

*Defer to your doctor always*



SEX: Female *15 fatigue 15m* 279 Walkers Mills Rd  
 AGE: 52 *issue consider Muscle Fatigue Cap* Bethel, ME 04217 U.S.A.

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	2.8	< 7.0	<i>AD 98 cap</i>
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.073	< 0.060	<i>All in one +</i>
Barium (Ba)	0.38	< 2.0	<i>P5/P6 +</i>
Beryllium (Be)	< 0.01	< 0.020	<i>DATA + HUNTER</i>
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	0.019	< 0.050	
Lead (Pb)	0.13	< 0.60	<i>+ low dose B12</i>
Mercury (Hg)	0.19	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	<i>DATA + methyl meta</i>
Thallium (Tl)	< 0.001	< 0.002	<i>A+S</i>
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.005	< 0.060	
Nickel (Ni)	0.12	< 0.30	<i>Mitoforce</i>
Silver (Ag)	0.01	< 0.15	<i>+ rebastatin Sphes</i>
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.45	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>
Calcium (Ca)	316	300- 1200	
Magnesium (Mg)	30	35- 120	<i>Inc. magnesium</i>
Sodium (Na)	21	20- 250	
Potassium (K)	8	8- 75	<i>Inc. potassium</i>
Copper (Cu)	9.7	11- 37	
Zinc (Zn)	200	140- 220	
Manganese (Mn)	0.06	0.08- 0.60	
Chromium (Cr)	0.39	0.40- 0.65	
Vanadium (V)	0.031	0.018- 0.065	<i>All in one</i>
Molybdenum (Mo)	0.024	0.020- 0.050	
Boron (B)	0.37	0.25- 1.5	
Iodine (I)	0.19	0.25- 1.8	
Lithium (Li)	0.007	0.007- 0.020	<i>Back on All in one</i>
Phosphorus (P)	193	150- 220	
Selenium (Se)	0.98	0.55- 1.1	
Strontium (Sr)	1.1	0.50- 7.6	
Sulfur (S)	50600	44000- 50000	
Cobalt (Co)	0.005	0.005- 0.040	<i>Back on Boron</i>
Iron (Fe)	8.4	7.0- 16	<i>Molybdenum + B12</i>
Germanium (Ge)	0.031	0.030- 0.040	
Rubidium (Rb)	0.007	0.007- 0.096	
Zirconium (Zr)	0.016	0.020- 0.42	

COMMENTS: <i>Okay to add low dose hydroxy + Adenosyl B12 on Black Berry + low dose methyl meta A+S</i>	SPECIMEN DATA			RATIOS		
	ELEMENTS	RATIOS	RANGE	ELEMENTS	RATIOS	RANGE
Date Collected: 05/24/2015	Ca/Mg	10.5	4- 30	Ca/P	1.64	1- 12
Date Received: 05/29/2015	Na/K	2.63	0.5- 10	Zn/Cu	20.6	4- 20
Date Completed: 05/30/2015	Zn/Cd	> 999	> 800			
Methodology: ICP/MS						

*Suggestions for your consideration.*

*As always, work with your Doctor.*

*With love & hope, Dr. Amy*

*Then run HMT in 3 months to recheck lithium*

*Defer to your doctor*

## **Health history for hair test 1135**

### **1. What are your current symptoms and health history?**

Diagnosed with chronic fatigue syndrome – disabled since 2000, at age 37. I also fit the more severe criteria for myalgic encephalomyelitis. My energy levels are about 30% of normal – I am mainly housebound. Adrenal fatigue. Chemical sensitivities. Recovered from over a decade of autoimmune thyroiditis. Laundry list of symptoms which match well with mercury toxicity.

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

First amalgam age 18. Had 6 amalgams total. Probably placed between 1981 and 1994, after which I switched to a mercury free dentist.

Wisdom teeth removed 1996 (age 33) under general anesthesia. Took a month to fully recover (first bout of extreme fatigue). The wisdom teeth didn't have any fillings.

Large amalgam removed, crown lengthening and crown placed mid 2000's. There shouldn't be any mercury under the crown, as my dentist is mercury free. If I remember correctly, my crown is porcelain/gold.

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

I had my amalgams replaced with composite fillings gradually over time as they went bad. My last amalgam was removed in Sept. 2012. I still have the crown.

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

Don't know for sure, but I would assume she had many amalgams as she had these later in life.

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

Minimal childhood vaccines (grew up in 60's and 70's). I've been told I accidentally got one of my vaccines twice. Flu shot circa 1997.

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

Zoloft (26.5mg) (3 years into a 5 year taper off this drug)  
sublingual methylcobalamin (20mcg)  
sublingual adenosylcobalamin (4mcg)  
Holistic Health All In One multi (1/64 of one pill twice a week)  
Thorne Pic Mins (1/2 of one pill – zinc, selenium, manganese, chromium, molybdenum, boron, vanadium) Probiotics - 2 Vinco's (lacto-bifido) and 1 s. boulardii  
Pepsid AC (2)  
Vitamin D (2000iu)  
calcium citramate (160mg)  
Dr. Wilson's Adrenal Rebuilder (1/4)

Pharmaceutical grade fish oil (1 tsp – 1800 EPA, 900 DHA)  
3780mg potassium gluconate  
937mg magnesium glycinate  
3450mg salt (sodium)

**6. What is your age, height and weight?**

Age 52, 5'9", 200lbs

**7. Other information you feel may be relevant?**

Worked 4 summers (early 1980's, age 18-22) at printing shop, which still used linotype (molten lead, tin and antimony was formed into type slugs). Plus various ink colors (more heavy metals?), VOC solvents, etc. I didn't directly work with these materials, but I was in proximity to them.

Bad allergic reaction to thimerosal in contact lens solution mid 1980's. Eyes turned bright red, painful and extremely light sensitive – missed 3 days of school.

Worked 2.5 years at refinishing (1990-1992, age 26-29) – even though I was using a respirator and gloves I still got lots of toxic chemicals such as stripper, lacquer, grain filler, stains, etc. - methylene chloride, toluene, acetone, naphtha, aniline and coal tar dyes.

Started developing chemical sensitivity after large exposure to new industrial carpet and its glue installed at work circa 1997. Starting having panic attacks, anxiety and concentration issues.

Reacted again in 1999 to newly remodeled work area. Things went downhill from there with insomnia, feeling stressed, concentration issues, increasing fatigue and then a reoccurring flu-like illness until I became fully disabled with CFS (ME). I had an Epstein Barr virus reactivation around the time I became disabled.

I started low level methylation supplements in the fall of 2012.

My thyroid recovered from autoimmune thyroiditis in February 2014 (diagnosed in 2001 – took 30mg Armour Thyroid for it). My complete thyroid panel is normal and I no longer take medication.

I have also had about a 50% improvement in adrenals which, on cortisol saliva tests, were flatlined for many years. This is still considered adrenal fatigue, but is definitely improved.

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

Cincinnati, OH, USA There are coal fired power plants in the area. Plus a lot of industries which release toxins including heavy metals. One of the top 10% polluted counties in the country.