



SEX: Female  
AGE: 60

279 Walkers Mills Rd  
Bethel, ME 04217 U.S.A.

Institute Llc

DEFER to your own doctor as always

Toxic & Essential Elements; Hair

Consider lowdose Bone Capsule + Bone & ProLongevity nucleotide blend : Muscle Fatigue CAP + COQ10

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	5.2	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.013	< 0.060	
Barium (Ba)	0.63	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.025	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.17	< 0.60	
Mercury (Hg)	0.80	< 0.80	
Platinum (Pt)	0.024	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.001	< 0.060	
Nickel (Ni)	0.07	< 0.30	
Silver (Ag)	0.01	< 0.15	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.29	< 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)	1750	300- 1200	
Magnesium (Mg)	140	35- 120	
Sodium (Na)	21	20- 250	
Potassium (K)	3	8- 75	
Copper (Cu)	9.7	11- 37	
Zinc (Zn)	220	140- 220	
Manganese (Mn)	0.07	0.08- 0.60	
Chromium (Cr)	0.34	0.40- 0.65	
Vanadium (V)	0.026	0.018- 0.065	
Molybdenum (Mo)	0.013	0.020- 0.050	
Boron (B)	0.33	0.25- 1.5	
Iodine (I)	0.36	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	148	150- 220	
Selenium (Se)	0.72	0.55- 1.1	
Strontium (Sr)	19	0.50- 7.6	
Sulfur (S)	49400	44000- 50000	
Cobalt (Co)	0.037	0.005- 0.040	
Iron (Fe)	8.5	7.0- 16	
Germanium (Ge)	0.033	0.030- 0.040	
Rubidium (Rb)	0.003	0.007- 0.096	
Zirconium (Zr)	0.021	0.020- 0.42	

SPECIMEN DATA		RATIOS	
COMMENTS: PS/PEPC + DHA + All in One + Be adm + Ultimate		ELEMENTS	RATIOS
Date Collected: 11/13/2015	Sample Size: 0.198 g	Ca/Mg	12.5
Date Received: 11/18/2015	Sample Type: Head	Ca/P	11.8
Date Completed: 11/20/2015	Hair Color: Brown	Na/K	7
Methodology: ICP/MS	Treatment: Dye	Zn/Cu	22.7
	Shampoo: Suave	Zn/Cd	> 999
		RANGE	
		Ca/Mg	4- 30
		Ca/P	1- 12
		Na/K	0.5- 10
		Zn/Cu	4- 20
		Zn/Cd	> 800

THEN Run a HMT in 3 months to check levels with your doctor

Suggestions for your consideration. With love & hope, Dr. Amy

## **Health history for hair test 1146**

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

I have been healthy with no concerns until September of this year (2015). I took B12's and methylfolate as suggested by my Dr. to elevate a slightly lowered B12 level. Several weeks later I felt as though I had a cold - stuffy head, ringing ears - treated with antibiotics and felt no better. In Oct, I visited an ENT for ringing in ears and fatigue, generally not feeling well. No help there. Since Oct I have felt increasing fatigue, constant ringing in ears, headaches, appear to be sensitive to thiol foods - something makes me very much more sick, my teeth hurt and are extremely sensitive to hot and cold, metallic taste, headaches and often noise sensitive.

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

Never had wisdom teeth removed, not sure if I have any. 4 extractions to accommodate braces as a teenager. no root canals, many large amalgams, all my teeth behind eye teeth are full. I began getting them in early childhood.

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

I have all amalgams and 3 caps with visible metal at the gum line. I have not started clean up.

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

Not sure

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

All routine vaccinations, 1 or 2 flu shots

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

B12's and methylfolate - low dose for 1 month, Biest hormone cream and progesterone

### **7. What is your age, height and weight?**

60 yrs old, 5"7" - 135 lbs

### **8. Other information you feel may be relevant?**

I am the mother of hair test 1111

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

Cocoa Beach, FL