

# HAIR ELEMENTS



LAB#: H110521-2048-1  
 PATIENT ID:  
 SEX: Male  
 AGE: 55

CLIENT #: 12675  
 DOCTOR:

## POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			66 <sup>th</sup>	95 <sup>th</sup>
Aluminum	0.6	< 7.0		
Antimony	0.014	< 0.066		
Arsenic	0.040	< 0.080		
Barium	0.07	< 1.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.007	< 2.0		
Cadmium	0.037	< 0.065		
Lead	0.52	< 0.80		
Mercury	0.29	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	0.001	< 0.002		
Uranium	0.003	< 0.060		
Nickel	0.02	< 0.20		
Silver	0.01	< 0.08		
Tin	0.05	< 0.30		
Titanium	0.40	< 0.60		
Total Toxic Representation				

## ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium	145	200- 750					
Magnesium	7	25- 75					
Sodium	6	20- 180					
Potassium	6	9- 80					
Copper	24	11- 30					
Zinc	180	130- 200					
Manganese	0.04	0.08- 0.50					
Chromium	0.43	0.40- 0.70					
Vanadium	0.028	0.018- 0.065					
Molybdenum	0.024	0.025- 0.060					
Boron	0.33	0.40- 3.0					
Iodine	1.6	0.25- 1.8					
Lithium	< 0.004	0.007- 0.020					
Phosphorus	157	150- 220					
Selenium	0.82	0.70- 1.2					
Strontium	0.10	0.30- 3.5					
Sulfur	49800	44000- 50000					
Cobalt	< 0.002	0.004- 0.020					
Iron	5.7	7.0- 16					
Germanium	0.031	0.030- 0.040					
Rubidium	0.004	0.011- 0.12					
Zirconium	0.027	0.020- 0.44					

## SPECIMEN DATA

**COMMENTS:**  
 Date Collected:  
 Date Received:  
 Date Completed:  
 Client Reference:  
 Methodology: ICP-MS

Sample Size: 0.201 g  
 Sample Type: Head  
 Hair Color: Gray  
 Treatment:  
 Shampoo: Suave Naturals V010.08

## RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	20.7	4- 30
Ca/P	0.924	0.8- 8
Na/K	1	0.5- 10
Zn/Cu	7.5	4- 20
Zn/Cd	> 999	> 800

1 2 3 4  
 4 18 6 10  
 <5 <5 >4 <11

## What are your current symptoms and health history?

### Physical:

Sciatica: Right side. Dull pain from lower back, through buttock to knee. Worst when sitting/sleeping on that side.

Joint pain and cracking in major joints, Neck, elbows, knees, shoulders.

Sore Muscles.

Tinnitus – Started or became noticeable 3-4 months ago. October 2012. Seems to be in the 10Khz range.

Underground (Cysts ?) on back and sides of neck. One will erupt occasionally, usually on right side of neck.

Vision – Difficult night vision, eyes sensitive to light, left eyes has become “heavy” beginning in October 2012. Increase in mucous/fluids in eyes.

Anal Itching - A Constant low level inflammation currently and intensifies after certain foods; tomatoes, peppers, Indian spices.

### Mind: HIGH LEVEL

Mood swings/Irritability

Depression/Suicidal thoughts

Chronic Fatigue

Memory loss (Short and long term)

Lack of focus and concentration/Easily distracted

Difficulty making decisions/ Procrastination

No Drive

### Mind: THE DETAIL

1. History of not living up to potential in school or work. Starting in High School.
2. Short attention span unless very interested in something.
3. Easily Distracted, tendency to drift away.
4. Lack attention to detail.
5. Trouble listening carefully to directions.
6. Frequently misplace things.
7. Often skips around while reading.
8. Trouble staying on track.
9. Poor listening skills.
10. Easily bored.
11. Best thinking when moving.
12. Trouble sitting for too long.
13. Impulsive in words and actions.
14. Will often say what comes to mind without considering its impact.
15. Trouble going through established channels.
16. Trouble following proper procedure.
17. Low frustration tolerance.
18. A prisoner of the moment.
19. Tendency to embarrass others.
20. Lie on impulse.
21. Poor organization and planning.
22. Trouble maintaining an organized work/living area.
23. Often have piles of things.
24. Easily overwhelmed by the tasks of daily living.
25. Poor financial management.
26. Need others to help organize me to be successful at something.
27. Chronic procrastination.
28. Trouble getting started.
29. Starting projects not finished, poor follow through.
30. Enthusiastic beginnings but poor endings.
31. Spend excessive time working due to inefficiencies.
32. Inconsistent work performance.
33. Chronic sense of underachievement.
34. Problems with self-esteem.
35. Sense of impending doom.

36. Frequent mood swings.
37. Negativity
38. Trouble sustaining friendships.
39. Trouble with intimacy.
40. Failure to see others needs as important.
41. Lack of talking in my close relationships.
42. Can be verbally abusive.
43. Avoids group activities.
44. Trouble with authority.
45. Quick responses to slights that are real or imagined.
46. Tendency to be argumentative.
47. Turn words around in conversations.
48. Impaired writing skill. (Hard to get info from brain to paper).
49. Poor handwriting, I often print.
50. Performance becomes worse under pressure.
51. The harder I try the worse it gets.
52. My work deteriorates under pressure.
53. Tendency to “turn off” or “get stuck” when asked questions in social situations.

**Dental history:**

First amalgams: (4) placed at the same time when I was thirteen.

wisdom teeth removed: (4) wisdom teeth removed around 1990.

Root canals: (1) root canal on tooth #14 placed in 1994.

Crowns: (2) Porcelain over metal crowns placed on #14 root canal tooth (1994) and on #19 (2002).

**What dental work do you currently have in place?**

I had three large amalgams removed 2 weeks ago under proper procedure. #2, 3 and 15.

I am scheduled this week to have the crown removed on #19 and any mercury under it removed.

I am fairly certain, that I will have the #14 root canal tooth extracted in a couple of weeks. Many of my symptoms ramped up after this was done in 1994. Once this is completed I will be metal free.

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

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

6 to 7 Childhood vaccinations in the late 50's. Probably containing Therneresol. I do not do any other shots.

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

Multi-vitamin, 5-htp, fish oil, Adrenal Cortex.

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

In addition to having four amalgams placed in Middle school, I was involved in a mercury spill after school in the chemistry lab. I went from a highly active, high honor roll student to a moody, irritable, defiant, and unsocialble person that bearily made it out of high school.

**What is your location – Rhode Island, US**