



SEX: Male
AGE: 53

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	3.3	< 7.0	
Antimony (Sb)	0.033	< 0.066	
Arsenic (As)	0.063	< 0.080	
Barium (Ba)	0.11	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.086	< 2.0	
Cadmium (Cd)	0.027	< 0.065	
Lead (Pb)	0.21	< 0.80	
Mercury (Hg)	0.24	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.015	< 0.060	
Nickel (Ni)	0.08	< 0.20	
Silver (Ag)	0.02	< 0.08	
Tin (Sn)	0.19	< 0.30	
Titanium (Ti)	0.47	< 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)	368	200- 750			
Magnesium (Mg)	21	25- 75			
Sodium (Na)	42	20- 180			
Potassium (K)	28	9- 80			
Copper (Cu)	10	11- 30			
Zinc (Zn)	180	130- 200			
Manganese (Mn)	0.07	0.08- 0.50			
Chromium (Cr)	0.32	0.40- 0.70			
Vanadium (V)	0.050	0.018- 0.065			
Molybdenum (Mo)	0.062	0.025- 0.060			
Boron (B)	2.6	0.40- 3.0			
Iodine (I)	2.6	0.25- 1.8			
Lithium (Li)	0.007	0.007- 0.020			
Phosphorus (P)	198	150- 220			
Selenium (Se)	130	0.70- 1.2			
Strontium (Sr)	1.1	0.30- 3.5			
Sulfur (S)	47000	44000- 50000			
Cobalt (Co)	0.005	0.004- 0.020			
Iron (Fe)	6.9	7.0- 16			
Germanium (Ge)	0.024	0.030- 0.040			
Rubidium (Rb)	0.044	0.011- 0.12			
Zirconium (Zr)	0.26	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 04/30/2014		Ca/Mg	17.5
Date Received: 05/08/2014		Ca/P	1.86
Date Completed: 05/10/2014		Na/K	1.5
Methodology: ICP/MS		Zn/Cu	18
Sample Size: 0.195 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment:		
Shampoo: Selsun Blue			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	



SEX: Male
AGE: 54

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.5	< 7.0	
Antimony (Sb)	0.023	< 0.066	
Arsenic (As)	0.047	< 0.080	
Barium (Ba)	0.08	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.08	< 0.80	
Mercury (Hg)	0.08	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.010	< 0.060	
Nickel (Ni)	0.05	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.13	< 0.30	
Titanium (Ti)	0.47	< 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)	248	200- 750			
Magnesium (Mg)	33	25- 75			
Sodium (Na)	13	20- 180			
Potassium (K)	25	9- 80			
Copper (Cu)	8.3	11- 30			
Zinc (Zn)	140	130- 200			
Manganese (Mn)	0.07	0.08- 0.50			
Chromium (Cr)	0.39	0.40- 0.70			
Vanadium (V)	0.024	0.018- 0.065			
Molybdenum (Mo)	0.078	0.025- 0.060			
Boron (B)	1.9	0.40- 3.0			
Iodine (I)	3.6	0.25- 1.8			
Lithium (Li)	0.007	0.007- 0.020			
Phosphorus (P)	195	150- 220			
Selenium (Se)	30	0.70- 1.2			
Strontium (Sr)	1.4	0.30- 3.5			
Sulfur (S)	47600	44000- 50000			
Cobalt (Co)	0.004	0.004- 0.020			
Iron (Fe)	5.6	7.0- 16			
Germanium (Ge)	0.030	0.030- 0.040			
Rubidium (Rb)	0.043	0.011- 0.12			
Zirconium (Zr)	0.18	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 04/20/2015	Sample Size: 0.201 g	Ca/Mg	7.52	4- 30
Date Received: 04/24/2015	Sample Type: Head	Ca/P	1.27	0.8- 8
Date Completed: 04/25/2015	Hair Color: Brown	Na/K	0.52	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	16.9	4- 20
	Shampoo: Avalon	Zn/Cd	> 999	> 800

Hair Test 956 B

Subject is 54 year old male, 6' 2", 182 pounds, living in South Florida.

In July of this year (2015), it will be 3 years since I had all my amalgams removed by a biological dentist.

I had a mouth full of mercury fillings for most of my life: I had at least 12 mercury fillings for forty years. I was getting progressively sicker until I reached a semi-invalid state, spending much of my time in bed with fatigue and brain fog. Then came the removal. After about 3 months, I started the Cutler chelation protocol.

Up and down on the recovery of symptoms. I am 3 years in on round 72 right now, having worked up to 25mg of ALA & 25mg of DMPS.

I've had to take lots of breaks—even with low level chelators, the side-effects have been very difficult to manage. The chelation takes my health down. The breaks help.

More recently, I've made a few adjustments thanks to the good advice of those on the board: besides the standard supplements plus molybdenum, I've gone to the sulphur restricted diet (which has helped some) and extra liver support (which has also helped some).

The adrenal support supplements just seem to wear me out. I am going to try to use the sauna more, along with magnesium orotate (just ordered), which is supposed to be the most effective at moving magnesium into the intracellular space. Still, the fatigue is bad, and the brain fog continues to be particularly bad.

Health history for hair test 956

1. What are your current symptoms and health history?

Crushing, debilitating fatigue, body pain, terrible time concentrating, lots of brain fog

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

Wisdom teeth removed 32 years ago.

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

All amalgams removed 22 months ago. 5 healthy crowns in place.

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

No mercury fillings

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

Only those I had as a child

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

Only basic Cutler protocol supplements. See below.

7. What is your age, height and weight?

53, 6'2", 185 pounds

8. Other information you feel may be relevant?

QUICK BACKGROUND

I'm 53 years old, had 11 amalgam fillings for most of my life, until progressive brain fog and debilitating fatigue almost lost me everything. I came to the point that I could barely work. I know all this sounds familiar, so I won't go into extra detail.

I am an avid reader and researcher and have for many years tried to get to the root of these troubles. Although not trained in the sciences, I've tried where doctors have failed various other approaches. All these help for a while, but I wanted to get to the root of the problem, and more and more the indicators were pointing to the abundance of toxic metals in my mouth.

MERCURY OUT

Anyway, I had all my mercury fillings out almost two years ago (22 months). I went to a biological dentist who did all this according to the best protocols.

CHELATION

After three months, I started to chelate. Made some mistakes early on, but then got both of Andy Cutler's books. I've done about 47 rounds of chelation and am up to 10mg DMSA with 15mg of ALA.

SUPPLEMENTS

-I'm taking the big four supplements at the high levels Andy recommends: Mag, Zinc, VitC, and VitE.

-I'm also regularly supplementing with chromium, norwegian nat fish oil, milk thistle, molybdenum (2xday), enzymes + ox bile, 5htp, basic glandular thyroid and adrenal support, and also spirulina.

-I'm occasionally supplementing with lithium orotate, selenium, taurine, malic acid, and fiber.

Also, methylation support (methylfolate, p5p, dmg) in the last month has helped quite a bit. After I started this, my wife said she could actually smell metals on my skin after being outside. This was a first. Seems like these supps help move more metals out of my system.

HELP WITH TEST - MINERALS

My magnesium is quite low. This despite the high levels of magnesium I take every day (equalling about 600mg, in the forms of magnesium chloride, magnesium citrate, and magnesium threonate). Other ways to boost my magnesium? Up my malic acid? Other aids to absorption? I do know about the concept of mercury and deranged mineral transport.

My chromium is also surprisingly low (red zone). I take one 200mg capsule of chromium picolinate 3 x day. Any ideas here?

My manganese is also really low. Should I supplement with this? Or should I take a broad-based mineral supplement? I've never seen this as part of the Cutler protocol.

My germanium is also really low (red zone). Should I supplement with germanium? Or should I take a broad-based mineral supplement?

What about my iron and lithium? I do struggle with crushing fatigue and extreme brain fog. I know that mercury throws off iron. Maybe not supplement with it, but 1-2 week on lithium (and watch out for anger as some have said) and retest in 6months?

How about copper supplementation? Maybe lower my zinc from 100mg to 50mg per day?

HELP WITH TEST - TOXIC METALS

My mercury is relatively low, but I know that this is standard for someone who has a difficult time getting rid of mercury. I know the chelation protocol is helping me.

Anything different I should be doing about the high levels of arsenic, titanium, tin, aluminum, and other metals showing up on the test? That is, other than what I'm doing right now?

ADVICE FROM EXPERTS

I would appreciate some expert advice from people like Brian, Linda, Verbena, and the other kind experts on this board. My Hair Analysis book is at home (will return from trip to funeral for a friend in about 4 days), but I can refer to it soon. I'm sorry that I don't have a baseline test--this is my first test, and my sickness and related life troubles have kept me on the edge of bankruptcy. But things are better now. I can now test every 6 mos. if I need to.

My symptoms: still have constant, crushing fatigue, serious brain fog, inability to concentrate. Terrible post-exertional fatigue. I maybe have two days a week when I can get several hours worth of decent work done. Then back in bed with pain and fatigue. I make my living as a professor and writer. I need to regain more of my health, especially brain function. I'm barely making it.

I also think I'm still on the "dump" phase of the mercury (19 mos. after first chelation), and hope to be coming to the end of it. I feel poorly both on-round and off-round (just a little better the first day and half on-round). I'm looking for light at the end of the tunnel.

Thanks to everyone for your advice.

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

South Florida