

# HAIR ELEMENTS



LAB#: H050421-0224-1  
 PATIENT: Hair Test 81  
 SEX: Female  
 AGE: 46

CLIENT#: 24237  
 DOCTOR: Justin Caulfield, MD  
 Direct Laboratory Services  
 300 Mariners Plaza #320  
 Mandeville, LA 70448

## POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	5.6	< 12	██████████	██████████
Antimony	0.038	< 0.060	██████████	██████████
Arsenic	0.14	< 0.090	██████████	██████████
Beryllium	< 0.01	< 0.020	██████████	██████████
Bismuth	0.010	< 0.13	██████████	██████████
Cadmium	0.073	< 0.10	██████████	██████████
Lead	2.3	< 1.0	██████████	██████████
Mercury	0.08	< 1.1	██████████	██████████
Platinum	0.022	< 0.005	██████████	██████████
Thallium	< 0.001	< 0.010	██████████	██████████
Thorium	< 0.001	< 0.005	██████████	██████████
Uranium	0.007	< 0.060	██████████	██████████
Nickel	0.15	< 0.40	██████████	██████████
Silver	0.36	< 0.10	██████████	██████████
Tin	0.24	< 0.30	██████████	██████████
Titanium	0.59	< 1.0	██████████	██████████
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	271	475- 1500	██████████	██████████	██████████	██████████	██████████
Magnesium	49	45- 180	██████████	██████████	██████████	██████████	██████████
Sodium	530	24- 180	██████████	██████████	██████████	██████████	██████████
Potassium	450	20- 80	██████████	██████████	██████████	██████████	██████████
Copper	16	9.0- 24	██████████	██████████	██████████	██████████	██████████
Zinc	150	130- 200	██████████	██████████	██████████	██████████	██████████
Manganese	0.40	0.20- 0.65	██████████	██████████	██████████	██████████	██████████
Chromium	0.46	0.20- 0.45	██████████	██████████	██████████	██████████	██████████
Vanadium	0.058	0.018- 0.065	██████████	██████████	██████████	██████████	██████████
Molybdenum	0.062	0.040- 0.10	██████████	██████████	██████████	██████████	██████████
Boron	4.0	0.70- 4.0	██████████	██████████	██████████	██████████	██████████
Iodine	0.29	0.25- 1.3	██████████	██████████	██████████	██████████	██████████
Lithium	0.014	0.008- 0.040	██████████	██████████	██████████	██████████	██████████
Phosphorus	221	350- 600	██████████	██████████	██████████	██████████	██████████
Selenium	0.87	0.95- 1.7	██████████	██████████	██████████	██████████	██████████
Strontium	0.36	1.0- 8.0	██████████	██████████	██████████	██████████	██████████
Sulfur	45400	43000- 50000	██████████	██████████	██████████	██████████	██████████
Barium	0.35	0.50- 5.0	██████████	██████████	██████████	██████████	██████████
Cobalt	0.018	0.013- 0.050	██████████	██████████	██████████	██████████	██████████
Iron	10	5.8- 14	██████████	██████████	██████████	██████████	██████████
Germanium	0.038	0.045- 0.065	██████████	██████████	██████████	██████████	██████████
Rubidium	0.42	0.030- 0.25	██████████	██████████	██████████	██████████	██████████
Zirconium	0.055	0.040- 1.0	██████████	██████████	██████████	██████████	██████████

### SPECIMEN DATA

**COMMENTS:**  
 Date Collected: 4/17/2005      Sample Size: 0.196 g  
 Date Received: 4/21/2005      Sample Type: Pubic  
 Date Completed: 4/28/2005      Hair Color: Blond  
    Treatment:  
 Methodology: ICP-MS              Shampoo: Aubrey

### RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	5.53	4- 30
Ca/P	1.23	1- 12
Na/K	1.18	0.5- 10
Zn/Cu	9.38	4- 20
Zn/Cd	> 999	> 800

V06.99

*Na/Mg 10.7*

# HAIR ELEMENTS



LAB#: H031110-0385-1  
 PATIENT: Hair Test 81  
 SEX: Female  
 AGE: 45

CLIENT#: 24237  
 DOCTOR: Justin Cauffield, MD  
 Direct Laboratory Services  
 300 Mariners Plaza  
 Mandeville, LA 70448

## POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	6.5	< 1.2	██████████	██████████
Antimony	0.036	< 0.060	██████████	██████████
Arsenic	0.21	< 0.090	██████████	██████████
Beryllium	< 0.01	< 0.020	██████████	██████████
Bismuth	0.030	< 0.13	██████████	██████████
Cadmium	0.036	< 0.10	██████████	██████████
Lead	1.0	< 1.0	██████████	██████████
Mercury	0.25	< 1.1	██████████	██████████
Plutonium	< 0.003	< 0.005	██████████	██████████
Thallium	0.001	< 0.020	██████████	██████████
Thorium	0.002	< 0.005	██████████	██████████
Uranium	0.012	< 0.060	██████████	██████████
Nickel	0.08	< 0.40	██████████	██████████
Silver	0.13	< 0.20	██████████	██████████
Tin	0.30	< 0.30	██████████	██████████
Titanium	0.84	< 1.0	██████████	██████████
Total Toxic Representation			██████████	██████████

## ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT µg/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	217	475 - 1500	██████████	██████████	██████████	██████████	██████████
Magnesium	25	45 - 180	██████████	██████████	██████████	██████████	██████████
Sodium	880	24 - 180	██████████	██████████	██████████	██████████	██████████
Potassium	380	20 - 80	██████████	██████████	██████████	██████████	██████████
Copper	10	9.0 - 24	██████████	██████████	██████████	██████████	██████████
Zinc	180	130 - 200	██████████	██████████	██████████	██████████	██████████
Manganese	0.27	0.20 - 0.65	██████████	██████████	██████████	██████████	██████████
Chromium	0.37	0.20 - 0.45	██████████	██████████	██████████	██████████	██████████
Vanadium	0.043	0.018 - 0.065	██████████	██████████	██████████	██████████	██████████
Molybdenum	0.061	0.040 - 0.10	██████████	██████████	██████████	██████████	██████████
Boron	4.1	0.70 - 4.0	██████████	██████████	██████████	██████████	██████████
Iodine	0.24	0.25 - 1.3	██████████	██████████	██████████	██████████	██████████
Lithium	0.011	0.008 - 0.040	██████████	██████████	██████████	██████████	██████████
Phosphorus	288	350 - 500	██████████	██████████	██████████	██████████	██████████
Selenium	1.0	0.95 - 1.7	██████████	██████████	██████████	██████████	██████████
Strontium	0.20	1.0 - 8.0	██████████	██████████	██████████	██████████	██████████
Sulfur	45100	43000 - 50000	██████████	██████████	██████████	██████████	██████████
Barium	0.18	0.50 - 5.0	██████████	██████████	██████████	██████████	██████████
Cobalt	0.010	0.013 - 0.050	██████████	██████████	██████████	██████████	██████████
Iron	8.9	5.8 - 14	██████████	██████████	██████████	██████████	██████████
Germanium	0.058	0.045 - 0.065	██████████	██████████	██████████	██████████	██████████
Rubidium	0.37	0.030 - 0.25	██████████	██████████	██████████	██████████	██████████
Zirconium	0.13	0.040 - 1.0	██████████	██████████	██████████	██████████	██████████

### SPECIMEN DATA

### RATIOS

<b>COMMENTS:</b> Date Collected: 11/5/2003 Date Received: 11/10/2003 Date Completed: 11/12/2003  Methodology: ICF-MS	Sample Size:	0.205 g	<table border="1"> <thead> <tr> <th>ELEMENTS</th> <th>RATIOS</th> <th>EXPECTED RANGE</th> </tr> </thead> <tbody> <tr><td>Ca/Mg</td><td>8.68</td><td>4 - 30</td></tr> <tr><td>Ca/P</td><td>0.753</td><td>1 - 12</td></tr> <tr><td>Na/K</td><td>2.32</td><td>0.5 - 10</td></tr> <tr><td>Zn/Cu</td><td>18</td><td>4 - 20</td></tr> <tr><td>Zn/Cd</td><td>&gt; 999</td><td>&gt; 800</td></tr> </tbody> </table>	ELEMENTS	RATIOS	EXPECTED RANGE	Ca/Mg	8.68	4 - 30	Ca/P	0.753	1 - 12	Na/K	2.32	0.5 - 10	Zn/Cu	18	4 - 20	Zn/Cd	> 999	> 800
	ELEMENTS	RATIOS		EXPECTED RANGE																	
	Ca/Mg	8.68		4 - 30																	
	Ca/P	0.753		1 - 12																	
	Na/K	2.32		0.5 - 10																	
	Zn/Cu	18		4 - 20																	
Zn/Cd	> 999	> 800																			
Sample Type:	Pubic																				
Hair Color:	Blond																				
Treatment:																					
Shampoo:	Whole Foods 365																				
	V05.99																				

• Na/K 35

# HAIR ELEMENTS



**PATIENT: Number 81**  
**SEX: Female**  
**AGE: 48**

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	7.4	< 12		
Antimony	0.020	< 0.060		
Arsenic	0.12	< 0.090		
Beryllium	< 0.01	< 0.020		
Bismuth	0.015	< 2.0		
Cadmium	0.035	< 0.10		
Lead	1.9	< 1.0		
Mercury	0.07	< 1.1		
Platinum	0.004	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.005	< 0.060		
Nickel	0.06	< 0.40		
Silver	0.09	< 0.10		
Tin	0.55	< 0.30		
Titanium	0.77	< 1.0		
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	122	475- 1500					
Magnesium	240	45- 180					
Sodium	220	24- 180					
Potassium	240	20- 80					
Copper	12	9.0- 24					
Zinc	200	130- 200					
Manganese	0.78	0.20- 0.65					
Chromium	0.53	0.20- 0.45					
Vanadium	0.034	0.018- 0.065					
Molybdenum	0.056	0.040- 0.10					
Boron	1.8	0.70- 4.0					
Iodine	0.41	0.25- 1.3					
Lithium	0.012	0.008- 0.040					
Phosphorus	270	350- 600					
Selenium	1.3	0.95- 1.7					
Strontium	0.22	1.0- 8.0					
Sulfur	46100	43000- 50000					
Barium	0.23	0.50- 5.0					
Cobalt	0.035	0.013- 0.050					
Iron	14	5.8- 14					
Germanium	0.029	0.045- 0.065					
Rubidium	0.27	0.030- 0.25					
Zirconium	0.051	0.040- 1.0					

SPECIMEN DATA				RATIOS		
<b>COMMENTS:</b>				<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected: 4/23/2007	Sample Size: 0.201 g			Ca/Mg	0.508	4- 30
Date Received: 4/26/2007	Sample Type: Pubic			Ca/P	0.452	1- 12
Date Completed: 5/2/2007	Hair Color: Brown			Na/K	0.917	0.5- 10
	Treatment:			Zn/Cu	16.7	4- 20
Methodology: ICP-MS	Shampoo: Whole Foods			Zn/Cd	> 999	> 800

# Hair Test 81

Notes

May 2007

Hair test 81 <http://www.livingnetwork.co.za/healingnetwork/hairtest.html>

I'm from Charlottesville, VA, USA. Currently I'm taking 150 mgs of Armour, 15 mgs Cortef, the standard Cutler supplements. I take a LOT of Epsom salt baths which help enormously. Generally I am not very sensitive to supplements and it's hard to figure out whether something is helping or not. I'm chelating about 2-3 weekends out of 4 at the moment, Cutler protocol, 100 mgs ALA and 100 mgs DMSA. I've done 68 rounds (started at a lower dosage.) Had 7 amalgams out in fall of 2003. My largest known exposure was 5 RhoGam shots given in 1998 and 2000 during two pregnancies.

At this point I've had strong steps towards recovery. The brain fog is almost entirely gone, in fact my brain works better now than it has in many years. The biggest remaining problems are fatigue, inability to exercise much at all without crashing, and stress intolerance. Just last night my husband was watching an exciting movie (not especially violent, just adrenaline-inducing) and I just can't handle things like that at all without feeling ill. I seem to be developing some stomach/gut problems but they mysteriously seem to come and go and so my motivation to work them out waxes and wanes as well.