

Biolab Medical Unit

9 Weymouth Street, London W1W 6DB, England

Telephone: (+44) 020-7636-5959/5905 Fax: (+44) 020-7580-3910 E-mail: info@biolab.co.uk Internet: www.biolab.co.uk

Sample Date: 14-09-2010

Hair Element Analysis

Hair colour: BROWN
Height: 5'5"
Weight: 8st 11lbs
Shampoo: NONE
Conditioner: NONE

Bleach: NONE
Highlight: NONE
Perm: NONE
Tint: NONE

Results for all elements are expressed in micrograms per gram of hair [1]

	Reference interval	Result	Low	Normal	High	
Calcium	200 - 2800	560				Ca
Chromium	0.10 - 1.50	0.15				Cr
Cobalt	0.01 - 0.20	0.03				Co
Copper	10 - 100	68				Cu
Iron	5.0 - 30.0	12.8				Fe
Magnesium	60 - 180	46				Mg
Manganese	0.20 - 2.00	0.32				Mn
Phosphorus	100 - 200	109				P
Potassium	50 - 300	124				K
Selenium	0.40 - 2.00	0.84				Se
Sodium	50 - 1000	124				Na
Zinc	160 - 340	149				Zn

	Acceptable	Result	Acceptable	
Aluminium	<80.0	19.2		Al
Arsenic	<1.00	0.16		As
Cadmium	<0.10	0.08		Cd
Lead	<2.00	13.40		Pb
Mercury	<1.00	3.27		Hg
Nickel	<1.40	0.18		Ni

1. Certified Reference Material no. 13, Human Hair, National Institute for Environmental Studies, 16-2 Onogawa, Tsukuba, Ibaraki 305-8506, Japan

*Magnesium & Zinc deficiency
 raised hair lead & mercury*

RECEIVED
 24 SEP 2010
 SARAH MYHILL LT.

Health history for hair test 434

1. Current main symptoms - depression, diarrhea, low bile output, fatigue, hypoglycemia, allergies, headaches
2. No relevant dental history.
3. One composite filling, had this checked out and it isn't mercury.
4. Three silver (mercury) fillings.
5. Unsure - likely one or two vaccinations. Polio etc.
- 6;
Ox bile - 500mg with each main meal, 125mg with snacks
Pancreatin 500mg with each main meal, 250mg with snacks
Vitamin C 1000mg spread across the day - 3000mg when chelating
D-Ribose 2g
Acetyl L Carnitine 2g
Co-Q10 100mg once daily
Selenium 200mcg at night
Chromium 800mcg spread across the day
Zinc 12mg
Copper 1.1mg ** (I always feel better taking some copper)**
Multi vit/min once daily
Psyllium husk powder two tablespoons daily away from meals
DHEA 25mg
Adrenal glandular 4 capsules daily
Tincture of Siberian Ginseng, Milk Thistle, Ashwagandha and Licorice mixed in equal quantities. The extracts are of 1:3 ratio. 60 drops spread across the day
Vitamin B complex twice daily
Vitamin D 1,000iu daily
Mineral complex 2 grams daily

When chelating - Cutler protocol. 150mg ALA, 125mg DMSA throughout the day and night. Only started chelated after hair mineral analysis.

Have taken the following in the past;

- Methionine 1000mg
- Molybdenum - couldn't tolerate - pains in stomach and abdomen, diarrhea etc.
- NAC - caused lower back pain, probably mercury.
- Zinc dosages nearing 30mg caused lower back pain and acne.
- Iodine dosages nearing 35mg caused severe lower back pain
- Chlorophyll - stopped taking it to see what I felt like, felt far better without it

7. 22 years old, height: 5feet5inches, weight: 8stone10ounces
8. Part time vegetarian, part time meat eater. (Only because organic free range meat is expensive!)
9. Currently living in Jersey in the Channel Islands, a small island off the coast of France and England. We have more cars per person than anywhere else in Europe on an island 5 miles by 9 miles. Very polluted by vehicles in city center, otherwise coastal areas are clean and breezy. I wear a pollution mask whilst traveling by bike daily to work. Tap water is very heavy and needs filtering. Live in an urban area with a beach close, often with an on shore wind.