



TRACE ELEMENTS, INC.

4501 Sunbelt Drive · Addison, Tx · 75001 · U.S.A.

NR LABORATORYJNY:

1238692

PROFIL NR: 2

TYP PRÓBK: SKALP

PACJENT:

WIEK: 35

PŁEĆ: M

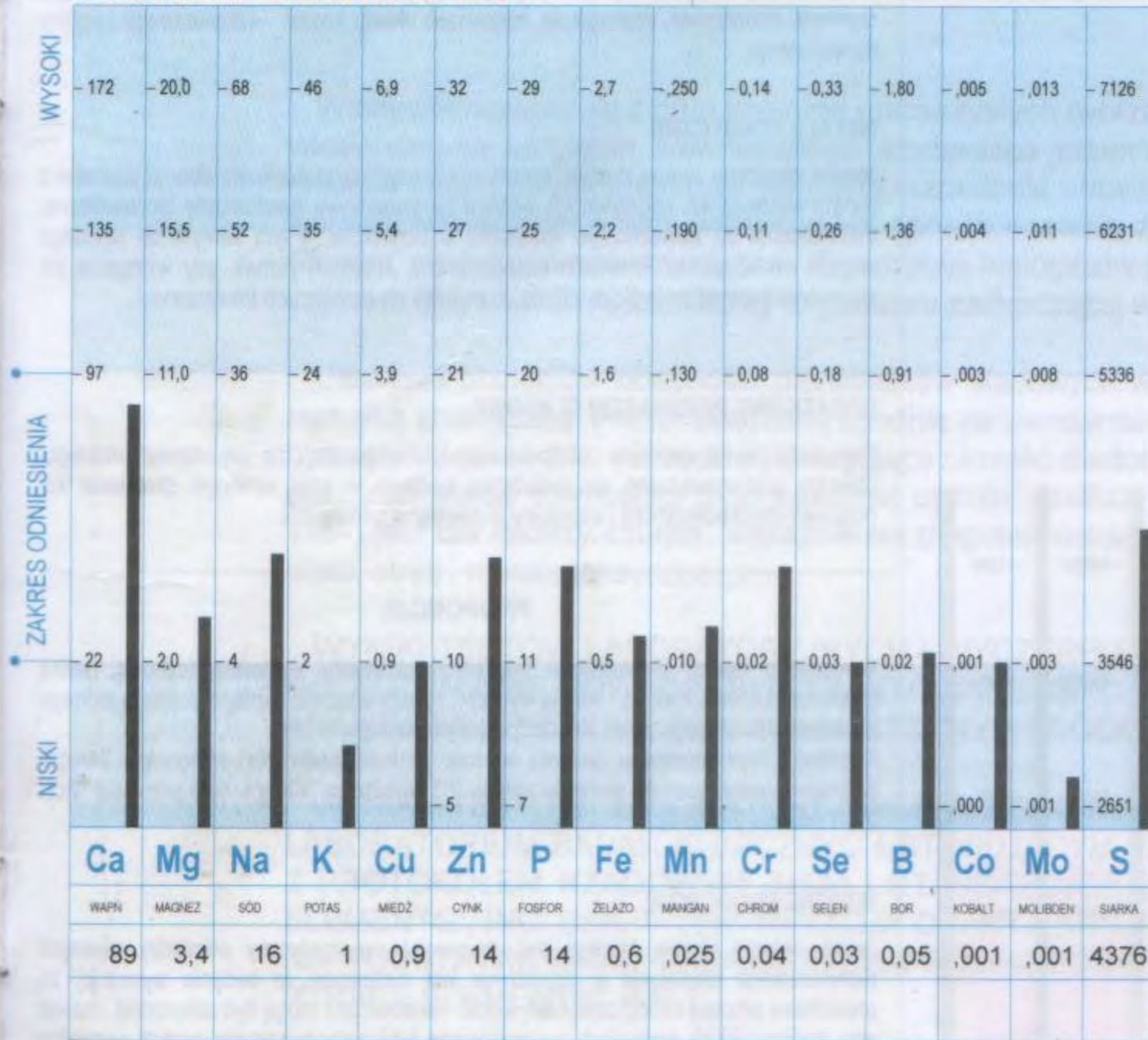
TYP METABOLICZNY: NISKI 2

TEST ZLECONY PRZEZ: LAB. PIERWIASTKÓW ŚLAD.

LEKARZ NR: 1140

DATA: 2015-02-26

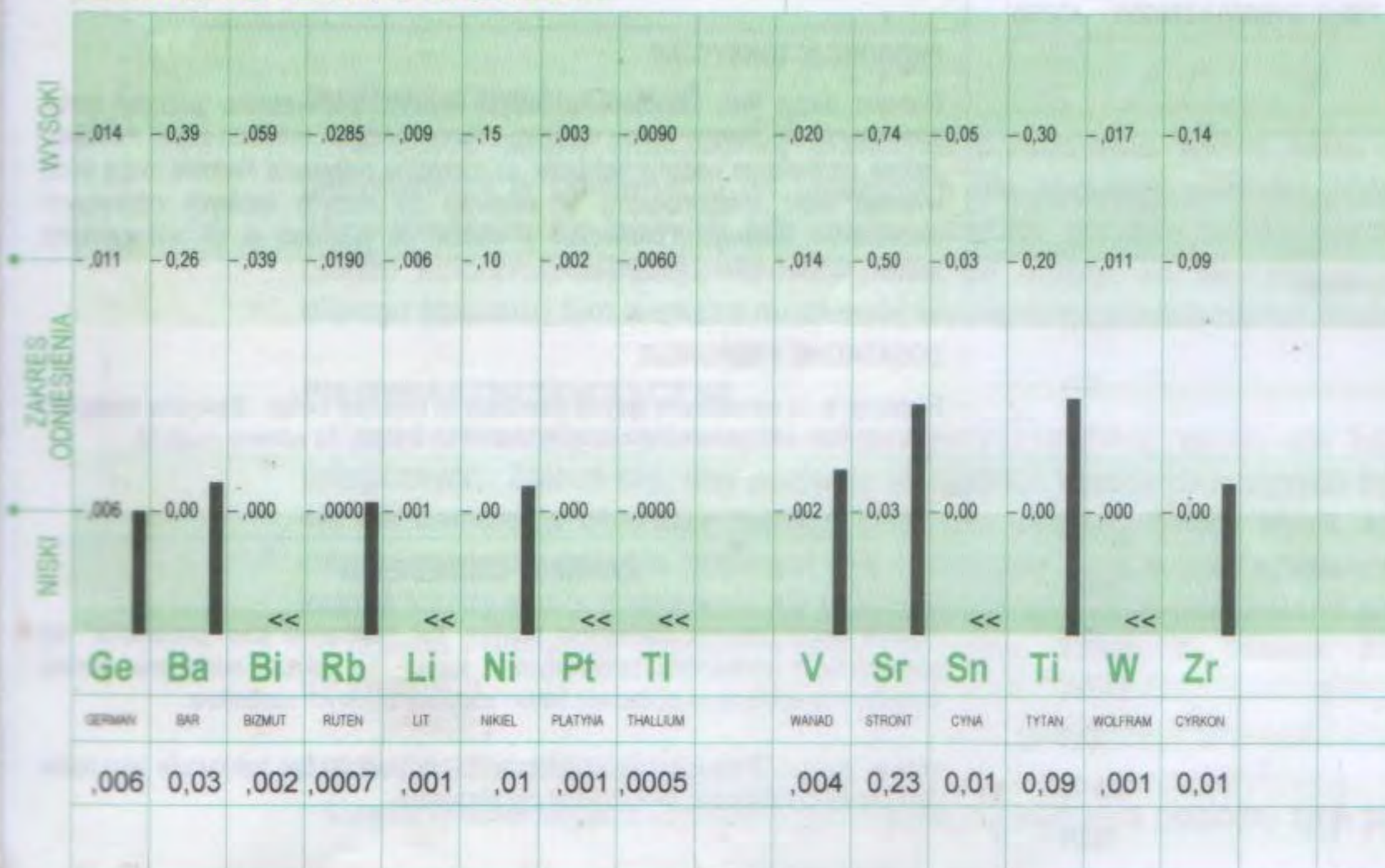
ODŻYWCZE PIERWIASTKI ŚLADOWE



METALE TOKSYCZNE

Symbol	Wartość	Wskaznik
Sb	<<	ANTYMON
U	0,0007	URAN
As	0,006	ARSEN
Be	0,001	BERYL
Hg	0,02	RTEĆ
Cd	0,001	KADM
Pb	0,1	OŁÓW
Al	0,3	ALUMINIUM

DODATKOWE PIERWIASTKI ŚLADOWE



"<<": poniżej bądź na granicy błędu

"QNS": niewłaściwa waga próbek włosów do analizy

"N/A": obecnie nie rejestrowany

poziomy prawidłowe (tzw. "idealne") i interpretacja na podstawie próbek włosów pobranych ze skkalpu od środka ciemienia do potylicy.

analiza laboratoryjna przeprowadzona przez firmę TraceElements, Inc., USA uprawnioną do badań przez Amerykański Departament Zdrowia i Usług Społecznych, licencja nr 45 D0481787

2015-02-26

WYNIKI OBECNEGO TESTU

WYNIKI POPRZEDNIEGO TESTU

Hair test 1029

1. What are your current symptoms and health history?

My problem is mainly OCD, anxiety, high stress for almost any reason. Physically I have higher than average energy during the day, I have a lot of energy to do things manually, but mentally I am getting so stressed every day, while I do not have a stressful life at all. Almost anything can stress me, like a noise, people. I have social anxiety of course. OCD expresses itself in inability to let go of anything I am doing, so I start doing a minor thing, and it uses up most of my day. While I do not have "classic" OCD symptoms of washing hands, etc, but my largest, most annoying symptom is obsessive thinking, when I start thinking about something, I can't let it go, even though I have a lot of things to get done, and I am thinking about something completely irrelevant for today's tasks I have, but I can't stop thinking and focus on my work. Sometimes high anxiety kicks in so I am unable to focus and get anything done as I am constantly worrying about something, millions thoughts going through my head.

I have tried paleo diet, GAPS, Autoimmune Protocol, I am eating completely grain-free, sugar-free, additive-free, lots of fresh organic vegetables, grass-fed meats and butter, wild game and fish, fruits, coconut oil, that's all I eat. I now (since several months, started after the quoted TEI test in February) take almost all minerals and vitamins in high quality supplements, the most important ones I take in significant doses: 1465 mg Mg, 65 mg Zn, 50 mg I, 500 µg Se, 729 µg Mo, 5 mg Li, 4.5 mg Mn, 75 mg P-5-P, 1000 µg 5-MTHF, 1950 mg TMG, 1500 mg N-A-C, 1500 mg Taurine

Nothing I've done helps my OCD, so I've been suggested to look into mercury toxicity.

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

I had only 1 amalgam filling, when I was a child in school, maybe I was 12 years old. When I was around 25 it was replaced by a composite filling because it started falling out.

Other than that I had lots (maybe around 15 composite fillings, out of them about 5 root canals) during between ages 20 and 30 because my diet was terrible then full of sugar, and my teeth were getting bad all the time. At age 32.5 I switched to a paleo diet and my teeth stopped going bad, I didn't have any major dental work since then. I am now 36.

My both upper wisdom teeth were extracted somewhere around age 25-30, because they were growing the wrong way and didn't fit in my mouth with other teeth.

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

As above - I have around 15 composite (white) fillings, zero amalgam -

I only ever had just one.

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

I don't know.

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

I didn't have any flu or travel shots ever, only standard mandatory vaccinations in Poland in years 1979-1990, probably things like Diphtheria, Tuberculosis, Tetanus, Mumps, Measles, Rubella, maybe a few others.

When I was 27 I voluntarily took the Twinrix is a vaccine against hepatitis A and hepatitis B.

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

Magnesium Glycinate 400 mg daily
5-MTHF Methylfolate 400 mcg daily
vitamin C Acerola 750 mg daily
vitamin D 2500 IU daily
vitamin E 200 IU daily

7. What is your age, height and weight?

Age: 35, Male
Height: 176.5 cm (5'9.5")
Weight: 72.5 kg (160 lb)

9. What is your location – city & country?

During the 6 months before the test I was living in the city of Wroclaw, Poland, Eastern Europe.