

Toxic & Essential Elements; Hair

is fatigue is an issue consider Fatigue Compound = CoQ10 = Black Bear Spray

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE
			68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	1.6	< 7.0	A1298C esp
Antimony (Sb)	< 0.01	< 0.050	PS/PE/PC+DHA All in One + EDTA soap check home water system as a cont. source of uranium. low dose Also + Vitamins + quercetin; SHUT support
Arsenic (As)	0.039	< 0.060	
Barium (Ba)	1.0	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.36	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.05	< 0.60	
Mercury (Hg)	0.47	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.70	< 0.060	
Nickel (Ni)	0.06	< 0.30	
Silver (Ag)	0.04	< 0.15	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.96	< 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)	1140	300- 1200	Inc. magnesium
Magnesium (Mg)	40	35- 120	TOO LOW All in One Folk cap All in One + Ba Calm Mitoforce e/or ATP + phos. too low work on potassium
Sodium (Na)	14	20- 250	
Potassium (K)	< 3	8- 75	
Copper (Cu)	11	11- 37	
Zinc (Zn)	190	140- 220	
Manganese (Mn)	0.04	0.08- 0.60	
Chromium (Cr)	0.33	0.40- 0.65	
Vanadium (V)	0.084	0.018- 0.065	
Molybdenum (Mo)	0.037	0.020- 0.050	
Boron (B)	0.33	0.25- 1.5	
Iodine (I)	0.23	0.25- 1.8	
Lithium (Li)	0.014	0.007- 0.020	
Phosphorus (P)	138	150- 220	
Selenium (Se)	0.71	0.55- 1.1	
Strontium (Sr)	6.1	0.50- 7.6	
Sulfur (S)	48100	44000- 50000	
Cobalt (Co)	0.003	0.005- 0.040	
Iron (Fe)	6.2	7.0- 16	
Germanium (Ge)	0.033	0.030- 0.040	
Rubidium (Rb)	0.003	0.007- 0.096	
Zirconium (Zr)	0.15	0.020- 0.42	

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 12/19/2014		Ca/Mg	28.5	4- 30
Date Received: 12/27/2014		Ca/P	8.26	1- 12
Date Completed: 12/31/2014		Na/K	4.67	0.5- 10
Methodology: ICP/MS		Zn/Cu	17.3	4- 20
Sample Size: 0.2 g		Zn/Cd	> 999	> 800
Sample Type: Head				
Hair Color: Brown				
Treatment:				
Shampoo: Pantene				

As always, work with your Doctor.  
With love & hope, Dr. Amy

Doctor →

## **Health history for hair test 1037**

### **What are your current symptoms and health history?**

1. Current symptoms – fatigue, constant dizziness, brain fog, memory and concentration issues, frequent headaches, anxiety/depression, tachycardia, cloudy vision. This all started about 1.5 years ago. Prior to this I was a normal and healthy person.

### **Dental history**

2. Dental history – 2 amalgams placed late childhood/early teens, 4 wisdom teeth removed at age 20, braces during pre-teen years, removable retainer for a while, no root canals

### **What dental work do you currently have in place?**

3. The amalgams are still present. I just go for routine cleanings. No caps, veneers, etc.

### **What dentistry did your mother have at any time before or during pregnancy?**

4. I know my mother does have amalgam fillings that were present before I was born. Unsure if she had any dental work during pregnancy.

### **What vaccinations have you had and when (including flu and especially travel shots)**

5. I have had all scheduled childhood vaccines, and on occasion, a flu vaccine in adulthood, and maybe a booster tetanus vaccine.

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

6. Magnesium – 800mg/day, Vitamin C – 1000mg/day

### **What is your age, height and weight**

7. Age – 32, Height – 5’7”, Weight – 108 lbs

### **Other relevant information**

8. Recently discovered I have a MTHFR defect – 2 copies of the C677T mutation

### **Location**

9. Arizona, USA