



SEX:
AGE: 48

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.6	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.017	< 0.060	
Barium (Ba)	4.8	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.19	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.11	< 0.60	
Mercury (Hg)	0.49	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.013	< 0.060	
Nickel (Ni)	0.09	< 0.30	
Silver (Ag)	< 0.006	< 0.15	
Tin (Sn)	0.06	< 0.30	
Titanium (Ti)	0.39	< 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)	1540	300- 1200	
Magnesium (Mg)	530	35- 120	
Sodium (Na)	20	20- 250	
Potassium (K)	7	8- 75	
Copper (Cu)	8.5	11- 37	
Zinc (Zn)	170	140- 220	
Manganese (Mn)	0.24	0.08- 0.60	
Chromium (Cr)	0.34	0.40- 0.65	
Vanadium (V)	0.045	0.018- 0.065	
Molybdenum (Mo)	0.033	0.020- 0.050	
Boron (B)	0.46	0.25- 1.5	
Iodine (I)	0.16	0.25- 1.8	
Lithium (Li)	0.019	0.007- 0.020	
Phosphorus (P)	139	150- 220	
Selenium (Se)	1.6	0.55- 1.1	
Strontium (Sr)	6.4	0.50- 7.6	
Sulfur (S)	48200	44000- 50000	
Cobalt (Co)	0.009	0.005- 0.040	
Iron (Fe)	8.9	7.0- 16	
Germanium (Ge)	0.032	0.030- 0.040	
Rubidium (Rb)	0.008	0.007- 0.096	
Zirconium (Zr)	< 0.007	0.020- 0.42	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 11/08/2014		Ca/Mg	2.91
Date Received: 11/13/2014		Ca/P	11.1
Date Completed: 11/14/2014		Na/K	2.86
Methodology: ICP/MS		Zn/Cu	20
Sample Size: 0.196 g	Sample Type: Head	Zn/Cd	> 999
Hair Color:	Treatment:		
Shampoo: Giovanni			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

Health history for hair test 1026

1. What are your current symptoms and health history?

Blood pressure: fairly low: 12/4/14: 100/75 with a pulse of 74 beats per minute.

At doctor's on 6/30/14: 110/60 with a pulse of 76 beats per minutes.

Adrenal dysfunction: Did a saliva cortisol test, results mostly in the lowest range, but rising to almost the highest range at midnight and 4 am.

Low thyroid function. Hashimoto's autoimmune disease. I take natural thyroid, but can't raise it above 16.25 mg or else I get heart palps. Doctor thinks it's because of the problem with my adrenals.

Feeling very cold. My hands and feet are often icy cold – they don't feel like they belong to a live person. For the most part, the hot days of summer feel good to me. I go from hot to cold, can't regulate my temp.

Fatigued. Feeling worn-out, low energy. Climbing up to stand on a chair, and going up one flight of stairs makes my legs really wiped-out. Arms, legs, neck, shoulders have muscle weakness and aches like having the flu. The intensity varies throughout the day, and from day to day. I ate the low sulfur foods for over a week and felt pretty good, then went back on the high sulfur foods to test my response to sulfur foods, and right away I felt much more pain and strain in my neck and shoulders.

Dizziness. Comes and goes through the days. Some days are worse than others.

Light-headed when rising to stand (I've checked this in the past. My blood pressure drops instead of going up when I stand).

Sleep cycle really messed up. Sometimes I can only sleep for 2 hours. I think that it was from taking the Adrenal Cortex by Thorne Research which I've stopped. I wake easily. Haven't slept deeply for a year and a half or more.

Poor concentration, poor memory, stress intolerance, sensitive to noise, easily startled, feel wired at times, mind is busy but my body is wiped out.

Sensitivities to odors and chemicals.

Menstrual cycle. Mid-cycle until the last day of my period I experience breast tenderness. On second day of cycle strong menstrual cramps, often get headaches. Cycles vary in number of days, most recent ones: 24, 27, 24, 28, 25, and 26 days. Low libido. Breasts size have changed in the past couple of years, down two cup sizes.

Abdomen: Fat, sappy belly out in front, in spite of losing more than 15 pounds in the past two years.

Digestion. Food intolerances. Bloating, gas and stomach pain has improved after recently going on the low-sulfur foods. Continuing to have loose bowel movements that vary from formed by very soft to the consistency of water. I think this may be from my gallbladder and pancreas not working, unable to digest fats and other foods. Need to clear my throat often, possibly have reflux.

Pancreas. 2/22/14: stool test results Chymotrypsin <3 (abnormally low = <4).

Gallbladder. In May, 2014 I experienced a gallbladder attack. After that I started taking ox bile with my meals and backing off of fats (butter, cheese, coconut oil), taking 8X Pancreatin, and eventually the gallbladder attacks stopped. Last four nights they've returned. Pain in my chest on the right side. It radiates outward to my collar bone and underarm.

Following my ultrasound that did NOT show any stones, I did a liver / gallbladder flush (9/18/14) to try to remove any sludge in the gallbladder.

Headaches. I get frequent mild headaches. In the past, got migraines a couple of times a month, but recently they've become more seldom. Could be from eliminating food triggers from my diet.

On my upper arms and thighs, muscle and fat from below the surface are gone, but the skin doesn't tighten/firm up.

Ringing in my ears.

Floater in my eyes -have probably had these for several years now.

Geographic tongue. This changes over time. Patchy.

Clench and grind teeth at times during the day and some while sleeping.

Dry eyes, especially when I know I'm ready for sleep.

Dry skin on my face, doesn't feel healthy.

Snapping sound in my head when I roll my head around to relieve tension in my neck.

Long time to recover from repetitive motion work or exercise (which I rarely do).

2. Dental history?

First amalgam fillings put in when I was around 8 - 10 years old, and continued to add more as the years went by. Had four primary teeth and four permanent teeth extracted before braces were put on. Wore braces with the bands around the teeth for four years (end of 7th grade until 11th). No root canals.

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

Had work done between August 14 and October 22, 2014 to remove 8 amalgams and replace with composite fillings. Process now completed, no metal left in my mouth aside from the little bit of staining from the amalgams.

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

Not certain how many fillings my mother had before or during pregnancy with me, but from the time I could remember she had several large amalgam fillings.

5. What vaccinations have you had and when?

Vaccines through the years:

Diphtheria / Tetanus / Whooping Cough / Polio: age 4 months, 6 months, 7 months, 14 months

Oral Polio: age 8 years 5 months; 8 years 7 months; 14 years 4 months

Ruebella: age 8 years six months

Measles: age 1 year 3 months

Smallpox: 10 years 3 months

Red Measles: 12 years 10 months

Doctor may have given me a tetanus shot when I needed stitches to my head because of an accident around age 10 or 11

No vaccines or flu shots as an adult.

6. Supplements and medications taken at time of my hair test, including the 3 - 6 months preceding.

Prescription: WP Thyroid 16.25 mg (1/4 of a 65 mg tablet) (dessicated/natural thyroid)

Daily Supplements:

ENZYMES, ETC.:

Similase Sensitive Stomach: Slippery Elm, various pure plant enzymes, DGL, gamma-Oryzanol, Marshmallow extract

Ultimate Flora RTS, Colon Care by Renew Life, Total Bifido Probiotic

8X Pancreatin by Professional Complementary Health, pancreatin 350 mg (plus other ingredients)

Ox Bile (bovine) by NutriCology, 125 mg

VITAMINS:

B-Supreme by Designs for Health, vitamin B complex (3 days a week)

B6 as P5P by Country Life, 50 mg, with calcium carbonate (4 days a week)

Ester-C by American Health, Vitamin C 1000 mg with citrus bioflavonoids

Vitamin D-5,000 by Thorne Research (5,000 mg)

Dry E with mixed tocopherols, by Solaray, 400 IU

OILS AND HERBS:

Ultimate Omega Fish Oil by Nordic Naturals, 2 capsules (Total Omega-3s 1280 mg)

Gugulipid Extract by Vitacost, 500 mg

PMS Support by Vital Nutrients: Chaste Tree Berry, Wild Yam root, Dong Quai Root, Bupleurum Root, Passionflower

Licorice tea 1 cup, 3 x a week

MINERALS:

Selenium, Yeast-Free by Now, 200 mcg

Iron Caps by TwinLab, 18 mg (2 weeks of my cycle)

Zinc Picolinate by Country Life, Zinc 25 mg, Calcium hydroxyapatite 20 mg

Magnesium Chloride by Alta Health Products: magnesium chloride 520 mg, elemental magnesium 62 mg, 1 tablet

AMINO ACID:

PS 150 by Designs for Health, Phosphatidylserine: 150 mg (from sunflower lecithin)

Supplements taken on and off (from time to time):

Similase Lipo by Integrative Therapeutics, Inc., pure plant enzymes

Vitamin A by Country Life, 10,000 IU

Co Q 10 by Country Life (not sure of the amount)

Capros Amla by Vitacost, 250 mg

Milk Thistle by Nature's Way, Milk Thistle 175 mg, Blessed Thistle 150 mg

Dandelion Root by Nature's Way, 1.57 g

Aged Garlic Extract by Kyolic, 600 mg

Ginger Root by Nature's Way, 1 g

Neem Leaf by Theraneem Naturals, 480 mg

Basic Detox Nutrients by Thorne Research

Original Herbal Minerals by Liquid Light, alfalfa leaf, oatstraw, shavegrass, rad raspberry leaf, peppermint leaf, chamomile, yarrow flowers, chickweed.

Molybdenum by Country Life, 150 mcg

Cal Mag Zinc by Solaray: calcium 1000 mg, magnesium 500 mg, zinc 25 mg, glutamic acid HCl 100 mg (herbs)

7. Age, height and weight:

Age: 48

Height: 5' 6"

Weight: 128 lbs.

8. Other information you feel may be relevant:

Our home is located in a farming area where agricultural sprayers spray fields as close as a quarter of a mile away. Our water source is taken from wells (near or below) the Missouri River. We've never heard of any reports showing a problem with the water quality, but have been concerned.

9. What is your location?

Location: Kansas City (area), Missouri (USA)