



PATIENT: Number 681
 SEX: Female
 AGE: 34

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	4.0	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.034	< 0.060	
Barium (Ba)	0.50	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.07	< 0.60	
Mercury (Hg)	0.34	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.26	< 0.060	
Nickel (Ni)	0.03	< 0.30	
Silver (Ag)	0.02	< 0.15	
Tin (Sn)	< 0.02	< 0.30	
Titanium (Ti)	0.28	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th		
Calcium (Ca)	370	300- 1200			
Magnesium (Mg)	32	35- 120			
Sodium (Na)	38	20- 250			
Potassium (K)	16	8- 75			
Copper (Cu)	12	11- 37			
Zinc (Zn)	170	140- 220			
Manganese (Mn)	0.05	0.08- 0.60			
Chromium (Cr)	0.37	0.40- 0.65			
Vanadium (V)	0.031	0.018- 0.065			
Molybdenum (Mo)	0.043	0.020- 0.050			
Boron (B)	0.35	0.25- 1.5			
Iodine (I)	0.24	0.25- 1.8			
Lithium (Li)	0.007	0.007- 0.020			
Phosphorus (P)	159	150- 220			
Selenium (Se)	0.75	0.55- 1.1			
Strontium (Sr)	2.4	0.50- 7.6			
Sulfur (S)	48500	44000- 50000			
Cobalt (Co)	0.005	0.005- 0.040			
Iron (Fe)	3.5	7.0- 16			
Germanium (Ge)	0.030	0.030- 0.040			
Rubidium (Rb)	0.026	0.007- 0.096			
Zirconium (Zr)	0.028	0.020- 0.42			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 9/20/2012		Ca/Mg	11.6
Date Received: 9/24/2012		Ca/P	2.33
Date Completed: 9/26/2012		Na/K	2.38
Methodology: ICP/MS		Zn/Cu	14.2
Sample Size: 0.197 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment:		
Shampoo: Alba Botanica			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

Hair Test 681

What are your current symptoms and health history?

I had a ton of ear infections as a kid (and into college), and was treated with a lot of antibiotics. I got Asthma in 5th grade, and have (at the age of 32) "cured" it by eliminating gluten & dairy from my diet. I recently (less than a year ago) got bit by a tick and got Lyme disease.

A year ago, I read the book Amalgam Illness, and noted that I have almost every symptom in the book. (So I've had these symptoms for several years - a couple decades.)

- periods of functionality, and periods of less productive
- struggled with depression & anxiety
- I've always (since elementary school) had asperger-type qualities & Sensory Processing difficulties
- the altered emotional state paragraphs (in Amalgam Illness) does a good job of describing me
- I used to be very smart. I still am smart, but somehow this aura of "ditz" has seemed to personify me since 9th grade.
- My short/mid-term memory is not good, and I don't remember it ever being good. I think a lot of it is that I'm too distracted, so I don't purposefully PUT it in my memory.
- Brain fog has defined me for at least a decade, and most certainly since my 2nd baby was born 7 years ago.
- I've never dreamed in color. It's always black & white, or sometimes hints of brown.
- dizziness, daytime drowsiness, constipation, cold hands & feet, I never sweat, my skin turns red easily, dry skin, my circadian rhythm is messed up (ideal sleeping time for me is 3am-12noon), no libido whatsoever

Ever since living in an area with high arsenic in the water, I now sleep with my hands over my head.

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

Wisdom teeth removed at the age of 17. No other extractions. No root canals. I had braces from the age of 15-17.

As a child (4th grade?) I had 2 metal caps on my teeth (I don't know for sure, but I didn't think they were crowns?). Sometime around there, I got my first metal fillings.

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

As of when this test was done, I still had 1 amalgam filling left, and I had 2-3 non-amalgam fillings in my teeth. Around 4 years ago, I had an amalgam filling removed, and it was a botch job done horribly with no safety precautions whatsoever.

Currently, I now have no amalgam in my mouth (I just had my last one removed, safely, by a holistic dentist who took all precautions).

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

Metal fillings (but not put in during pregnancy).

She had an x-ray (of her belly) on the date I was due (4 weeks before I was born).

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

In elementary school, I got all of the normal ones that kids in the U.S. got in the 70s & 80s.

In jr high and high school (1990 - 1996), I got the Hep B series, and a tetanus shot. In 1997 and 2003 I got flu shots.

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

Ceftin

Rifampin

Azithromycin

Nystatin

Naltrexone

Grapefruit Seed Extract (500mg

Juice Plus+ Orchard & Garden (4 green, 4 red, 3 purple)

OmegaPlex (4 capsules)

Stress B-complex

Maca Root (1525mg

Cordyceps (1000mg)

Probiotics

Milk Thistle (350mg

Homeopathic "New Tick Bite Balance 2" (2x/day)

What is your age, height and weight?

34. 5'6". 150 lbs.

Other information you feel may be relevant?

Reading Amalgam Illness, I can see that I've been metal toxic (according to my symptomology which matches what the book says) since high school (early 90s). I can see that it got worse when I had my 2nd baby, and has remained bad especially since moving to an area high in arsenic (in water), which is near bombing ranges, shortly after my 2nd was born. I no longer live there, although I lived there for almost 4 years.

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

I am currently in California.