



HAIR TEST: 1165
SEX: Female
AGE: 47

Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)		2.4	< 7.0	
Antimony (Sb)		< 0.01	< 0.050	
Arsenic (As)		0.021	< 0.060	
Barium (Ba)		1.0	< 2.0	
Beryllium (Be)		< 0.01	< 0.020	
Bismuth (Bi)		0.014	< 2.0	
Cadmium (Cd)		< 0.009	< 0.050	
Lead (Pb)		0.12	< 0.60	
Mercury (Hg)		1.1	< 0.80	
Platinum (Pt)		< 0.003	< 0.005	
Thallium (Tl)		< 0.001	< 0.002	
Thorium (Th)		< 0.001	< 0.002	
Uranium (U)		0.001	< 0.060	
Nickel (Ni)		0.25	< 0.30	
Silver (Ag)		0.04	< 0.15	
Tin (Sn)		0.21	< 0.30	
Titanium (Ti)		0.59	< 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)		846	300- 1200		
Magnesium (Mg)		93	35- 120		
Sodium (Na)		32	20- 250		
Potassium (K)		4	8- 75		
Copper (Cu)		9.0	11- 37		
Zinc (Zn)		210	140- 220		
Manganese (Mn)		0.11	0.08- 0.60		
Chromium (Cr)		0.33	0.40- 0.65		
Vanadium (V)		0.028	0.018- 0.065		
Molybdenum (Mo)		0.027	0.020- 0.050		
Boron (B)		0.23	0.25- 1.5		
Iodine (I)		1.1	0.25- 1.8		
Lithium (Li)		0.007	0.007- 0.020		
Phosphorus (P)		168	150- 220		
Selenium (Se)		0.81	0.55- 1.1		
Strontium (Sr)		3.2	0.50- 7.6		
Sulfur (S)		45300	44000- 50000		
Cobalt (Co)		0.025	0.005- 0.040		
Iron (Fe)		8.3	7.0- 16		
Germanium (Ge)		0.033	0.030- 0.040		
Rubidium (Rb)		0.003	0.007- 0.096		
Zirconium (Zr)		0.018	0.020- 0.42		

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 01/18/2016	Sample Size: 0.198 g	Ca/Mg	9.1
Date Received: 01/22/2016	Sample Type: Head	Ca/P	5.04
Date Completed: 01/25/2016	Hair Color: Brown	Na/K	8
Methodology: ICP/MS	Treatment: Dye	Zn/Cu	23.3
	Shampoo: Natures Gate	Zn/Cd	> 999
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

Health history for hair test 1165

1. Medical history

Childhood: Fairly healthy except I had strep throat often. I was diagnosed with a heart murmur and rheumatic fever around age 12. I had Bicillin injections monthly until I turned 18. I did take SBE prophylaxis prior to dental work but do not know. I had mono when I was in 10th grade and had to be sent home from boarding school. It was a very severe case.

1 miscarriage July 2005 and 2 miscarriages between 2007 and 2008 while trying to get pregnant and luckily 2 successful pregnancies 2006 and 2009!

I did have atypical headaches during my first trimester of my second pregnancy in 2009.

Headaches ended after the first trimester.

Insomnia off and on after the death of my mother in 2007. Insomnia would flare up during stressors.

Around the end of 2011 I started having intense frontal head pain with jumping jacks and neck flexion. I would only notice these when doing exercise and the headache would stop as soon as the action stopped. By the start of 2012 the frontal headache became more constant and more severe. Again they would intensify with movement like jumping, neck flexion and any straining.

MRI normal except sinus disease (attempted conservative treatment of sinus issues)

Headaches started to intensify and extreme fatigue, joint pain, neck stiffness, occasional foot and/or hand numbness, weakness in left arm, and mild cognitive issues

Underwent Sinus surgery (Dr. Pugh) August 17, 2012. I had to go on steroids for an obstruction and developed flu-like symptoms

10/12/12- symptoms of fatigue and headache worsened so went back to see general MD since sinuses looked good. Positive Epstein-Barr antigen, IgG. At this time I was sleeping 16 hours a day

Underwent intravenous DHE treatment with minimal short-term benefit.

Lumbar puncture- elevated proteins

Only thing that has helped significantly with headache was when I had an occipital block performed. Tried another without a steroid (once I knew this was contraindicated) but it did not help.

8/9/13 Western Blot positive for Lyme disease. IgM23. CD57 count at 30.

11/13-12/14 did antibiotic treatment

Gallbladder removed 9/2014

2015 -2016 I've been doing only holistic treatment

Current Symptoms: Frontal daily headache (also can be behind eyes and under eyes) - averages around a 4, can go up to 10 and down to 1-2. A portion of them are pressure like quality and other times a sharp localized pain in one area. Mostly a "blanket" of headache. Only triggers I can figure out: bright light, loud noise, stress, lack of sleep.

Cognitive Issues- short-term and long-term memory deficits, word finding problems, difficulty focusing, "brain fog"

Fatigue (but much improved in the last year) I usually sleep 9-10 hours a day and average 2 naps per week (2 hours)

Neck stiffness and soreness. Tons of tension in neck muscles and upper. Joint pain in upper extremities. Uncharacteristic irritability

Sporadic blurred vision

2. Dental History:

Many amalgams as a child. I had them replaced back in 1998 for cosmetic reasons. I had wisdom teeth pulled around the age of 18, I had braces for 2 1/2 years. I currently have permanent bottom and upper retainers.

3. Currently I do not have any dental clean-up in place- not sure what I could do at this point.

4. I'm certain my mom had amalgams in while she was pregnant with me. Not sure about anything else

5. Vaccinations: I have had all school vaccinations and since I worked in a hospital I had all routine vaccinations they require (hepatitis, flu, tetanus, etc.) I haven't had a flu shot since 2012. I traveled to Africa and received all vaccinations, medications needed for this trip in 2004.

6. Prescription Medications: Armour Thyroid 15mg once in morning, Indomethacin ER 75 MG once a day, Clonazepam 0.5 mg once at night, Paroxetine 20 mg once at night, Gabapentin 2 tablets of 300mg at night,

supplements/other: B 12 liquid 2 drops/per day, Monolaurin (1/2 scoop per day), Nature's Way Primadophilus Bifidus 5 billion CFU 2 tablets once a day, Niacinamide (niacin 500mg and alpha lipoid acid 50 mg) one a day, DaVinc Devil's Claw 500 mg -4 per day, Ultra Gamma E complex one tablet once a day (Vitamin E (as d-alpha tocopherol) 90 IU, high-Gamma Mixed Tocopherols 450 mg, high-Gamma mixed tocotrienols 20 mg), Cal/Mag 2:1 (Calcium 300mg, magnesium 150mg) one tablet once a day, Da Vinci black currant seed oil 1,000 mg once a day, NeuroFlam (Catechins 100mg, Curcuminoids 100 mg, Rutin 75 mg, Baicalin 60 mg, Resveratrol 50 mg, Apigen 30 mg, Luteolin 20 mg) 4 capsules per day, Vitamin D3 5,000 IU once a day, manganese 8 mg twice a day, P5P 50 (pyridoxal 5 phosphate (activated B6) 50mg once a day, Folapro (folate 800mcg) once a day, DMAE (Dimethylaminoethanol Bitartrate) 100mg once a day, Zinc 15mg once a day, EPO (evening primrose oil 500mg, gamma-linolenic acid (GLA) 45 mg) once a day, Fungistatin (proprietary blend 558mg sodium caprylate, potassium sorbate, calcium propionate, tannic acid, vitamin E, and biotin) one capsule twice a day, OmegaGenics EPA-DHA 720 (EPA 860mg, DHA 580 mg, other omega - 3 fatty acids 160 mg) 3 capsules twice a day, Iron 18mg once a day
RetrovirPro 2 sprays 1-3 times per day, liposomal oral glutathione 1 tsp 1-2 times per day, ProBoost (genicel) one packet daily when I remember (Thymic Protein A 4mcg),

other supplements/medication in last 6 months- Garvey's Viral shock protocol: 2 grams of vitamin C, 2 500 mg Echinacea/goldenseal, two 500 mg capsules of L-lysine, one 20 mg tablet of zinc and LarreaRx, Garvey's Bacterial Shock protocol: two 500 mg samento (wild-harvested devil's claw), two 500 mg capsules of Echinacea/golden seal, two 225 mg capsules of olive leaf extract. Garvey's Fungal Shock protocol: Primadophilus Bifidus, 1/2 tsp FOS, one tablet Citricidal, three tablets of candida Digest, Logos Thymic Formula 1 capsule twice a day, nystatin, also I took an antibiotic for strep throat about 3 months ago I cannot recall which one (if you need this I can call my MD), possibly Lamictal (not sure exactly when I stopped)

7. 47 years old, 5'4", 114lbs

8. I can't think of anything at this point

9. Raleigh, NC