



SEX: Male
AGE: 53

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.3	< 7.0	
Antimony (Sb)	0.012	< 0.066	
Arsenic (As)	0.020	< 0.080	
Barium (Ba)	1.4	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.004	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.22	< 0.80	
Mercury (Hg)	1.1	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.002	< 0.060	
Nickel (Ni)	0.43	< 0.20	
Silver (Ag)	0.21	< 0.08	
Tin (Sn)	0.05	< 0.30	
Titanium (Ti)	0.19	< 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)	981	200- 750			
Magnesium (Mg)	92	25- 75			
Sodium (Na)	56	20- 180			
Potassium (K)	13	9- 80			
Copper (Cu)	28	11- 30			
Zinc (Zn)	200	130- 200			
Manganese (Mn)	0.10	0.08- 0.50			
Chromium (Cr)	0.35	0.40- 0.70			
Vanadium (V)	0.060	0.018- 0.065			
Molybdenum (Mo)	0.035	0.025- 0.060			
Boron (B)	0.62	0.40- 3.0			
Iodine (I)	6.0	0.25- 1.8			
Lithium (Li)	0.007	0.007- 0.020			
Phosphorus (P)	155	150- 220			
Selenium (Se)	0.72	0.70- 1.2			
Strontium (Sr)	5.1	0.30- 3.5			
Sulfur (S)	44600	44000- 50000			
Cobalt (Co)	0.014	0.004- 0.020			
Iron (Fe)	7.8	7.0- 16			
Germanium (Ge)	0.030	0.030- 0.040			
Rubidium (Rb)	0.020	0.011- 0.12			
Zirconium (Zr)	0.015	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 05/29/2014	Sample Size: 0.195 g	Ca/Mg	10.7	4- 30
Date Received: 06/02/2014	Sample Type: Head	Ca/P	6.33	0.8- 8
Date Completed: 06/04/2014	Hair Color:	Na/K	4.31	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	7.14	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

Health history for hair test 974

1. What are your current symptoms and health history?

Extreme sensitivity to carbs, all sweeteners, fruit; symptoms include GERD, nocturnal asthma, some fatigue, unable to gain or keep weight, low muscle mass, constant hunger and thirst. If I eat lots of carbs, I get severe pain and tightness in adrenal/diaphragm area making it hard to breathe. This started around 2005. Pain was so severe I got tested for everything and nothing came out positive. I seem to be doing OK on a paleo-type diet, though still have a hard time gaining, keeping weight.

Health history: I started developing sensitivity to sugar in latency or early teen years. Always been skinny. Had severe acne as an adolescent. Received multiple doses of tetracycline to try to “cure” acne. Often sickly as teenager. Was a vegetarian for about 15 years as a young adult. Figured out that wasn't the best diet for me in mid-30s and started eating meat again.

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

Still have wisdom teeth, but three molars removed age 17 when I got braces (2 years). First and only root canal: Tooth #7 in 2003, which was extracted in 2013 because of ongoing infection of the root canal; about to get an implant. First amalgam filling probably age 7 or 8. Many amalgam fillings throughout childhood (trigger-happy dentist).

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

All amalgam removed around 1997-99 by dentist who claimed to be expert in removal of such, but didn't take many precautions. All fillings are now composite. Tooth #7 was extracted recently and received bone graft so an implant can be put in.

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

Mother had full dentures from early twenties on. She had me in her mid-thirties.

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

Polio vaccine as child; Diphtheria/tetanus, MMR, IPV-polio, Immune Globulin (1995); Typhoid (2007).

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

No medications. Supplements include multivitamin/mineral complex, omega-3 (salmon oil) 1000mg, cinnamon caps 500mg, turmeric caps 1200mg, chromium picolinate 200mg, garlic 500mg, Co-Q-10 30mg, vitamin D 2500IU.

7. What is your age, height and weight?

53, 5'10", 138lbs

8. Other information you feel may be relevant?

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

Berkeley, California, USA