Toxic & Essential Elements; Hair

			m	
London Street Street		TOXIC	METALS	
		RESULT μg/g	REFERENCE INTERVAL	68 th 95 th
Aluminum	(AI)	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	Constant of the second s
Thallium	(TI)	< 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 Representa	ation	1		

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	LAN Y CAN LO	ESSENTIAL AND	OTHER ELEMENTS	A A A A A A A A A A A A A A A A A A A
		RESULT µg/g	INTERVAL	2.5 th 16 th 50 th 84 th 97.5 th
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	
lodine	(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	

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

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Middletown, NJ 07748 USA

Toxic & Essential Elements; Hair

			DECER			PERCENTILE	
and the second se		ug/g	INTER	RVAL	من م	68 th	95 th
Aluminum	(AI)	6,5		7.0		-	
Antimony	(Sb)		<	0.050			
Arsenic	(As)	< 0.01	<	0.060			
Barlum	(Ba)	2.9	<	2.0			
Beryllium	(Be)	< 0.01	<	0.020	gan see an	<i></i>	
Bismuth	(Bi)	0.13	<	2.0		4	··• ····
Cadmium	(Cd)	0.038	<	0.050		***************************************	
Lead	(Pb)	0.26		0.60	garga jaas		
Marcury	(Hg)	0,23		0.80		fikaanaanaanaanaanaanaanaanaanaanaanaanaan	
Platinum	(Pt)	< 0.003		0.005		6	
Thallium	(TI)	20000 < U.UU1		0.002		17.000000000000000000000000000000000000	
Thorlum	(Th)	< 0.001		0.002	()		
Uranium	(山)	0.001		0.060		1264712411141211211211111111111111111111	
Nickel	(Ni)	0,60		0.30	with the formation of the second s		and a the state of
Silver	(Ag)	1.5		0.15			
Tin	(Sn)	0,63	-	0.30			
Titanium	(TI)	0.56	<				
Total Toxic Representation				0170	in		
			VI LINAS INTERNAS				
		ESSENTIAL AND O					
		RESULT ua/a	REFER		n Fill da	PERCENTILE	84 th 97.5 th
Calcium	(Ca)	931	INTER		22.2.2.3 Juni 16	50	
Magheslum			300-			(mymerican and a second se	
	(Mg)	18	35-	120			
Sodium Potassium	(Na)		20-	250			
	(K)	28	8-	75		in the second second	
Copper Zinc	(Cu)	26	11	37			•••••••••••••••••••••••••••••••••••••••
	(Zn)		140-	220			
Manganese	(Mn)	0.21	0.08-	0.60		Constant	
Chromium	(Cr)	0.32	0.40-	0.65			
Vanadium	(V)	0.017	0.018-				
Molybdanum	(Mo)	0,030	0.020-				
Boron	(B)	(direct) 0.98 (direct)	0.25-	1.5		Californ Kammananan	Territoria and Territoria
odine	(1)	0.86	0.25-	1.8		çançoz 🛑 çanç	
lthlum	(LI)	< 0.004	0.007-	0.020		(124)	12
² hosphorus	(P)	144	150-	220			
Selenium	(Se)	0,53	0.55-	1.1			
Strontium	(Sr)	(0.50-	7.6		2000 • Can	
Bulfur	(3)	47000		30000		generali 🔹 george	
Cobalt	(Co)	0.009	0.005-	0.040			1411 - 1 11 11
ron	(Fe)	9.4	7.0-	16	575577777 575577777	gan 🕳 🛛 gan	
Germanium	(Ge)	0.034	0.030-	0.040		gittering 🛑 🛛 gitteri	2012
Rubidium	(Rb)	0.015	0.007-				100
Zirconium	(Zr)	4	0.020-	0.42		and an	
	SPECIMEN	I TO A T A				en e	
COMMENTS:	SECONDED.			MARCHINE ARCHINE		RATIOS	
					ELEMENTS	RATIOS	RANGE
		0 1 0			Ca/Mg	51.7	4-3
Date Collected: 09/04/2013		Sample Size: 0.197 g			Cs/P	6.47	1-1
and the second							
Date Received: 09/09/2013		Sample Type: Head			Na/K	0.6	0.5-1
Date Received: 09/09/2013 Date Completed: 09/11/2013 Methodology: ICP/MS	1	Sample Type; Head Hair Color: Brown Treatment: Dye			Zn/Cu Zn/Cd	4,23	4-2

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Brian..please review.. I will take any an 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, diarrahea/ constipation issues, weight loss, feel very anemic, heart rate can become fast very quick, (I am on beta blockers for this), I do not prespire, 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 cavatiles, all silver filled. I was completely addicted to sugar as a kid...omq..l 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 an 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 diarrahea....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 quercentin with bromeline and papaya (about a week), stopped that bc of what I read on site. I was taking 2 drops of

iodine in water every morning and stopped that. The dr I was seeing had me on 8 probiotic pills a day..I stopped that too. I'm not sure what it is that makes me feel ill bc I feel its everytime I chew or swallow. Oh, I was also on Nystatin for bit, Diflucan, grape seed extract, grapefruit seed extract, caprylic acid. I was told from some drs that I have candida also. Plus, I am on the rifaxim antibiotic now and the inderal plus I take 1 align probiotic daily.

7. Other important info...Within the past 6 months I accidentally took a whole bottle of ALA bc I was told it was a good antioxidant. Secondly, I just learned about high sulfur foods and have made a conscious effort to avoid them bc I am feeling that they may contribute to me feeling shitty. I have eliminated dairy entirely so that I can see if I feel better. I want to follow the candida diet but it is healthy to eat vegies and meat and salad...no fruit or grains at all???? do u advise enemas? Also, very strange but when I chew gum, I go into a "duh" state..could it be too much gas and making me feel out of it. strange right?? Last, I had a comprehensive stool analysis done, a hormone panel done, a cortisol test done and an organic acids test done. Please let me know if you need to see them.

8. I am from Freehold, New Jersey. I lived In Marlboro, New Jersey for 5 years prior and Staten Island, NY growing up.

Finally, I am reaching out to give you a great big hug from a person that you have already helped trememdously.