

# Toxic & Essential Elements; Hair

TOXIC METALS				PERCENTILE	
		RESULT µg/g	REFERENCE INTERVAL	68 <sup>th</sup>	95 <sup>th</sup>
Aluminum (Al)		6.6	< 7.0		
Antimony (Sb)		0.020	< 0.050		
Arsenic (As)		0.013	< 0.060		
Barium (Ba)		2.6	< 2.0		
Beryllium (Be)		< 0.01	< 0.020		
Bismuth (Bi)		0.32	< 2.0		
Cadmium (Cd)		< 0.009	< 0.050		
Lead (Pb)		0.06	< 0.60		
Mercury (Hg)		0.25	< 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)		0.30	< 0.30		
Silver (Ag)		0.14	< 0.15		
Tin (Sn)		2.4	< 0.30		
Titanium (Ti)		0.30	< 0.70		
Total Toxic Representation					

ESSENTIAL AND OTHER ELEMENTS				PERCENTILE				
		RESULT µg/g	REFERENCE INTERVAL	2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium (Ca)		1410	300- 1200					
Magnesium (Mg)		24	35- 120					
Sodium (Na)		23	20- 250					
Potassium (K)		54	8- 75					
Copper (Cu)		18	11- 37					
Zinc (Zn)		130	140- 220					
Manganese (Mn)		0.22	0.08- 0.60					
Chromium (Cr)		0.38	0.40- 0.65					
Vanadium (V)		0.016	0.018- 0.065					
Molybdenum (Mo)		0.023	0.020- 0.050					
Boron (B)		0.35	0.25- 1.5					
Iodine (I)		0.28	0.25- 1.8					
Lithium (Li)		0.009	0.007- 0.020					
Phosphorus (P)		139	150- 220					
Selenium (Se)		0.47	0.55- 1.1					
Strontium (Sr)		2.5	0.50- 7.6					
Sulfur (S)		44700	44000- 50000					
Cobalt (Co)		0.008	0.005- 0.040					
Iron (Fe)		8.6	7.0- 16					
Germanium (Ge)		0.029	0.030- 0.040					
Rubidium (Rb)		0.044	0.007- 0.096					
Zirconium (Zr)		0.86	0.020- 0.42					

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 6/8/2012		Ca/Mg	58.8	4- 30
Date Received: 6/16/2012		Ca/P	10.1	1- 12
Date Completed: 6/19/2012		Na/K	0.426	0.5- 10
Methodology: ICP/MS		Zn/Cu	7.22	4- 20
		Zn/Cd	> 999	> 800
Sample Size: 0.198 g				
Sample Type: Head				
Hair Color: Brown				
Treatment: Dye				
Shampoo:				



**Toxic & Essential Elements; Hair**

TOXIC METALS				PERCENTILE	
		RESULT µg/g	REFERENCE INTERVAL	68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	(Al)	8.5	< 7.0		
Antimony	(Sb)	0.060	< 0.050		
Arsenic	(As)	< 0.01	< 0.060		
Barium	(Ba)	2.9	< 2.0		
Beryllium	(Be)	< 0.01	< 0.020		
Bismuth	(Bi)	0.13	< 2.0		
Cadmium	(Cd)	0.038	< 0.050		
Lead	(Pb)	0.26	< 0.60		
Mercury	(Hg)	0.23	< 0.80		
Platinum	(Pt)	< 0.003	< 0.005		
Thallium	(Tl)	< 0.001	< 0.002		
Thorium	(Th)	< 0.001	< 0.002		
Uranium	(U)	0.001	< 0.060		
Nickel	(Ni)	0.00	< 0.30		
Silver	(Ag)	1.5	< 0.15		
Tin	(Sn)	0.63	< 0.30		
Titanium	(Ti)	0.56	< 0.70		
Total Toxic Representation					

ESSENTIAL AND OTHER ELEMENTS				PERCENTILE				
		RESULT µg/g	REFERENCE INTERVAL	2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium	(Ca)	931	300 - 1200					
Magnesium	(Mg)	18	35 - 120					
Sodium	(Na)	9	20 - 250					
Potassium	(K)	15	8 - 75					
Copper	(Cu)	26	11 - 37					
Zinc	(Zn)	110	140 - 220					
Manganese	(Mn)	0.21	0.08 - 0.60					
Chromium	(Cr)	0.32	0.40 - 0.65					
Vanadium	(V)	0.017	0.018 - 0.065					
Molybdenum	(Mo)	0.030	0.020 - 0.050					
Boron	(B)	0.98	0.25 - 1.5					
Iodine	(I)	0.86	0.25 - 1.8					
Lithium	(Li)	< 0.004	0.007 - 0.020					
Phosphorus	(P)	144	150 - 220					
Selenium	(Se)	0.53	0.55 - 1.1					
Strontium	(Sr)	2.2	0.50 - 7.6					
Sulfur	(S)	47000	44000 - 50000					
Cobalt	(Co)	0.009	0.005 - 0.040					
Iron	(Fe)	9.4	7.0 - 16					
Germanium	(Ge)	0.034	0.030 - 0.040					
Rubidium	(Rb)	0.015	0.007 - 0.096					
Zirconium	(Zr)	1.4	0.020 - 0.42					

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Data Collected: 09/04/2013		Ca/Mg	51.7
Date Received: 09/09/2013		Ca/P	8.47
Date Completed: 09/11/2013		Na/K	0.6
Methodology: ICP/MS		Zn/Cu	4.23
Sample Size: 0.197 g		Zn/Cd	> 999
Sample Type: Head			
Hair Color: Brown			
Treatment: Dye			
Shampoo: Various			
		RANGE	
		4 - 30	
		1 - 12	
		0.5 - 10	
		4 - 20	
		> 800	

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Brian..please review.. I will take any and all suggestions. Even though this test is from last year my condition has not gotten any better, only worse. I did do another hair test and I should have results by week end.

1. My current symptoms are always tired, headaches that come and go, difficulty breathing, diarrhea/constipation issues, weight loss, feel very anemic, heart rate can become fast very quick, ( I am on beta blockers for this), I do not perspire, burp or pass gas...I know this sounds strange but I believe this is why I am sooo toxic ( I was put on rifaximin for this because I produce too much methane gas that I have difficulty passing.....I have been eating gluten free for 5 years bc drs thought I was celiac but now it turns out that I have Small Intestinal Bacterial Overgrowth (SIBO) which will not go away no matter what I do...so I keep going back to antibiotic. I have very low blood pressure and I feel so foggy, and dizzy most of the time. I am always mucousy in the throat and have excess mucous. I always have a crazy ringing on the right side of my head. I do have chemical sensitivity but bearable, will give me headaches and a little nausea. I have ZERO tolerance to cold..I literally shake uncontrollable and all my bones stiffen where I cant even think. My mornings are always worse but days in general have been pretty lousy. New symptom is very tired legs, they feel soo heavy.

2. My dental history is that from the ages of 9-14, I am now 39..about 16 cavities, all silver filled. I was completely addicted to sugar as a kid...omg..I was a chubby girl!!! Got my period late and had all cycle irregularities. My the time I turned 19, I had severe digestion pains and was diagnosed with H Pylori. I dont remember what treatment was, probably antibiotics. At 20, I had a root canal done. At 21, I had an APACO surgery done, root canal gone bad). Digestion progressively got worse. At 23, I had clear braces put on for a slight overbite and they were removed a year later. I had a silver little wire placed behind my bottom teeth that stayed there for about 4 years (to prevent the teeth from shifting). At 28, after having my first child, my teeth were in bad shape...I went for exam and was told I had gum recession and gave in to 4 quadrant cleaning. Fast forward to age 34 and I was doubled over in pain everyday with severe muddy diarrhea....told I had celiacs. Its been hell since..I've seen about 40 doctors and I am NOT exaggerating. For a while my ferritin serum was soo low that I had to see a hematologist to get iron transfusions. I get told that structurally everything is beautiful and I should feel fine. I was recently hospitalized bc my resting heart rate was 172..dr thought I was either in thyroid storm or a heart attack. It turned out to be neither..they said it's called POTTS where for no apparent reason my blood pressure will fluctuate and I can faint. I was put on inderal 10 mg 3 x day to stop my racy heart. They said the gas in my body can also cause heart palpitations. So, I am also on antibiotic rifaximin.

3. Never had anything done...fillings are still there..I just spoke to a biological dentist that I will meet on Wednesday, She suggested I definitely have the APACO tooth extracted bc a root canal gone bad means they have put silver all the way up into my bone tissue. She said she will take xrays a start a plan of action and would like me to be under a doctors care. She recommended a dr in NYC that wanted 1100.00 for his first visit and 450.00 every visit after. I do not have this kind of money so I am still hunting for a dr.

4. Not sure what my mom did as far as dentistry bc she died 10 years ago from leukemia. Also, she was a hair stylist who did a ton of hair dyes and color corrective services without gloves. I can recall the sulfur egg smell throughout her store. We were raised in her place of business so we were in that chemical smell all the time..except school hours. I was a breast fed child. Doctors diagnosed her with occupational induced leukemia.

5, I had all the standard shots that we all have to get in order to get into school. Traveling shots???dont think I had any.

6. I'm not sure what supplements to list bc I am not consistent with any of them. I was on nexium 40 for about 3 months and recently took myself off of it and have been taking HCL with genetian bitter and digestive enzymes. Everything makes me sick and crash. I am now trying the bare minimum. The Vit C 1000 mg, selenium, occasionally I will take a daily vitamin, I was trying to take ZMA but not sure it agrees with me, was on methyl folate and stopped that, was on glutathione and stopped that, was on quercetin with bromeline and papaya (about a week), stopped that bc of what I read on site. I was taking 2 drops of

