



SEX: Female
AGE: 36

Muscle Fatigue
CAP + CoQ10 & Carnitine

2/9 Walkers Mills Rd
Bethel, ME 04217 U.S.A.

Handwritten notes at top right: "No... to... way"

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	3.8	< 7.0	AT298C cap
Antimony (Sb)	0.010	< 0.050	
Arsenic (As)	0.019	< 0.060	AS/PERK + DHA +
Barium (Ba)	0.63	< 2.0	All in One + B6 + B12
Beryllium (Be)	< 0.01	< 0.020	& Ultramag
Bismuth (Bi)	0.033	< 2.0	
Cadmium (Cd)	0.010	< 0.050	EDTA soap
Lead (Pb)	0.12	< 0.60	+ GSH
Mercury (Hg)	< 0.03	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.006	< 0.060	
Nickel (Ni)	0.07	< 0.30	Riboflavin Spbs
Silver (Ag)	0.44	< 0.15	+ ATP
Tin (Sn)	0.08	< 0.30	+ M6 force
Titanium (Ti)	0.48	< 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)	347	300- 1200	
Magnesium (Mg)	120	35- 120	
Sodium (Na)	12	20- 250	+ 2000c of
Potassium (K)	5	8- 75	+ POTASSIUM
Copper (Cu)	20	11- 37	
Zinc (Zn)	170	140- 220	Zinc 10200g
Manganese (Mn)	0.14	0.08- 0.60	
Chromium (Cr)	0.33	0.40- 0.65	FOR cap
Vanadium (V)	0.029	0.018- 0.065	
Molybdenum (Mo)	0.032	0.020- 0.050	lowest
Boron (B)	0.19	0.25- 1.5	Rosehip
Iodine (I)	0.69	0.25- 1.8	work with your doctor
Lithium (Li)	< 0.004	0.007- 0.020	All in One + B6 + B12 Lithium orotate
Phosphorus (P)	148	150- 220	ATP + Riboflavin
Selenium (Se)	0.57	0.55- 1.1	GSH
Strontium (Sr)	2.4	0.50- 7.6	
Sulfur (S)	47100	44000- 50000	
Cobalt (Co)	0.010	0.005- 0.040	
Iron (Fe)	6.3	7.0- 16	Dandelion
Germanium (Ge)	0.034	0.030- 0.040	
Rubidium (Rb)	0.003	0.007- 0.096	+ POTASSIUM
Zirconium (Zr)	0.028	0.020- 0.42	+ ATP

SPECIMEN DATA		RATIOS	
COMMENTS: Work on short cut + energy + lithium & potassium with your doctor THEN run a HMT in 3-4 months		ELEMENTS	RATIOS
Date Collected: 10/24/2015	Sample Size: 0.198 g	Ca/Mg	2.89
Date Received: 10/29/2015	Sample Type: Head	Ca/P	2.34
Date Completed: 10/31/2015	Hair Color: Brown	Na/K	2.4
Methodology: ICP/MS	Treatment:	Zn/Cu	8.5
	Shampoo: Kirkland Brand	Zn/Cd	> 999
		RANGE	
		Ca/Mg	4- 30
		Ca/P	1- 12
		Na/K	0.5- 10
		Zn/Cu	4- 20
		Zn/Cd	> 900

5 methyl THF to recheck lithium so you can add extra B12? As always, work with your Doctor. With love & hope, Dr. Amy

Refer to your own doctor

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.5	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.019	< 0.060	
Barium (Ba)	0.51	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	0.025	< 0.050	
Lead (Pb)	0.15	< 0.60	
Mercury (Hg)	0.05	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.006	< 0.060	
Nickel (Ni)	0.09	< 0.30	
Silver (Ag)	0.09	< 0.15	
Tin (Sn)	0.06	< 0.30	
Titanium (Ti)	0.43	< 0.70	
Total Toxic Representation			

Next tests also

send in

supp

list

MCHH Liver Cap

+ PS/PEPC +

DHA + Ultimate B

+ Be Calm

+ All in One

+ ATP + Ribo 5 phos

+ Mitoforec

ESSENTIAL AND OTHER ELEMENTS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th
Calcium (Ca)	480	300- 1200	
Magnesium (Mg)	39	35- 120	
Sodium (Na)	9	20- 250	
Potassium (K)	3	8- 75	
Copper (Cu)	11	11- 37	
Zinc (Zn)	180	140- 220	
Manganese (Mn)	0.09	0.08- 0.60	
Chromium (Cr)	0.31	0.40- 0.65	
Vanadium (V)	0.023	0.018- 0.065	
Molybdenum (Mo)	0.031	0.020- 0.050	
Boron (B)	0.12	0.25- 1.5	
Iodine (I)	0.71	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	145	150- 220	
Selenium (Se)	0.58	0.55- 1.1	
Strontium (Sr)	1.2	0.50- 7.6	
Sulfur (S)	46700	44000- 50000	
Cobalt (Co)	0.013	0.005- 0.040	
Iron (Fe)	9.9	7.0- 16	
Germanium (Ge)	0.033	0.030- 0.040	
Rubidium (Rb)	< 0.003	0.007- 0.096	
Zirconium (Zr)	0.028	0.020- 0.42	

LITHIUM

+ ATP

+ Mitoforec

+ Ribo 5 phos

potassium +

ATP +

stephaniz +

Ribo 5 phos

+ Mitoforec

chromium

boron

Lithium +

All in One

+ Be Calm

INCREASE

potassium

+ ATP

SPECIMEN DATA		RATIOS		
COMMENTS: <i>Continue to work on lithium + potassium + energy supps & short cut</i>		ELEMENTS	RATIOS	RANGE
Date Collected: 03/15/2016	Sample Size: 0.201 g	Ca/Mg	12.3	4- 30
Date Received: 03/18/2016	Sample Type: Head	Ca/P	3.31	1- 12
Date Completed: 03/21/2016	Hair Color: Brown	Na/K	3	0.5- 10
Methodology: ICP/MS	Treatment: <i>Run a CSA & MAP test when you can</i>	Zn/Cu	16.4	4- 20
	Shampoo: Kirkland	Zn/Cd	> 999	> 800

I do 3 exam mineralogram and the second was worst that the first and the third 3 was the worst of all why?
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3b

[Re: Hi i have been chelating one year and a half](#)

Fri Mar 25, 2016 7:51 pm (PDT) . Posted by:

[lindajaytee](#)

Hair tests often worsen with chelation before they get better. That is because the chelators are moving mercury and other metals around. Some of the metals are pushed to hair. The moving mercury interferes with mineral transport in the body and that makes the minerals wildly deranged on the test.

The worse tests don't mean that you are actually getting worse. This is exactly why we don't use hair tests to follow progress.

Linda

[Re: Hi i have been chelating one year and a half](#)

Fri Mar 25, 2016 8:39 pm (PDT) . Posted by:

[joegrane610](#)

My followup hair tests at 1 and 1.5 yrs were much worse than my prechelation test. I was grateful for that because it gave me additional information about the toxins present in my body.

However, we have to be careful about reading too much into the test results. This member graphed her hair test results over several years. She said her symptoms did not change significantly as different toxins were coming out into hair.

<http://mercuryandmore.weebly.com/lab-results.html> <http://mercuryandmore.weebly.com/lab-results.html>

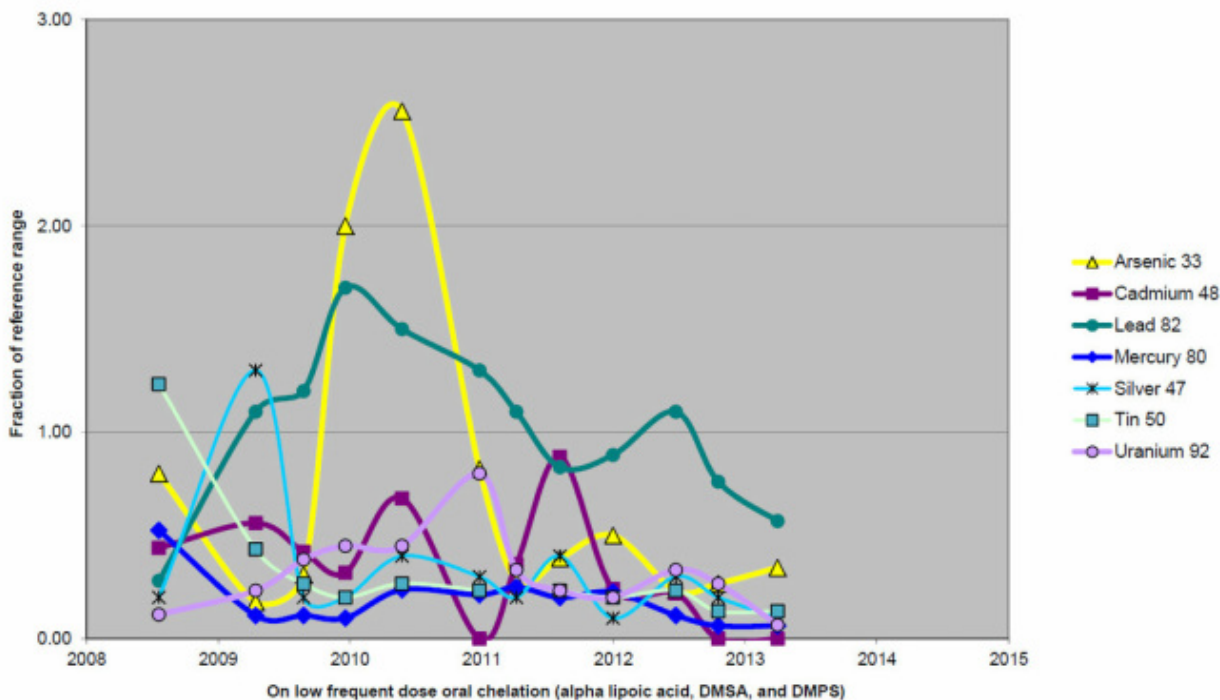
Of course you have to consider possible ongoing exposure.

Are the symptoms that could reasonably be associated with heavy metals improving?

Joe

Toxic Hair Elements over the Years

This chart shows that hair levels at any point in time may not reveal body burden, but the burden is apparent in retrospect.



Hair test 1142

I have been doing the AC protocol for one year. I diagnosed my own mercury toxicity from my kids' hair tests, symptoms and reactions to chelation. This is my first hair test.

1) What are your current symptoms and health history?

- History of eating disorders
- tendency towards substance abuse
- anxiety
- 6 month period of chronic fatigue in college
- IBS and some reflux in 20s & 30s along w/ pathogenic overgrowth of klebsiella pneumonia and later oxytoca found on stool test. IBS went away after many years, although early chelation brought back light version of old digestive symptoms
- Notably bad short term memory since mid-twenties (long-term memory quite good)
- Swollen lymphnode in groin for over 10 years (which grows with starch consumption and goes away on no starch diet – I think this must be related to klebsiella overgrowth.)
- Reoccurring toenail fungus, dandruff (I associate these w/ mercury)

2) Dental history (wisdom teeth removed?)

Wisdom teeth removed, first amalgam around 7? I think I just had one as a kid. Braces, more amalgams placed in teens and twenties (4 total, one of which was very large). 4 amalgams were unsafely removed in approximately 2010 between baby 1 and 2. Unknowingly went through dump phase.

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

She had amalgams b4 and during pregnancy. I don't know how many but I remember seeing a large amount of silver in her mouth.

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

I had pretty much all of the recommended ones up until about 25 years old (at least several flu shots). Have had none since I was about 25. I wonder if one of the shots I got for college could have caused that period of chronic fatigue.

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

I started chelation November 2014. I have been chelating w/ ALA and dmsa. I tried dmpps but got a horrible itchy rash all over so won't be trying that again. I'm taking the basic four supplements (vit c, magnesium, vit 3, zinc) on a daily basis. I have tried different kinds of adrenal support: licorice root, pregnenolone, hydrocortisone (oral tablets and cream), and ACE, but never felt anything made much of a difference. I was cruising along at pretty high doses of ALA (got up to 200 by summer 2015), and then the stall phase hit and I knew my adrenals were struggling (racing heart) so I cut back to 50 ala.

6) Other information you feel may be relevant?

In my twenties I got some permanent makeup tattoos which I realize now probably contributed to my heavy metal toxicity.

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

Arlington, VA, USA