



HAIR TEST 1122
SEX: Female
AGE: 32

Toxic & Essential Elements; Hair

| TOXIC METALS | | | |
|----------------------------|----------------|-----------------------|---|
| | RESULT µg/g | REFERENCE INTERVAL | PERCENTILE 68 th 95 th |
| Aluminum (Al) | 2.5 | < 7.0 | |
| Antimony (Sb) | < 0.01 | < 0.050 | |
| Arsenic (As) | 0.040 | < 0.060 | |
| Barium (Ba) | 0.10 | < 2.0 | |
| Beryllium (Be) | < 0.01 | < 0.020 | |
| Bismuth (Bi) | 0.011 | < 2.0 | |
| Cadmium (Cd) | < 0.009 | < 0.050 | |
| Lead (Pb) | 0.05 | < 0.60 | |
| Mercury (Hg) | 2.5 | < 0.80 | |
| Platinum (Pt) | < 0.003 | < 0.005 | |
| Thallium (Tl) | 0.001 | < 0.002 | |
| Thorium (Th) | < 0.001 | < 0.002 | |
| Uranium (U) | 0.003 | < 0.060 | |
| Nickel (Ni) | 0.03 | < 0.30 | |
| Silver (Ag) | 0.01 | < 0.15 | |
| Tin (Sn) | 0.03 | < 0.30 | |
| Titanium (Ti) | 0.65 | < 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) | 435 | 300- 1200 | | | |
| Magnesium (Mg) | 45 | 35- 120 | | | |
| Sodium (Na) | 21 | 20- 250 | | | |
| Potassium (K) | 12 | 8- 75 | | | |
| Copper (Cu) | 11 | 11- 37 | | | |
| Zinc (Zn) | 280 | 140- 220 | | | |
| Manganese (Mn) | 0.04 | 0.08- 0.60 | | | |
| Chromium (Cr) | 0.36 | 0.40- 0.65 | | | |
| Vanadium (V) | 0.037 | 0.018- 0.065 | | | |
| Molybdenum (Mo) | 0.021 | 0.020- 0.050 | | | |
| Boron (B) | 0.47 | 0.25- 1.5 | | | |
| Iodine (I) | 1.0 | 0.25- 1.8 | | | |
| Lithium (Li) | < 0.004 | 0.007- 0.020 | | | |
| Phosphorus (P) | 167 | 150- 220 | | | |
| Selenium (Se) | 0.67 | 0.55- 1.1 | | | |
| Strontium (Sr) | 0.87 | 0.50- 7.6 | | | |
| Sulfur (S) | 45600 | 44000- 50000 | | | |
| Cobalt (Co) | 0.002 | 0.005- 0.040 | | | |
| Iron (Fe) | 6.3 | 7.0- 16 | | | |
| Germanium (Ge) | 0.030 | 0.030- 0.040 | | | |
| Rubidium (Rb) | 0.010 | 0.007- 0.096 | | | |
| Zirconium (Zr) | 0.098 | 0.020- 0.42 | | | |

| SPECIMEN DATA | | RATIOS | | |
|----------------------------|-------------------------|----------|--------|---------|
| COMMENTS: | | ELEMENTS | RATIOS | RANGE |
| Date Collected: 09/09/2015 | Sample Size: 0.196 g | Ca/Mg | 9.67 | 4- 30 |
| Date Received: 09/16/2015 | Sample Type: Head | Ca/P | 2.6 | 1- 12 |
| Date Completed: 09/18/2015 | Hair Color: Brown | Na/K | 1.75 | 0.5- 10 |
| Methodology: ICP/MS | Treatment: | Zn/Cu | 25.5 | 4- 20 |
| | Shampoo: Head Shoulders | Zn/Cd | > 999 | > 800 |

Hair Test 1122

1. What are your current symptoms and health history?

My symptoms are extensive, health has always been considered good according to doctors. My main symptoms are general malaise, brain fog, mental fatigue, feelings of dizziness/gait problems (went to neurologists and passed balance tests with eyes closed, however the sensation can be severe). I feel faint often, and have had quite a few vertigo spells before. I don't like turning my head up/down, left/right because my dizziness feels exaggerated. After I eat or if I need the bathroom, I'll feel exhausted and faintness. If I go to a store, the lights bother me. I have severe mental fatigue and get overwhelmed easily. When I say overwhelmed, it feels like great fatigue, like I want to close my eyes--- I don't feel anxious. It's hard for me to think straight. I've tried taking benzodiazepines when I had these sensations (I thought it was anxiety), but it did nothing for me. I've tried a round of prednisone (steroids?), and I felt 100% worse. Symptoms began more than 10 years ago.

2. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)

Wisdom teeth were removed in my early 20's but I already had symptoms described above. No root canals. I had braces for less than 2 years from 12 years old. I don't remember my first amalgam filling, but I had them as a child. As of May 2015, I've had them all amalgams removed by a holistic dentist.

3. What dental work do you currently have in place? What part of the dental clean-up have you completed?

I have a ton of fillings from eating candy as a child. I need a few more fillings. I currently have a small stainless steel permanent retainer on my bottom teeth to keep them straight.

4. What dentistry did your mother have at any time before or during pregnancy?

She doesn't remember but does have some amalgams currently.

5. What vaccinations have you had and when (including flu and especially travel shots)

As a child, my mom remembers polio, mmr and tetanus (maybe dtp). As a young adult around 17 years old, she took me to a clinic where I had maybe 2 vaccines, she doesn't remember which, likely a hepatitis shot and possibly tetanus. Never had a flu vaccine.

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

3-6 months ago, I took Garden of Life whole food Women's multivitamin, occasionally Nordic naturals fish pills, 400mg magnesium glycinate, occasional whole food calcium pill with magnesium and k2, wobenzyme (systemic enzymes), garden of life women's probiotics.

7. What is your age, height and weight?

32 years old, 5'4", 113 lbs.

8. Other information you feel may be relevant?

Had these symptoms for over 10 years, ruled out psycho-somatic causes, have an arachnoid cyst on my cerebellum but neurosurgeons don't think it's symptomatic. My general malaise and brain fog/fatigue is chronic, I have sleep apnea and use a cpap. I still wake up exhausted, even after 7 hours of rest.

9. What is your location – city & country (so that we can learn where certain toxins are more prevalent).

Originally Brooklyn/Staten Island NY, USA, moved to Port Orange FL, USA about a year ago.