



PATIENT: Number 922
 SEX: Male
 AGE: 30

Toxic & Essential Elements; Hair

| TOXIC METALS | | | |
|----------------------------|----------------|-----------------------|---|
| | RESULT µg/g | REFERENCE INTERVAL | PERCENTILE 68 th 95 th |
| Aluminum (Al) | 1.3 | < 7.0 | |
| Antimony (Sb) | 0.030 | < 0.066 | |
| Arsenic (As) | 0.045 | < 0.080 | |
| Barium (Ba) | < 0.04 | < 1.0 | |
| Beryllium (Be) | < 0.01 | < 0.020 | |
| Bismuth (Bi) | < 0.002 | < 2.0 | |
| Cadmium (Cd) | < 0.009 | < 0.065 | |
| Lead (Pb) | 0.04 | < 0.80 | |
| Mercury (Hg) | 0.11 | < 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) | 0.01 | < 0.20 | |
| Silver (Ag) | 0.01 | < 0.08 | |
| Tin (Sn) | < 0.02 | < 0.30 | |
| Titanium (Ti) | 0.38 | < 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) | 191 | 200- 750 | | | |
| Magnesium (Mg) | 26 | 25- 75 | | | |
| Sodium (Na) | 8 | 20- 180 | | | |
| Potassium (K) | < 3 | 9- 80 | | | |
| Copper (Cu) | 9.6 | 11- 30 | | | |
| Zinc (Zn) | 200 | 130- 200 | | | |
| Manganese (Mn) | 0.04 | 0.08- 0.50 | | | |
| Chromium (Cr) | 0.39 | 0.40- 0.70 | | | |
| Vanadium (V) | 0.033 | 0.018- 0.065 | | | |
| Molybdenum (Mo) | 0.043 | 0.025- 0.060 | | | |
| Boron (B) | 1.9 | 0.40- 3.0 | | | |
| Iodine (I) | 1.2 | 0.25- 1.8 | | | |
| Lithium (Li) | < 0.004 | 0.007- 0.020 | | | |
| Phosphorus (P) | 173 | 150- 220 | | | |
| Selenium (Se) | 0.71 | 0.70- 1.2 | | | |
| Strontium (Sr) | 0.05 | 0.30- 3.5 | | | |
| Sulfur (S) | 46700 | 44000- 50000 | | | |
| Cobalt (Co) | 0.003 | 0.004- 0.020 | | | |
| Iron (Fe) | 6.1 | 7.0- 16 | | | |
| Germanium (Ge) | 0.035 | 0.030- 0.040 | | | |
| Rubidium (Rb) | 0.007 | 0.011- 0.12 | | | |
| Zirconium (Zr) | 0.026 | 0.020- 0.44 | | | |

| SPECIMEN DATA | | RATIOS | | |
|----------------------------|----------------------|----------|--------|---------|
| COMMENTS: | | ELEMENTS | RATIOS | RANGE |
| Date Collected: 02/11/2014 | Sample Size: 0.197 g | Ca/Mg | 7.35 | 4- 30 |
| Date Received: 02/25/2014 | Sample Type: Head | Ca/P | 1.1 | 0.8- 8 |
| Date Completed: 02/27/2014 | Hair Color: BLond | Na/K | 2.67 | 0.5- 10 |
| Methodology: ICP/MS | Treatment: | Zn/Cu | 20.8 | 4- 20 |
| | Shampoo: Radox | Zn/Cd | > 999 | > 800 |

What are your current symptoms and health history?

Suffered from 24 hour non-sleep-wake syndrome since teenage years which greatly affected my quality of life before I discovered melatonin that regulated my sleep. Occasionally suffered from inflammations and eczema but was otherwise very healthy and active and never suffered anything worse than nasty colds.

Starting from summer 2012, I began having fatigue, lethargy, sinus infections and paresthesia of the hands and feet.

From March 2013 onwards:

Breathing difficulties - not short of breath or hyperventilating, but more stuffy, sort of like I'm breathing through a cloth or feels like my airways are inflamed or constricted. Feels like I need to force every breath in or I'll suffocate. This is the symptom that keeps me housebound and bedridden for most of the day so obviously the most troubling. Asthma medication does nothing.

Shaking - began as a relentless violent shiver with profuse sweating in May 2013. Died down slightly after a two week dose of nystatin. Carries on as a constant restlessness, like an electric current is persistently running through my body. When standing, legs shake. When lying down, legs and chest heave non-stop.

Constant tension

Fatigue

Nausea

Dysbiosis - stool test taken six months ago revealed high levels of pathogens and no lactobacillus species

Candida

Bruxism - every dentist I've seen says I'm grinding my teeth. Can only be in my sleep as I've never noticed myself doing it.

Dry throat/chronic throat clearing/difficulty swallowing/lump sensation

Excessive saliva

Brain fog

Discomfort standing or sitting up straight

Insomnia

Diarrhea – particularly for the first several months

Dehydration despite drinking lots of water

Multiple chemical sensitivity

Open sores inside nostrils

Cold hands and feet

Photosensitivity

Occasional tinnitus

Convulsions – recent symptom, only experienced a few times

Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)

First amalgam placed around age 14. Had two molars removed to fit in brace at age 18. 8 amalgams removed safely in November 2013, replaced with composites.

What dental work do you currently have in place? What part of the dental clean-up have you completed?

10 composite fillings. 1 composite root canal placed after amalgams were removed.

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

Amalgams – don't know how many.

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

Normal childhood vaccinations. No flu or travel shots.

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

Adrenal Cortex – 250 mg

Fish oil – 3 grams

Flaxseed oil – 3 grams

Vitamin B50

Vitamin B5 – 1 gram

Vitamin B6 – 200 mg

Vitamin C – 8 grams

Vitamin E – 1200 mg

Magnesium – 800 mg

Selenium – 100 mcg

Molybdenum – 900 mcg

Milk thistle

Zinc – 75 mg

Pau D'arco

SF722

DMSA – was taking 25mg twice a week for about a month but had done three rounds per Cutler at time of sample.

Melatonin – 1.5 mg

Probiotics

Cetirizine – 20 mg

Rhodiola – 500 mg

Chromium – 750 mcg

Lysine – 1 gram

Regular epsom salt footbaths

What is your age, height and weight?

30, 5'9", 60kg.

Other information you feel may be relevant?

MRI of brain revealed nothing.

X-rays of lungs always came back clear.

Adrenal profile done six months ago revealed high cortisol levels throughout the day.

Took a bad reaction to the nystatin after a brief success. Every subsequent effort to reintroduce it has led to severe breathing difficulties. Similar reaction to fluconazole and borax. Herbal antifungals seem fine so long as I don't overdo them.

Previously had a lot of exposure to black mold.

Every trial with DMSA (lowering the amount each time) has led to bad reactions by the third day.

Was previously a very energetic, non-stop sort of person, working out thrice weekly, cycling and running every other day. Would often be sat up late at night working on computer, sometimes until 6am, getting a couple of hours sleep before heading to work. When I felt sleepy I hit the caffeine hard. Realise now this would have wrecked my adrenals.

What is your location – city & country (so that we can learn where certain toxins are more prevalent).

Newry, Northern Ireland.