

HAIR ELEMENTS



PATIENT: Number 442
SEX: Female
AGE: 47
LOCATION: Bethany Beach

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	1.2	< 7.0		
Antimony	0.017	< 0.050		
Arsenic	0.031	< 0.060		
Barium	0.27	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.088	< 2.0		
Cadmium	0.037	< 0.050		
Lead	0.52	< 0.60		
Mercury	0.74	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.001	< 0.060		
Nickel	0.04	< 0.30		
Silver	0.03	< 0.15		
Tin	0.70	< 0.30		
Titanium	0.48	< 0.70		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	484	300- 1200					
Magnesium	31	35- 120					
Sodium	24	20- 250					
Potassium	< 3	8- 75					
Copper	14	11- 37					
Zinc	200	140- 220					
Manganese	0.11	0.08- 0.60					
Chromium	0.40	0.40- 0.65					
Vanadium	0.012	0.018- 0.065					
Molybdenum	0.017	0.020- 0.050					
Boron	5.3	0.25- 1.5					
Iodine	1.2	0.25- 1.8					
Lithium	0.008	0.007- 0.020					
Phosphorus	194	150- 220					
Selenium	0.89	0.55- 1.1					
Strontium	1.0	0.50- 7.6					
Sulfur	47900	44000- 50000					
Cobalt	0.004	0.005- 0.040					
Iron	12	7.0- 16					
Germanium	0.030	0.030- 0.040					
Rubidium	0.005	0.007- 0.096					
Zirconium	0.071	0.020- 0.42					

SPECIMEN DATA

COMMENTS:

Date Collected: 1/17/2011 Sample Size: 0.197 g
 Date Received: 1/22/2011 Sample Type: Head
 Date Completed: 1/26/2011 Hair Color:
 Client Reference: Treatment:
 Methodology: ICP-MS Shampoo: Miracle

V010.08

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	15.6	4- 30
Ca/P	2.49	1- 12
Na/K	8	0.5- 10
Zn/Cu	14.3	4- 20
Zn/Cd	> 999	> 800

Health history for hair test 442

DOB 7-5-63

Test taken 1-17-11

1. Symptoms & History -

I have depression & anxiety, (off & on), it is not constance.

Fatigue is horrrbile.

I have high cholestrol

Low vitamin D

High Ferritin

My balance is off. I find myself tripping alot & unsettled on my feet sometimes.

Hands & feet can be very cold then I can have a heat flash & I am sweating.

I am very sensitive to any type of supplements

I was a very personal & friendly personal, very outgoing, laughing all the time,now I am shy and stand offest.

I find it very hard to concentrated & retain what I have read.

I have a very hard time remembering things.

I had 1/2 my thyroid removed in July 2010 because they thought it was cancer & I had a groiter. It was not cancer.

I have been working with Sabre Scientists & they have told me that I am an under methylater.

I have 6 beautiful children. I had them all very close, Dec. 1984, Jan. 1987, April 1988, Jan 1991, Dec. 1991, miscarriage June 1993, June 1995

When my last child was born the placenta and uterus had grown together & I just about died. I lost alot of blood. I had to have an emergency hysterectomy. This was in June 1995.

I am sure there is more, I just cannot think of them now. I have been writing this email for 3 days.

2. Dental -

I had my wisdom teeth removed when I has 22

I think I got my first amaglam filling when I was about 10 to 12 years old.

I have 5 or 6 big amalgam fillings in my mouth now. I have had all of these fillings for at least 20 years.

2 years ago I had a silver filling fall out & had it replaced with the white filling stuff.

I am trying to find a dentist now & start the removal of all these fillings.

4.Mother -

I am not sure what my mother had done when she was pregnant.

Either when I was young or when she was pregnant I think one of us had tetracycline, because I have always had the yellow line going across my teeth.

5. Vaccines -

I had all the children vaccines. I have never had a flu shot.

6. Supplements -

This is the supplements I was taking when I took the hair test.

B12 Methylcobalamin - 1000 mcg 1 daily (Natural Factors)

Zinc - 25 mgs. 1 at night (Natures Sunshine)

Digest All - 2 daily

Quercetin - 250 mgs. 2 daily (Natrol)

Vitamin C 500 mg- 4 daily (Xymogen)

Kavanace - 1 a day before bed

Apple pectin 500 mg.- 4 daily (TwinLab)

Magnesium Complex- 100 mgs. 4 daily (Natures Sunshine)

Garlic - 300 mg 1 daily (Kyolic)

Folapro - 800 mcg. 2 daily (Metagenics)

Celtix Sea Salt - ¼ teaspoon in ½ c. water daily

Day Cream - 1/8 teaspoon (Sabre Scientists)

Ingredients

phosphatidylcholine 35 mgs
Dhea 29 mgs.
wild yam 17 mgs.
pregnenolone 7 mgs.
DIM 4 mgs.
Vit. E 3 mgs.

Menthylation Cream - 1/64 teaspoon (Sabre Scientists)

Ingredients

L-methionine 27 mgs.
L-glutathione 26 mgs.
vit. B12 22 mgs.
GPC 18 mgs.
benfothiamine 11 mgs.
B6 p5p 4 mgs
phosphatidylcholine 4 mgs.

I was taking P5P 50 mgs. I had some blood test done & it showed high. I stopped taking this on Dec. 2011.

I have tried Natural throid and Armour. I could not handle neither one.

I am no longer taking the creams because they did a new test & changed the cream & I cannot handle the new cream. I had terrible anxiety from it.

I still take all the other supplements.

I started taking 1 drop of losol iodine on 1/24/2011.

7. Other informaiton

I have attached some other test that I have had taken.

8. Location

I live now in Bethany Beach, De 19930. I have lived here since July 2010

I lived in Willow Street, PA 17584 June 2006 to July 2010

I lived in Brandon, Florida 33527 June 2001 to July 2006

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
T4,Free(Direct)	0.99		ng/dL	0.82-1.77	01
TSH	0.303	LOW	uIU/mL	0.450-4.500	01
Thyroid Peroxidase (TPO) Ab	7		IU/mL	0-34	01
Antithyroglobulin Ab Siemens (DPC) ICMA Methodology	<20		IU/mL	0-40	01
Triiodothyronine,Free,Serum	2.1		pg/mL	2.0-4.4	01

ABNORMAL	TEST	RESULT	UNITS	NORMAL RANGE
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HPA 2 Panel

13.56	Sero(LC/MS) New rngs 1/10	13.56	ug/g cr	55.6 - 155.4
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Neurotransmitters <NT's> are brain chemicals that carry messages <communicate> between nerve cells throughout our body & brain. NT's are inhibitory or excitatory. Each NT can influence a specific area of the brain. They control body functions including movement, emotional response, and the physical ability to experience pleasure and pain.

Excitatory NT's trigger a nerve impulse. Inhibitory NT's limit or stop impulses.

Serotonin is a major NT. In the central nervous system serotonin plays important role in modulating anger, aggression, body temperature, mood, sleep, human sexuality, appetite & metabolism. Serotonin brain levels are associated with aggression <Caspi, Int Clin Psychopharmacol, 3/2001>.

Serotonin is also a peripheral signal mediator. It is found extensively in the human gut. In the blood, the major storage is in platelets (which collect it for post injury vasoconstrictive use).

Urinary NT testing measures the systemic <not brain> production. There are no tests that can measure actual brain synapse production. Sabre suggests utilizing this information when evaluating the adrenal medulla's contribution to the fight/flight mechanisms. Together with adrenal cortex information <cortisol & DHEA-S levels> one can greatly influence neuro-endocrine health.

ABNORMAL	TEST	RESULT	UNITS	NORMAL RANGE
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75	Dopa-U/A(LC/MS) New Rngs	75	ug/g cr	104 - 212
		Dopamine is our focus NT. Dopamine also affects reward areas of brain. Low levels lead to doldrums, no motivation, addiction. A 2001 study (EUR UROL2001Dec:601-8) concluded dopamine is key NT for sex function.		
0.18	Ser/DA Ratio New rng 1/10	0.18	Units	0.49 - 1.67
	Norepi (New rngs)	30.55	ug/g cr	15.7 - 44.9
		Norepi is an excitatory NT responsible for stimulatory processes of the brain & body. Norepinephrine converts to epinephrine.		
		High levels cause anxiety and nervousness. Low levels cause low energy, decreased focus ability.		
17.4	Epi-U/A (New rngs)	17.4	ug/g cr	3.8 - 9.8
		Epinephrine is an excitatory NT involved in the body's flight/fight mechanism and regulation of brain function (metabolism, heart rate, blood pressure).		
		Elevated levels are associated with hyperactivity, anxiety, and low adrnal function.		
1.76	Norepi/Epi Ratio-Urine	1.76	Units	4.39 - 9.12
		Ratio: <3 Associated with Restlessness, over training.		
		Ratio: >6 Associated with high Stress, tiredness, lack of focus, low energy & motivation. Adrenal state transitioning from maladaptive to insufficient state.		
5.06	GABA (LC/MS) New Rngs	5.06	umol/g cr	0.12 - 4.12

GABA is the Master Inhibitory NT. It plays

ABNORMAL

TEST

RESULT

UNITS

NORMAL RANGE

a special role in brain mitochondria. GABA is a precursor of several substances found in nerve tissue and CFS. It increases the permeability of membranes to specific ions

It produces an increase in K+ conductance. GABA exercises inhibitory command control of membrane potential. It can counteract the depolarizing action of excitatory processes to maintain the polarization of a cell at equilibrium, acting essentially as a chemical voltage clamp.

Recent studies suggest that GABA may help downregulate production of proinflammatory agents, including interleukin-1, -6. Agents implicated in the pathogenesis of RA and chronic fatigue.

Recently, 3 gene mutations have been found involved in the HPA axis activity. There is a connection in activity between GABA receptors and HPA axis. Benzodiazepines, which enhance beta alanine (a GABA analog) give HPA axis dysregulation side effects.

Low GABA levels are associated w/ adrenal distress, HPA feedback dysfunction and malabsorption.

High levels indicate excitatory overload.

Glutamate(LC/MS) New Rngs

18.73

umol/g cr

0.80 - 19.80

Glutamate is the most abundant excitatory NT in man. Due to its role in synaptic plasticity it is associated with learning & memory. Glutamate transporters are found in neuronal & glial membranes. They remove glutamate from extracellular space. Brain injury or disease reverses this function & excess glutamate accumulates outside the cells. This allows CA ions to enter and results in neuronal damage (excitotoxicity).

ABNORMAL

TEST

RESULT

UNITS

NORMAL RANGE

Excitotoxicity due to glutamate occurs as part of the ischemic cascade & is associated with stroke, autism, some forms of mental retardation, seizures & Alzheimer's.

Glutamic acid serves as a precursor to the synthesis of GABA. This reaction catalyzes glutamic acid decarboxylase (GAD), which is most abundant in the cerebellum & pancreas. Stiff man syndrome is a neurologic disorder caused by GAD antibodies.

High U/A levels are associated with panic attacks, anxiety, high adrenal function.

Low U/A levels are associated with memory loss, low energy, low adrenal function.

Creatinine-Urine

25

mg/dl

20 -

250

ABNORMAL	TEST	RESULT	UNITS	NORMAL RANGE
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Cortisol (NEW RANGES 3/07)

	8AM	5.55	ng/ml	3.5 - 6.3
	Noon	2.68	ng/ml	1.4 - 2.8
	4PM	1.30	ng/ml	0.8 - 2.4
	8PM	1.06	ng/ml	0.6 - 1.6
	Midnight	1.14	ng/ml	0.3 - 1.2
1.72	4AM	1.72	ng/ml	0.3 - 1.7

DHEA-Sulfate Panel

	8AM	3.2	ng/ml	2.8 - 12.7
	8PM	3.9	ng/ml	2.7 - 9.0
	Midnight	7.5	ng/ml	1.8 - 8.1

HEIGHT / WEIGHT
RETEST

5-6, 173

Tests Requested

Iron and TIBC; Folate (Folic Acid), Serum; Vitamin B6; Vitamin B12; Ferritin, Serum; Magnesium, RBC

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
Iron Bind.Cap.(TIBC)	348		ug/dL	250-450	01
UIBC	253		ug/dL	150-375	01
Iron, Serum	95		ug/dL	35-155	01
Iron Saturation	27		%	15-55	01
Folate (Folic Acid), Serum	>19.9		ng/mL	>3.0	01
Indeterminate:	2.2 - 3.0				
Deficient:	<2.2				
Vitamin B6	63.7	HIGH	ug/L	2.0-32.8	02
Vitamin B12	1455	HIGH	pg/mL	211-946	01
Ferritin, Serum	175	HIGH	ng/mL	13-150	01
Magnesium, RBC	7.0	HIGH	mg/dL	4.2-6.8	02
Verified by repeat analysis					
Plasma NOT separated from cells; may falsely decrease RBC Magnesium levels.					
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