



PATIENT: Number 880
 SEX: Male
 AGE: 45

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.0	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.035	< 0.080	
Barium (Ba)	0.08	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.004	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.05	< 0.80	
Mercury (Hg)	0.75	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.002	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.004	< 0.060	
Nickel (Ni)	0.02	< 0.20	
Silver (Ag)	0.02	< 0.08	
Tin (Sn)	< 0.02	< 0.30	
Titanium (Ti)	0.33	< 0.60	
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)	352	200- 750			
Magnesium (Mg)	41	25- 75			
Sodium (Na)	18	20- 180			
Potassium (K)	10	9- 80			
Copper (Cu)	10	11- 30			
Zinc (Zn)	180	130- 200			
Manganese (Mn)	0.05	0.08- 0.50			
Chromium (Cr)	0.48	0.40- 0.70			
Vanadium (V)	0.065	0.018- 0.065			
Molybdenum (Mo)	0.021	0.025- 0.060			
Boron (B)	2.1	0.40- 3.0			
Iodine (I)	13	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	165	150- 220			
Selenium (Se)	0.84	0.70- 1.2			
Strontium (Sr)	0.28	0.30- 3.5			
Sulfur (S)	48300	44000- 50000			
Cobalt (Co)	0.003	0.004- 0.020			
Iron (Fe)	5.8	7.0- 16			
Germanium (Ge)	0.025	0.030- 0.040			
Rubidium (Rb)	0.022	0.011- 0.12			
Zirconium (Zr)	0.016	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 11/09/2013	Sample Size: 0.197 g	Ca/Mg	8.59	4- 30
Date Received: 11/14/2013	Sample Type: Head	Ca/P	2.13	0.8- 8
Date Completed: 11/16/2013	Hair Color: Brown	Na/K	1.8	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	18	4- 20
	Shampoo: Whole Foods	Zn/Cd	> 999	> 800

Health history for hair test 880

1) What are your current symptoms and health history?

Very sick for last 2 years. High virus antibody counts, bedridden for several months when this all started. Chronic fatigue, including post-exertional malaise, POTS/OI, low NK cell function, heart palpitations, IBS (D and C alternating over the months), intestine pain low left side (periodic), SEVERE reactive hypoglycemia, sleep disturbances, multiple food intolerances, wrist/forearm painful inflammation (periodic), etc. For year one fought external fungus, borax rinse seemed to help, not an issue in the past year.

Peripheral nerve hyperexcitability -- random muscle twitches all over my body, esp. base of my feet and esp. at evening time when trying to go to sleep. This has waxed and waned starting two years ago. I think for a while I was on way too much P5P, once I stopped it decreased but has not stopped entirely.

I don't seem to have "brain fog" but I do have sensory overwhelm from sound / light other inputs -- have to keep my environment stable. My cortisol is ok in the AM but drops like a stone by mid-afternoon.

When nervous I have a ton of sweat, and yet I can't seem to tolerate heat in the past two years -- something I used to love and bask in.

Last 12 months increasingly intolerant of supplements -- esp. anything with Mag stearate in it.

Itchy flaky ears for past decade or so, post an aspergillus infection in the ears. Swabbing with iodine each morning seems to help a great deal -- and makes me wonder if that is why my iodine is so high on this test.

Diagnosed with neuro-endocrine-immune disorder, likely viral related. No therapy recommendation (not sick enough for the powerful antivirals they might use).

2) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam

etc...) Four teeth (not wisdom) when I was a child. Braces twice during those years. Up to five or six amalgams lifetime, all replaced 7 years ago but not by environmental dentist (was a dentist in a box type thing). Also ate a ton of Tuna and salmon throughout my life, esp when I was in school. My ARL hair tests over the last year showed increasing mercury in my hair (doubled every three months over the course of nine months), so I quit eating fish entirely.

3) What dental work do you currently have in place? What part of the dental cleanup have you completed? All current dental work is cerex (ceramic) and a few epoxy/resin (white) fillings

4) What dentistry did your mother have at any time before or during pregnancy?

No idea, apologies.

5) What vaccinations have you had and when (including flu and especially travel shots)?

Military brat, so I had them all, also lived abroad as a teenager. Immunizations for Mexico in '88. Immunizations for India and rural China in 2008-9. Occasional flu

shots.

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

Vit D (topical and internal), fish oil (clean), topical magnesium every night

7) Other information you feel may be relevant?

Switching to quasi paleo diet, ultra low carb has helped a great deal.

Known mold exposure Stachybotrys and Aspergillus over the two years -- house currently under remediation and we moved out.

Have been able to continue to work from home 5 days a week, but I'm really exhausted each night and definitely toast by Friday each week. Take the whole weekend to recover, then back to it.

8) What is your location - city & country (so that we can learn where certain toxins are more

prevalent).

San Jose CA USA-- interestingly I live relatively near an abandoned Mercury mining facility, which has been turned into a public walking park (!). One of the more air-polluted areas in the US in general.