

HAIR ELEMENTS



PATIENT: Number 411
SEX: Female
AGE: 42
LOCATION: McIntosh, MN, USA

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	2.5	< 7.0	██████████	
Antimony	0.013	< 0.050	██████████	
Arsenic	0.053	< 0.060	██████████	
Barium	7.3	< 2.0	██████████	
Beryllium	< 0.01	< 0.020		
Bismuth	0.005	< 2.0	●	
Cadmium	0.063	< 0.050	██████████	
Lead	0.74	< 0.60	██████████	
Mercury	0.26	< 0.80	██████████	
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.004	< 0.060	██████████	
Nickel	0.11	< 0.30	██████████	
Silver	0.01	< 0.15	██████████	
Tin	0.25	< 0.30	██████████	
Titanium	0.45	< 0.70	██████████	
Total Toxic Representation			██████████	

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	1220	300- 1200			██████████		
Magnesium	110	35- 120			██████████		
Sodium	11	20- 250		██████████			
Potassium	9	8- 75		██████████			
Copper	9.9	11- 37		██████████			
Zinc	350	140- 220			██████████		
Manganese	5.3	0.08- 0.60			██████████		
Chromium	0.41	0.40- 0.65		██████████			
Vanadium	0.027	0.018- 0.065			██████████		
Molybdenum	0.026	0.020- 0.050			██████████		
Boron	1.4	0.25- 1.5			██████████		
Iodine	5.1	0.25- 1.8			██████████		
Lithium	0.006	0.007- 0.020		██████████			
Phosphorus	196	150- 220			██████████		
Selenium	1.1	0.55- 1.1			██████████		
Strontium	0.97	0.50- 7.6		██████████			
Sulfur	42700	44000- 50000		██████████			
Cobalt	0.041	0.005- 0.040			██████████		
Iron	69	7.0- 16			██████████		
Germanium	0.034	0.030- 0.040			██████████		
Rubidium	0.010	0.007- 0.096		██████████			
Zirconium	0.21	0.020- 0.42			██████████		

SPECIMEN DATA

COMMENTS:

Date Collected: 9/1/2010 Sample Size: 0.198 g
 Date Received: 9/4/2010 Sample Type: Head
 Date Completed: 9/6/2010 Hair Color: Brown
 Client Reference: 1243311 Treatment:
 Methodology: ICP-MS Shampoo: Dove

V010.08

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	11.1	4- 30
Ca/P	6.22	1- 12
Na/K	1.22	0.5- 10
Zn/Cu	35.4	4- 20
Zn/Cd	> 999	> 800

Health history for hair test 411

1) What are your current symptoms and health history?

Current symptoms: depression, anxiety, mood swings, brain fog, memory loss, fatigue, recently inappropriate fear, inappropriate angry outbursts, poor sleep/waking between 2-3am, new attention deficit (not from childhood), miserably itchy scalp, clenching of jaw, TMJ, chronic constipation, adrenal fatigue, candida, quickly becoming more and more anti-social as being with people proves to be too stressful, foul breath all the time, thick phlegm, last 2 weeks yellow stools (liver/bile issues ?) Have occasional bouts with hours of heart palpitations that I believe to be linked to electrolyte issues.

Strict candida diet and supplements for last 3 years had resolved fibromyalgia, depression, severe chronic fatigue and various digestive issues but I never could get over hump to digestive health. Symptoms return when off diet too long.

Had incapacitating bouts of vertigo after having 2 amalgams replaced (improperly) with crowns last year. Vertigo became a regular occurrence after breaking candy thermometer in hot oil a few months ago which finely tipped me off to the mercury issue. I hastily began chelating with cilantro/chlorella for 5 days (all I could handle) which did resolve my vertigo issue but brought on horrible depression, anxiety, jaw clenching, return of sleep issues and now adrenal exhaustion, plus incredible joint pain which resolved after a month.

2-3) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...)

Wisdom teeth removed approx 20 yrs ago – No root canals – Braces for 2 1/2 yrs – Don't know when I had my first amalgam but I had a mouth full. I started having them replaced with composite fillings and 2 crowns over last 10 years unaware of dangers or proper protocols. I have one known amalgam filling remaining.

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

Unknown – most likely a mouth full of amalgam. (Mother also struggled with all the same problems and took her own life 2 yrs ago.)

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

I received all childhood vaccinations and the occasional tetanus booster but have had 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.

Emerita natural progesterone cream 14 days on/14 off

Solaray mega multi mineral – divided throughout day

- Magnesium 500mg, Calcium 1000mg, Phosphorus 22mg, Iodine 225 mcg, Zinc 15 mg, Selenium 50 mcg, Copper .5 mg, Manganese 5mg, Chromium 50mcg, Molybdenum 50mcg, Potassium 59mg, Iron

Milk thistle 250mg 2x

B-50 2x daily

- plus add'l 500mg pantothenic acid, niacin 100mg, 2x daily

Pantethine 600mg

Omega 3 2000mg 2-3x

Vit C complex w/ bioflavonoids, rose hips and acerola – 500-1000mg throughout the day as able

Vit D 2000IU

Betaine HCl with meals

Cod Liver oil

Tinctures of licorice root, passion flower, St John's Wort

7) Other information you feel may be relevant?

High cadmium levels likely due to being a smoker for 14yrs, mother was also a smoker. I quit smoking over 10yrs ago.

Iron level is likely falsely elevated due to high iron content of well water where we have been staying last 4 months. I have actually struggled with anemia on/off through life.

I've recently learned of a genetic chemical imbalance called Pyroluria which I most likely have which ultimately causes the body to dump B6 and zinc. I believe this high zinc is not indicative of actual levels. Could be weekly use of dandruff shampoo which I did not indicate on test.

8) What is your location - city & country (so that we can learn where certain toxins are more prevalent). Airforce child -Have moved regularly most of life. Currently living in McIntosh, MN, USA