

HAIR ELEMENTS



PATIENT: Number 474
SEX: Male
AGE: 22
LOCATION: Melbourne, Australia

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	2.4	< 7.0		
Antimony	< 0.01	< 0.066		
Arsenic	0.084	< 0.080		
Barium	0.64	< 1.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.015	< 2.0		
Cadmium	0.014	< 0.065		
Lead	0.46	< 0.80		
Mercury	0.85	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.005	< 0.060		
Nickel	1.0	< 0.20		
Silver	0.02	< 0.08		
Tin	0.07	< 0.30		
Titanium	0.39	< 0.60		
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	405	200- 750					
Magnesium	28	25- 75					
Sodium	16	20- 180					
Potassium	13	9- 80					
Copper	56	11- 30					
Zinc	180	130- 200					
Manganese	0.13	0.08- 0.50					
Chromium	0.36	0.40- 0.70					
Vanadium	0.030	0.018- 0.065					
Molybdenum	0.033	0.025- 0.060					
Boron	1.7	0.40- 3.0					
Iodine	0.51	0.25- 1.8					
Lithium	< 0.004	0.007- 0.020					
Phosphorus	193	150- 220					
Selenium	0.87	0.70- 1.2					
Strontium	0.54	0.30- 3.5					
Sulfur	41800	44000- 50000					
Cobalt	0.002	0.004- 0.020					
Iron	5.9	7.0- 16					
Germanium	0.028	0.030- 0.040					
Rubidium	0.015	0.011- 0.12					
Zirconium	0.018	0.020- 0.44					

SPECIMEN DATA				RATIOS		
COMMENTS:				ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 4/15/2011	Sample Size: 0.202 g			Ca/Mg	14.5	4- 30
Date Received: 4/19/2011	Sample Type: Head			Ca/P	2.1	0.8- 8
Date Completed: 4/22/2011	Hair Color: Black			Na/K	1.23	0.5- 10
Client Reference:	Treatment:			Zn/Cu	3.21	4- 20
Methodology: ICP-MS	Shampoo: Pantene Prov			Zn/Cd	> 999	> 800
	V010.08					

Health history for hair test 474

1)What are your current symptoms and health history?

Eczema, brain fog, food intolerances/allergies, poorer concentration, hard to hear conversations when there's background noise, reduced enthusiasm for life, sometimes I feel sad for no reason, some days I have frequent urinations, fall asleep during the day, social withdrawal, feel like I can't connect to people, exercise seems to make things clearer

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

1 wisdom tooth removed in December 2007 and another in December 2008.

Had 3 amalgams between 2002-2006 and another 2 at a different dentist in December 2008.

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

Replaced all my amalgams 5 months ago in December 2010.

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

No sure exactly. Perhaps some dental fillings.

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

Not sure exactly but would have had the standard baby/children's shots given in Singapore.

I know I had:

MMR in 2000

hepitis B in 2001

DPT (boostrix) 2008

Chicken pox (varilrix) 2008

Hep A & Typhoid(vivaxim) 2008

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

Vitamin D 1000-2000 IU for a couple of months, Nov & Dec 2010, will resume again since winter is starting in Australia.

Vitamin C 1000-3000 mg

probiotics

fish oil - 1 capsule

Took spirulina for a month

Took Orthoplex Chelatox for about a month

7)What is your age, height and weight?

22 years old

174 cm / 5'8

65 kg / 144 lbs

8)Other information you feel may be relevant?

general chemistry Blood test and urine test done in Dec 2010

Low 25(OH)-Vitamin D: 59nmol/L (Ref range 60-160nmol/L), this increased from 27nmol/L (tested in Nov 2010) after 1 month of Vit D3 supplementation. I seem to have chronically low Vit D, especially after winter and if I dont supplement. I tested in Nov 2009 and had 24 nmol/L.

Low DHEA-sulphate: 6.1 mcmol/L (ref range 7.0-16.1)

High IgE: 375 KIU/L (ref rang <101)

High urine porphyrins: 450 nmol/L (ref range <300)

Slightly low white cell count: $3.7 \times 10^9 / L$ (ref range 4.0-11.0)

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

Melbourne, Australia