

Muscle Fatigue
Cap + CO2 18

Bone Capsule to Prolongevity
RUTs

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.4	< 7.0	Al 298 Cap
Antimony (Sb)	0.012	< 0.050	
Arsenic (As)	0.014	< 0.060	P&P Spc + DHA
Barium (Ba)	0.11	< 2.0	+ Allin One
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.002	< 2.0	Ultimate B
Cadmium (Cd)	0.015	< 0.050	
Lead (Pb)	0.99	< 0.60	EDTA Soap
Mercury (Hg)	0.41	< 0.80	+ Methyl
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.014	< 0.060	
Nickel (Ni)	0.11	< 0.30	
Silver (Ag)	0.06	< 0.15	
Tin (Sn)	0.06	< 0.30	
Titanium (Ti)	0.18	< 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)	458	300- 1200	+ Magnesium
Magnesium (Mg)	30	35- 120	+ Potassium
Sodium (Na)	67	20- 250	
Potassium (K)	27	8- 75	
Copper (Cu)	18	11- 37	
Zinc (Zn)	200	140- 220	
Manganese (Mn)	0.12	0.08- 0.60	
Chromium (Cr)	0.35	0.40- 0.65	For cap
Vanadium (V)	0.043	0.018- 0.065	
Molybdenum (Mo)	0.026	0.020- 0.050	
Boron (B)	0.76	0.25- 1.5	
Iodine (I)	1.1	0.25- 1.8	
Lithium (Li)	0.005	0.007- 0.020	Allin One + Bc 50m
Phosphorus (P)	151	150- 220	
Selenium (Se)	0.69	0.55- 1.1	
Strontium (Sr)	0.37	0.50- 7.6	Black Bear
Sulfur (S)	48500	44000- 50000	
Cobalt (Co)	0.005	0.005- 0.040	
Iron (Fe)	5.9	7.0- 16	
Germanium (Ge)	0.026	0.030- 0.040	T-cell + Bear Caps
Rubidium (Rb)	0.023	0.007- 0.096	
Zirconium (Zr)	0.027	0.020- 0.42	

SPECIMEN DATA

COMMENTS: ok to add low dose Black Bear or Hydroxy + Adenosyl Mega Drops

Date Collected: 04/07/2015
Date Received: 04/13/2015
Date Completed: 04/16/2015
Methodology: ICP/MS

Sample Size: 0.2 g
Sample Type: Head
Hair Color: Brown
Treatment:
Shampoo: Jason

RATIOS		
ELEMENTS	RATIOS	RANGE
Ca/Mg	15.3	4- 30
Ca/P	3.03	1- 12
Na/K	2.48	0.5- 10
Zn/Cu	11.1	4- 20
Zn/Cd	> 999	> 800

Health history for hair test 1086

1. Health history - over past 4 years each time I've got a cold it has developed immediately into quite bad chronic fatigue, lasting about 6 months. Sleep disturbance occurs each time. I'm currently recovering from a bout that began in mid-Dec. '14, my 3rd bout.

Other history = high blood pressure since early 20's, mild arthritis in thumbs and neck, gum disease, frequent mouth ulcers and irritable bowel. It is because of the fatigue problem that I am looking at heavy metal toxicity.

I have no current symptoms but am not yet back to full fitness after this latest bout of fatigue.

2. All 4 wisdom teeth still in situ. All mercury amalgam fillings, 8, replaced in July '14. 7 teeth missing, 6 due to gum disease, extracted over past 10 years, 1 canine never appeared, is stuck sideways in jaw. No root canals or braces. First amalgam at 18.

3. No remaining amalgams.

4. My mother is dead and I know nothing about her teeth.

5. Vaccinations = BCG, swine flu 2009?, not sure of date, Hepatitis B, tetanus 2002, no travel vaccines, regular childhood shots for 1950's Ireland but I don't know exactly.

6. Supplements and Medications -

1. Betaine Hcl, betaine hydrochloride with pepsin (stomach acid), 1 at breakfast, 2 at lunch, 3 at dinner.

2. Polyzyme Forte, Biocare, enzyme complex, 1 x 10 mins before each meal

3. Magnesium Malate, (magnesium citrate and hydroxide, Vit. B2 and malic acid.) 1 at each meal

4. Beet Flow, Empirical Labs, beet root and leaf, Guggul, L-tyrosine, L-glutamine, 1 at breakfast and lunch, 2 at dinner. For bile, gallbladder support.

5. Ox Bile, Nutricology, bile supplement

6. Saccharomyces Boulardii, probiotic, 2 at night, 2 hrs. after dinner

7. Orac Omega, omega 3, 760mg. from fish oil, plus green tea, grape seed, rosemary and oregano extracts, 3 at lunch

8. Multi-vitamin

9. Co-enzyme Q10, 200mg. 1 a day

10. PS caps, phosphatidylserine, 100mg. 1 twice a day.

11. Phosphatidyl Choline, component of lecithin, 3 twice a day

12. Lugo, iodine, 12.5 mgs. 1 a day (for breast support, while on hormones)

13. Vit. C

14. Zinc, 30mg. 1 a day

15. Bio-identical hormones, estriol, progesterone, testosterone. Cream form, rubbed in morning and evening.

16. From ophthalmologist - Macu-shield - for macular degeneration

Medications : Tenormin 50mg, beta blocker for High bp, Centyl, diuretic for bp, Prothiaden 50mg. for sleep.

7. Age = 61, Height = 1.52m, Weight = 49.5kg

8. My doctor had me do a challenge test with DMSA in Oct.'14, followed by 8 weeks detox with DMSA, taking 500mg, 3 times, one day a week. This worked ok for me but when he told me to repeat it in Feb. this year I got very sick at the 4th week. The challenge test result reported I had high levels of lead and mercury.

9. Location = Waterford, Ireland