



HAIR TEST: 1161

SEX: Male

AGE: 25

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.2	< 7.0	
Antimony (Sb)	0.014	< 0.066	
Arsenic (As)	0.064	< 0.080	
Barium (Ba)	0.29	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.17	< 0.80	
Mercury (Hg)	1.5	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.029	< 0.060	
Nickel (Ni)	0.11	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.37	< 0.60	
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)	817	200- 750			
Magnesium (Mg)	110	25- 75			
Sodium (Na)	18	20- 180			
Potassium (K)	9	9- 80			
Copper (Cu)	38	11- 30			
Zinc (Zn)	230	130- 200			
Manganese (Mn)	0.09	0.08- 0.50			
Chromium (Cr)	0.32	0.40- 0.70			
Vanadium (V)	0.014	0.018- 0.065			
Molybdenum (Mo)	0.034	0.025- 0.060			
Boron (B)	0.57	0.40- 3.0			
Iodine (I)	0.47	0.25- 1.8			
Lithium (Li)	0.006	0.007- 0.020			
Phosphorus (P)	203	150- 220			
Selenium (Se)	0.82	0.70- 1.2			
Strontium (Sr)	0.96	0.30- 3.5			
Sulfur (S)	45100	44000- 50000			
Cobalt (Co)	0.008	0.004- 0.020			
Iron (Fe)	7.6	7.0- 16			
Germanium (Ge)	0.030	0.030- 0.040			
Rubidium (Rb)	0.016	0.011- 0.12			
Zirconium (Zr)	0.042	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 01/03/2016		Ca/Mg	7.43
Date Received: 01/07/2016		Ca/P	4.02
Date Completed: 01/08/2016		Na/K	2
Methodology: ICP/MS		Zn/Cu	6.05
Sample Size: 0.198 g	Sample Type: Head	Zn/Cd	> 999
Hair Color:	Treatment:		
Shampoo:			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

Health history for hair test 1161

1) What are your current symptoms and health history?

I am currently experiencing a lot of various symptoms:

Chronic Symptoms:

- Constant lack of energy
- Frequent thirst/urination, urgency
- Irritable Bowel Syndrome

Recent Symptoms:

- Mild fibromyalgia (general aches all over body)
- Bone/Joint Pain
- Sleep disturbances (head tremors, particularly when about to fall asleep, wake up several times during the night)
- Frequent thirst/urination, urgency for urination
- Confirmed adrenal fatigue with saliva test
- Hypoglycemia
- Anxiety
- Muscle fatigue
- Angina
- Astigmatism
- Lower back pain
- Radiating pain in lower right abdomen, right groin, and right testicle
- Head pressure/pain

Many of these symptoms seemed to happen very recently. At first, it was just chronic fatigue and irritable bowel symptoms. After seeing a functional practitioner last month & starting to take a bunch of supplements (along with the flu shot), things started getting bad very fast. Hypoglycemia got much worse, and I started waking up in the middle of the night with nightmares & sleep paralysis.

More recently, after naive alpha lipoic acid use, I have experienced quite severe symptoms: night tremors, head pressure/pain, and much worse sleep disturbances than from hypoglycemia (waking up wide awake after just 1-2 hours of sleeping).

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

- 1 wisdom tooth removed. Is this relevant to mercury poisoning?
- No root canals
- I have several resin fillings, but I don't think I have any mercury fillings

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

- Just the resin fillings

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

- None as far as I know

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

I have had flu shots the past 3 years (most recently about 2 months ago). I was also born in the US in 1990, when all the vaccinations still had thimerosal, so I've had all the required ones: Hepatitis B, MMR, etc (though I don't have vaccination records on me). I also did the first phase of the HPV vaccination, but I had negative reactions, so I didn't finish those.

I also received allergy shots for the past 3 years, but my allergist says there is no thimerosal in them (only phenol).

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

I started taking supplements about 2 months ago, and many of these are the standard ones. These are baseline dosages, as I am still adjusting to how each supplement makes me react:

Daily Values

Vitamin C: 3-4g

Zinc: 30mg

Adrenal Cortex: 180mg

CDP-Choline: 250mg

Inositol: 750mg

Liquid Pregnenolone - 60mg

Selenomethionine - 200 mcg

Isotonix B complex - 2 caps (equivalent to about 10mg of each B vitamin, supposedly better absorbed, so no need to take as much)

Molybdenum - 1000 mcg

Fish Oil - 1200mg (EPA + DHA combined)

Flax Oil - 1400mg (ALA)

Vitamin A - 4000 IU

Vitamin E - 800 IU

Curcumin Extract - 1g

CoQ10 - 200mg

Digestive Enzymes: One per meal

Milk Thistle Extract - 200mg

Melatonin - 3-6g

L-Tryptophan - 1g

Arginine - 2g

Taurine - 500mg

7) Other information you feel may be relevant?

I also feel that my body might have stored up arsenic in addition to mercury, as I am from an Asian family & we eat a good amount of rice every day. I know I have a less efficient phase 2 detox due to having Gilbert's syndrome.

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

Chicago, IL