



PATIENT: Number 558
 SEX: Male
 AGE: 33

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	0.8	< 7.0	
Antimony (Sb)	0.018	< 0.066	
Arsenic (As)	0.031	< 0.080	
Barium (Ba)	0.06	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.007	< 2.0	
Cadmium (Cd)	0.031	< 0.065	
Lead (Pb)	0.51	< 0.80	
Mercury (Hg)	0.54	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.046	< 0.060	
Nickel (Ni)	0.02	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.36	< 0.60	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th		
Calcium (Ca)	215	200– 750			
Magnesium (Mg)	91	25– 75			
Sodium (Na)	38	20– 180			
Potassium (K)	4	9– 80			
Copper (Cu)	11	11– 30			
Zinc (Zn)	190	130– 200			
Manganese (Mn)	0.23	0.08– 0.50			
Chromium (Cr)	0.39	0.40– 0.70			
Vanadium (V)	0.018	0.018– 0.065			
Molybdenum (Mo)	0.018	0.025– 0.060			
Boron (B)	1.7	0.40– 3.0			
Iodine (I)	0.40	0.25– 1.8			
Lithium (Li)	< 0.004	0.007– 0.020			
Phosphorus (P)	229	150– 220			
Selenium (Se)	0.89	0.70– 1.2			
Strontium (Sr)	0.08	0.30– 3.5			
Sulfur (S)	47500	44000– 50000			
Cobalt (Co)	0.007	0.004– 0.020			
Iron (Fe)	6.4	7.0– 16			
Germanium (Ge)	0.032	0.030– 0.040			
Rubidium (Rb)	0.004	0.011– 0.12			
Zirconium (Zr)	0.053	0.020– 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 11/9/2011	Sample Size: 0.199 g	Ca/Mg	2.36	4– 30
Date Received: 11/12/2011	Sample Type: Head	Ca/P	0.939	0.8– 8
Date Completed: 11/17/2011	Hair Color: Brown	Na/K	9.5	0.5– 10
Methodology: ICP/MS	Treatment:	Zn/Cu	17.3	4– 20
	Shampoo: Natures Gate	Zn/Cd	> 999	> 800

Health history for hair test 558

What are your current symptoms and health history?

1. Asperger's like symptoms entire life
2. Short-term and long-term memory issues entire life
3. CFS most of life
4. Inflammation
5. Chronic sinusitis
6. Brainfog, increasing over the past 10 years and really bad lately. It's impairing my ability to work.
7. Severe orthostatic hypotension
8. Multiple chemical sensitivity, started 10 years ago, getting worse
9. Depression, on/off entire lifetime, especially SAD. If it's sunny, I'm happy; cloudy, not so much. Winters are really difficult.
10. Joint pain, past 10 years
11. Restless leg, many years
12. Adrenal dysfunction, entire lifetime, much worse the past 10 years, and terrible the past year
13. Food sensitivities to pretty much everything, my diet, is really restricted. Began 5-10 years ago, gotten much worse recently
14. IBS, most of life
15. Severe constipation
16. I was exposed to black mold at my previous employer for 10 years and that's when my MCS started and progressively got worse until I was unable to continue working early this year (2011)
17. The chronic sinus infections started a few months after I started the job and got worse over time.
18. Mild CFS and adrenal dysfunction symptoms. The symptoms have gotten significantly worse over the past 10 years.
19. I was recently prescribed prednisone, 30mg per day for 6 days, by a Dr. other than my GP to treat a sinus infection (I have rhinitis/sinusitis all the time now, but it really flared up bad after my recent tonsillectomy). I took it without looking into it first. Bad idea. What little adrenal function I had left was completely demolished. After the first dose I went manic, really manic, and didn't sleep for a few days. I tapered day two to 20mg and day three to 10mg in order to stop taking it fast. I haven't been able to work since then and can barely leave my bed for anything beyond eating and using the bathroom (plenty of time to read forum posts and do research to understand what's going on, which is what brings me here).
20. My digestive system seems to have almost completely shut down since the prednisone. I'm not passing food for 3-7 days, even with laxatives, and then it's not fully digested. Upping my Vit C to 6g+/day and Mg to 2g+/day is helping stay regular though. Betaine HCL is helping as well.
21. When I do leave the house, I start to run out of energy quickly and usually pay a heavy toll for the next few days. This has started to get very slightly better in the past few days.

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

1. Wisdom teeth out in ~2000, local anesthesia.
2. No other extractions or dental work

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

1. None and none

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

1. 12+ amalgam fillings (she said, "Oh I don't know, dozens since childhood.")

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

1. The typical shots growing up
2. Travel shots in 2005 and 2010, but i don't recall for what specifically
3. I think I've had a flu shot once, maybe 2005, but I try to avoid them

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

1. All supps (other than A) taken semi-regularly (every 1 to 4 days)
2. Vit A (varies, 9-25K IU daily)
3. Vit D (1,000 IU D2 and 5,000 IU D3)
4. B Complex
5. Vit C (1g)
6. Multivitamin (Rainbow Light Just Once Men's One)
7. EFA (3-15g flax/hemp/fish oils)
8. CoQ10 (1g)
9. Zinc (50mg)
10. Magnesium Malate (425mg of Mg)
11. Selenium (200mcg)
12. Molybdenum (150mcg)

7. What is your age, height and weight?

1. 33
2. 6'1"
3. 155lbs currently. I was 205lbs a year ago with an athletic build. Weight is still dropping. Can't keep it on anymore.

8. Other information you feel may be relevant?

1. When I was 13 years old I opened my dad's blood pressure gage to play with the mercury. At some point while playing with it, I spilled it all on the carpeting in my bedroom. For most of my teenage life, I was sleeping on the floor due to back pain, pretty much on the spot where I spilled the mercury, so I was just soaking it in for the next 5+ years... I wish I knew then how toxic it is.
2. I've broken a fair number of fluorescent light bulbs over the years
3. I've worked a few blocks downwind from a coal fired power plant for 10 years
4. I took a bath with Epsom salt a few hours before my hair sample was collected. Not sure if it had any impact on the Mg level
5. The mold clearly played a huge role in my current condition, but I had the worst symptoms than anyone else in the building and others had worked

there for decades. Don't get me wrong, 1/4 of our organization complained of chronic respiratory problems that they attributed to the building... but none became functionally disabled. I am a workaholic and spent 2-3 times more time in the building than most people, so my exposure was more intense. There were many times where I slept in the building for several days straight before I realized how toxic it was. That said, I think mercury plays a large role in at least some of my symptoms, complicating matters. At least I can try to cure mercury related issues...

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

1. Madison, WI