



SEX: Male  
AGE: 42

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	0.7	< 7.0	
Antimony (Sb)	0.027	< 0.066	
Arsenic (As)	0.068	< 0.080	
Barium (Ba)	0.16	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.042	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.36	< 0.80	
Mercury (Hg)	0.06	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.005	< 0.060	
Nickel (Ni)	0.03	< 0.20	
Silver (Ag)	0.03	< 0.08	
Tin (Sn)	< 0.02	< 0.30	
Titanium (Ti)	0.28	< 0.60	
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)	494	200- 750	
Magnesium (Mg)	26	25- 75	
Sodium (Na)	13	20- 180	
Potassium (K)	8	9- 80	
Copper (Cu)	47	11- 30	
Zinc (Zn)	160	130- 200	
Manganese (Mn)	0.06	0.08- 0.50	
Chromium (Cr)	0.34	0.40- 0.70	
Vanadium (V)	0.017	0.018- 0.065	
Molybdenum (Mo)	0.023	0.025- 0.060	
Boron (B)	0.44	0.40- 3.0	
Iodine (I)	0.09	0.25- 1.8	
Lithium (Li)	0.011	0.007- 0.020	
Phosphorus (P)	196	150- 220	
Selenium (Se)	1.0	0.70- 1.2	
Strontium (Sr)	0.63	0.30- 3.5	
Sulfur (S)	47200	44000- 50000	
Cobalt (Co)	0.003	0.004- 0.020	
Iron (Fe)	7.1	7.0- 16	
Germanium (Ge)	0.032	0.030- 0.040	
Rubidium (Rb)	0.005	0.011- 0.12	
Zirconium (Zr)	0.049	0.020- 0.44	

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		ELEMENTS	RATIOS
Date Collected: 02/08/2015	Sample Size: 0.199 g	Ca/Mg	19
Date Received: 02/17/2015	Sample Type: Head	Ca/P	2.52
Date Completed: 02/20/2015	Hair Color: Brown	Na/K	1.63
Methodology: ICP/MS	Treatment:	Zn/Cu	3.4
	Shampoo: Faith In Nature	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

## Health history for hair test 1060

### Current symptoms:

Anxiety (improving)  
Adrenal rushes (improving)  
OCD  
Mild depression (am on low dose antidepressant - Citalopram)  
A little moody sometimes  
Low libido  
Motivation a little low  
Cognition - difficulty understanding/concentrating on certain things and following a thread,  
Can't quite say exactly what I feel, never fully there.  
Itchy ears and eczema on eyelid won't go  
Muscle twitch on eyelid  
Urination at night  
Some headaches (sinus) accompanied by muscle weakness and fatigue (improving)  
Dry skin  
Taking things personally, over sensitive  
Back and neck pain due to top neck joint unable to align for long periods. (muscle tension improving)  
Low body temperature a lot of the time.  
Mouth - gum problems, some gingivitis  
Low stress threshold (a bit better now)  
Nosebleeds (less frequent now)  
Eyes sensitive to light  
Excess saliva, need to swallow a lot (improving)  
Occasional bad breath even with very good brushing and flossing (improving)  
Sinus problems (feeling weak) - better since chelation  
Memory problems - forgetting what I went into a room for/forgetting what I was going to do/recalling information/  
Food sensitivities - I have been gluten/dairy and sugar free since sept 2014.  
Dark patches under eyes  
Difficulty talking on the phone, especially answering (a bit better since chelation).  
Self-consciousness (better now)

### Medical/personal history and other information:

I seemed quite a happy child for the first 10 years or so, apart from struggling to mix with children I didn't know. I used to have stomach issues a bit and not want to go to school. Generally I was feeling ok.

At about the age of 13-14 I began to notice strong butterflies/adrenal rushes in the solar plexus. This occurred more the more I focused on it. **I have had this ever since.**

At secondary school (high school) I struggled more, got bullied and struggled with my school work, being in the bottom sets for things when I knew I was better than that. I struggled with confidence and began to get anxiety and OCD. I worried a lot and went in on myself too (erethism). worried about my health a lot and thought I had serious health issues. I also experienced extreme self-consciousness.

I was very shy with girls, couldn't even talk to them. I started to get bad acne from the age of 13/14. I had to take strong drugs to dry out my skin, this was when I was about 16. It was called **Roacutane**. I felt pretty mixed up and left to travel when I was only 17!

When I was 18 I fell from a top bunk bed onto my head and neck and damaged my neck. I have had muscle and joint problems ever since. Back and neck pain started after an accident. Top neck (atlas) joint unable to fully realign (stay in Place) for over 20 years. I had over a hundred visits to chiropractors/Osteos/Physios. Joint didn't remain in place for long and didn't know why. Since chelation muscle pain has reduced. Waiting for further chelation before more neck joint manipulation.

I felt suicidal when I was 19 and have had bouts of depression since, especially in 1997 after splitting with a partner - this led me to psychotherapies and antidepressants for years (therapy over 8 years, antidepressants since 2002).

Since then I have experienced most of the above symptoms, especially back and neck issues (a little better since chelation), OCD, anxiety (better since chelation), concentration issues, stress and low moods (better since chelation). My low body temp started when I was 23.

Other symptoms:

Tennis elbow pain - better since chelation

Candida - bloated stomach, gas, especially after eating anything - much better since chelation! Food sensitive.

Poor immunity. Tough to shrug off flu, colds, coughs.

Low confidence (better now)

Brain fog (better now)

**Dental history:**

First amalgam - I am uncertain but I would guess at 12 yrs old. No root canals or wisdom teeth extractions. Did have an extraction after of a broken tooth in Oct 2010. The amalgam tooth broke in 2009 and I didn't get it removed until over a year later! There must have been a lot of mercury leakage.

I had 8 amalgam removed last year.

**Dental work in place:**

I had all my amalgams out in January 2014 which was done using a rubber dam.

**Mother's amalgams**

She had about 4 amalgams by the time I was born. I don't know if there were any during pregnancy.

**Vaccinations:**

I have had a number of travel vaccinations: 1990, 1995 and 2009. I haven't had flu vaccinations. I had a I had the BCG (TB) vaccine at school at the age of 12.

**Supplements and medication at the time of the hair test:**

B complex 50 x 2

Vitamin C 4 x 1g

Vitamin E 1200 iu

Magnesium 800mg

Zinc 2 x 22mg

Selenium 200mg

Milk thistle - 1000mg

Omega 3 - 4000mg

Adrenal cortex 2 x 50mg

ALA 12mg DMSA 12mg

Citalopram 20m

**Age/height/weight:**

42 6'5" 15 stone

**Location:**

Watford, Hertfordshire, UK

