



PATIENT: Number 729  
 SEX: Male  
 AGE: 20

## Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	1.7	< 7.0	
Antimony (Sb)	0.014	< 0.066	
Arsenic (As)	0.077	< 0.080	
Barium (Ba)	0.21	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.010	< 2.0	
Cadmium (Cd)	0.013	< 0.065	
Lead (Pb)	0.32	< 0.80	
Mercury (Hg)	0.29	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.011	< 0.060	
Nickel (Ni)	0.10	< 0.20	
Silver (Ag)	0.02	< 0.08	
Tin (Sn)	0.11	< 0.30	
Titanium (Ti)	0.30	< 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)	439	200- 750					
Magnesium (Mg)	50	25- 75					
Sodium (Na)	320	20- 180					
Potassium (K)	48	9- 80					
Copper (Cu)	13	11- 30					
Zinc (Zn)	260	130- 200					
Manganese (Mn)	0.07	0.08- 0.50					
Chromium (Cr)	0.46	0.40- 0.70					
Vanadium (V)	0.024	0.018- 0.065					
Molybdenum (Mo)	0.25	0.025- 0.060					
Boron (B)	0.60	0.40- 3.0					
Iodine (I)	0.65	0.25- 1.8					
Lithium (Li)	< 0.004	0.007- 0.020					
Phosphorus (P)	179	150- 220					
Selenium (Se)	0.80	0.70- 1.2					
Strontium (Sr)	1.2	0.30- 3.5					
Sulfur (S)	48200	44000- 50000					
Cobalt (Co)	0.004	0.004- 0.020					
Iron (Fe)	5.2	7.0- 16					
Germanium (Ge)	0.028	0.030- 0.040					
Rubidium (Rb)	0.043	0.011- 0.12					
Zirconium (Zr)	0.64	0.020- 0.44					

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 01/23/2013	Sample Size: 0.196 g	Ca/Mg	8.78	4- 30
Date Received: 02/08/2013	Sample Type: Head	Ca/P	2.45	0.8- 8
Date Completed: 02/14/2013	Hair Color: Brown	Na/K	6.67	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	20	4- 20
	Shampoo: Ivory Soap	Zn/Cd	> 999	> 800

## Health history for hair test 729

### **What are your current symptoms and health history?**

I was on prescription antibiotics for acne for 2 years (doxycycline)

In the spring of 2011, I discovered that probiotics + zinc were probably something my body needed, because getting rid of yeast through a candida cleanse (low carb diet, garlic and caprylic acid supplements) then supplementing both made me feel incredible. My skin and digestion became perfect, my sleep requirements went way down (from an average 9 to an average 7.5 hours), & I started growing facial hair, which hadn't happened before (I was then 19).

Then in the summer, wanting to take advantage of my new digestive/hormonal state to "bulk up", I started increasing my protein intake. A source of protein I found very convenient was Tuna, because it had so many applications in terms of meals. Between late May and August, I ate an average of almost 4kgs of tuna per week (4x132g cans a day).

By late summer, I felt depressed and suicidal. I had no short term memory and was angry and irritable on a constant basis. Sweating would cause instant odor, my ears were ringing frequently, my digestion was back to its former yeasty state. I didn't know what was wrong with me until a friend's mother noticed how much fish I was eating and mentioned mercury. I had never heard of mercury poisoning, so it did feel like a "eureka" moment.

After reading about it, discovering Cutler's work and the frequent dose chelation forum and trying some DMSA I ordered online, it became pretty clear I had a heavy metal problem. Luckily, I didn't have any amalgams to get rid of. So I went on with DMSA for 4 months, don't remember the precise dosage but increased gradually, always keeping it bearable (September-December). Then used ALA, increasing little by little and reaching 300mg/dose in July 2012.

In August 2012, so almost a year after starting chelation, I realized I felt more anxious than a few months before, and that my liver had become fairly weak (the odd two glasses of wine would leave me with an intense hangover).

I hadn't been very faithful to Cutler's recommendation in terms of taking breaks as long as the round themselves.. It was more like 2/3 week periods of chelation followed by 4/5 day breaks. I noticed I had pronounced Kayser-Fleischer rings. Still without testing, I went on to reduce what I believed was a copper overload.

Fast forward to now, February 2013: Current symptoms are mild fatigue and anxiety (still better than last summer, 1000x better than at the beginning of chelation), still very low bile production (light stools) despite supplementation and liver support, candida. Mild Acne, no libido (I can ejaculate every 10 days or so.. not so common for someone my age), so I believe low zinc.. It would also justify the low bile.

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

Wisdom teeth appearing now, I apparently have room for them.

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

No amalgams, only white composites I got in France in my early teens, not sure of what they are

made of.

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

My mother had several amalgams and had me when she was 42.

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

None except from mandatory French vaccines (polio, + 2 or 3)

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

Zinc + Molybdenum + MSM + NAC since september because of suspected copper toxicity.

**What is your age, height and weight?**

20, 5'8, 154 pounds.

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

I live in Montreal, Canada, but I'm from Marseille, France. I go there once or twice a year.