



SEX: Male
AGE: 20

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	< 0.066	
Arsenic (As)	0.041	< 0.080	
Barium (Ba)	0.06	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.10	< 0.80	
Mercury (Hg)	0.25	< 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)	0.17	< 0.20	
Silver (Ag)	< 0.006	< 0.08	
Tin (Sn)	< 0.02	< 0.30	
Titanium (Ti)	0.20	< 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)	326	200- 750			
Magnesium (Mg)	18	25- 75			
Sodium (Na)	11	20- 180			
Potassium (K)	3	9- 80			
Copper (Cu)	22	11- 30			
Zinc (Zn)	240	130- 200			
Manganese (Mn)	0.03	0.08- 0.50			
Chromium (Cr)	0.34	0.40- 0.70			
Vanadium (V)	0.015	0.018- 0.065			
Molybdenum (Mo)	0.027	0.025- 0.060			
Boron (B)	0.12	0.40- 3.0			
Iodine (I)	0.09	0.25- 1.8			
Lithium (Li)	0.004	0.007- 0.020			
Phosphorus (P)	181	150- 220			
Selenium (Se)	0.53	0.70- 1.2			
Strontium (Sr)	0.27	0.30- 3.5			
Sulfur (S)	47100	44000- 50000			
Cobalt (Co)	0.003	0.004- 0.020			
Iron (Fe)	4.1	7.0- 16			
Germanium (Ge)	0.030	0.030- 0.040			
Rubidium (Rb)	0.004	0.011- 0.12			
Zirconium (Zr)	0.054	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 10/07/2014		Ca/Mg	18.1
Date Received: 10/10/2014		Ca/P	1.8
Date Completed: 10/11/2014		Na/K	3.67
Methodology: ICP/MS		Zn/Cu	10.9
Sample Size: 0.2 g	Sample Type: Head	Zn/Cd	> 999
Hair Color:	Treatment:	RANGE	
Shampoo:		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

Health history for hair test 1017

1. **What are your current symptoms and health history?** – Health was excellent until around 12-13, only thing bothering me sometimes was appendix pain sometimes, ultimately it ruptured when I was 15. I trained loads of sports, had lots of friends, was very good in school, had nothing really to complain about.

Anyways when I was around 12-13 I changed(didn't really notice it myself at the time) but I just abruptly broke all my contacts with friends, never wanted to be with them and I was tired all the time. I also remember I got dark circles under my eyes which have been there ever since around that time also. I started to gain a little weight also. Social anxiety, brain fog, vision problems, nervousness, I also remember at least one time distinctly when I had eye twitching. One time I had heart palpitations when I played a football game and had to go off, only happened one time though. Overall my stamina was very poor even though I did sports like 7 times a week at least. I also remember noticing my breast got enlarged somewhere between 13-16, I don't remember exactly when. Just remember noticing they were bigger(might point to estrogen dominance?). When I was like 17 or 18 I discovered I have something called POIS(<https://www.youtube.com/watch?v=UWBxAUC9k1g&spfreload=10>), post orgasmic illness syndrome which causes an increase in my symptoms(even more tired, even more anxious etc, more muscle twitching etc). Also when I was 18, summer 2012 I developed gut problems (after I did the vitamine b5 overdosing thing for acne), gas, distension, constipation, I didn't really pay attention to my gut before this so I can't tell how it's been working before this. When I started searching on the internet I found out it was probably candida I have (have oral thrush for example). Afterwards even more symptoms came, like: sinus pain, tonsillitis, haemorrhoids, almost impossible to get drunk by alcohol and I nearly always puke when I've been drinking(has happened max 3 times for something)I've probably forgotten something, thinking is not my strongest point...

Anyways, went on a diet for like 5 months thinking I could battle Candida with diet and antifungals, went awful and I just got much worse(better initially, first week or so). Big mistake that was because I think I crashed my adrenals quite bad doing that since my anxiety is much worse now(up until that point sure, I had anxiety, but compared to this it was manageable). Worse vision problems, developed tinnitus/ringing in the ears which is worse if I've had a poor night's sleep, also worse fatigue(didn't think that was possible) and worse insomnia, usually takes hours to fall asleep.

So yeah, that's probably where I am today. I've had no thought about mercury poisoning (been seeing it quite a lot on Candida forums), since I've never had any amalgam fillings but I thought I might as well do this hair test, can't hurt.

2. **Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)** – Nothing of this at all.
3. **What dental work do you currently have in place? What part of the dental clean-up have you completed?** – Again, nothing.

4. What dentistry did your mother have at any time before or during pregnancy?
– Amalgam fillings since around age 10, been there ever since, including pregnancy with me of course.

5. What vaccinations have you had and when (including flu and especially travel shots)? – Priorix(Measles, Mumps, Rubella) 95, 06

Tetanus and Diphtheria 94, 94, 95, 04.

Polio: 94, 94, 95, 99

Hib vaccine: 94, 94, 95

Pertussis: 94, 94, 95

Vaqta(Heptatis A): 99, 01

FSME-IMMUN(TBE): 03, 03, 04, 07, 2012

Pandemrix(Swine flu) 09 (Think this is the only vaccine I've been given that contains thimerosal, didn't feel any different after it and I was already feeling bad since around age 12-13 as I've said.)

6. Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken? Thorne research Berberine 1 pill(1g) just one time about a month before the hair test. Niacin that helps with my pois 100mg approximately 1 a time a week.

7. What is your age, height and weight? 20(born 1994), 90kg, 1.87 c

8. Other information you feel may be relevant? I need to take flushing Niacin here and there, can cut it out to like 1 time a month if necessary. Also that according to the government in Sweden thimerosal in Vaccines in the regular children/youth vaccine program stopped in 92-93.

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