



SEX: Female
AGE: 54

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.6	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.015	< 0.060	
Barium (Ba)	0.10	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.05	< 0.60	
Mercury (Hg)	0.21	< 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)	0.03	< 0.30	
Silver (Ag)	< 0.006	< 0.15	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.28	< 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)	388	300- 1200			
Magnesium (Mg)	26	35- 120			
Sodium (Na)	45	20- 250			
Potassium (K)	10	8- 75			
Copper (Cu)	10	11- 37			
Zinc (Zn)	330	140- 220			
Manganese (Mn)	0.04	0.08- 0.60			
Chromium (Cr)	0.33	0.40- 0.65			
Vanadium (V)	0.021	0.018- 0.065			
Molybdenum (Mo)	0.017	0.020- 0.050			
Boron (B)	0.17	0.25- 1.5			
Iodine (I)	0.25	0.25- 1.8			
Lithium (Li)	0.006	0.007- 0.020			
Phosphorus (P)	149	150- 220			
Selenium (Se)	0.70	0.55- 1.1			
Strontium (Sr)	0.41	0.50- 7.6			
Sulfur (S)	47200	44000- 50000			
Cobalt (Co)	0.003	0.005- 0.040			
Iron (Fe)	5.5	7.0- 16			
Germanium (Ge)	0.028	0.030- 0.040			
Rubidium (Rb)	0.026	0.007- 0.096			
Zirconium (Zr)	< 0.007	0.020- 0.42			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 07/19/2015		Ca/Mg	14.9
Date Received: 07/28/2015		Ca/P	2.6
Date Completed: 07/30/2015		Na/K	4.5
Methodology: ICP/MS		Zn/Cu	33
Sample Size: 0.204 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Red	Treatment:		
Shampoo: Head Shoulders			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

- 1/ Endless food allergies, as time passes the list gets longer. 35 years
- 2/ Periodontal disease last 20 years
- 3/ Poignant Body pains for the last 12 years
- 4/ Periodic headaches/migraines
- 5/ Shot immune system for 35 years
- 6/ Area of dermatitis on ankle for past 40 years
- 7/ Fatigue - Years – progressively worsening
- 8/ Complete intolerance to alcohol
- 9/ Intolerance to medications
- 10/ Always had exceptionally heavy periods
- 11/ Foggy brain – poor memory
- 12/ Eyesight deterioration for last 14 years

I have suffered these symptoms for the past 35/40 years. They have got progressively worse as I have got older particularly over the last 14 years . Over the past 12 years I sought further medical help, but I kept getting diagnosed with psoriatic arthritis. I really don't have the symptoms of psoriatic arthritis and have never believed it. All the tests and scans (Blood, Urine, MRI, Ultra sound CT, Radioactive Egg for digestion, Etc.) I have had over the years, have come back saying I was fine and there is nothing wrong with me, apart from low Vit D. But they don't live in my body. I even ate a tomato when visiting the gastronomist as an example, but alas the test the camera showed nothing when he later performed the test.

After a nasty riding accident last year, and whilst Googling "my whole body hurts", I came across fibromyalgia. This was far more apt. Later, upon further research, I discovered fibromyalgia can be caused by mercury toxicity, which then also brought the other outlying symptoms within the profile. I have now had a DDI hair test done – attached.

I may have missed out symptoms

Vaccinations – usual childhood vaccinations & BCG + tetanus

Supplements – I was taking echinacea, anti-histamine and paracetamol and ibuprofen at the time of hair test.

I had been taking Vit D, 5-HPT, Vit B complex & a multi mineral & vitamin within the last 3-6 months prior to the hair test.

I am 54 years old 61 ½ inches tall and weigh 135 lbs I have always had a very fit and active lifestyle having horses etc. I do still have the horses but find looking after them increasingly difficult. They are

however the reason to continue living and hopefully get better. I have never had, or wanted, any children. I do smoke (golden virgina x 15/day) and drink a lot of milky tea with one sugar. I eat a healthy diet within the foods I am able to tolerate.

I can sleep for England, but am constantly in pain. When I wake up I feel dreadful. The more sleep I have the worse that dreadful feeling is.

I also suffer with anxiety, which has got worse as I get older.

I live in a rural country location, 5 miles outside Ely in Cambridgeshire England

1/ I have no teeth on my upper left.

2/ I have 1 extraction on both upper & lower right

3/ I have 2 or 3 root canals – first about 16 (?) years ago – still in place (?)

4/ I believe I have 1 crown – still in place (?)

5/ I believe I have 1 wisdom tooth left

6/ I am told all my teeth that are left are loose and I have a wire bracing my lower incisors

7/ I have receding gums

8/ I have suffered with abscesses and had antibiotic gel syringed below the gum line.

9/ After endless antibiotics both for teeth & chest infections I started tacking echinachia which seemed to stabilize things a little.

10/ I have always brushed my teeth and been to the dentist regularly. He always says I have a dirty tongue which is coated with a yellow gunk.

11/ I grind my teeth for England.

12/ I think I had my first filling at about 15 (?) years old

13/ I believe I currently have 2 amalgam fillings still in place – I visit the dentist tomorrow 17/08/15 for a check-up and will discuss having all mercury removed. He is a recognised mercury free dentist and I have been seeing him for the past 22 years. He has never suggested mercury toxicity as a health problem to me, even though he has my general health history on record.

Again I have probably missed bits