



PATIENT: Number 782  
SEX: Male  
AGE: 34

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	3.6	< 12	
Antimony (Sb)	0.035	< 0.080	
Arsenic (As)	0.046	< 0.12	
Barium (Ba)	0.64	< 1.5	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.011	< 2.0	
Cadmium (Cd)	0.009	< 0.065	
Lead (Pb)	0.42	< 1.5	
Mercury (Hg)	3.4	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.004	< 0.060	
Nickel (Ni)	0.85	< 0.40	
Silver (Ag)	0.01	< 0.10	
Tin (Sn)	0.05	< 0.30	
Titanium (Ti)	0.44	< 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)	366	375- 1100			
Magnesium (Mg)	34	40- 140			
Sodium (Na)	140	60- 400			
Potassium (K)	100	28- 160			
Copper (Cu)	8.6	11- 32			
Zinc (Zn)	130	120- 200			
Manganese (Mn)	0.08	0.15- 0.65			
Chromium (Cr)	0.36	0.40- 0.70			
Vanadium (V)	0.033	0.018- 0.065			
Molybdenum (Mo)	0.025	0.040- 0.080			
Boron (B)	1.1	0.40- 2.5			
Iodine (I)	1.9	0.25- 1.8			
Lithium (Li)	0.004	0.008- 0.030			
Phosphorus (P)	264	200- 300			
Selenium (Se)	4.5	0.80- 1.3			
Strontium (Sr)	1.4	1.0- 6.0			
Sulfur (S)	48000	41000- 47000			
Cobalt (Co)	0.008	0.006- 0.035			
Iron (Fe)	4.9	7.0- 16			
Germanium (Ge)	0.023	0.030- 0.040			
Rubidium (Rb)	0.12	0.030- 0.25			
Zirconium (Zr)	0.40	0.040- 1.0			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		ELEMENTS	RATIOS
Date Collected: 05/10/2013	Sample Size: 0.203 g	Ca/Mg	10.8
Date Received: 05/13/2013	Sample Type: Pubic	Ca/P	1.39
Date Completed: 05/18/2013	Hair Color: Brown	Na/K	1.4
Methodology: ICP/MS	Treatment:	Zn/Cu	15.1
	Shampoo:	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

## **Health history for hair test 782**

### **Current symptoms and health history**

Severe chronic fatigue, severe daytime and nighttime bruxism (teeth clenching), involuntary infantile babbling (glossolalia), and muscular contractions throughout the body (possible tic disorder, possible "kundalini syndrome") since a meditation experience in 2007.

Chronic indigestion with multiple food sensitivities (confirmed by blood IgG testing and stool IgA testing) since around 2001.

Depression, anxiety, and difficulty concentrating since around 1992.

Allergic and non-allergic rhinitis since around 1997.

Severe urushiol (antigenic oil in poison oak, poison ivy, and mango skin) allergy since around 2000.

Severe headache reaction to monosodium glutamate (MSG) ingestion since around 2010.

Severe halitosis (bad breath) since around 2000, caused by severe tonsilloliths, improved by tonsillectomy in 2012.

Scotopic sensitivity syndrome (optical reading disorder) since around 2002, maybe earlier.

Tachycardia (racing heart) since around 2000, maybe earlier.

### **Dental history**

Received first amalgam during childhood. Gradually increased to 4 amalgams (teeth #s 1, 2, 15, and 19). All replaced with composite by IAOMT-accredited dentist using IAOMT protocol in April 2012, plus two more composites added (teeth #s 18 and 31).

No root canals.

Wisdom teeth and 2 bicuspids removed during childhood, followed by braces and wire retainers.

### **Dental work currently in place and clean-up**

Composite fillings in 6 teeth (teeth #s 1, 2, 15, 18, 19, and 31).

No clean-up (yet).

Currently using polycarbonate mouthguards/retainers for bruxism and retention.

### **Dentistry my mother had at any time before or during pregnancy**

Unknown, though she currently has amalgam fillings and gold crowns, so she probably had some before pregnancy

## **Vaccination history**

Measles, mumps, and rubella (1 dose in 1980)

Polio (4 doses in 1979-1981)

Diphtheria, pertussis, and tetanus (4 doses in 1979-1981, according to my records, but my mother told me my doctor discontinued the vaccine early because it gave me a high fever, so he lied on my records to say that I had the full course, so I could go to school)

Tetanus and diphtheria (1 dose in 1996, 1 dose in 2004)

Havrix hepatitis A (2 doses in 1999)

Hepatitis A vaccine from Canada (1 dose in 2004)

Engerix hepatitis B (2 doses in 1999)

Typhoid polysaccharide IM/ID (1 dose in 1999)

Typhoid oral (1 dose in 2004)

Flu shot once or a couple of times in last 10 years

Flu intranasal vaccine once around 2005

## **Supplements and medications taken at time of hair test, or for the 3-6 months before the sample was taken**

None

## **Age, height, and weight**

34 years old, 5'8", 148 pounds

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

USA. I don't feel comfortable revealing my city—sorry.

## **Other information I feel may be relevant**

I have high brain mercury levels, according to multiple tests:

1. the counting rules on page 56 of Amalgam Illness
2. the counting rules on page 210 of Amalgam Illness
3. the counting rules in Hair Interpretation
4. elevated hair mercury levels (3.4 µg/g, which is in the red)
5. elevated post-provocation (1500mg DMSA, 6 hour collection) urine mercury levels\*

\*Note that I did the provocation challenge according to my doctor's orders, before reading Andy's admonitions against provocation challenges. I don't know if I've ever felt so depressed and anxious in my life, as I did during the 12 or so hours after taking 1500mg of DMSA, which I suppose also confirms that I am mercury-

intoxicated. Also, in accordance with Andy's admonitions, I think I've felt worse and been less functional ever since the challenge, which I did about a month ago, but it's hard to say, since it's so subjective. Pre-provocation urine levels were 2.6 µg/g. Post-provocation levels were 42 µg/g.

As far as lead is concerned: I don't \*think\* I have significant levels of lead in my brain, for the following reasons: My hair levels are in the green: 0.42 µg/g. My pre-provocation urine levels are also in the green: 0.2 µg/g. However, my post-provocation (1500mg DMSA, 6 hour collection) urine lead levels are in the yellow: 6.9 µg/g. I have read that post-provocation urine test results are difficult to interpret, according to Andy, and that the reference intervals don't apply, since they're for unprovoked collections. Also, reading through the clinical descriptions of lead-intoxicated individuals on page 97 of Hair Interpretation, about the only signs and symptoms that I can relate to are the ones that overlap with mercury. Also, after reading the sources of lead exposure on page 73 of Hair Interpretation, none of them jump out at me as being particularly applicable to my history.

Aside from post-provocation mercury and lead, no other heavy metals were elevated pre- or post-provocation.