

Toxic & Essential Elements; Hair

TOXIC METALS

	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE	
			68 th	95 th
Aluminum (Al)	2.6	< 7.0	█	
Antimony (Sb)	0.015	< 0.050	█	
Arsenic (As)	0.056	< 0.060	█	
Barium (Ba)	0.15	< 2.0	█	
Beryllium (Be)	< 0.01	< 0.020	█	
Bismuth (Bi)	0.011	< 2.0	█	
Cadmium (Cd)	0.040	< 0.050	█	
Lead (Pb)	0.29	< 0.60	█	
Mercury (Hg)	0.83	< 0.80	█	
Platinum (Pt)	< 0.003	< 0.005	█	
Thallium (Tl)	0.001	< 0.002	█	
Thorium (Th)	< 0.001	< 0.002	█	
Uranium (U)	0.008	< 0.060	█	
Nickel (Ni)	0.05	< 0.30	█	
Silver (Ag)	0.07	< 0.15	█	
Tin (Sn)	0.05	< 0.30	█	
Titanium (Ti)	0.37	< 0.70	█	
Total Toxic Representation				

Handwritten notes for Toxic Metals:
 PS/P/PC +
 DHA + Allinone
 + Ba Cdm +
 Ultimate B
 As tolerated
 Metal Away
 +
 EDTA soap
 ATP +
 Riboflavin +
 +
 M. to F. 2

ESSENTIAL AND OTHER ELEMENTS

	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium (Ca)	415	300- 1200	█	█	█	█	█
Magnesium (Mg)	38	35- 120	█	█	█	█	█
Sodium (Na)	15	20- 250	█	█	█	█	█
Potassium (K)	11	8- 75	█	█	█	█	█
Copper (Cu)	22	11- 37	█	█	█	█	█
Zinc (Zn)	210	140- 220	█	█	█	█	█
Manganese (Mn)	0.11	0.08- 0.60	█	█	█	█	█
Chromium (Cr)	0.31	0.40- 0.65	█	█	█	█	█
Vanadium (V)	0.031	0.018- 0.065	█	█	█	█	█
Molybdenum (Mo)	0.036	0.020- 0.050	█	█	█	█	█
Boron (B)	0.38	0.25- 1.5	█	█	█	█	█
Iodine (I)	0.68	0.25- 1.8	█	█	█	█	█
Lithium (Li)	< 0.004	0.007- 0.020	█	█	█	█	█
Phosphorus (P)	161	150- 220	█	█	█	█	█
Selenium (Se)	0.69	0.55- 1.1	█	█	█	█	█
Strontium (Sr)	0.88	0.50- 7.6	█	█	█	█	█
Sulfur (S)	45200	44000- 50000	█	█	█	█	█
Cobalt (Co)	0.008	0.005- 0.040	█	█	█	█	█
Iron (Fe)	5.5	7.0- 16	█	█	█	█	█
Germanium (Ge)	0.029	0.030- 0.040	█	█	█	█	█
Rubidium (Rb)	0.012	0.007- 0.096	█	█	█	█	█
Zirconium (Zr)	0.009	0.020- 0.42	█	█	█	█	█

Handwritten notes for Essential Elements:
 ATP
 +
 Riboflavin
 +
 Mitoforce
 Allinone
 Ba Cdm

Handwritten notes for Essential Elements:
 magnesium
 potassium
 chromium
 work with
 your
 doctor on
 lithium
 + ATP
 M. to F. liver
 CAP +

SPECIMEN DATA

COMMENTS: work on lithium + potassium
 Date Collected: 12/13/2015 Sample Size: 0.198 g + ATP
 Date Received: 12/17/2015 Sample Type: Head
 Date Completed: 12/18/2015 Hair Color: Brown then run
 Methodology: ICP/MS Treatment: 2 HMT in
 Shampoo: None 3-4 months

RATIOS

ELEMENTS	RATIOS	RANGE
Ca/Mg	10.9	low 4-20
Ca/P	2.58	low 2-10
Na/K	1.36	low 0.5-10
Zn/Cu	9.55	low 4-20
Zn/Cd	> 999	> 800

As always, work with your Doctor.
 With love & hope, Dr. Amy

DEFER to your doctor as always

Health history for hair test 1152

1) What are your current symptoms and health history?

Tremendous amount of anxiety, insomnia, digestive problems, underweight, fatigue, depression, cold all the time, mood swings, trouble with concentration, lots of tension in body, terrible PMS

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

Braces. Nothing else

3) What dental work do you currently have in place? What part of the dental cleanup have you completed?

No dental work in place. Nothing to remove

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

I don't think she has any fillings

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

Standard childhood vaccinations. I have had the flu shot twice, maybe in 2010 and 2012.

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

Daily medications and supplements:

Cymbalta (20 mg), NatureThroid (1 grain), Trileptal (75 mg)

Vitamin A (5,000 IU), Vitamin B complex, Vitamin C (500 mg), Vitamin E (800 IU), Ionic-Mag (2 drops), Selenium (200 mcg), Chromium (200 mcg),

Probiotics

7) Other information you feel may be relevant?

I think I might be copper deficient even though my levels show up as normal. I took contraceptives for 5 years, and that really messed with my mood and hormones.

8) What is your location - city & country

Seattle, in the United States