

Toxic & Essential Elements; Hair

TOXIC METALS					
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE	
				68 th	95 th
Aluminum	(Al)	2.6	< 7.0		
Antimony	(Sb)	0.017	< 0.066		
Arsenic	(As)	0.14	< 0.080		
Barium	(Ba)	0.18	< 1.0		
Beryllium	(Be)	< 0.01	< 0.020		
Bismuth	(Bi)	0.002	< 2.0		
Cadmium	(Cd)	< 0.009	< 0.065		
Lead	(Pb)	0.99	< 0.80		
Mercury	(Hg)	0.09	< 0.80		
Platinum	(Pt)	< 0.003	< 0.005		
Thallium	(Tl)	< 0.001	< 0.002		
Thorium	(Th)	< 0.001	< 0.002		
Uranium	(U)	0.075	< 0.060		
Nickel	(Ni)	0.06	< 0.20		
Silver	(Ag)	0.03	< 0.08		
Tin	(Sn)	0.06	< 0.30		
Titanium	(Ti)	0.30	< 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)	375	200- 750					
Magnesium	(Mg)	29	25- 75					
Sodium	(Na)	72	20- 180					
Potassium	(K)	71	9- 80					
Copper	(Cu)	33	11- 30					
Zinc	(Zn)	160	130- 200					
Manganese	(Mn)	0.08	0.08- 0.50					
Chromium	(Cr)	0.41	0.40- 0.70					
Vanadium	(V)	0.044	0.018- 0.065					
Molybdenum	(Mo)	0.035	0.025- 0.060					
Boron	(B)	1.6	0.40- 3.0					
Iodine	(I)	0.32	0.25- 1.8					
Lithium	(Li)	0.005	0.007- 0.020					
Phosphorus	(P)	171	150- 220					
Selenium	(Se)	0.68	0.70- 1.2					
Strontium	(Sr)	1.1	0.30- 3.5					
Sulfur	(S)	47500	44000- 50000					
Cobalt	(Co)	0.006	0.004- 0.020					
Iron	(Fe)	10	7.0- 16					
Germanium	(Ge)	0.025	0.030- 0.040					
Rubidium	(Rb)	0.061	0.011- 0.12					
Zirconium	(Zr)	0.015	0.020- 0.44					

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 12/01/2013	Sample Size: 0.203 g	Ca/Mg	12.9	4- 30
Date Received: 12/07/2013	Sample Type: Head	Ca/P	2.19	0.8- 8
Date Completed: 12/10/2013	Hair Color:	Na/K	1.01	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	4.85	4- 20
	Shampoo: Balea Men	Zn/Cd	> 999	> 800

Health history for hair test 902

- 1) Current Symptoms: Osteoarthritis in almost all bigger joints, back problems, anxiety, food intolerances, bad digestion, stomachaches, dry skin, frequent herpes, fatigue, lethargy, slight depression.
History: atopic eczema since youth, herpes (sometimes spreading), from end-90s to beginning 2000s kidney problems, panic attacks from 2002 - 2006.
- 2) wisdom teeth all removed, no root canal, no extractions, no braces, first amalgams in childhood
- 3) I think all molars had amalgam. All Hg removed mid-90s. Replaced with gold fillings and composite. Gold added 2 years after Hg removal.
- 4) Mother had amalgams before and during pregnancy.
- 5) Last flu shot at least 20 years ago, travel shots at the beginning of the 90s - some hepatitis (don't know which type), seldom a diphtheria and tetanus
- 6) Supplements and medication:
Vit. C 1-2 g daily (sometimes more)
Vit. B complex 1 cap. daily
Vit. D 20 mcg daily
Mg-citrate 1-2 teaspoon daily
flax oil 1-2 tablespoon daily
from Nov. on Molybdenum 200 mcg, once to twice a day
and when on chelation milk thistle, Vit. E
horsetail extract daily
glucosamine and chondritine daily
gelatine daily
- 7) DMPS Test in 1996 showed 447 mcg Hg / g creatinine, so Hg was a problem. The kidney problems in the years after the removal could be the consequence of a detoxification.
DMPS Test in 2013 showed 2.2 mcg Hg / g creatinine and low zinc 114 mcg/g c. (normal range 140-800) and high copper 1220 mcg/g c. (normal < 1000).
Blood test showed low iron 65 mcg/dl (60-200) with low haematocrit 41 % (40-52) and high eosinophile granulocytes 8.8 % (0-6).
Herpes got a little bit better after avoiding seafood and fish oil.
- 8) Location south Germany, not far from Stuttgart.