



SEX: Male  
AGE: 31

279 Walkers Mills Rd  
Bethel, ME 04217 U.S.A.

*Defer to your own doctor as always*

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	5.3	< 7.0	
Antimony (Sb)	0.024	< 0.066	
Arsenic (As)	0.027	< 0.080	
Barium (Ba)	0.72	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.021	< 2.0	
Cadmium (Cd)	0.016	< 0.065	
Lead (Pb)	0.22	< 0.80	
Mercury (Hg)	0.03	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.004	< 0.060	
Nickel (Ni)	0.69	< 0.20	
Silver (Ag)	0.02	< 0.08	
Tin (Sn)	0.16	< 0.30	
Titanium (Ti)	0.22	< 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)	433	200- 750	
Magnesium (Mg)	24	25- 75	
Sodium (Na)	510	20- 180	
Potassium (K)	290	9- 80	
Copper (Cu)	17	11- 30	
Zinc (Zn)	110	130- 200	
Manganese (Mn)	0.10	0.08- 0.50	
Chromium (Cr)	0.41	0.40- 0.70	
Vanadium (V)	0.037	0.018- 0.065	
Molybdenum (Mo)	0.035	0.025- 0.060	
Boron (B)	1.6	0.40- 3.0	
Iodine (I)	0.40	0.25- 1.8	
Lithium (Li)	0.007	0.007- 0.020	
Phosphorus (P)	159	150- 220	
Selenium (Se)	0.94	0.70- 1.2	
Strontium (Sr)	1.3	0.30- 3.5	
Sulfur (S)	44300	44000- 50000	
Cobalt (Co)	0.004	0.004- 0.020	
Iron (Fe)	6.2	7.0- 16	
Germanium (Ge)	0.033	0.030- 0.040	
Rubidium (Rb)	0.24	0.011- 0.12	
Zirconium (Zr)	0.049	0.020- 0.44	

SPECIMEN DATA		RATIOS		
COMMENTS:	<i>ok to add low dose</i>	ELEMENTS	RATIOS	RANGE
Date Collected: 05/30/2015	Sample Size: 0.203 <i>g Hydroxy</i>	Ca/Mg	18	4- 30
Date Received: 06/08/2015	Sample Type: Head	Ca/P	2.72	0.8- 8
Date Completed: 06/12/2015	Hair Color: Brown <i>Adenosyl B12?</i>	Na/K	1.76	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	6.47	4- 20
	Shampoo: Kirkland	Zn/Cd	> 999	> 800

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*Then run HMT in 3 months to be sure*  
*methylnate B.*  
*With love & hope, Dr. Amy*  
*lithium stays in balance*

*Suggestions for your consideration.*

*As always, work with your Doctor.*

*With love & hope, Dr. Amy*

## **Health history for hair test 1105**

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

Mild gingivitis, halitosis, dysbiosis, mild teeth grinding at night, attention deficit that I've had since the age of 8,

### **2) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...**

I have never had cavities, no amalgams. Did have braces, 4 wisdom teeth extracted.

### **3) What dental work do you currently have in place? What part of the dental cleanup have you completed?**

Nothing

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

Mother had at least several amalgams during my gestation.

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

About 5 or 6 as a child in Mexico. 4 in 2012 (1 flu, one tetanus, BCG, can't remember the other)

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

Nothing

### **7) Other information you feel may be relevant? -**

### **8) What is your location - city & country (so that we can learn where certain toxins are more prevalent).**

Lived in Mexico City until 29. Moved to Virginia, USA at 29. Currently living in VA, USA