

## Toxic &amp; Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum	(Al)	2.6	< 7.0	
Antimony	(Sb)	0.027	< 0.050	
Arsenic	(As)	0.011	< 0.060	
Barium	(Ba)	1.2	< 2.0	
Beryllium	(Be)	< 0.01	< 0.020	
Bismuth	(Bi)	0.050	< 2.0	
Cadmium	(Cd)	0.013	< 0.050	
Lead	(Pb)	0.17	< 0.60	
Mercury	(Hg)	0.26	< 0.80	
Platinum	(Pt)	< 0.003	< 0.005	
Thallium	(Tl)	< 0.001	< 0.002	
Thorium	(Th)	< 0.001	< 0.002	
Uranium	(U)	0.007	< 0.060	
Nickel	(Ni)	0.18	< 0.30	
Silver	(Ag)	0.76	< 0.15	
Tin	(Sn)	0.28	< 0.30	
Titanium	(Ti)	0.37	< 0.70	
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS					
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>	
Calcium	(Ca)	1860	300- 1200		
Magnesium	(Mg)	700	35- 120		
Sodium	(Na)	160	20- 250		
Potassium	(K)	24	8- 75		
Copper	(Cu)	66	11- 37		
Zinc	(Zn)	230	140- 220		
Manganese	(Mn)	0.87	0.08- 0.60		
Chromium	(Cr)	0.39	0.40- 0.65		
Vanadium	(V)	0.022	0.018- 0.065		
Molybdenum	(Mo)	0.036	0.020- 0.050		
Boron	(B)	0.43	0.25- 1.5		
Iodine	(I)	0.35	0.25- 1.8		
Lithium	(Li)	< 0.004	0.007- 0.020		
Phosphorus	(P)	161	150- 220		
Selenium	(Se)	1.2	0.55- 1.1		
Strontium	(Sr)	2.2	0.50- 7.6		
Sulfur	(S)	46700	44000- 50000		
Cobalt	(Co)	0.020	0.005- 0.040		
Iron	(Fe)	12	7.0- 16		
Germanium	(Ge)	0.031	0.030- 0.040		
Rubidium	(Rb)	0.041	0.007- 0.096		
Zirconium	(Zr)	0.082	0.020- 0.42		

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		ELEMENTS	RATIOS
Date Collected: 12/09/2014	Sample Size: 0.202 g	Ca/Mg	2.66
Date Received: 12/15/2014	Sample Type: Head	Ca/P	11.6
Date Completed: 12/19/2014	Hair Color: Brown	Na/K	6.67
Methodology: ICP/MS	Treatment:	Zn/Cu	3.48
	Shampoo: Trader Joes Tea Tree	Zn/Cd	> 999
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

1. What are your current symptoms and health history?

Hello everyone, my name is Jenn, and I was diagnosed with SIBO and Adrenal Fatigue in April 2013 and a Candida overgrowth in March 2014. I started SCD on 3/18/14. I struggled the first few months on SCD, and found that I had come down with mono and strep at the end of April, which I was mostly recovered from by mid-June. I also have a history of IBS and GERD, since I was a young adult, and have taken many antibiotics in the past for recurrent sinus infections/bronchitis.

My current symptoms are:

- Major - persistent nausea despite SCD diet for 9+ mos, brain fog (poor concentration, memory, etc), diarrhea, anxiety, depression, irritability;
- Medium – random joint pain – right jaw, left thumb, occasional flares of tendinitis and plantar fasciitis; also inconsistent skin issues – some hive like spots occasionally, or scalp seborrheic dermatitis (I think this is candida related); insomnia – was better, but struggling a little again;
- Other – night sweats, bruise easily, eye floaters, sometimes have trouble regulating temp (hot/cold), lightheaded sometimes when standing, a lot of bruxism lately

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

- Wisdom teeth removed in high school, never had braces/root canal. Have at least 7 amalgams, going back to childhood – not sure of details

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

- Have not begun any dental cleanup yet. Just beginning the process of learning. Any and all guidance appreciated!

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

- A lot of silver amalgams for many years – not sure of details

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

- Was vax'd as recommended as a child (born 1974). Do not currently vax.

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

**Current Supplements**

**Wake-up** (at least 30 min prior to food)

- Grapefruit seed extract - 1 cap - see attached picture - web link not working

- Blood sugar support - 1 cap - <http://essentialnaturals.com/shop/all-products/blood-sugar-support/>
- Olive leaf extract - 1 cap - <http://essentialnaturals.com/shop/all-products/olive-leaf-extract/>
- S. boulardii - 2 caps - <http://www.nutricology.com/Saccharomyces-boulardii-50-Vegetarian-Caps-p-16573.html> (taken usually ~ 20 min after the first group)

### Breakfast

- Multivitamin - 2 caps - <http://www.nowfoods.com/True-Balance-120-Veg-Capsules.htm>
- Vitamin C - 1 cap - <http://www.nowfoods.com/Vitamin-C-1000-100-Veg-Capsules.htm> – no longer taking as I am looking for a whole food Vit C now
- Minerals - 2 caps - <http://essentialnaturals.com/shop/all-products/mineral-capsules/>

### Dinner

- Probiotic - 1 cap - <http://www.giprohealth.com/scdophilus10.aspx>
- Glutamine - 1t - <http://essentialnaturals.com/shop/all-products/glutamine/>
- Magnesium - 1t - <http://www.nutricology.com/Magnesium-Chloride-Liquid-8-fl.-oz.-236-mL-p-16512.html>
- Vitamin C - 1 cap - link above – no longer taking
- Minerals - 2 caps - link above

### Bedtime

- Grapefruit seed extract - 1 cap - pic attached
- Blood sugar support - 1 cap - link above
- Olive leaf extract - 1 cap - link above

Was taking 3 Omega, 1 neuro and 2 co-factors 3 times a day, for 1 week prior to hair test. Symptoms included diarrhea, nausea, a lot of gas, cramping and brain fog. Reduced dosage to 1 omega cap 3 x day without support formulas.

- [http://www.nutriwestblueridge.com/uploads/Silver\\_Bullets\\_June\\_2013.pdf](http://www.nutriwestblueridge.com/uploads/Silver_Bullets_June_2013.pdf)
  - a. Neuro – page 50
  - b. Cofactors – page 52
  - c. Omega 3 – page 54

I also had various forms of vitamins and some adrenal support during the mono recovery, but am listing the main ones I've been on for the past 3 months

7. What is your age, height and weight?

- I am 40, 5'3" and weigh about 130.

8. Other information you feel may be relevant?

- I take daily Epsom salt baths as well for detox.
- I had a copper IUD in place for approx. 13.5 mos that I feel adversely affected me. Irritability, mood swings, skin issues, breakthrough bleeding, etc. Was placed Dec 2012 and removed Feb 2014.

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

- Danbury, CT USA