



SEX: Female  
AGE: 55

Muscle Fatigue  
Cap + CoQ10

→ → to  
your  
doctor  
as  
always

Toxic & Essential Elements; Hair

TOXIC METALS			
		RESULT µg/g	REFERENCE INTERVAL
Aluminum (Al)		1.7	< 7.0
Antimony (Sb)		< 0.01	< 0.050
Arsenic (As)		0.15	< 0.060
Barium (Ba)		2.8	< 2.0
Beryllium (Be)		< 0.01	< 0.020
Bismuth (Bi)		0.002	< 2.0
Cadmium (Cd)		< 0.009	< 0.050
Lead (Pb)		0.31	< 0.60
Mercury (Hg)		0.44	< 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)		0.07	< 0.30
Silver (Ag)	Riboflavin	0.14	< 0.15
Tin (Sn)	Sphag	0.05	< 0.30
Titanium (Ti)		0.21	< 0.70
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS			
		RESULT µg/g	REFERENCE INTERVAL
Calcium (Ca)		620	300- 1200
Magnesium (Mg)		210	35- 120
Sodium (Na)		96	20- 250
Potassium (K)		27	8- 75
Copper (Cu)		46	11- 37
Zinc (Zn)		190	140- 220
Manganese (Mn)		0.38	0.08- 0.60
Chromium (Cr)		0.31	0.40- 0.65
Vanadium (V)		0.016	0.018- 0.065
Molybdenum (Mo)		0.031	0.020- 0.050
Boron (B)		2.4	0.25- 1.5
Iodine (I)	Run urine	24	0.25- 1.8
Lithium (Li)		0.039	0.007- 0.020
Phosphorus (P)	ATP + ribo phosph	133	150- 220
Selenium (Se)	+ Mito force	0.64	0.55- 1.1
Strontium (Sr)		2.9	0.50- 7.6
Sulfur (S)		47300	44000- 50000
Cobalt (Co)		0.014	0.005- 0.040
Iron (Fe)	Dandelion	6.1	7.0- 16
Germanium (Ge)		0.036	0.030- 0.040
Rubidium (Rb)		0.033	0.007- 0.096
Zirconium (Zr)		0.011	0.020- 0.42

COMMENTS:	SPECIMEN DATA		RATIOS		
	ELEMENTS	RATIOS	RANGE		
I'll send a free urine iodine test Date Collected: 09/02/2015 Date Received: 09/09/2015 Date Completed: 09/17/2015 Methodology: ICP/MS Sample Size: 0.197 g Sample Type: Head Hair Color: Gray Treatment: Shampoo: Miracle Soap	Ca/Mg	2.95	4- 30		
	Ca/P	4.66	1- 12		
	Na/K	3.56	0.5- 10		
	Zn/Cu	4.13	4- 20		
	Zn/Cd	> 999	> 800		

Refer to your doctor

Suggestions for your consideration

As always, work with your Doctor.

With love & hope, Dr. Amy

## 1. Current symptoms and health history

- extreme sensitivity to all moulds and chemicals - including outdoor moulds: any exposure causes gut paralysis, and urinating up to every hour through the night with a total volume of over 1.5L, sleeplessness.
- dependency on electrolytes for energy
- inability to keep warm: toes and fingers feel much colder to me internally than they do to the touch. I manage by eating large amounts of carbohydrates in the form of (organic) whole grain rice and quinoa, without which I am fatigued and chilled to the bone.
- eating saturated fats (as little as .25 teaspoon) causes migraines and fatty skin outbreaks, olive oil causes gall bladder pain. This started suddenly after a week-long course of Metronizadole for Blastocystis hominis (which I still have).
- Gut dysbiosis, bloating, with extreme sensitivity to all but 10 foods
- chronic constipation, with poor upper gut motility, dehydrated stools like pellets no matter how much I drink
- poor sleep
- sweats
- severe depression if I use supplements with cellulose or eat foods with FODMAPs, sugars, starchy vegetables
- severe fatigue and brainfog, gut pain with Zinc supplementation both before and after amalgams removed, now tolerating 30mg without symptoms

I have been diagnosed with Mold-induced Chronic Inflammatory Response Syndrome, Chronic Lyme Borreliosis, Chlamydia pneumoniae. I was also diagnosed with POTS but cured myself using huge amounts of electrolytes and magnesium. I am still dependent on large amounts of electrolytes and magnesium though I am no longer mould exposed - I'm housebound to my successfully remediated home to avoid mould exposures.

I had a tick bite in 2005, followed by migraines, severe weight loss (down to 42kg) and severe gut dysbiosis, cysts on liver and pancreas which resolved when I started restricting my diet carefully to what I can tolerate. My health history before that was low energy, migraines, debilitating hayfever and strep throat. I had palpitations and irregular heartbeat from about 14 years of age after 'glandular fever' (I have evidence of past Epstein Barr infection). Doctors found an enlarged liver by age 22 with history of poor tolerance for alcohol and also for exercise. No abnormality was ever detected to explain these medical findings. These symptoms persisted throughout my life until I succumbed to what was initially diagnosed as CFS and finally Lyme and Mold illness.

## 2. Dental history

- first amalgam probably around age 5-7: 1965 or so. I had a total of 12 amalgams between 1965-1990. From 1990-2009 I had 4-6 amalgams unsafely removed and replaced with resin.
- 1 wisdom tooth removed in 1980s
- 1 molar removed 1990s
- first root canal in 1993, with a crown added in 2001, second in 2009 with crown, both safely removed in 2014
- braces for 1 year 2003-4
- All amalgams removed with only a rubber dam and no other precautions in 2012 after I had been diagnosed with "CFS".

## 3. Current dental work

all resin fillings, no amalgam present in my mouth at all now.

## 4. Mother's Dental history

I don't know about what she had during her pregnancy (she is long dead) and there's no one left who would know.

## 5. Vaccinations

as a child: oral sabin, smallpox and tetanus only. In 2005 Hepatitis B and booster 3 months later. Never had flu or travel shots.

## 6. Supplements and medications

### Medications:

- Creon pancreatic enzymes 40,000 tds
- Cholestyramine powder, pure 4.79 qid
- Ketotifen 1mg qid
- VIP spray 50 micrograms qid for 1 month only

### Supplements:

- Betaine HCl & Pepsin 1000mg tds
- L-Glutamine pure powder 1 teaspoon tds
- Chinese herbs: Ren Shen Da ChenQiSan 1 teaspoon bd
- Progut Magnease (MgCl 46mg, KCl35mg, NaCl 28mg, CaCl 21mg) 1ml
- Transdermal potassium iodide (19mg per drop) iodine 4 drops daily
- Chromium Chloride drops 500mcg bd
- Ammonium Molybdate 75mcg bd
- Copper sulphate 0.5mg once daily
- Zinc picolinate 30mg once daily
- Manganese gluconate 1.7mg once daily
- Sodium selenate 100mcg once daily
- Homozon Ozonated magnesium 1 teaspoon once daily.
- CoQ10 200mg once daily
- Glutathione IV 1g prn usually once a week: (without it I'm a cot-case!)
- vitamin E 500IU 1 daily
- Fish Oil Concentrate 4.5g 1daily
- Vitamin D 2000IU
- Soil Based Probiotic May 2015 620mg once daily
- D-Lactate Free Probiotic powder 200 billion cfu once daily
- Mutaflor probiotic 100mg once daily
- charcoal 1 scoop tds
- MethylGuard Plus (Riboflavin 5'-phosphate sodium 90mg, P5P 45mg, MTHF 3mg 1 cap alternate days
- Hydroxo B12 IM injections 3000mcg IM once per week
- B-100 complex 1- cap alternate days
- Mistletoe Extract 10mg 1 subQ injection twice per week (immune booster)
- Transdermal GABA 1-2 pumps daily, dosages not given on package!
- Transdermal 5-MTHF, B12 1 pump once daily, dosages not given on package!
- I also have a magnesium chloride bath daily as it reduces muscle stiffness and helps manage constipation.

## 7. Age, height and weight

Female 55 years of age, height: 5'3", weight 121lb

I have lived in Melbourne Australia all my life.

## 8. Other relevant info:

I had a DMPS challenge test in 2014 that showed high lead - off the chart.

I was treated with a high dose of IV ALA at the time that turned me bright orange-yellow and caused massive muscle cramping especially around head and neck that took over a year to resolve.

I also took ALA in 2011 about 3 months after having my amalgams unsafely removed and had extreme fatigue, lost muscle mass and became much more unwell. I began having daily FIR saunas at the time and continued with them since then until around June this year, when a mould contamination event prevented me from continuing. I am still waiting to resolve that problem. In the meantime I have been taking daily mag chloride baths.

My basal body temperature is consistently low: 91-93 degrees (when taken in the axilla).

I know my hair analysis fails the counting rules but I suspect I have enough in my history that points to mercury and certainly there is a lead problem. I used to help my father to renovate old houses and I'm quite sure there was lead-based paint in them. Also, I do remember playing with mercury at least once as a child, as so many of us did in my generation!