

Inflammatory Pathway CAP
Muscle Fatigue Cap

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

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT $\mu\text{g/g}$	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	4.4	< 7.0	MTHFR Liver CAP
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.076	< 0.080	
Barium (Ba)	0.08	< 1.0	PS/PE/PC+DHA
Beryllium (Be)	< 0.01	< 0.020	+ All In One
Bismuth (Bi)	< 0.002	< 2.0	+ B2 Calm
Cadmium (Cd)	0.016	< 0.065	+ Ultimate B
Lead (Pb)	0.18	< 0.80	
Mercury (Hg)	0.23	< 0.80	
Platinum (Pt)	0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.017	< 0.060	
Nickel (Ni)	0.07	< 0.20	MitoForce +
Silver (Ag)	0.01	< 0.08	Riboflavin 5
Tin (Sn)	0.02	< 0.30	+ ATP Phos
Titanium (Ti)	0.45	< 0.60	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS			
	RESULT $\mu\text{g/g}$	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th
Calcium (Ca)	312	200- 750	
Magnesium (Mg)	57	25- 75	
Sodium (Na)	18	20- 180	
Potassium (K)	11	9- 80	+ potassium
Copper (Cu)	17	11- 30	+ ATP
Zinc (Zn)	250	130- 200	
Manganese (Mn)	0.06	0.08- 0.50	1-2 drops
Chromium (Cr)	0.29	0.40- 0.70	sprinkle
Vanadium (V)	0.041	0.018- 0.065	
Molybdenum (Mo)	0.049	0.025- 0.060	
Boron (B)	0.72	0.40- 3.0	All In One work with your
Iodine (I)	0.29	0.25- 1.8	+ B2 Calm doctor on U
Lithium (Li)	< 0.004	0.007- 0.020	lithium orotate methylation
Phosphorus (P)	157	150- 220	TOO HIGH helps process
Selenium (Se)	60	0.70- 1.2	excess
Strontium (Sr)	0.32	0.30- 3.5	Selenium
Sulfur (S)	49700	44000- 50000	so limit selenium
Cobalt (Co)	0.013	0.004- 0.020	until methylation
Iron (Fe)	7.5	7.0- 16	1st in but we
Germanium (Ge)	0.034	0.030- 0.040	Liver nucleotide
Rubidium (Rb)	0.008	0.011- 0.12	blend +
Zirconium (Zr)	< 0.007	0.020- 0.44	MTHFR Liver CAP

SPECIMEN DATA		RATIOS		
COMMENTS: work on lithium + potassium + ATP to help with B12 as methylation is important in getting rid of excess selenium.		ELEMENTS	RATIOS	RANGE
Date Collected: 12/30/2015	Sample Size: 0.196 g	Ca/Mg	5.47	Don't do
Date Received: 01/11/2016	Sample Type: Head	Ca/P	1.99	0.8- 2.0
Date Completed: 01/12/2016	Hair Color:	Na/K	1.64	0.5- 1.0
Methodology: ICP/MS	Treatment:	Zn/Cu	14.7	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

Run 2 HMT in 3-4 months later to your doctor as always

Health history for hair test 1162

1. What are your current symptoms and health history?

Health history:

12-18 yrs:

- constipation
- problem with sinus and lungs, (took lomusol, sofrasolone, isilung, vasocidine, phytodensirope)
- heavy head

18-21 yrs : eczema, athlete's feet, tired, low energy, bad food,

21-27 yrs: unemployed, procrastination, getting paranoid, anxiety, ringing ears, talking to myself sometimes, running around, forgetting what i wanted to do, very tired, no energy, low libido, living like a plant, procrastination, unreal feeling,

I TOOK A MULTI THAT HAD ALA in it for some time!

I ate bad food: lot's of pasta, eggs, pizza, french fries, rice

28-30 yrs: watching out for health-> better food (fruit, veggies, chicken), no microwave, no bpa plastic, no teflon, no fluoride, cleaner air with airfilter, cotton sheets pillows, natural shampoos

removed last amalgam (2013), no ringing in ears anymore, less anxiety or paranoia, more energy, better libido, no mold in house, less dust,

Current symptoms:

- Candida in the gut,
- low on residential flora (lactobacillus sp, bactericides sp, enterococcus sp & escherichia coli) bifido was ok.
- Leaky gut
- Food intolerances for gluten, milk, nuts, peas etc.
- floating stool
- Athlete's feet, nail fungus
- Seborrheic Eczema around nose, eyebrows, beard
- dandruff
- Cold hands, cold feet
- bad sleeper
- low energy, tired
- bleeding gums
- can not smell since birth
- plans a lot
- sometimes talk to myself, sometimes songs stuck in head on repeat
- procrastination
- easily distracted
- anxiety, a lot busy with health
- likes to be alone and plan for the future
- low on jodium (<5ug/dl)

- low magnesium (1.28 mmol/l)
 - low ALA (0,05%) and GLA (0,01%)
 - high vit B6 (23ug/L)
 - zink (119ug/dl)
 - selenium (92ug/L)
2. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)
 - 1 when i was 12 I wore some kind of a removable bracelet at night
 - 1 wisdom teeth removed 1 year ago
 - still 2 root canals. 1 old and 1 from 9 september 2013 (has been redone last year)
 - 8 years ago 6 mercury fillings where replaced unsafely
 - 27 februari 2013 a final one was removed with rubberdam.
 - Lot's of composite fillings now
 3. What dental work do you currently have in place? What part of the dental clean-up have you completed?
 - All mercury gone, still 2 root canals, 1 wisdom teeth removed in 2015
 4. What dentistry did your mother have at any time before or during pregnancy? she does not remember
 5. What vaccinations have you had and when (including flu and especially travel shots)?
 - birth 30 years ago: polio, diphteria, tetanus, pertussis
 - age 6: measles, mumps, rubella
 - age 9: Mmr vax
 - age 10: rappel
 - age 15: hepatitis B
 - no 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?
 - yes not on the day itself but weeks before a good natural balanced multi's, 25mg zinc, 1tsp apple cider, vitamine C 1000mg, Arsenicum album homeopathy 200k, 400mcg molybdenum, 10 spays magnesiumchloride, natural vitamine B, 400iu vit e, 1000 iu vit D
 7. What is your age, height and weight?
 - age: 30
 - height: 193 cm / 76 inch
 - weight: 68 kg / 150 lbs
 8. Other information you feel may be relevant?

I feel much better then 5 years ago, maybe the symptoms are from candida ?? I also used Jim humble's Miracle Mineral Solution for some time couple years ago.

I want to start fighting candida and heal my gut if that is a good idea, supps or blends I would take are:

SF722 undecenoic acid, caprylic acid, betaine hcl, berberine, cloves, vit c, vit b5, vit b2, vit b-complex, molybdenum, gymnema sylvestre, digestive enzymes, glutamine, monolaurin, ornithine, l-glycine, biotin, colostrum, lactoferrin, zinc, probiotic, omega 3
What is your location – city & country (so that we can learn where certain toxins are more prevalent).

The food I would eat:

spinach, aspergus, cabbage, cauliflower, brocolli, artichoke, brussels sprouts, celery, rutabaga, leek, courgette, salade, watercress, kohlrabi, chives, fennel, endive, bok choi, parsley, radishes, sweet potato, apple, strawberry, raspberry, blueberries, cucummberr

wild fish, biochicken, olive oil, cocos oil, cayennepowder, cinnamon, onion, garlic

9. Europe - Belgium - Brussels