug coming my way when working as a Laboratory Technician this coincided with being vaccinated for Hepatitis B. (3 shots)

Very compromised digestive system was my first real problem.

I was becoming very sensitive to the various solvents and chemicals I was working with and had very bad ear pain that the doctors couldn't treat as they thought it was normal. Constant cold sores and cracking on sides of mouth. Itchy welts and mysterious rashes.

I left my place of work as I could no longer be in an environment I was sure was making me sick.

Retrained as a Receptionist/Secretary. 6 months into studies I started getting some very painful cramps in my shoulder and neck area. It came out of nowhere and the doctors I saw seemed to think it was connected with my increase use of computers with the study. This seemed logical and so I have been chasing that theory for the last 10 years!

I saw every imaginable physician for this pain that seemed to be getting worse and worse. I'd probably say I've seen close to 100! That is just crazy. Not one made any ounce of difference apart from feeling relaxed with acupuncture and hypnotherapy.

I have tried so many medications at the insistence of the doctors, even went down the path of antidepressants and Prozac for 6 months but this only made me a lot worse (emotionally and mentally) lost a lot of confidence with these meds and couldn't find the right words in a conversation, felt very self conscious and teary and a little bit wild.

Looking back now its possible the neck/shoulder problems started when I had 2 wisdom teeth removed and soon after 3 very large amalgams replaced (without protection). I do remember taking a few months to recover from the dental procedures. I also ended up with a few dry sockets from the wisdom tooth extractions.

In between this time and to present day I am no better off and have not been able to work for the last 6 years. I wouldn't say I have chronic fatigue but the pain in my neck/shoulders is very tiring in itself.

If I was working I am sure I would then be diagnosed with CFS as I wouldn't be able to cope.

I don't know how I will feel from one minute to the next (though I do know I'll never feel great) maybe ok if I'm having a good day.

The interesting thing I have really noticed in the last few years is a toxic feeling in the glands of my neck and the back of my neck and also the top of the shoulders. With this I often get the same feeling in the bridge of my nose (sinuses).

I often say to friends/family/doctors I feel really toxic but they just look at me like I've lost the plot.

My list of current symptoms include:

Sinus pressure/pain (with no reason for this according to my ENT specialist)

Digestive Issues ( helped immensely with GF diet for last 5 years)

IBS kept at bay with a very simple diet

Food sensitivity

Liver tenderness/colic

Chronic neck/shoulder pain (trigger points) and (toxic feeling)

Easily strain/pull muscles so there is always something in pain

Jaw pain

Shortness of breath (feeling like not getting enough oxygen with shallow breathing).

Intensely itchy/burning skin on face and inner ears(currently) other times its all over body esp lower legs, chest, neck, eyebrows, hair. Almost feels like ants are crawling under my skin. This is very annoying and was something I had a lot of as when working as a lab technician.

Very cold hands and feet. Will shake if it's not a very warm day, always wearing jumpers when others are warm. Also heat intolerant.

Exercise intolerant (even walking stirs up my symptoms)

No stamina, take a long time to recover from simple car trip over 1 hour

Foggy head, hopeless with names, always walking into rooms and not knowing why, jumbling words in sentences, forgetting names of people I know very well when referring to them in conversation. Bad short term memory and esp with things I am not interested in.

Getting annoying things stuck in my head like a broken record.

Being overly obsessive about diets and food exclusion plans to better my health. For ex: since stumbling on mercury as a possibility it is my problem I have been spending hours on end reading and re-reading information on the web and Andy's books (as its taking me a long while to fully understand all this new information).

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

Mum had a lot of amalgams and also one silver tooth during pregnancy.

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

Many amalgams in baby teeth followed by many more throughout my life. All wisdom teeth are removed. Currently have 7 very large amalgams in back teeth.

No root canals. Did have a plate (pink coloured) for a few years in primary school.

Teeth have had amalgams replaced many times over (never safely).

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

I will be removing 3 amalgams in 3 weeks time and the remaining 4 in the following 2 weeks. So amalgam free in 6 weeks time. (April 12) Doing this with the only safe dentist I have found in Melbourne.

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

All injections as a baby and in school vac programs in Australia

Tetanus injections

Hep B 3x vac

Dust mite allergy desensitize program lasting for 1.5 years.

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

Magnesium powder with other basic minerals included (very low doses)

Milk Thistle a few times a week

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

37 yrs old, 5,3 and 46kgms (101 pounds?)

**What is your location – city & country (so that we can learn where certain toxins are more prevalent).**

Australia, Melbourne.