



PATIENT: Number 691  
 SEX: Female  
 AGE: 53

## Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	2.7	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.054	< 0.060	
Barium (Ba)	0.17	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.007	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.23	< 0.60	
Mercury (Hg)	1.2	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.14	< 0.060	
Nickel (Ni)	0.08	< 0.30	
Silver (Ag)	0.25	< 0.15	
Tin (Sn)	0.10	< 0.30	
Titanium (Ti)	0.38	< 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)	286	300- 1200			
Magnesium (Mg)	16	35- 120			
Sodium (Na)	25	20- 250			
Potassium (K)	14	8- 75			
Copper (Cu)	11	11- 37			
Zinc (Zn)	130	140- 220			
Manganese (Mn)	0.30	0.08- 0.60			
Chromium (Cr)	0.38	0.40- 0.65			
Vanadium (V)	0.040	0.018- 0.065			
Molybdenum (Mo)	0.030	0.020- 0.050			
Boron (B)	0.59	0.25- 1.5			
Iodine (I)	0.73	0.25- 1.8			
Lithium (Li)	0.005	0.007- 0.020			
Phosphorus (P)	111	150- 220			
Selenium (Se)	0.83	0.55- 1.1			
Strontium (Sr)	0.18	0.50- 7.6			
Sulfur (S)	43400	44000- 50000			
Cobalt (Co)	0.011	0.005- 0.040			
Iron (Fe)	7.1	7.0- 16			
Germanium (Ge)	0.037	0.030- 0.040			
Rubidium (Rb)	0.020	0.007- 0.096			
Zirconium (Zr)	0.016	0.020- 0.42			

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>	<b>RANGE</b>
Date Collected: 10/7/2012	Sample Size: 0.201 g	Ca/Mg	17.9	4- 30
Date Received: 10/12/2012	Sample Type: Head	Ca/P	2.58	1- 12
Date Completed: 10/14/2012	Hair Color:	Na/K	1.79	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	11.8	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

## **Health history for hair test 691**

I have been chelating hg for the last 4+yrs. I had my amalgams removed(safely) before commencing the chelation. I still have crowns with bridge work. My dentist(who removed the amalgams) looked at my x-rays and didn't think there was any more hg but couldn't be sure. I decided to proceed with the chelation at that time. Unfortunately, my doctor, doing the best he knew, put me on what I now know as a really poor chelation protocol. High dose DMSA 700mg M-W-F for 6 weeks with a toxic element urine test taking 2000mg DMSA.

I was also eating volumes of fresh cilantro and mega doses of chlorella. Yeah, I know, all of the no no's! I followed this protocol until I stumbled upon this forum and read A. Cutler's book. That was about a year ago.

My symptoms 4 yrs. ago were much worse than now. I was having trouble speaking. Had to think of each word before I could get it out. Reading comprehension was horrible. Couldn't remember from one sentence to the next. I had perception issues and was walking into door jams. Major brain fog. Autoimmune thyroid issues(hyperthyroid/goiter). Sick with colds, flu and sinus infections all the time. Three bouts of diverticulitis. Leaky gut syndrome. Huge yeast overload since teen years with hundreds of vaginal and bladder infections. As bad as the old protocol was it did, I believe, usher out some of my hg burden. My symptoms lessened but I definitely felt the hg moving to different areas. I didn't ever feel real progress.

I am probably on about round 15 using Cutler protocol. I am feeling mostly better with each round with some back steps. I usually take ALA 50mg and DMSA 25mg every 3 hours 7-8 day rounds. My body seems to handle this pretty well. Should I be doing something different or upping dosage at all? My symptoms now are milder but still present. Reading is difficult. My speech is very much improved but now translating my thoughts and feelings into words in a conversation is all but impossible. I am unable to process quick enough to keep up with more than just casual conversation. Making me feel dull, dumb and very frustrated around those having intelligent conversation. My gut and yeast issues are under control. I changed my diet drastically. Went from SAD to vegetarian and juicing. That has made a HUGE difference. The juicing is giving my body the nutrients it desperately needs. Ive lost 30lbs. and haven't had a yeast or bladder infection

My hg burden came early on I think. I was adopted so I don't know my bio mother's history. I had a mouthful of fillings age 7 on. I took antibiotics as an early teen for acne. Bladder and yeast infections started in my teen years with massive amounts of antibiotics throughout my life. I also have remembered breaking open a thermometer as a kid and playing with the mercury in it. Im sure I had all of the vaccinations that they gave kids back in the 60's.

As far as supplement before the hair test was taken here is my daily list. NAC 600mg, Thymus 1000mg, MSM 3g, C 2000mg, D 2000mg, B high potency liquid multi, calcium 100mg, mag 100+mg, zinc 20mg, iodine. I also supplement with macha, reishi, astragalus, gotu kola, ginko, goji, aloe vera, spirulina, probiotics and quinoa protein powder. Since the test I have started a full spectrum mineral sup. and upped D to 5000mg.

I am 5'4" 128lbs and 53yrs. I live in north central Minnesota and have for most of my life. I did a 20 year stint in eastern Tennessee. My bio mother has lived in Florida her whole life. I make silver jewelry, thus the high silver.