



HAIR TEST: 1197
 SEX: Female
 AGE: 46

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	4.1	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.064	< 0.060	
Barium (Ba)	4.2	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.008	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.07	< 0.60	
Mercury (Hg)	0.98	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.005	< 0.060	
Nickel (Ni)	0.08	< 0.30	
Silver (Ag)	0.03	< 0.15	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.44	< 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)	366	300- 1200			
Magnesium (Mg)	23	35- 120			
Sodium (Na)	5	20- 250			
Potassium (K)	< 3	8- 75			
Copper (Cu)	13	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)	0.020	0.018- 0.065			
Molybdenum (Mo)	0.022	0.020- 0.050			
Boron (B)	0.20	0.25- 1.5			
Iodine (I)	0.15	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	174	150- 220			
Selenium (Se)	0.75	0.55- 1.1			
Strontium (Sr)	1.0	0.50- 7.6			
Sulfur (S)	48700	44000- 50000			
Cobalt (Co)	0.015	0.005- 0.040			
Iron (Fe)	9.7	7.0- 16			
Germanium (Ge)	0.035	0.030- 0.040			
Rubidium (Rb)	< 0.003	0.007- 0.096			
Zirconium (Zr)	0.017	0.020- 0.42			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 05/02/2016		Ca/Mg	15.9
Date Received: 05/07/2016		Ca/P	2.1
Date Completed: 05/10/2016		Na/K	1.67
Methodology: ICP/MS		Zn/Cu	16.9
Sample Size: 0.198 g	Sample Type: Head	Zn/Cd	> 999
Hair Color:	Treatment:		
Shampoo:			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

Hair Test 1197

Current symptoms:

Dizziness/vertigo

Chest tightness, heart palpitations

Tremors occasionally

Currently on anti-seizure medication following relapse after reducing antibiotics.

Insomnia

Vision problems

Fatigue alternating with hyperactivity

Ringing ears

Health history:

I'm including health issues prior to my lyme "crash," because I think my immune system may have been impaired from a younger age.

Age 2: Stomach pumped after accidental ingestion of tray of aspirin.

Age 17: Mono (immediately following death of a loved one)

Age 18: Onset of digestive issues

Age 19-22: Bronchitis; multiple flus; strep throat; diagnosed with hypothyroid.

Age 25: Adopted 2 stray cats; frequent cat bites and scratches.

Age 26-30: Frequent flus and infections, with increasing severity.

Age 31: Pneumonia

Age 32-38: Worsening of digestive issues; unidentified viral infection bedridden almost 4 weeks.

Age 38: Spider bite: Leg swelled up; couldn't walk for 3 days.

Age 39-41: Several ED visits for stomach issues (severe pain/blacking out); diagnosed with IBS.

Age 41: Discovered black mold problem; moved from apartment.

Age 42: Multiple tick bites after moving .

Onset of stabbing pain in feet, sciatica, muscle weakness; constant infections. Later developed dizzy spells, shakiness. Began lyme treatment ~8 mos later: doxycycline + azithromycin. Bedridden. Babesia treatment 2013 (Malarone, Coartem); Bartonella treatment 2014 (Cipro, Ketek). Relapsed 2016 after reducing antibiotics.

Dental history

- Wisdom teeth plus 4 other teeth extracted in early teens (age 13?)
- Braces and headgear (age 13-14?)
- 5 amalgams between ages 17-30 (most of them are over 20 years old).
- No root canals
- Bruxism (grinding problems).

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

- First of 5 amalgams removed 6 months ago - Planning to remove the remaining 4 amalgams starting this June.

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

- Braces off prior to her pregnancy.
- No amalgams; no extractions (interestingly, she is much healthier than me).

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

- Polio vaccine as an infant (1970); not sure what else I had as a child.
- MMR booster in ~2008

- First and last flu vaccine ~2009.

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

- Ultimate Flora Probiotic 150 billion/40 strains, "Renew Life" brand
- Milk thistle, "Eclectic Institute" brand
- Magnesium Malate, "Source Naturals" brand
- Vit. C (Superbio C Buffered 2 stage, timed release) "Solary" brand
- Vit. D3, "Solgar" brand
- Fish oil wild caught, "365" brand
- Cod liver oil, "Nordic Naturals" brand
- Oil of oregano, "Gaia" brand
- Microbinate, "Researched Nutritionals" brand
- Methyl B-12, "Jarrow" brand
- Folate (as l-methylfolate or Metafolin), "Solgar" brand
- P5P, "Country Life" brand
- NAC, "Jarrow" brand
- Melatonin Sustain, "Jarrow" brand
- Turmeric Force, "New Chapter" brand
- Chelated zinc, "Solgar" brand
- Note: I was taking ALA until about 4 months ago; to be resumed after amalgams are removed.

What is your age, height and weight?:

- Age 46
- 5'2"
- 102 lbs.

Other information you feel may be relevant?

- I dropped a mercury thermometer in high school and the classroom was evacuated.
- I get a metallic taste from cheap silverware.
- Lead exposure via work with stained glass ~2000-2002

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

- Durham, NC