



PATIENT: Number 850
 SEX: Female
 AGE: 51

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	4.6	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.048	< 0.060	
Barium (Ba)	0.45	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.039	< 2.0	
Cadmium (Cd)	0.022	< 0.050	
Lead (Pb)	0.79	< 0.60	
Mercury (Hg)	0.13	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.089	< 0.060	
Nickel (Ni)	0.07	< 0.30	
Silver (Ag)	0.05	< 0.15	
Tin (Sn)	0.07	< 0.30	
Titanium (Ti)	0.10	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th		
Calcium (Ca)	437	300- 1200			
Magnesium (Mg)	74	35- 120			
Sodium (Na)	86	20- 250			
Potassium (K)	21	8- 75			
Copper (Cu)	12	11- 37			
Zinc (Zn)	160	140- 220			
Manganese (Mn)	0.14	0.08- 0.60			
Chromium (Cr)	0.34	0.40- 0.65			
Vanadium (V)	0.029	0.018- 0.065			
Molybdenum (Mo)	0.017	0.020- 0.050			
Boron (B)	0.98	0.25- 1.5			
Iodine (I)	1.7	0.25- 1.8			
Lithium (Li)	0.010	0.007- 0.020			
Phosphorus (P)	150	150- 220			
Selenium (Se)	0.72	0.55- 1.1			
Strontium (Sr)	0.91	0.50- 7.6			
Sulfur (S)	50100	44000- 50000			
Cobalt (Co)	0.026	0.005- 0.040			
Iron (Fe)	8.2	7.0- 16			
Germanium (Ge)	0.029	0.030- 0.040			
Rubidium (Rb)	0.035	0.007- 0.096			
Zirconium (Zr)	0.44	0.020- 0.42			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 08/15/2013	Sample Size: 0.2 g	Ca/Mg	5.91	4- 30
Date Received: 08/19/2013	Sample Type: Head	Ca/P	2.91	1- 12
Date Completed: 08/21/2013	Hair Color:	Na/K	4.1	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	13.3	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

Health history for hair test 850

- What are your current symptoms and health history? I have not felt well since I was very young. Started gaining weight at age 8. Tired, had vertigo, was always getting car sick. Started going to doctors at the age of 16 to find out what was wrong with me. Depression/Fatigue worsened after marriage and each child born. (3) All C-Sections as babies were quite large. I have been diagnosed with BipolarII, adrenal fatigue, hypothyroid, universal reactor (allergies), Chronic Fatigue, Fibromyalgia, Asperger's Syndrome, Malabsorption, Osteopenia, compression fractures in thoracic region.
- Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...) I had 3 wisdom teeth pulled 3 years ago as they had cavities. First root canal before age 12 as well as many amalgams for each cavity. I recently had a crown removed that had a huge amalgam under it, with tatoing all around the gums that I have had for at least 35years.
- What dental work do you currently have in place? What part of the dental clean-up have you completed? My upper left quadrant is amalgam free with 2 porcelain/ceramic crowns. Lower left looks amalgam free; however a crown placed in December of 2012 by a traditional dentist is not right. Gum pain, tenderness. It has a metal ring around the crown and I suspect I am reacting to this as I am allergic to nickel. (the dentist put this in even though I told him...he didn't believe me) Tues of this week 9/10/13 I had 3 amalgams removed on upper right quadrant by a qualified dentist. Next visit we will put on the porcelain/ceramic crown and that should be complete. I have 2 huge amalgams on the bottom back teeth (right lower quadrant) as well as a metal post on another tooth that would never accept a crown in the past. Every time we would try to put the crown on I would have excruciating jaw pain so I told them to just take it out. (5 years ago) After we finish this, my current dentist will check one more time if there is any amalgam left. Should be finished within a month.
- What dentistry did your mother have at any time before or during pregnancy? She had 3 amalgams before pregnant with me.
- What vaccinations have you had and when (including flu and especially travel shots)? All childhood vaccinations (born in 1962) including German Measles. Also, had some vaccinations when I temporarily joined the army. (long story) (1996)
- Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken? I have ceased the chorella but at the time of the test this is what I was doing:

Calcium Citrate twice day
Vit K-2 1 day
D3 5,000 1 day (BIO_TECH)
Sometimes Dr. Mercola Chlorella 5 Tablets
Seratran (has 5htp w/cofactors)

S.A.T. (thorne) twice day
Basic Nutrients IV (Thorne) 2-3 twice day
Carlson's Cod Liver Oil 1 T daily
Ultra Flora+ (Metagenics) 2 caps twice a day

Nature-Throid 1/2 grain in am
Cytomel 25 (1/2 in am 1/2 in pm)
Guggul 2 caps daily
Lugol's solution: 2 drops daily
Licorice Solid Extract: 1 Tsp in am (adrenal support)
B5 (pantothenic acid) 500mg bedtime
VIT C w/bioflavonoids 1500mg bedtime
GABA 500mg bedtime
Magnesium (natural calm) 1 T am and 1 T pm
Inulin 15grams day (prebiotic) NOW brand

For a few more days I will be on Clean Gut cleanse by Dr. Junger so am taking:

Monolaurin 1 twice day
SuperEnzymes 1 each meal

Saccharomyces Boulardii + MOS 1 twice day
B-Complex Plus (Pure Encapsulations) 1 day (more keeps me up at night)
Betaine HCL w/Pepsin w/ heavy protein meals
Barberry Bark 500mg twice day

I am on a anti candida diet so limited to 1 cup berries day.

I usually have a smoothie early on and a salad w/protein at night.

- What is your age, height and weight? 51F, 5'4.75", 230lbs
- Other information you feel may be relevant? I have always felt like I do not fit in with people. I do not know how to relax. I feel like I have to be on guard to not offend anyone or be inappropriate somehow. I have to use tools to cope each day but I am always looking and searching for answers to figure out how to feel good.
- What is your location – city & country (so that we can learn where certain toxins are more prevalent). I grew up in Gulfport, MS but since 12/2007 I live in Salt Lake City, UT. (I also lived here from 1993-2002)