

LABORATORY NO:

1186237

PROFILE NO:

2

SAMPLE TYPE:

SCALP

AGE: 51

SEX: F

METABOLIC TYPE:

SLOW 1

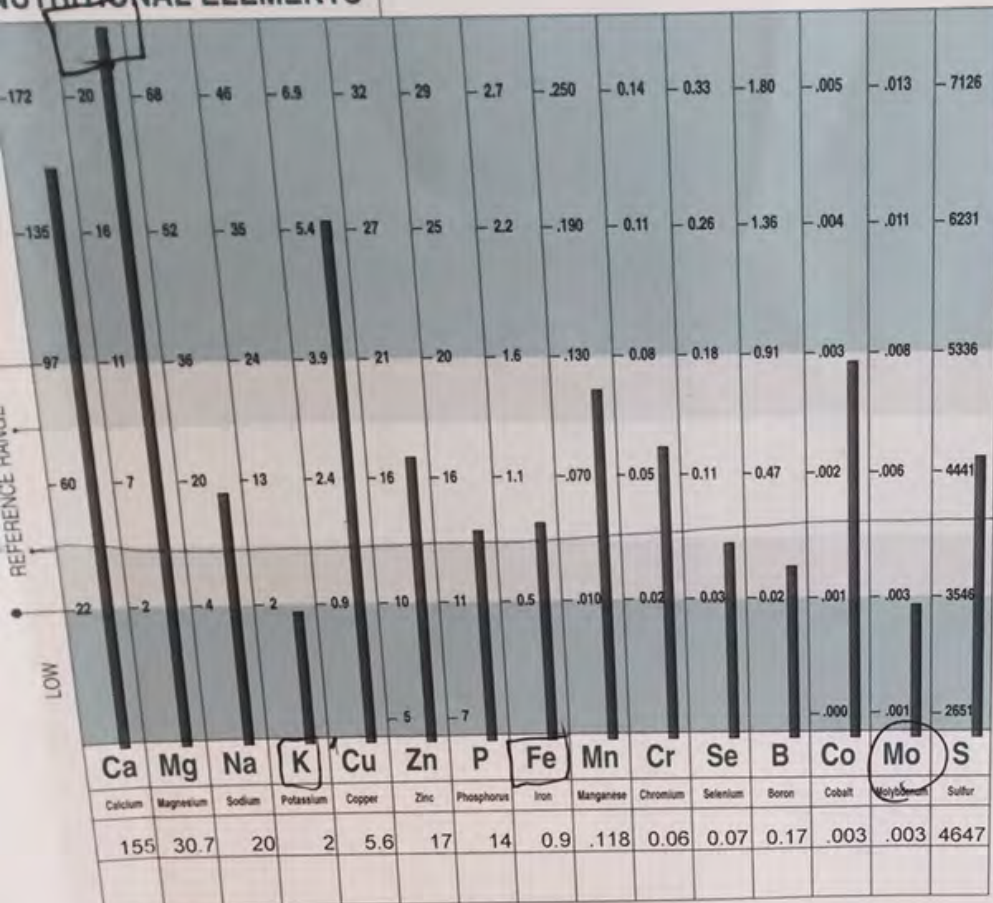
ACCOUNT NO:

2216

DATE:

17/03/2014

**NUTRITIONAL ELEMENTS**

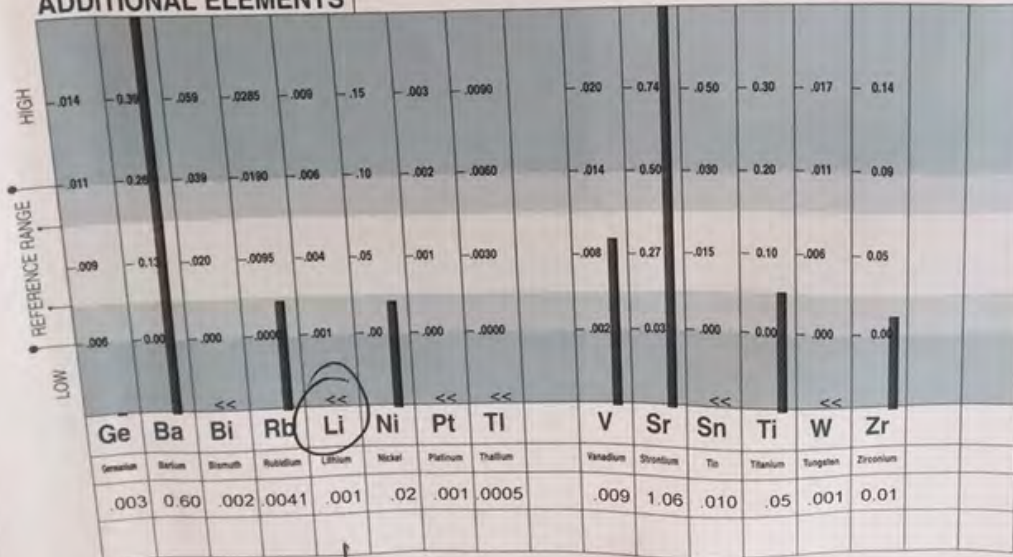


**TOXIC ELEMENTS**

Element	Value	Reference Range
Sb	N/A	<<
U	0.0031	0.001-0.01
As	0.008	0.001-0.01
Be	0.010	0.001-0.01
Hg	0.05	0.001-0.01
Cd	0.001	0.001-0.01
Pb	0.10	0.001-0.01
Al	0.5	0.001-0.01

All low - sign of deranged.

**ADDITIONAL ELEMENTS**



marker of mercury

"<<": Below Calibration Limit. Value Given Is Calibration Limit.  
 "QNS": Sample Size Was Inadequate For Analysis.  
 "N/A": Currently Not Available  
 Ideal Levels And Interpretation Have Been Based On Hair Samples Obtained From The Mid-Parietal To The Occipital Region Of The Scalp.  
 Laboratory Analysis Provided by Trace Elements, Inc., an H.H.S. Licensed Clinical Laboratory. No. 45 D0481787 USA

17/03/2014  
 CURRENT TEST RESULTS

PREVIOUS TEST RESULTS



HAIR TEST 1038  
SEX: Female  
AGE: 52

*Toxic & Essential Elements; Hair*

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	3.0	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.012	< 0.060	
Barium (Ba)	4.6	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.24	< 0.60	
Mercury (Hg)	0.21	< 0.80	
Platinum (Pt)	0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.014	< 0.060	
Nickel (Ni)	0.14	< 0.30	
Silver (Ag)	0.05	< 0.15	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.19	< 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)	1340	300- 1200	
Magnesium (Mg)	110	35- 120	
Sodium (Na)	25	20- 250	
Potassium (K)	3	8- 75	
Copper (Cu)	61	11- 37	
Zinc (Zn)	170	140- 220	
Manganese (Mn)	0.95	0.08- 0.60	
Chromium (Cr)	0.36	0.40- 0.65	
Vanadium (V)	0.025	0.018- 0.065	
Molybdenum (Mo)	0.021	0.020- 0.050	
Boron (B)	0.69	0.25- 1.5	
Iodine (I)	0.40	0.25- 1.8	
Lithium (Li)	0.006	0.007- 0.020	
Phosphorus (P)	136	150- 220	
Selenium (Se)	0.66	0.55- 1.1	
Strontium (Sr)	5.0	0.50- 7.6	
Sulfur (S)	48900	44000- 50000	
Cobalt (Co)	0.017	0.005- 0.040	
Iron (Fe)	8.9	7.0- 16	
Germanium (Ge)	0.033	0.030- 0.040	
Rubidium (Rb)	0.004	0.007- 0.096	
Zirconium (Zr)	0.047	0.020- 0.42	

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 08/31/2015		Ca/Mg	12.2
Date Received: 09/11/2015		Ca/P	9.85
Date Completed: 09/16/2015		Na/K	8.33
Methodology: ICP/MS		Zn/Cu	2.79
Sample Size: 0.201 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment:		
Shampoo: Organics			
		<b>RANGE</b>	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

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

Increasing fatigue, disrupted sleep, dimmed eyesight (along with severity of symptoms), 'pulling on facial bones/eye sockets, major impact on: ability to retain info/ short term memory/ concentration/mood/ willingness to socialise/ get lost easily despite use of GPS/poor recall of words/developed dyslexia when writing ; Had to take year sick leave and stop exercise; clenched jaw, 'swollen' tongue impeding speech. Weakness in upper arms, tightness around chest and achy back; major migraine with nausea (last 2 -3 years only) palpitations; cold extremities, inability to sweat; very low pulse/BP and body temp average below 36 C, eye twitches, restless legs.

Allergic to sulfur drugs.

Health deteriorated rapidly over last 3 years due to poor dental work and incorrect chelation. Prior to that pretty fit/healthy considering body burden.

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

Over 20 amalgams - before age 18. Braces as a teenager.

4 wisdom teeth removed age 18. Dry sockets

Health started to decline rapidly in last 3 years - suspect the addition of 3 large gold caps over and adjacent to large amalgams triggered this increase in symptoms. Very high galvanic currents

2014 - new dentist removed 4 amalgams over 10 months - semi safe (dam and low speed drill) but with no: air removal, supporting supplementation/Vit C flush/ charcoal etc. Declared Mercury free but galvanic currents remained. Removed infected molar root canal. Battled with ear infection after this - did not respond to abx. (which introduced me to Herx effect)

Mid 2015 - another new dentist (Huggins trained) found 9 additional amalgams - including 3 under the gold caps. Removed safely (Huggins protocol)but in one week. Also had a second root canal on front tooth removed. Both RC's had amalgam fillings in them. Cavitation x 1 removed. Dental DNA on second RC and cavitation showed very high bacteria (9 types in the very high zone)

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

September 2015 - permanent caps placed (zirconium), bridge for missing front tooth and full dental revision now complete

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

Mother had 14 amalgams at my birth. (Her mother had amalgams and gold injections?!)

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

All the usual child vaccines for someone my age, plus Hep B and flu 2008

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

Meds: Replax (triptan drug for migraine as required)

Daily Supps:

Vit C - 6g (Includes Lysine 1500mg, Glycine 2250mg, Proline 1500mg);  
Activated B complex; B1 - 85 mg, B2 - 20 mg, B3 - 80 mg, B5 - 150mg, B6 - 500 mg;  
B9 (folic acid) - 1500mcg, folinic acid 384 ug, cyanocobalamin - 500 ug.  
Mag (orate+aspartate+citrate+phosphate) equiv = 290mg; Potassium  
(citrate+aspartate+phosphate) equiv = 260mg; Zinc (citrate+amino acid+ascorbate)  
equiv =60mg; Manganese equiv = 20mg; Chromium equiv = 155 mg; sodium  
phosphate 300mg; pot sulphate 300mg; Vit E equiv 1050 IU; Vit K2; Iodine equiv  
450mcg; copper 3mg; selenium (selenomethionine) = 150mcg; lactobacillus 500mg;  
glutamine 500mg; bromelain 2400mg; papain 600mg.

Please note that the prior hair test in April 14 - was at the beginning of amalgam removal. No significant supps were taken.

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

Female, age 53, 168cm, 59kg.

**Other information you feel may be relevant**

In 2014 following first round amalgam removal - used Chlorella and NAC - got worse. Have not tried NAC again (due to suspected thiol issue)  
Post TDR - went on strict, high fat, measured animal porting and low carb (no refined carbs, sugar, alcohol or coffee). Included many high thiol foods - incl eggs and sulfur veg. Raised cholesterol from 4 - 7 to assist with mercury detox.  
Purchased DMSA to start after dental revision in May 2015. Have delayed due to deteriorating health - have not been able to stabilise symptoms or open exit portals (constipation)  
Brief let up of symptoms 2 months post TDR and then continued to worsened - as per AI chart pg 52 . Worked with dentist/natropath and 6 weeks ago (after hair test), I stopped all IFR sauna, stopped all supplements except Vit C. I suspect the sulfur supps and enzymes causing problems. I am also intolerant to one or more Vit B. (long standing issue) Still need to work this out further. Serum Vit B12 is high at 789 pmo/L - with test down 5 weeks after stopping all supplements. Prior to supplementation - B12 was 511. (Ref range 139 - 651).

Just completed a 10 day low thiol diet trial and symptoms improved, except fatigue. This thiol issue definitely seems to be an issue for me and has got worse over last months with high thiol diet and supps/enzymes. Need new diet and supp plan  
Plan now to keep high thiols out of diet and reintroduce supps one at time. May also opt for DMPS instead of DMSA. Plan to delay ALA for some time to ensure clearance from Dental work.

Think I need adrenal support/ thyroid support first too?

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

12 years - Perth Australia, prior to that - South Africa (Durban/Johannesburg)