



<5 F H9 GH. '%% &
 SEX: Female
 AGE: 53

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	60	< 7.0	
Antimony (Sb)	0.010	< 0.050	
Arsenic (As)	0.034	< 0.060	
Barium (Ba)	0.60	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	0.010	< 0.050	
Lead (Pb)	0.43	< 0.60	
Mercury (Hg)	0.36	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.17	< 0.060	
Nickel (Ni)	0.15	< 0.30	
Silver (Ag)	0.03	< 0.15	
Tin (Sn)	0.21	< 0.30	
Titanium (Ti)	0.27	< 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)	282	300- 1200			
Magnesium (Mg)	13	35- 120			
Sodium (Na)	60	20- 250			
Potassium (K)	89	8- 75			
Copper (Cu)	10	11- 37			
Zinc (Zn)	110	140- 220			
Manganese (Mn)	0.07	0.08- 0.60			
Chromium (Cr)	0.39	0.40- 0.65			
Vanadium (V)	0.13	0.018- 0.065			
Molybdenum (Mo)	0.068	0.020- 0.050			
Boron (B)	0.80	0.25- 1.5			
Iodine (I)	0.76	0.25- 1.8			
Lithium (Li)	0.005	0.007- 0.020			
Phosphorus (P)	135	150- 220			
Selenium (Se)	0.72	0.55- 1.1			
Strontium (Sr)	1.5	0.50- 7.6			
Sulfur (S)	46000	44000- 50000			
Cobalt (Co)	0.005	0.005- 0.040			
Iron (Fe)	5.1	7.0- 16			
Germanium (Ge)	0.035	0.030- 0.040			
Rubidium (Rb)	0.11	0.007- 0.096			
Zirconium (Zr)	0.27	0.020- 0.42			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 09/11/2015	Sample Size: 0.202 g	Ca/Mg	21.7	4- 30
Date Received: 09/15/2015	Sample Type: Head	Ca/P	2.09	1- 12
Date Completed: 09/23/2015	Hair Color: Brown	Na/K	0.674	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	11	4- 20
	Shampoo: Trader Joes	Zn/Cd	> 999	> 800

Health history for hair test 1132

Age 53, Female, Stillwater, OK (but only since 2014; spent 20 yrs in Alaska, 19 yrs in So.CA, and 10 years in VA)

I assume from the format of current tests that the answers to the questions below are to be posted to the group forum, but include them here in case you want it since it was requested on your web page.

1) What are your current symptoms and health history?

CFS, Constipation (managed w/Mg & probiotics); Leaky Gut (multiple food sensitivities, esp. gluten, grains, fruits, chocolate); Yeast; Depression; Deficient in Vitamin D, Estrogen, other hormones. Overuse of penicillin in childhood. Recently diagnosed w/MTHFR.

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

Wisdom teeth removed ~ 1985?; Root canal, 1983; Braces, 1994-96; 4-6 amalgams removed (carelessly) around 6-10 years ago

3) What dental work do you currently have in place? What part of the dental cleanup have you completed? Root canal still in place, x-rays show it as excellent, no bone deterioration or other signs of infection. All amalgams replaced.

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

5) What vaccinations have you had and when (including flu and especially travel shots)? Childhood shots (probably all, including the hepatitis vaccine given in elementary school every year), vaccine for travel to Mexico, 1993. Maybe travel vaccine in 1996 for travel to Fiji, but I don't remember.

6) Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken. Whole food multi-vitamin (Garden of Life), Coral Calcium (Premier Labs), both taken pretty sporadically.

7) Other information you feel may be relevant? 8 pregnancies, 2 miscarried, 6 living children, 4 c-sections, broad-spectrum antibiotics given at last 4 deliveries. All 6 kids have varying degrees of mild impairment, especially 4 youngest: spacy, illogical (DD16); spacy, slow auditory processing, low reading skills (DS14); hyper-emotional (DD12); ADHD, low reading skills, low & slow aud/vis processing (DD9). We are also pursuing Neurodevelopmental Approach with the 4 youngest, doing exercises that promise to re-wire the brain and make learning easier for them. We are 5 wks into a 4-month program, so I can't comment on its effectiveness for us yet, but in my first two weeks I noticed it affected my vision dramatically, and I wonder if it somehow affects brain mercury.

8) What is your location - city & country (so that we can learn where certain toxins are more prevalent). Stillwater, OK. Also lived in Fairbanks, AK 20 years; Manassas, VA 10 years, Phoenix, AZ 1 year; Southern California 19 years.