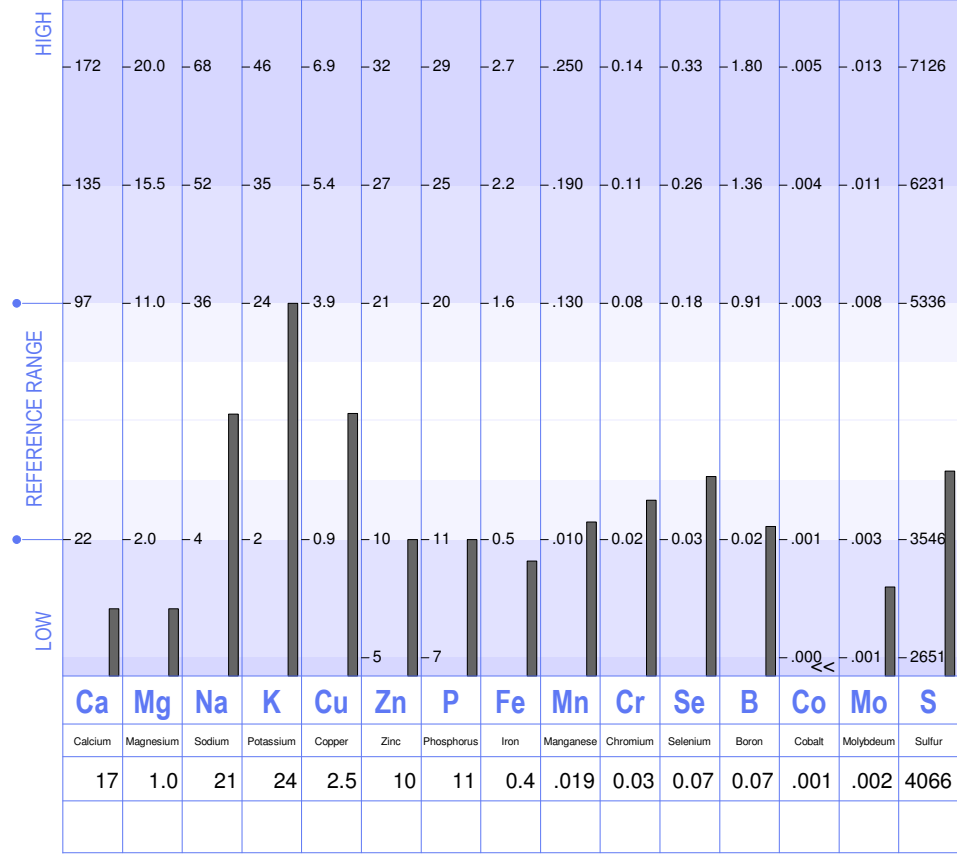
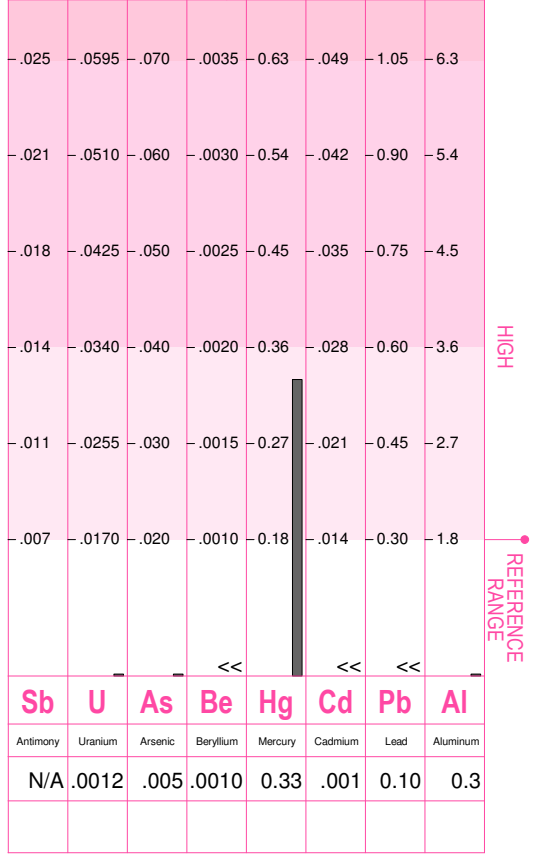


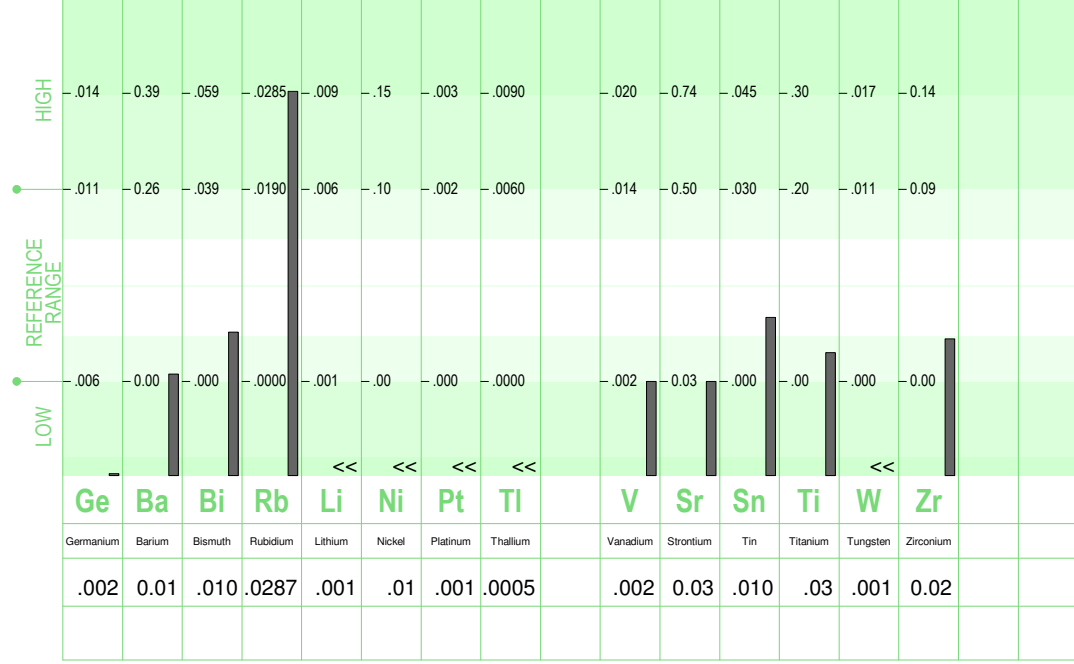
NUTRITIONAL ELEMENTS



TOXIC ELEMENTS



ADDITIONAL ELEMENTS



"<<": Below Calibration Limit; Value Given Is Calibration Limit

"QNS": Sample Size Was Inadequate For Analysis.

"N/A": Currently Not Available

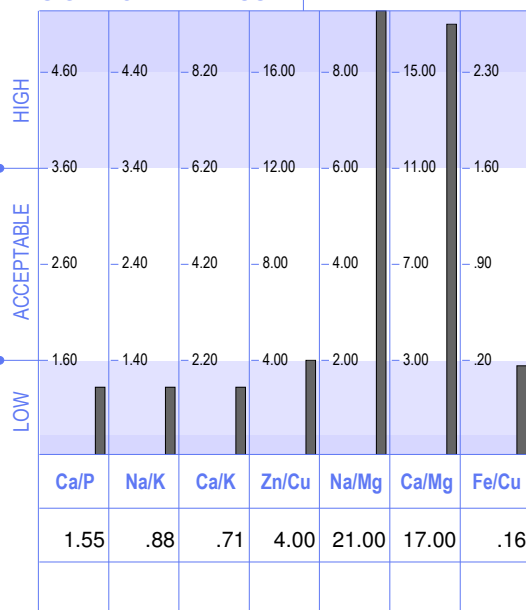
Ideal Levels And Interpretation Have Been Based On Hair Samples Obtained From The Mid-Parietal To The Occipital Region Of The Scalp.

Laboratory Analysis Provided by Trace Elements, Inc., an H. H. S. Licensed Clinical Laboratory. No. 45 D0481787

17/07/2013
CURRENT TEST RESULTS

PREVIOUS TEST RESULTS

SIGNIFICANT RATIOS



TOXIC RATIOS



ADDITIONAL RATIOS

RATIO	CALCULATED VALUE		EXPECTED
	Current	Previous	
Ca/Sr	566.67		131/1
Cr/V	15.00		13/1
Cu/Mo	1250.00		625/1
Fe/Co	400.00		440/1
K/Co	24000.00		2000/1
K/Li	24000.00		2500/1
Mg/B	14.29		40/1
S/Cu	1626.40		1138/1
Se/Tl	140.00		37/1
Se/Sn	7.00		0.67/1
Zn/Sn	1000.00		167/1

LEVELS

All mineral levels are reported in milligrams percent (milligrams per one-hundred grams of hair). One milligram percent (mg%) is equal to ten parts per million (ppm).

NUTRITIONAL ELEMENTS

Extensively studied, the nutrient elements have been well defined and are considered essential for many biological functions in the human body. They play key roles in such metabolic processes as muscular activity, endocrine function, reproduction, skeletal integrity and overall development.

TOXIC ELEMENTS

The toxic elements or "heavy metals" are well-known for their interference upon normal biochemical function. They are commonly found in the environment and therefore are present to some degree, in all biological systems. However, these metals clearly pose a concern for toxicity when accumulation occurs to excess.

ADDITIONAL ELEMENTS

These elements are considered as possibly essential by the human body. Additional studies are being conducted to better define their requirements and amounts needed.

RATIOS

A calculated comparison of two elements to each other is called a ratio. To calculate a ratio value, the first mineral level is divided by the second mineral level.

EXAMPLE: A sodium (Na) test level of 24 mg% divided by a potassium (K) level of 10 mg% equals a Na/K ratio of 2.4 to 1.

SIGNIFICANT RATIOS

If the synergistic relationship (or ratio) between certain minerals in the body is disturbed, studies show that normal biological functions and metabolic activity can be adversely affected. Even at extremely low concentrations, the synergistic and/or antagonistic relationships between minerals still exist, which can indirectly affect metabolism.

TOXIC RATIOS

It is important to note that individuals with elevated toxic levels may not always exhibit clinical symptoms associated with those particular toxic minerals. However, research has shown that toxic minerals can also produce an antagonistic effect on various essential minerals eventually leading to disturbances in their metabolic utilization.

ADDITIONAL RATIOS

These ratios are being reported solely for the purpose of gathering research data. This information will then be used to help the attending health-care professional in evaluating their impact upon health.

REFERENCE RANGES

Generally, reference ranges should be considered as guidelines for comparison with the reported test values. These reference ranges have been statistically established from studying an international population of "healthy" individuals.

Important Note: The reference ranges should not be considered as absolute limits for determining deficiency, toxicity or acceptance.

Health history for hair test 826

What are your current symptoms and health history?

I have had some milder mercury-correlated symptoms for many years, including poor memory, sense of smell, inability to recall dreams, intermittent insomnia, asthma (have had this since I was a baby though), stomach cramps, no sense of hunger. I have been allergic to lactose and dust since age of around 9 or 10. This was when I first got amalgam fillings, but I don't know for sure which came first.

Over the past year, the stomach issues and insomnia gradually worsened, and I started getting some numbness in extremities and night sweats. My confidence started to decline.

In May and June 2013, the insomnia became really problematic and by early July I had to stop working as I was unable to function effectively. I developed quite severe anxiety.

I have not returned to work, a range of new symptoms have arisen and my condition is generally worsening quite quickly.

The insomnia is now at the stage where I can't sleep at all without drugs, I am using temazepam at the moment, and sleep 3-4 hr a night. I'm worried about developing tolerance to this benzo drug, and then being unable to sleep at all.

Other new symptoms to appear over the past few weeks seem to involve adrenal fatigue. Based on the testing approach in James Wilson's 'Adrenal Fatigue' book, my adrenals are very severely fatigued. I have developed severe CFS symptoms. Before this I was able to exercise, now anything more than a gentle 1 km walk (if I'm feeling up to it, can't always do this) and I crash badly and can't do anything except lie down. Some days I can't do much at all except lie around.

My already poor memory has become much worse. I have 'brain fog' and real difficulty concentrating. Just over the past few days, I'm starting to feel a lot of anger. My asthma has worsened. I have lost about 6 kilos in the past two months.

I am getting occasional palpitations and my blood pressure has increased, this has gradually happened over the past couple of years. I feel that my heart 'throbs' in a stronger way than normal, particularly the past few weeks. I feel like there's a lot of adrenaline circulating. I'm getting tachycardia (rapid heart beat) sometimes, and a sensation where my breastbone feels like it's pulling in towards my spine.

My stress tolerance has dropped to basically zero.

Some days now I feel quite depressed, but the insomnia, anxiety and fatigue are more severe than the depression. I have felt suicidal, particularly when the anxiety is severe. However I have started practicing some mindfulness techniques, meditation (to the extent possible with concentration problems), and gentle yoga/stretching. These help somewhat with the anxiety and suicidal thoughts.

Other symptoms include increased self-consciousness, decline of intellect, indecision, frequent urination and bad breath, frequent leg and foot cramps, sweaty soles of feet, ringing or noises in ears, fine tremors (hands), slight constipation, generalised muscle weakness, mild fibromyalgia, mild skin irritations.

I have been a fish-eating vegetarian for the past 32 years. I have eaten fish probably on average twice a week. Often this was smaller fish or shellfish but some larger. I have just started eating chicken and red meat, in an effort to ensure I get all the nutrients I need to battle the mercury.

I have recently gone on a 'low stress' diet that excludes many things including gluten, sugar, dairy, caffeine. The diet focuses on high protein, relatively low carbs, and low GI foods. I don't seem to have the same level of food intolerance that many mercury sufferers have (but I understand this worsens with chelation). The main digestive issues I have currently are slow digestion and very excessive burping.

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

First amalgam around 9 or 10. I remember no pain but got quite a few fillings in a short space of time. I have had many amalgam fillings done over the years. In around 1985 I had an accident that fractured my jaw. One molar cracked and was extracted. Quite a few other teeth in the area of impact gradually died over a few years and I had root canal treatments done. I currently have three molars and two other teeth with RCT (I plan to get them all removed and get dentures for the gaps). In the early 90s I had some work replaced with composite, but these didn't last and I went back to amalgam. Quite a few of my fillings have been done multiple times with amalgam.

What dental work do you currently have in place?

I have several crowns, not sure whether they have amalgam under them. In 2004 a military dentist put in what is almost an amalgam crown (it covers the whole surface of a large molar but doesn't cover the whole tooth, my dentist says it's the equivalent of five normal fillings) and a massive filling in another tooth. I have five other molars with large amalgam fillings.

What part of the dental clean-up have you completed?

Nil, will be starting in early September 2013.

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)?

No flu shots but many travel shots over many years – have lived in developing countries for many years.

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

Asthma: Flixotide 250 mcg daily and occasional Ventolin when needed

Insomnia: Temazepam 20 mg (only started around time of test)

Magnesium 300mg from chelate 1500mg and Zinc 25mg from chelate for about two months before test.

What is your age, height and weight?

I am male, 49, 185 cms, 74 kg.

Other information you feel may be relevant?

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

I am in Australia