



PATIENT:

SEX: Female

AGE: 34

Toxic & Essential Elements; Hair

TOXIC METALS				PERCENTILE	
		RESULT µg/g	REFERENCE INTERVAL	68 th	95 th
Aluminum	(Al)	4.1	< 7.0		
Antimony	(Sb)	< 0.01	< 0.050		
Arsenic	(As)	0.058	< 0.060		
Barium	(Ba)	0.04	< 2.0		
Beryllium	(Be)	< 0.01	< 0.020		
Bismuth	(Bi)	0.008	< 2.0		
Cadmium	(Cd)	< 0.009	< 0.050		
Lead	(Pb)	0.01	< 0.60		
Mercury	(Hg)	1.3	< 0.80		
Platinum	(Pt)	< 0.003	< 0.005		
Thallium	(Tl)	< 0.001	< 0.002		
Thorium	(Th)	< 0.001	< 0.002		
Uranium	(U)	0.044	< 0.060		
Nickel	(Ni)	0.03	< 0.30		
Silver	(Ag)	0.02	< 0.15		
Tin	(Sn)	0.03	< 0.30		
Titanium	(Ti)	0.23	< 0.70		
Total Toxic Representation					

ESSENTIAL AND OTHER ELEMENTS				PERCENTILE				
		RESULT µg/g	REFERENCE INTERVAL	2.5 th	16 th	50 th	84 th	97.5 th
Calcium	(Ca)	214	300 - 1200					
Magnesium	(Mg)	13	35 - 120					
Sodium	(Na)	33	20 - 250					
Potassium	(K)	24	8 - 75					
Copper	(Cu)	30	11 - 37					
Zinc	(Zn)	190	140 - 220					
Manganese	(Mn)	0.05	0.08 - 0.60					
Chromium	(Cr)	0.34	0.40 - 0.65					
Vanadium	(V)	0.016	0.018 - 0.065					
Molybdenum	(Mo)	0.027	0.020 - 0.050					
Boron	(B)	0.56	0.25 - 1.5					
Iodine	(I)	0.21	0.25 - 1.8					
Lithium	(Li)	< 0.004	0.007 - 0.020					
Phosphorus	(P)	154	150 - 220					
Selenium	(Se)	0.70	0.55 - 1.1					
Strontium	(Sr)	0.30	0.50 - 7.6					
Sulfur	(S)	52800	44000 - 50000					
Cobalt	(Co)	0.003	0.005 - 0.040					
Iron	(Fe)	5.3	7.0 - 16					
Germanium	(Ge)	0.028	0.030 - 0.040					
Rubidium	(Rb)	0.024	0.007 - 0.096					
Zirconium	(Zr)	0.046	0.020 - 0.42					

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 11/15/2012	Sample Size: 0.123 g	Ca/Mg	16.5	4 - 30
Date Received: 12/04/2012	Sample Type: Head	Ca/P	1.39	1 - 12
Date Completed: 12/08/2012	Hair Color: Brown	Na/K	1.38	0.5 - 10
Methodology: ICP/MS	Treatment:	Zn/Cu	6.33	4 - 20
	Shampoo:	Zn/Cd	> 999	> 800



LAB #:
PATIENT: **698**
ID:
SEX: Female
AGE: 35

Second hair test, one year after the first one, 9 months post amalgam removal, no chelation, lots of supplements including (total amount daily): Zn (45mg), Mg (700mg), Cr (750mg), Se (100 mcg), Li orotate (5mg), Mo (1000mcg), Mn (7,5mg), Fe, K (about 900mg), Na, Bo (2mg)

Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum	(Al)	5.4	< 7.0	
Antimony	(Sb)	< 0.01	< 0.050	
Arsenic	(As)	0.060	< 0.060	
Barium	(Ba)	0.06	< 2.0	
Beryllium	(Be)	< 0.01	< 0.020	
Bismuth	(Bi)	0.005	< 2.0	
Cadmium	(Cd)	< 0.009	< 0.050	
Lead	(Pb)	0.14	< 0.60	
Mercury	(Hg)	0.54	< 0.80	
Platinum	(Pt)	< 0.003	< 0.005	
Thallium	(Tl)	< 0.001	< 0.002	
Thorium	(Th)	< 0.001	< 0.002	
Uranium	(U)	0.11	< 0.060	
Nickel	(Ni)	0.04	< 0.30	
Silver	(Ag)	0.02	< 0.15	
Tin	(Sn)	0.03	< 0.30	
Titanium	(Ti)	0.21	< 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)	243	300 - 1200	
Magnesium	(Mg)	16	35 - 120	
Sodium	(Na)	22	20 - 250	
Potassium	(K)	16	8 - 75	
Copper	(Cu)	54	11 - 37	
Zinc	(Zn)	170	140 - 220	
Manganese	(Mn)	0.07	0.08 - 0.60	
Chromium	(Cr)	0.30	0.40 - 0.65	
Vanadium	(V)	0.012	0.018 - 0.065	
Molybdenum	(Mo)	0.080	0.020 - 0.050	
Boron	(B)	0.45	0.25 - 1.5	
Iodine	(I)	0.11	0.25 - 1.8	
Lithium	(Li)	0.028	0.007 - 0.020	
Phosphorus	(P)	134	150 - 220	
Selenium	(Se)	0.75	0.55 - 1.1	
Strontium	(Sr)	0.29	0.50 - 7.6	
Sulfur	(S)	48700	44000 - 50000	
Cobalt	(Co)	0.003	0.005 - 0.040	
Iron	(Fe)	5.8	7.0 - 16	
Germanium	(Ge)	0.026	0.030 - 0.040	
Rubidium	(Rb)	0.021	0.007 - 0.096	
Zirconium	(Zr)	0.062	0.020 - 0.42	
SPECIMEN DATA			RATIOS	
COMMENTS: Date Collected: 11/21/2013 Date Received: 12/03/2013 Date Completed: 12/04/2013 Methodology: ICP/MS			ELEMENTS	RATIOS
			Ca/Mg	15.2
			Ca/P	1.81
			Na/K	1.38
			Zn/Cu	3.15
			Zn/Cd	> 999
			RANGE	
				4 - 30
				1 - 12
				0.5 - 10
				4 - 20
				> 800

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As always work with your doctor

Suggestions for your consideration
As always, work with your Doctor
With love & hope, Dr. Amy



SEX: Female
AGE: 37

DOCTOR: , MD
Neurological Research Institute LLC
279 Walkers Mills Rd
Bethel, ME 04217 U.S.A.

Toxic & Essential Elements; Hair

TOXIC METALS				PERCENTILE	
		RESULT µg/g	REFERENCE INTERVAL	68 th	95 th
Aluminum (Al)		5.4	< 7.0		
Antimony (Sb)		< 0.01	< 0.050		
Arsenic (As)		0.047	< 0.060		
Barium (Ba)		0.09	< 2.0		
Beryllium (Be)		< 0.01	< 0.020		
Bismuth (Bi)		< 0.002	< 2.0		
Cadmium (Cd)		< 0.009	< 0.050		
Lead (Pb)		0.09	< 0.60		
Mercury (Hg)		0.24	< 0.80		
Platinum (Pt)		< 0.003	< 0.005		
Thallium (Tl)		< 0.001	< 0.002		
Thorium (Th)		< 0.001	< 0.002		
Uranium (U)		0.069	< 0.060		
Nickel (Ni)		0.03	< 0.30		
Silver (Ag)		0.01	< 0.15		
Tin (Sn)		< 0.02	< 0.30		
Titanium (Ti)		0.35	< 0.70		
Total Toxic Representation					

ESSENTIAL AND OTHER ELEMENTS				PERCENTILE				
		RESULT µg/g	REFERENCE INTERVAL	2.5 th	16 th	50 th	84 th	97.5 th
Calcium (Ca)		210	300- 1200					
Magnesium (Mg)		16	35- 120					
Sodium (Na)		110	20- 250					
Potassium (K)		90	8- 75					
Copper (Cu)		40	11- 37					
Zinc (Zn)		170	140- 220					
Manganese (Mn)		0.03	0.08- 0.60					
Chromium (Cr)		0.39	0.40- 0.65					
Vanadium (V)		0.035	0.018- 0.065					
Molybdenum (Mo)		0.090	0.020- 0.050					
Boron (B)		0.60	0.25- 1.5					
Iodine (I)		0.17	0.25- 1.8					
Lithium (Li)		0.058	0.007- 0.020					
Phosphorus (P)		151	150- 220					
Selenium (Se)		0.42	0.55- 1.1					
Strontium (Sr)		0.22	0.50- 7.6					
Sulfur (S)		48600	44000- 50000					
Cobalt (Co)		0.005	0.005- 0.040					
Iron (Fe)		6.5	7.0- 16					
Germanium (Ge)		0.033	0.030- 0.040					
Rubidium (Rb)		0.088	0.007- 0.096					
Zirconium (Zr)		0.030	0.020- 0.42					

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 01/02/2015		Ca/Mg	13.1	4- 30
Date Received: 01/14/2015		Ca/P	1.39	1- 12
Date Completed: 01/16/2015		Na/K	1.22	0.5- 10
Methodology: ICP/MS		Zn/Cu	4.25	4- 20
Sample Size: 0.173 g		Zn/Cd	> 999	> 800
Sample Type: Head				
Hair Color: Brown				
Treatment:				
Shampoo:				

Defers to your doctor as always

Health history for hair test 698 follow-up 2 / Progress report

Chelation

After the previous hair test in the end of November 2013 I started DMPS chelation. Because of low adrenal function and adrenaline surges from HC I had to stick to little doses without any side-effects. I was chelating about half a year with 2,5 mg DMPS every 6 hours, and then a couple of months on 3,5 mg and another half a year on 5 mg. Often I did 7-21 days rounds, also without noticeable side-effects. By the moment of the test I have done about 54 3-days equivalent DMPS rounds. Now (in the mid-January) I did 1 round on 1 mg ALA every 2 hours which went ok.

Adrenals

During this year I have managed to reach 17,5 mg HC, also I take 6 mg DHEA, 6 mg pregnenolone, 15 capsules ACE Thorne, 6 caplets Dr. Wilson's Adrenal Rebuilder.

My energy didn't improve much during this year, I still have to take rests (lay down) regularly during the day, sometimes less, sometimes more.

I gained a bit more weight: from 42 to 45,5 kg, which is still ok for me (height 153cm), but I would rather not have it raising much more.

My BP raised a little bit, average: 105x68, heart rate 68.

My hypoglycemia is the same, also glycated hemoglobin didn't change since summer 2012 and still in the end of the range 28 (ref. 27-42 mmol/mol) which points that my adrenal function is far from being ok.

My DHEA is still low in saliva and serum: 1,5 (ref. 1,5-10,6 µmol/L) but I cannot tolerate more than I take.

My serum Na and K stay on the lower side of the range (or lower) in spite of taking about 3 tea spoons Himalayan salt in water a day and 600-1200 mg sustained release potassium.

Thyroid

I don't have Hashimoto anymore. On supplementation regime + diet it seems that my autoimmune processes got stopped at the start.

I still have mild hypothyroidism (TSH between 4,3 and 6 within last year) which might be a consequence of low adrenal function. My Free Ts are still mid-range: Free T3 3,8-4,7 (ref. 2,5-5,6 pmol/l), Free T4 13-17 (ref. 9-22 pmol/l). Still I don't take anything for thyroid support because of not enough adrenal support.

Generally I became more stable, feel generally better.

Main symptoms stay:

- **fatigue** (mostly adrenal)
- **concentration** problems: also adrenal and it improved a lot. I can read simple books. But getting new knowledge is still very difficult
- mercury symptoms didn't improve: **short-term memory** and **confusing words**, mis-typing
- **digestive** symptoms didn't improved. Often diarrheas and I don't know yet what causes them. I discovered that likely I have **histamine intolerance**. Going to try low histamine diet and more investigate in that.
- my **"female" symptoms** improved on Estrowel and other supplements
- after calculus removal and proper care of teeth/gums, **my gums** don't bleed anymore, I don't have gingivitis/parodontitis anymore.
- **sun allergy** improved but heat/sun intolerance not.
- **chemical smell** sensitivities didn't change
- **mood problems** are mostly under control by supplements; but still too sensitive

Still cannot work and spend most of the time at home with regular walks in nearby forest.

Supplements and medications taken for the 3-6 months before the hair test

HC 7,5 mg 9:00, 5 mg 13:30, 5 mg 16:30

Pregnenolone 5 mg

DHEA (20mg) 3 mg – 3mg

Adrenal cortex Thorne (50 mg) 5-5-5-0

Dr Wilson's Adrenal Rebuilder (ACE, gonad, hypothal, pituitary **910mg**) (0,5-1) **5** (29.01.14)

Estrowel 1-0,5-0-0,5 (Cimicifuga racemosa 30mg, wild yam 50mg, soya isoflavons 25mg, indol-3-carbidol 25mg, B6 2mg, E 16mg, folic acid 200mcg, boron 1mg, 5HTP 50mg, DL-phenylalanine 50mg)

Zinc picolinate Thorne (15mg) 1-0-1-0

Magnesium citrate-malate Thorne (135mg) 1x7 (945mg)

Lithium orotate Dr. Best (5mg) 0,5-0 (in stressful periods)

Chromium picolinate Thorne (500 mcg) 0,5-0-0,5-0,5

Chelated Molybdenum Solgar (molybdenum amino acid chelate 150 mcg) 0-2-1-2

Water with **HimalaSalt** (about 2-3 tea spoons during the day)

Kalium retard (sustained release K 600 mg) **0-0,5-0,5-0,5**

High Absorption CoQ10 Doctor's Best (100 mg) 1-0

DHA Neuromins (from algal oil, 100 mg DHA) Source Naturals **0-1-0-1**

Phosphatidyl Choline Thorne (420mg) 0-1-1-1

Vitamin A Bluebonnet Nutrition (10,000 IU, fish liver oil) 0-1-0-0

Vitamin K2 Now Foods (100 mcg as menaquinone, MK-7) 0-1-0-0

Natural Vitamin E Bluebonnet (200IU + 33,5mg mt) 0-1-0-0

Vitamin C Lypo-spheric (1g) 1x5

Buffered Vitamin C Bluebonnet (500mg Ca ascorbate +250mg bioflavs, 10mg rutin) 1x8

Rutin (500 mg) Bluebonnet Nutrition 0-0-1-1

Stress B-complex Thorne 0,5-0-0,5-0

Pantothenic acid Jarrow Formulas (500 mg B5) 0-0,5-0-0,5

Niacinamide (250mg B3) Jarrow Formulas 0-0,5-0-0

Hydroxy B12 sublingual Bloem (10mg) 1/8 x 3

Vitamin D Pharma Nord (20mcg = 800 IE) 0-2-0-0

Trimethylglycine Now Foods (TMG 1g) 0,5-0,5-0-0

Glycine Solgar (500mg) 1-1-1-0

Lysine Source Naturals (500mg) 0-2-1-1

5HTP Tuinen (50mg) 1-0, Now Foods (50mg) 1 (+ 50mg x 2 in estrowel) 50mg x 5 in total

Valerian Now Foods (500mg) 1-1-1-1

Revitalizing Sleep Formula Enzymatic Therapy (valerian, passionflower, theanine, hops, wild lettuce, Jamaica dogwood) **1** before sleep

Milk Thistle Jarrow Formulas (150 mg 30:1 extract, silybum marianum 80%) 1-0-0,5-1

Artichoke Extract (450 mg) Now Foods 0-1-1-1

Hekur spag Pekana 12-12-12-12-12 (liver homeopathy)

Bio-gest Thorne 1-1-1-1 (HCl + animal-based enzymes)

Cellenzyme Holistic 2-3 with every meal (plant-based enzymes)

Formula SF722 Thorne 3-2-1-3-1 (anti-candida)

Lactovitalis Holistic 0-1-0-0 (probiotic)

Colostrum Plus Symbiotics (480mg) 2-2-2

Some lab tests

January 2014 Saliva cortisol/DHEA test

Adrenal support during the test: Hydrocortisone 2 mg at 11:00, 2 mg at 15:00, Pregnenolone 5 mg at 11:00, DHEA 4 mg at 11:00, 4 mg at 15:00

Cortisol	31.2	nmol/L	9h30 Ref. 13-24 at 7-8am
Cortisol	6.2	nmol/L	12h45 Ref. 5-10 at 11-12am
Cortisol	3.7	nmol/L	16h30 Ref. 3-8 at 4-5pm
Cortisol	1.1	nmol/L	22h15 Ref. 1-4 at 11-12pm
DHEA-Sulfaat	3.4	nmol/L	9h30 Ref. 3.20-20.68 at 8 am
DHEA-Sulfaat	2.7	nmol/L	22h15

January 2015 Saliva cortisol/DHEA test

Adrenal support during the test: HC 17,5 mg, DHEA 6 mg, pregnenolone 6 mg taken after the sample in taken, and 5 caplets Dr. Wilsons Adrenal Rebuilder in between

Cortisol:

9-10:30 am (just after waking up, 30 min and 60 min after mixed): **4239** pg/ml (ref 1850-14570) low (7,5 mg HC, 3 mg DHEA, 5 mg pregnenolone, 5 ACE Thorne taken after collecting this sample)

11:30 am **19170** pg/ml (ref 1300-10300) 2 times higher than a ref. range

2 pm **1171** pg/ml (ref 760-5700) low (5mg HC, 3mg DHEA, 5 ACE Thorne taken after)

5 pm **1924** pg/ml (650-4380) low normal (5 mg HC, 5 ACE Thorne taken after collecting this sample)

10 pm **524** pg/ml (ref 300-3300) low

DHEA:

10 am (just after rising): **176** pg/ml (ref. 78-784) low

10 pm: **20** pg/ml (ref. 78-784) too low

Cortisol/DHEA ratio 10 am: 24,0 (ref. 3-100)

Cortisol/DHEA ratio 10 pm: 26,3 (ref. 1-33)

Health history for hair test 698 follow-up

1. What are your current symptoms and health history?

It is a year since the previous hair test.

I removed my remaining 2 amalgam fillings (next to each other) on in February 2013 with a safe protocol and immediately started chelation with 2 and then 3 mg of DMPS every 6 hours. I did 3 rounds 3 days on, 4 off, without noticeable side-effects. But then I realized that I was extremely tired, almost bed-ridden. Apparently amalgam removal knocked down my already weak adrenals. If I knew it might happen, I would just pull out these teeth. So then I had to stop chelation to give my adrenals proper support. Next to ACE and DHEA which I have been taking already for a year, I started pregnenolone and then Isocort slowly increasing. No effect. Then I tried HC which gave me terrible adrenaline surges which took months to get lower. So by the moment of hair test I didn't chelate. Though just after it, I gave a try and it was ok. Now I did 3 rounds of 2,5 mg DMPS without much side-effects.

Concerning my symptoms.

Adrenal

HC in spite of terrible side-effects which I didn't have before helped me the most! Even 3,5-5mg does a huge difference!

My energy improved a lot after a month on HC (5-30% to 50-70%). I don't need to lay down much during the day.

My concentration got better. I can read and write, I can actually work on my research (which is my job) though I am still on unpaid sick leave.

Blood pressure increased from average 96/60 to 102/67.

My weight increased from 39-40 kg to my normal weight 42 kg.

My stamina is better. After 1 hour walk I don't feel tired.

My hypoglycemia also improved. I used to have to eat every 3 hours, otherwise I felt awful and now I can be 4 hours without food, though I still eat 5 meals a day.

Another improvement is less often urination.

A month after HC I started supplementing with Na (2 tea spoons of Himalayan salt) and K (half of tea spoon (about 270 mg) of K gluconate 3 times a day) but by serum Na and K stay lower than norm.

Currently the symptoms of adrenaline surges (or POTS / disautonomia / hyperventilation syndrome) which I got when started taking HC in the beginning of June (anxiety, sleep problems, chest block, heart pain, lack of air/ breathing troubles, extreme thirst, etc) are less but still there and bother me occasionally.

Thyroid

Having diagnosis hypothyroidism for almost 4 years, I have never taken any thyroid hormones and still don't take any (wait until adrenals will be stronger). After amalgam removal my thyroid went much worse: in spring TSH raised to 6,16 and 8,79 and I was losing more hair etc.

But with acupuncture and HC my thyroid improved. Last TSH around hair test is 3,66. My hair is falling out less and my cold sensitivity and cold hands and feet improved a bit. My Free Ts are mid-range and normal-low for my standards: Free T3 4 (ref. 2,5-5,6 pmol/l), Free T4 14 (ref. 9-22 pmol/l).

In February I started 5mg **lithium** orotate which helped a lot my mood.

In July I also started supplementing **B12** with only 125 mcg hydroxy B12 and slowly increased till 2000mcg a day sublingually. My B12 was 340 (ref. 150-800 pmol/l) in April and this November 738.

In increased my **vitamin D** intake (5000 IU a day) and it raised from 74 in July to 133 (ref. 75-250 nmol/l).

My **iron** is also very good! For the first time for the last 3 years I didn't supplement iron for 4 months and iron doesn't drop but increases: Iron 26 (ref. 9-34)

Ferritin 60 (ref. 10-130 micromol/L)

Hemoglobin 141 (ref. 117-153 g/L)

I blame it to improving thyroid function, since I connected my anemia to hypothyroidism. Or maybe lysine which I supplement 2 g a day for the last half a year helps me to hold iron...

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

A hair sample is taken in the end of November 2013

Adrenal support

HC 2 mg at 11:00, 1,5 mg at 15:00

Pregnenolone 5 mg

DHEA 4 mg x 2

Adrenal cortex Thorne (50 mg) 3-3-2

Estrowel (Cimicifuga racemosa 30mg, wild yam 50mg, soya isoflavons 25mg, indol-3-carbidol 25mg, B6 2mg, E 16mg, folic acid 200mcg, boron 1mg, 5HTP 50mg, DL-phenylalanine 50mg) **0,5x2**

Minerals

Zinc picolinate Thorne (15mg) **1x3**

Magnesium citrate-malate (135mg) **1x6**

(+ **Mg sulphate spray**: 20 sprays x 2)

Chromium picolinate Thorne (500mcg) **0,5x3**

Reacted Selenium Ortho Molecular Products (Se glycinate, 200mcg) **0,5**

Lithium orotate Dr. Best (5mg) 1-0 (from February 2013)

Moly·B Molybdenum (Mo glycinate chelate 500mcg) **Carlson Labs 0,5 – 1**

Manganese (15mg) **0-0,5** [SOD2 polymorphisms, pyroluria/HPU, hair test low]

To balance electrolytes (K and Na are persistently low in serum):

Water with **Himalaya** salt (about 2 tea spoons during the day)

Potassium Gluconate Now Foods (0,5 tea sp = 270mg K) **0,5 teaspoon x 3** (from 11.07)

Vitamins

Vitamin C Lypo-spheric (1g vit. C + 1g of essential phospholipids) **1x5**

Vitamin C Bioflav (500mg Mg ascorbate and ascorbic acid + 250mg bioflavonoids) **Holistic 2x2**

Buffered Vitamin C (500mg Ca ascorbate + 250mg bioflavonoids, 10mg rutin) **Bluebonnet 1x2**

Vitamin K2 (100 mcg as menaquinone, MK-7) Now Foods **1x2**

Vitamin D3 (5000 IU) iHerb Nutritionals **0-1** (from 30.08)

Natural Vitamin E Bluebonnet (200 IU + 33,5mg mixed tocopherols) **1x3**

Stress B-complex Thorne **0,5x2**

Best Benfotiamine (B1, 150 mg) Doctor's Best **0,5-0** (from 19.08)

Niacinamide (250mg B3) Jarrow Formulas **0,5-0** (from 17.05)

Pantothenic acid (500 mg B5) Jarrow Formulas **0,5x2**

Hydroxy B12 AOR (hydroxycobalamin 1000mcg) 1/8 from 19.07, **3/4-1/2-1/2**

Amino acids

Trimethylglycine (TMG 1g Now Foods) **0,5x2** (from 11.09)

Glycine Solgar (500mg) **1-1-1**

Lysine Source Naturals (500mg) **2x2** (from 06.05)

5-HTP Tuinen (50mg) **1x4**

GABA Now Foods (500mg) **1-1**

High Absorption CoQ10 Doctor's Best (100 mg) **1x2** (from 12.07)

Max DHA (600mg calamari oil, EPA 65mg, DHA 250mg) Jarrow Formulas **1** (from 28.09)

DHA Neuromins (from algal oil, 100 mg DHA) Source Naturals **1x2** (from 29.08)

For sleep and anxiety

Valerian (500mg) Now Foods **1x4** from 10.06

Revitalizing Sleep Formula Enzymatic Therapy (valerian, passionflower, theanine, hops, wild lettuce, Jamaica dogwood) **1** before sleep (from 12.08)

Liver support

Artichoke Extract (450 mg) Now Foods **1x2** (from 04.10)

Milk Thistle Jarrow Formulas (150 mg 30:1 extract, silybum marianum 80%) **1-0,5-0,5-0,5**

Apo-hepat Pekana (homeopathy for liver) 10 drops x 3

(http://www.pekana.co.uk/index.php?main_page=product_info&products_id=139)

Phosphatidyl Choline Thorne (420mg) 1-0

Digestion support

Bio-gest Thorne 0-1/4-1/4-1/4 (HCl + animal-based digestive enzymes)

Cellenzyme Holistic **2** caps with every meal (plant-based digestive enzymes)

Formula SF722 Thorne **2x2** (anti-candida)

Lactovitalis Holistic 1-0 (from 13.07) probiotic

Colostrum Plus Symbiotics (480mg) **2x2** (from 10.05; from 21.10) (for immune support)

Some of the genetic info on methylation, detox, etc:

METHYLATION

+/+ VDR Taq, ACE Del16, AGT M235T/C4072T, BHMT R239Q, COMT rs6269
MTR A2756G, MTHFS, MTHFD1L rs803422,

+/- MAO A R297R, MTHFR C677T, MTHFD1 C105T rs1076991, MTHFD1 C105T rs1076991,
MTRR A66G, MTRR A664A, MTRR rs1532268, MTRR rs162049, MTRR rs3776467
BHMT-08, CBS A360A, SHMT1 C1420T, SHMT1 rs9909104 C
NOS1 rs3782206, NOS2 rs2297518, NOS3 rs3918188, NOS3 G10T rs7830

DETOX

+/+ **SOD2 A16V**, **SOD2** rs2758331, **NAT2 I114T**, **NAT2 K268R**

+/- **SOD2** rs2855262,

CYP1B1 L432V, **CYP1B1** R48G,

CYP2C9*2 C430T, **CYP2C9*3** A1075C,

CYP2D6 S486T, **CYP2D6** 2850C>T,

CYP2E1*1B 9896C>G

GSTM3 V224I

APOE rs429358

1. What are your current symptoms and health history?

Current health problems, diagnoses and symptoms: fatigue, low grade fever (37 – 37.5 C) for more than 10 years, hypothyroidism, Hashimoto, elevated ANA 50 enh (< 12,4), adrenal fatigue, candida, cognitive and mood problems, very low stress-cooping ability, depressions, oversensitivity, irritability, mood swings, short memory and concentration problems, nose and gums bleedings, sun allergy, noise, light, cold, and heat sensitivities, chemical smells sensitivities, food sensitivities (gluten, dairy, fructose, etc.), digestion problems (diagnose IBS), hypoglycemia, low blood pressure, HPU (pyrroluria), eyes pain.

Some problems improved through supplementation within last couple of years: joint problems, especially knees (through HPU-protocol), anemia, stuffed nose (much less when stopped eating gluten), PMS (due to DHEA).

Health history

Adolescence

No big health problems, very active and smart kid, easy learning, high achiever, extravert; often ear-throat inflammations; chronically stuffed nose (vasomotor rhinitis); severe nose bleedings, light myopia; small mitral valve prolapse.

1995-2001 (in the age between 17 and 23)

I got about 6 amalgam tooth fillings, about 4 of them were replaced later (2006-2007) by composite fillings without any precautions. By now I have 2 amalgam fillings left and some root canals done the most likely.

1998

Hepatitis B (blood values of liver are fine after)

2000-2010

Vegetarian, almost didn't eat any proteins – couldn't digest vegetarian proteins; was not taking any supplements.

From 2001 health started gradually worsening:

- unexplained low grade fever (subfebrile temperature) 37-37.5 C for the last 10 years, most of the time. Blood tests don't show inflammation.
- occasional fatigue
- occasional mild depressions
- generally feeling unwell

Since the official “white coat” doctors kept on saying I was completely healthy but I didn't feel ok, I tried a lot of alternative treatments in 2004-2009: acupuncture (helped a lot!), shots of immune modulators, osteopathy, manual therapy, electromagnetic therapy, etc.

2006-2007

About 4 amalgam fillings were replaced by non-amalgam without any precautions

2006-2007

- bad depressions (autumn 2007) + sleeping problems (5-HTP helped!)
- stronger and more often fatigue
- memory and concentration problems

Summer-autumn 2009

- collapse: paralyzing fatigue
- memory and concentration problems getting worse and worse
- cannot tolerate stress
- anxiety

December 2009

Herpes Zoster

February 2010

Hypothyroidism and Hashimoto were diagnosed. TSH – 50,9 (0,4-4,0 mcMe/ml), Ab-TPO – 176 (0-65 E/ml), Ab-TG – 227 (0-30 E/ml); in later tests anti-bodies were in norm.

Then I was losing a lot of hair, had itchy skin. Also my hair started getting grey prematurely.

I have never taken hormones (levoxin or alike) for hypothyroidism and was treated by acupuncture (2010-2011) and later DHEA helped to bring TSH to 4,4.

Since then also anemia – I was taking iron supplement for about 2 last years almost constantly.

October 2011

Hair minerals test revealed 11 deficient minerals (Mn, Mg, Cr – severe; Mo, Ca, Fe, Co – moderate; Se, Bo, K – medium, Sulfur – light deficiency), 3 border low (Li, V, Ag), and 2 excessive (Copper, Strontium). Everything else was within a normal range.

I was supplementing some minerals for about 3 months. I have stopped taking all mineral supplements when started with a new treatment in February 2012.

February 2012 – currently

Adrenal fatigue and yeast infection were diagnosed by a naturopath and treated by supplements (DHEA, adrenal cortex extract Thorne; undecylenic acid Thorne).

+ liver problems (Phosphadityl-Choline, later homeopathic apo-Hepat by Pekana).

Also I stop eating gluten and dairy in February (+ fruits and sugars). The medical tests shown I didn't have problems with gluten and dairy, but when I stopped eating them – my nose started breathing!

Digestion got much better since March, fatigue and other symptoms – in waves, generally not getting much better. Only during the last months little progress – a bit less tired and a bit better stress-cooping.

July 2012

Another hair test: very low level of Manganese, Magnesium, Chromium, Molybdenum, Calcium, Iron, Cobalt, Selenium, Sulfur. Lithium and Vanadium are still on the low range. Copper is better but still quite high, especially in Zn/Cu ratio.

I was diagnosed with **pyrroluria/HPU**.

August 2012

I started HPU-protocol: Zn, Mn + Mg, Cr, Se, Mo. I didn't have a good reaction to B6, so I wasn't taking much of it. Currently I take 1 capsule of B-complex #5 Thorne a day (which contains extra B5).

I have problems tolerating bigger doses of B-vitamins. B12 in doses more than 100-200mcg (especially methyl form) caused severe nose bleeding.

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

In 1997 it was a terrible tooth extraction after a dentist failed to clear the root canals. In the 2d part of the 1990s there were more root canals done and about 6 amalgam fillings put in. Some could replace earlier amalgams. Unfortunately, I don't know my earlier dental history. I might have at least 1 amalgam from earlier childhood. Wisdom teeth are still in place.

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

9 tooth fillings, from them 2 amalgam ones, next to each other.

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

Maybe she had 1 amalgam filling.

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

Standard for a child to get in the 1980s, nothing later.

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

A hair sample is taken in the end of November 2012.

Formula SF722 Thorne (10-Undecenoic Acid 250 mg) – 3x2 (from February 2012) against candida (3 capsules – 2 times a day)

DHEA (20mg) – 1/6 of the capsule a day

Adrenal cortex extract Thorne (50 mg) – 1x3 (from May 2012)

Zinc picolinate Thorne (15mg) – 1x2 (from August 2012)

Magnesium citrate-malate Thorne (150mg) – 2x2 (from August 2012)

Selenium picolinate Thorne (200mcg) – 1 with dinner (from September 2012)

Chromium picolinate Helhetshälsa (200mcg) – 1 with dinner (from mid-August 2012)

Molybdenum picolinate Thorne (1mg) – 0,5 (from mid-October, with breaks)

Manganese picolinate Thorne (15mg) – 1 with lunch (August-November 2012)

Calcium citrate-malate Thorne (160mg) – 1 with dinner (August – October 2012)

Vitamin C Lypo-spheric (1g) – 1 (from July 2012), increased 1x2 (in early December 2012)

Vitamin C Holistic (500mg ascorbic acid and Mg ascorbate + 250mg bioflavonoids) – 2x2 (since January 2012)

B-complex #5 Thorne – 1 with breakfast (from 25.07)

B3 (niacinamide) 100mg Bättre Hälsa – 1 with dinner (from September 2012)

5-HTP Tuinen (50mg 5HTP, 50mg Mg, 5mg B3, 5mg B6) – 1x4 (from 2007)

Digestive enzymes Cellenzyme (from June 2011) – 1 with each meal

Phosphatidyl Choline Thorne (420mg) – 1x2 (for nerves and liver) (from March 2012)

Utilin “S” D6 – 1 drop on arm (from September 2012) homeopathic for immune support

Apo-Hepat by Pekana – 10drops x 2 (from 26.11) homeopathic for liver support

Within half a year prior to test but not taking currently:

Vitamin D3 pearls in olive oil (800IU, 20 mcg) – 2x2 (2011 – November 2012)

Gentle **Iron** Solgar (20mg) – 1x2 (2011 – October 2012)
L-arginine Solgar (500mg) – 1 (1,5 months – July-August)
Q10 Thorne (100mg) – 1 (2 months – April-June)

7. What is your age, height and weight?

34 years old, 155 cm, 42 kg.

8. Other information you feel may be relevant?

Some blood tests values:

Homocystein - 6,4 micromol/l (5,9-15 micromol/l)
B-Folate - 340 (330-870 nmol/l), S-Folate – 34 nmol/L (7-40 nmol/l)
S-B12 - 220 (150-650 pmol/l)
MMA – 0,11 micromol/l (<0,28)
Ferritin has grown from 12 to 45 (10-130 microg/L) in 2 years of supplementation 40mg Iron
Hemoglobin has grown from 124 to 141 (117-153 g/L)
MCV - 94 (82-98 fl)
MCH - 32 (27-33 pg)
HbA1c - 28 (27-42 mmol/mol) - hypoglycemia
DHEA-S - 3,2 (1,5-10,6 micromol/l)
ALP - 0,8 (0,6-1,8 microkat/L)
K – 3,5 (3,6-5 mmol/l)
Na – 135 (137-145 mmol/l)
Vitamin D – grown with supplementation from 51 to 100 nmol/L currently (75-250 nmol/l)
TSH – dropped from 55 to 4,4 mE/L currently
Zinc – 13 (12-18 micromol/l)

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

I traveled a lot in my life. Currently I live in Sweden.