

### Toxic Elements

Element	Reference Range	Reference Range in µg/g
Aluminum	1.2	<= 17.3
Antimony	0.003	<= 0.016
Arsenic	0.016	<= 0.080
Barium	1.64	<= 1.70
Bismuth	<dl	<= 0.178
Cadmium	0.001	<= 0.022
Gadolinium	0.0005	<= 0.0005
Lead	0.030	<= 0.700
Mercury	<dl	<= 1.32
Nickel	0.20	<= 0.55
Rhodium	0.0002	<= 0.0005
Rubidium	<dl	<= 0.040
Thallium	<dl	<= 0.0004
Tin	0.017	<= 0.149
Uranium	0.0067	<= 0.0057

### Nutrient Elements

Element	Reference Range	Reference Range in µg/g
Calcium	855	192-1,588
Chromium	0.12	0.01-1.58
Cobalt	0.064	0.001-0.129
Copper	11	8-136
Iron	7.3	5.2-24.4
Magnesium	90	11-122
Manganese	1.60	0.04-1.93
Molybdenum	0.12	0.01-1.24
Phosphorous	127	104-206
Selenium	0.77	0.58-1.13
Sodium	33	14-426
Strontium	7.20	0.01-4.40
Sulfur	50,481	41,781-60,894
Vanadium	0.031	0.003-0.108
Zinc	219	119-245

### Reference Range

Lithium	<dl	<= 0.302
Potassium	<dl	<= 174

### Ratios

	Inside Range	Outside Range	Reference Range
Ca/Mg	10		5-29
Ca/P	7		1-9

### **Health history for hair test 677**

I did my hair test before I discovered I should have used Doctor's Diagnostics. These test results are from Genova Diagnostics. Please let me know if they are still able to be used. I did the best I could to figure out what to put for these fields. They don't really do the red, green, yellow color scale as with Doctor's Diagnostics. They also tested rhodium (0.0002) and Gadolinium (0.0005).

1. Current symptoms: extreme fatigue, paradoxical response to exercise, monocular vision, hallucinations, narcolepsy, poor memory, Raynaud's phenomenon, average body temp: 97, wavy temp charting pattern, irritable, rheumatoid arthritis, dizziness, fibromyalgia, anxiety, withdrawal, lack of trust, social isolation, IBS, dysplastic nevi, chemical sensitivity, chronic dehydration, vertigo, unable to handle stressors.

2. Wisdom teeth removed 1987, 16 amalgam fillings since 1981 (removed last month), 6 crowns from exploding amalgams breaking my teeth off, 5 root canals (2 retrofills), braces for 3 years in late 80's.

3. All of my amalgams have now been replaced by a mercury safe dentist. Previous amalgam replacements were done in a completely NON-safe manner. All porcelain-fused metal crowns have had amalgams removed from underneath and replaced with Empress crowns (checked biocompatibility before using).

4. Mother has mouth full of metal bridges, gold crowns, pfm crowns and 16 amalgams. Most were in place during pregnancy.

5. I have had all of my vaccinations and yearly flu shots (will not get more). Never had travel shots.

6. Supplements: CoQ10 200mg; B-50 (3X/day); Milk Thistle 420mg; Flaxseed Oil 3000mg; Borage Oil 2000mg; Vitamin C 1500mg; Adrenal Cortex 750mg; Zinc 60mg; Magnesium 500mg; Folic acid 800mcg; Vitamin E 800iu; Melatonin 3mg.

7. Can't think of anything!

8. I live in Cold Spring, MN USA