



SEX: Female
AGE: 40

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	3.0	< 7.0	
Antimony (Sb)	0.015	< 0.050	
Arsenic (As)	0.019	< 0.060	
Barium (Ba)	0.46	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.041	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.17	< 0.60	
Mercury (Hg)	0.64	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.044	< 0.060	
Nickel (Ni)	0.05	< 0.30	
Silver (Ag)	0.05	< 0.15	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.57	< 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)	290	300- 1200	
Magnesium (Mg)	28	35- 120	
Sodium (Na)	10	20- 250	
Potassium (K)	17	8- 75	
Copper (Cu)	11	11- 37	
Zinc (Zn)	210	140- 220	
Manganese (Mn)	0.15	0.08- 0.60	
Chromium (Cr)	0.56	0.40- 0.65	
Vanadium (V)	0.051	0.018- 0.065	
Molybdenum (Mo)	0.037	0.020- 0.050	
Boron (B)	0.22	0.25- 1.5	
Iodine (I)	0.29	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	162	150- 220	
Selenium (Se)	0.72	0.55- 1.1	
Strontium (Sr)	0.54	0.50- 7.6	
Sulfur (S)	49100	44000- 50000	
Cobalt (Co)	0.006	0.005- 0.040	
Iron (Fe)	11	7.0- 16	
Germanium (Ge)	0.022	0.030- 0.040	
Rubidium (Rb)	0.031	0.007- 0.096	
Zirconium (Zr)	0.57	0.020- 0.42	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 05/22/2014		Ca/Mg	10.4
Date Received: 05/28/2014		Ca/P	1.79
Date Completed: 05/30/2014		Na/K	0.588
Methodology: ICP/MS		Zn/Cu	19.1
Sample Size: 0.201 g		Zn/Cd	> 999
Sample Type: Head			
Hair Color: Brown			
Treatment:			
Shampoo: Conditioner Only			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

Health history for hair test 969

1) What are your current symptoms and health history? Starting in my early teens:

severe fatigue, muscle weakness, joint pain, chronic GI upset, nickel allergy.

Eventually developed Rheumatoid arthritis, psoriasis, vitamin D deficiency, B12

deficiency, dietary intolerances, unrefreshing sleep, insomnia, debilitating fatigue.

Started a new RA drug and the autoimmune paleo diet 4 years ago with dramatic improvements,

but still felt very tired, in pain, and had poor sleep.

***Started using high dose ALA once per day about 1.5 years ago for energy (during

unsafe amalgam replacement) developed severe unrelenting depression and anxiety with panic attacks. Many physical symptoms as well including feeling extremely

cold all the time, no appetite, weight loss, sensation of vibrations in my skin, GI problems, and more.

Had to go on medication and start therapy just to survive.

2) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...) 4-5 amalgam filling placed between ages 8-11. No root canals or braces. Still have wisdom teeth.

3) What dental work do you currently have in place? What part of the dental cleanup have you completed? All amalgam has been replaced. Two were done about ten years ago. Two were replaced about 2 years ago (while I was taking once per day high dose ALA). The rest were replaced with a biologic dentist 7 months ago.

4) What dentistry did your mother have at any time before or during pregnancy? I do not know time-frame, but she had a mouth full of amalgam fillings.

5) What vaccinations have you had and when (including flu and especially travel shots)? Tetanus, MMR, Hepatitis A, Hepatitis B series, Flu, DTAP.

6) Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken. Vitamin C, Magnesium, Vitamin E, Milk Thistle, Taurine, Glycine, Actemra, Wellbutrin

7) Other information you feel may be relevant? I have been following the Cutler chelation protocol since the removal of my last amalgam. I did 3 months of DMSA or DMPS rounds. Then started with very low dose rounds of ALA + either DMSA or DMPS. I have completed 17 rounds of chelation, 12 contained ALA. My current dose is 6.25 mg ALA every 2.5 hrs (3 hrs at night) and 10 mg DMPS every 6 hrs.

8) What is your location - city & country (so that we can learn where certain toxins are more prevalent). Northern California, USA.