



SEX: Female
AGE: 25

What is main health concern?

279 Walkers Mills Rd
Bethel, ME 04217 U.S.A.

Defer to always
Suggestions 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	MTTR Liver Cop
Antimony (Sb)	0.011	< 0.050	
Arsenic (As)	0.047	< 0.060	PS/PE/PC + DNA
Barium (Ba)	1.4	< 2.0	+ Potassium
Beryllium (Be)	< 0.01	< 0.020	full metal
Bismuth (Bi)	0.010	< 2.0	
Cadmium (Cd)	0.046	< 0.050	
Lead (Pb)	0.82	< 0.60	
Mercury (Hg)	0.23	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	EDTA soap
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	Ultraferd +
Uranium (U)	0.72	< 0.060	
Nickel (Ni)	0.11	< 0.30	puerarin's
Silver (Ag)	0.06	< 0.15	
Tip (Sn)	0.09	< 0.30	Run a HOME
Titanium (Ti)	0.37	< 0.70	WATER TEST
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)	560	300- 1200	
Magnesium (Mg)	66	35- 120	
Sodium (Na)	12	20- 250	Potassium
Potassium (K)	9	8- 75	
Copper (Cu)	30	11- 37	
Zinc (Zn)	180	140- 220	ATP
Manganese (Mn)	0.40	0.08- 0.60	
Chromium (Cr)	0.40	0.40- 0.65	
Vanadium (V)	0.098	0.018- 0.065	Limit chazod
Molybdenum (Mo)	0.028	0.020- 0.050	Limit bantone
Boron (B)	0.68	0.25- 1.5	
Iodine (I)	0.25	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	All in one
Phosphorus (P)	185	150- 220	
Selenium (Se)	0.76	0.55- 1.1	Ba Calm
Strontium (Sr)	5.7	0.50- 7.6	
Sulfur (S)	47000	44000- 50000	
Cobalt (Co)	0.038	0.005- 0.040	
Iron (Fe)	10	7.0- 16	
Germanium (Ge)	0.036	0.030- 0.040	
Rubidium (Rb)	0.015	0.007- 0.096	
Zirconium (Zr)	0.37	0.020- 0.42	

SPECIMEN DATA		RATIOS	
COMMENTS: Work on lithium is above suggestions		ELEMENTS	RATIOS
Date Collected: 06/20/2016	Sample Size: 0.197 g	Ca/Mg	8.48
Date Received: 06/23/2016	Sample Type: Head	Ca/P	3.03
Date Completed: 06/24/2016	Hair Color: Brown	Na/K	1.33
Methodology: ICP/MS	Treatment: 3-4 months	Zn/Cu	6
	Shampoo: to check if lithium is in	Zn/Cd	> 999
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

Hair Test 1205

1. What are your current symptoms and health history?

I have periods of weeks or months of joint pain all over my body, with visible swelling especially in fingers and feet and morning stiffness. I have been tested for RA and lupus but am negative for these and for any autoimmunity. By the time I get in to see a rheumatologist the episode has usually resolved and they tell me there's nothing wrong with me. The last episode took a couple of months to resolve. I don't catch colds or anything that everyone else around me succumbs to: I don't get sick but I feel constantly wired, despite very poor/little sleep. I have significant brain fog that improves when I am on round at 12.5mg ALA. I have trouble calming down after a stressful event. Impaired digestion, with easily identifiable undigested food in stools: it comes out as it went in. I have no appetite and a feeling of fullness after a meal that can last 12 hours. I eat a lot of salt and I crave sweet foods. I have given up coffee, tea and all sugar but love my stevia. Eating carbohydrates causes fatigue that puts me on the couch for hours so I avoid them and eat mostly paleo.

2. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)

Several amalgams in my second teeth. I don't remember them being removed, but now have only white fillings, so they must have been removed unsafely as I have never been to a mercury-aware dentist. No root canals, no amalgams in place now.

3. Mother doesn't recall if she had dentistry during pregnancy with me, but it is possible.

4. Vaccinations, including for flu and travel shots:

My mother doesn't have a good memory for these things, but I had most of the standard baby shots for a baby of my time: MMR, Polio, Tdap. But I didn't keep up with all the boosters into childhood. I had Tetanus at 8 years. I don't know if I had Hep B or Hib as these were introduced after I was born. I know I didn't have pertussis, meningococcal, HPV or any flu shots.

I had travel shots for Typhoid, Yellow Fever, and Malaria 3 years ago. I have not had a cold or any acute illness since then.

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

Magnesium 500mg/day

Vitamin E 1000IU/day

Zinc 50mg/day

Vitamin B complex 50mg/day

Vitamin C 4g/day

I only take these supplements for half the week: only while chelating. I've been chelating since April this year and am now up to 12.5mg ALA. I feel cognitively much sharper when I am on round.

6. What is your age, height and weight?

Age 25

Height 5'6"

Weight 135lbs

7. Other information you feel may be relevant?

I have a copper IUD. I had my first child 14 months ago. He is well. I had a very long labour and was unable to produce enough milk to exclusively breast feed. Also had a tick bite a few years ago. I didn't have joint problems until sometime after the tick bite but I didn't connect the two as I tested negative for Lyme.

8. What is your location – city & country (so that we can learn where certain toxins are more prevalent). Fort Morgan CO US.