



PATIENT: Number 642  
 SEX: Male  
 AGE: 33

## Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)		7.6	< 7.0	
Antimony (Sb)		0.027	< 0.066	
Arsenic (As)		0.11	< 0.080	
Barium (Ba)		0.57	< 1.0	
Beryllium (Be)		< 0.01	< 0.020	
Bismuth (Bi)		0.054	< 2.0	
Cadmium (Cd)		0.12	< 0.065	
Lead (Pb)		0.56	< 0.80	
Mercury (Hg)		0.60	< 0.80	
Platinum (Pt)		< 0.003	< 0.005	
Thallium (Tl)		< 0.001	< 0.002	
Thorium (Th)		< 0.001	< 0.002	
Uranium (U)		0.042	< 0.060	
Nickel (Ni)		0.14	< 0.20	
Silver (Ag)		0.04	< 0.08	
Tin (Sn)		0.40	< 0.30	
Titanium (Ti)		0.32	< 0.60	
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)		339	200- 750		
Magnesium (Mg)		25	25- 75		
Sodium (Na)		73	20- 180		
Potassium (K)		35	9- 80		
Copper (Cu)		15	11- 30		
Zinc (Zn)		180	130- 200		
Manganese (Mn)		0.25	0.08- 0.50		
Chromium (Cr)		1.2	0.40- 0.70		
Vanadium (V)		0.084	0.018- 0.065		
Molybdenum (Mo)		0.052	0.025- 0.060		
Boron (B)		2.2	0.40- 3.0		
Iodine (I)		0.96	0.25- 1.8		
Lithium (Li)		0.005	0.007- 0.020		
Phosphorus (P)		188	150- 220		
Selenium (Se)		0.87	0.70- 1.2		
Strontium (Sr)		1.1	0.30- 3.5		
Sulfur (S)		47200	44000- 50000		
Cobalt (Co)		0.032	0.004- 0.020		
Iron (Fe)		7.3	7.0- 16		
Germanium (Ge)		0.025	0.030- 0.040		
Rubidium (Rb)		0.041	0.011- 0.12		
Zirconium (Zr)		0.21	0.020- 0.44		

SPECIMEN DATA		RATIOS	
COMMENTS: results checked		ELEMENTS	RATIOS
Date Collected: 7/16/2012	Sample Size: 0.199 g	Ca/Mg	13.6
Date Received: 7/21/2012	Sample Type: Head	Ca/P	1.8
Date Completed: 7/26/2012	Hair Color: Brown	Na/K	2.09
Methodology: ICP/MS	Treatment:	Zn/Cu	12
	Shampoo: Aussie	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

## Health history for hair test 642

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

Past 2-3 years to present:

I have been having very short dizzy spells that last no longer than 5 seconds. They feel as though I am going to fall over but I never do. I am always able to stabilize myself. They are manageable with diet. A vegan diet and juicing was able to reduce the frequency of occurrence from several a day to perhaps one or two a week. I am now basically following the Nourishing Traditions book while staying gluten free and dairy free.

March and April of this year:

I had 5 migraines with aura or complex migraines (whatever the proper term is). First one progressed as follows:

- a) Pins and needles sensation (like your hand or foot falling asleep) started on my right foot and travelled up the right side of my body. Sensation finished at my right hand. When it reached my hip, I could feel my foot again. At my hand, I could feel my chest, etc.
- b) Visual aura started. Triangles creeping across my vision. Partial blindness.
- c) Failure to recall words. I couldn't recall body parts or people's names.
- d) Headache started.

Following three all started on the right side and never suffered from step c. Remaining one started on left side and never suffered from step c. All headaches except for first lasted about 16 hours.

Went vegan after 5<sup>th</sup> headache and have been headache free since. I was vegan for 2-3 months. I should say mostly vegan. I had chicken twice and some beef once and some lamb also, all spread out over the three months.

Stomach problems for the past two years prompted the gluten free choice. Stools have been mostly loose for a while. Vegan diet solidified them. New diet has them a little looser again.

I had AST come back at 41 U/L with a high range of 40 U/L in 2011. Did a liver cleanse with grapefruit seed extract, dandelion root, milk thistle, and a candida diet and lowered the AST number to 20 at the following CMP.

Current Symptoms:

- a) Dizzy spells – 2 x daily at a minimum
- b) Slightly loose stool.
- c) Hair loss
- d) Fatigue
- e) Brain Fog
- f) Rash on groin area
- g) Nail fungus
- h) Tinnitus
- i) Dry skin
- j) Rash under arms (in 2007, discontinued deodorant and rash vanished)
- k) Consistently low blood pressure (118/60)

Specialists I have seen:

ENT – deduced my problems were neurological. Flunked light running across wall from right to left

Neuro 1 – Ordered MRI and sleep study. No problems detected

GI – Ran the standard Gluten test. Negative

Neuro 2 – ‘Saved’ me from my migraines by prescribing me Topomax. That made me stupid and tired, so we switched to Zonisamide. I weaned myself off after about 6 weeks. Not on any more anti-seizure meds. An EEG showed an abnormality in my left frontal and left temporal lobe.

Neuro 3 – Goes by the handle “the dizzy doc”. Ran tests on expensive machinery and determined my balance was shot and my tinnitus was really bad. This pointed to Manier’s and was caused by a viral infection of my inner ear. Prescribed a transdermal Vit B complex, Leucovorin Calcium, Pregnenolone, a single steroid injection (meds for 2 weeks prior to anti virals to build back immune system) and anti virals. Light test flunked again.

Homocystene at 10.4 umol/liter Ref range of 5.0 to 12.0

Folic Acid at 24.0 ng/ml Ref range of greater than 5 ng/ml

Pregnenolone at 112 ng/dL Ref range of 23 to 173

Candida Albicans IgA at 0.11 Ref range <=0.99 EV

Candida Albicans IgG at 0.59 Ref range <=0.99 EV

Candida Albicans IgM at 0.11 Ref range <=0.99 EV

Vitamin D, 25 OH at 39 Ref range optimal 30-100 ng/ml

Cardiologist – Ran a slew of tests and detected nothing. All pipes clear and ticker is normal

Neuro 4 – Chiropractic Neuro. Saw a posture issue with my neck and identified gut issues. Had Cyrex Labs tests done. Found no gluten associated sensitivity and cross-reactive foods.

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Wheat/Gluten Proteome Sensitivity & Autoimmunity (ELISA Index)

Wheat IgG is equivocal at 1.49 with reference of 0.3-1.5

Omega Gliadin 17-mer IgA is equivocal at 0.94 with a reference of 0.1-1.2

Gliadin-Transglutaminase Complex IgG is Out of Range at 1.59 with a reference of 0.3-1.4

all else normal

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Intestinal Antigenic Permeability with ELISA Index

Occludin/Zonulin IgG is equivocal at 1.16 with a reference of 0.2-1.5

Occludin/Zonulin IgM is equivocal at 1.75 with a reference of 0.1-2.1

Lipopolysaccharides(LPS) IgM is out of range at 2.18 with a reference of 0.1-2.0

All else normal

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CMP

Item	#	Result	Functional Range	Laboratory Range
BUN	12	Low	13 - 18	5 – 26
Sodium	144	High	135-140	135-148
Calcium	9.1	Low	9.2-10.1	8.5-10.6
Phosphorus	2.8	Low	3.5-4.0	2.5-4.5
CO2	22	Low	25-30	20-32
Protein	6.7	Low	6.9-7.4	6-8.5
Globulin	2.3	Low	2.4-2.8	1.5-4.5

LDH	132	Low	140-180	100-250
Serum Iron	145	High	85-135	40-155
TIBC	246	Lab Low	250-350	250-390
RBC	4.95	High	4.4-4.9	4.2-6.0
HGB	15.3	High	14-15	13-18
MCV	93	High	85-92	80-98
Monocytes	10	High	4-7	4-13
Triglycerides	101	High	75-100	0-149
Cholesterol	121	Low	150-199	100-199
HDL	40	Low	55-100	40-59
T4	5.9	Low	6-12	4.5-12
TSH	2.84	Normal	1.8-3.0	.35-5.5

GI # 2 said GI # 1 knew his stuff and didn't want to scope me.

**2) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...)**

Many cavities, 5 crowns, 1 root canal. Not sure how many were amalgam. Most were composite (white) fillings.

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

Got a new job in 2008 and had old work and new decay fixed. Several crowns redone without amalgam. Old amalgam wasn't removed according to protocol. NOW I HAVE IN PLACE 5 crowns, one root canal, and three amalgam fillings. It is likely that all amalgam under crowns is gone, although if it was there, it was removed improperly.

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

Sorry, I have no idea.

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

Last 4 years or so, I have had flu shots. Got a TDAP in past 5 years.

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

Neuro-Immune Stabilizer Topical Cream - 2oz twice daily

<http://www.neurobiologix.com/Neuro-Immune-Stabilizer-B12-B6-Vitamin-D-Cream-p/46.htm>

Leucovorin Calcium – 5 mg 2 times daily

Acyclovir – 400 mg 1 time daily

Zonisamide – 100 mg 2 times daily, but was down to only 1 pill a day and perhaps had already weaned off 2 months prior to hair sample

Pregnenolone – 30 mg – 1 time a day  
Vitamin C – 500 mg – at least 1 time a day  
Vitamin D3 – 5000 IU once a day

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

I have read AC's Hair Elements Interpretation book and notice that I don't meet any of the counting rules. If my Ca was lower (as in in the red) I think I would have met rule #5. I only mention that because Leucovorin is a Calcium supplement, so it might be artificially high. Open to thoughts.

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

Presently in Austin TX – 2008 to present  
Lubbock TX – 2005 to 2008  
Washington DC – 2003 to 2005  
Lubbock TX – 1996 to 2003  
Houston TX – 1988 to 1996  
Caracas VZ – 1983 to 1988  
Houston TX – 1978 to 1983