



PATIENT: Number 745
 SEX: Female
 AGE: 64

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	10	< 7.0	
Antimony (Sb)	0.024	< 0.050	
Arsenic (As)	0.051	< 0.060	
Barium (Ba)	0.27	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.17	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.36	< 0.60	
Mercury (Hg)	1.5	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.002	< 0.060	
Nickel (Ni)	0.12	< 0.30	
Silver (Ag)	0.08	< 0.15	
Tin (Sn)	0.26	< 0.30	
Titanium (Ti)	0.26	< 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)	138	300- 1200			
Magnesium (Mg)	12	35- 120			
Sodium (Na)	13	20- 250			
Potassium (K)	11	8- 75			
Copper (Cu)	32	11- 37			
Zinc (Zn)	190	140- 220			
Manganese (Mn)	0.17	0.08- 0.60			
Chromium (Cr)	0.42	0.40- 0.65			
Vanadium (V)	0.036	0.018- 0.065			
Molybdenum (Mo)	0.023	0.020- 0.050			
Boron (B)	0.39	0.25- 1.5			
Iodine (I)	0.27	0.25- 1.8			
Lithium (Li)	0.004	0.007- 0.020			
Phosphorus (P)	143	150- 220			
Selenium (Se)	1.0	0.55- 1.1			
Strontium (Sr)	0.15	0.50- 7.6			
Sulfur (S)	46700	44000- 50000			
Cobalt (Co)	0.010	0.005- 0.040			
Iron (Fe)	10	7.0- 16			
Germanium (Ge)	0.035	0.030- 0.040			
Rubidium (Rb)	0.013	0.007- 0.096			
Zirconium (Zr)	0.044	0.020- 0.42			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 02/11/2013		Ca/Mg	11.5
Date Received: 02/15/2013		Ca/P	0.965
Date Completed: 02/19/2013		Na/K	1.18
Methodology: ICP/MS		Zn/Cu	5.94
Sample Size: 0.204 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: BLond	Treatment:		
Shampoo: Eo Lavander			
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

Health history for hair test 745

What are your current symptoms and health history?

Fatigue, irritability, sensitive to stress, thin and dry skin, brittle thinning hair, poor sleep, hand and internal tremors, blurred vision, weight loss, muscle loss, chemical sensitivities, adrenal insufficiency, Hashimoto's

Dental history (Wisdom teeth removed and when? Any other extractions.

One wisdom tooth removed in my late twenties, not other extractions

First root canal placed? Braces? First amalgam etc...)

I don't know if I have any root canals, I think maybe one. First amalgams put in at age 17. I had over a dozen put in. They were taken out in 1998, not using safe practices. I discovered last month that I had amalgam installed in a gold crowned tooth which was removed two weeks ago using safe practices. I had two teeth with amalgam covered with composite, the amalgam has been replaced with all composite three days ago using safe practices.

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

I still have three gold crowns, am hoping to remove to check underneath for amalgam and replace with non-metallic materials.

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

I don't know for sure, but think she didn't have much dental care.

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

I had a flu vaccine last year, the first and last! I have had tetanus shots every ten years or so (maybe four), I had a smallpox vaccine when I was nine years old and had a severe reaction (almost died, high fever). I am not sure of other vaccines (grew up in Europe) fewer vaccines there and in those years.

I travelled in third world countries and don't remember which vaccines I had for that.

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

Vitamin C, 2,000 to 4,000mg a day

Methyl B12, 5mg

Selenium, 200mcg

Thorne Basic B-Complex

Magnesium citramate, 150mg

LDN, 3mg

Benadryl 25mg

Melatonin, 3mg

CoQ10 (can't remember dosage, not taking at the moment)

Krill Oil 1,000mg (Krill Doctor)

Fish Oil (Can't remember, not taking at the moment)

Betaine HCL, 1,000mg

T3, 50mg

Hydrocortisone, 20mg

What is your age, height and weight?

64 years old, 5'7, 150lbs

Other information you feel may be relevant?

I am homozygous MTHFR C677C

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

I live in Portland, Oregon, USA