



PATIENT: Number 925
SEX: Female
AGE:

Toxic & Essential Elements; Hair

TOXIC METALS					
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE	
				68 th	95 th
Aluminum	(Al)	2.3	< 7.0		
Antimony	(Sb)	< 0.01	< 0.050		
Arsenic	(As)	0.021	< 0.060		
Barium	(Ba)	1.4	< 2.0		
Beryllium	(Be)	< 0.01	< 0.020		
Bismuth	(Bi)	0.015	< 2.0		
Cadmium	(Cd)	< 0.009	< 0.050		
Lead	(Pb)	0.04	< 0.60		
Mercury	(Hg)	0.30	< 0.80		
Platinum	(Pt)	< 0.003	< 0.005		
Thallium	(Tl)	< 0.001	< 0.002		
Thorium	(Th)	< 0.001	< 0.002		
Uranium	(U)	0.003	< 0.060		
Nickel	(Ni)	0.05	< 0.30		
Silver	(Ag)	< 0.006	< 0.15		
Tin	(Sn)	0.08	< 0.30		
Titanium	(Ti)	0.16	< 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)	640	300– 1200					
Magnesium	(Mg)	62	35– 120					
Sodium	(Na)	10	20– 250					
Potassium	(K)	5	8– 75					
Copper	(Cu)	9.8	11– 37					
Zinc	(Zn)	220	140– 220					
Manganese	(Mn)	0.16	0.08– 0.60					
Chromium	(Cr)	0.39	0.40– 0.65					
Vanadium	(V)	0.025	0.018– 0.065					
Molybdenum	(Mo)	0.027	0.020– 0.050					
Boron	(B)	0.28	0.25– 1.5					
Iodine	(I)	0.23	0.25– 1.8					
Lithium	(Li)	< 0.004	0.007– 0.020					
Phosphorus	(P)	175	150– 220					
Selenium	(Se)	0.70	0.55– 1.1					
Strontium	(Sr)	2.4	0.50– 7.6					
Sulfur	(S)	46800	44000– 50000					
Cobalt	(Co)	0.003	0.005– 0.040					
Iron	(Fe)	6.7	7.0– 16					
Germanium	(Ge)	0.034	0.030– 0.040					
Rubidium	(Rb)	0.004	0.007– 0.096					
Zirconium	(Zr)	0.083	0.020– 0.42					

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 4/20/2012		Ca/Mg	10.3	4– 30
Date Received: 4/25/2012		Ca/P	3.66	1– 12
Date Completed: 4/27/2012		Na/K	2	0.5– 10
Methodology: ICP/MS		Zn/Cu	22.4	4– 20
Sample Size: 0.199 g		Zn/Cd	> 999	> 800
Sample Type: Head				
Hair Color:				
Treatment:				
Shampoo:				

Health history for hair test 925

1)Current symptoms and health history:

Not quite right since 1960 (age 8), with bulk of noticeable problems slowly worsening since 1977 (unknowingly contracted Lyme disease which went undiagnosed/untreated for 21 years- in 1998 took oral meds Biaxin/Plaquenil and then Tetracycline for 1 1/2 years....this left me sicker).

1977 onward- Hypoglycemia, Food Sensitivities, early MCS, Depression, Adrenal Fatigue, CFIDS, Fibromyalgia, undiagnosed Hypothyroidism....as years passed, symptoms worsened gradually until rapid worsening around 2000-Extreme MCS (very ill despite virtual isolation and avoidance), EMS, dizziness, weakness, brain fog after bright sunlight or computer exposure, Pain- muscle, joint, especially nerve pain and itching at times, headaches, cold/heat intolerance, sleep problems (backwards Cortisol).

Tests from 2009, 2010 showed 1)Liver function- normal phase 1, slow phase 2

2)Intestinal dysbiosis despite decades of supplements, mostly healthy diet

3)Insulin resistance, low magnesium, glutathione, chromium (Spectracell test, etc)

4)Adrenal Fatigue with cortisol depressed am, elevated at midnight (backwards) (saliva test)

2)Dental history:

around 1961 (age 9)- first Amalgam; eventually had 15 Amalgams total, some re-done several times (last one in 2000)

1964 (age 12)- first and only root canal on front tooth, re-done 1990 with second crown (infection in previous root canal cleaned out, metal post put in to hold crown)

3)2013- 15 amalgams safely removed and 4 porcelain onlays put on cracked/broken molars over period of 8 months; saw reg dentist to take mold/drill to get bite corrected. Front crown with gold/alloy back still in place- xray didn't show Amalgam (I intend to replace with solid porcelain when I can)

4)During pregnancy, Mother had multiple Amalgams in place (not sure re dental work during pregnancy)

5)Born in NYC 1952- had all usual illnesses (mumps, measles, german measles, chicken pox...) and usual vaccines for that time (not sure which ones); don't remember getting more than maybe a few flu shots decades ago

6)Hair Test 4/2012, before dental clean-up in 2013.....supplements and meds:

*Alpha Lipoic Acid caps- 300 mg/1x daily

L-Glutamine powder- 2 grams/am

C- 1000 mg/am, 2000 mg/pm

E- 200 iu/am

D- 1000 iu/on odd days

B complex- 2/am

Lysine- 500 mg/am, 500 mg/pm

Milk thistle- 600 mg/am, 600 mg/pm

Chromium- 200 mcg/am, 200 mcg/pm

Solaray Multidophilus- 2 caps/late pm

Citramins II- 3 caps before bed (Magnesium- 270 mg, Zinc- 21 mg, Selenium- 150 mcg, Iodine- 120 mcg, Calcium Citrate- 3000 mg, Boron- 3 mg, Vanadium- 90 mcg, Potassium- 90 mg,

Molybdenum- 90 mcg, Manganese- 6 mg)

Cod Liver Oil- 1 Tblsp/day

Health history for hair test 925

Kelp flakes on food/pm

meds: Synthroid- 450 mcg/week, Klonopin- .25 mg daily, split into am and pm doses, Adderall- 1/8 of 5 mg tab daily (stopped this early 2013)

7)Age- 61 Height- 5' 8 1/2" Weight- 110-112 lbs- home scale

8)Except for 1 year (2010), I have consumed 2-3 alcoholic drinks most evenings (with food) since 1994, with some breaks of a few days to a month. Abstinence made little difference besides increasing anxiety and sadness/emptiness. Alcohol is only thing that helps with mental/physical pain, giving me a small window....I know it is not good for my liver. My diet has been extremely healthy since 1982 (age 30), regular light exercise, though it is difficult for me. Except for my husband, I am forced to live in almost complete isolation for past 8-10 years. I've lost so much in my life.....a life as a gifted fashion designer that I dreamt of since age 5 and paid my dues in, and most painfully, friends and a sense of community....as for my few old friends, I'm unable to visit or have them as guests because of outgassing toxic products they use/pick up from public places or their homes. I didn't realize I would face years of oral chelation when taking on dental clean-up. I've tried so many things and spent a fortune I didn't have on trying to get well....I don't know if I can make it through another ordeal/disappointment, and this seems overwhelming to me. I used to be a very strong person but I'm broken now...I am finishing the last of the Humaworm full body herbal cleanses this month (Liver)- found them very difficult this past Fall/Winter even though I had done the parasite cleanse a few times before since 2010, along with several Hulda Clark liver flushes (too harsh).

9)All US locations- 1952-1960 NYC (Washington Heights), 1960-1970- Melrose, Ma (Northern suburb of Boston), 1970-1974 Amherst, Ma, 1974-1976- Cambridge and Back Bay, Boston, Ma, 1976-1989- NYC, 1989-1991- Bothell, Wa (outside Seattle), 1991- Haverford, Pa (Main Line), 1991-1993- Hackensack, NJ, 1993-2000- Chapel Hill, NC, 2000-2001- Rockland County, NY, 2001-present- Chapel Hill, NC