



PATIENT: Number 587
 SEX: Female
 AGE: 52

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.6	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.016	< 0.060	
Barium (Ba)	0.66	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.095	< 2.0	
Cadmium (Cd)	0.011	< 0.050	
Lead (Pb)	1.1	< 0.60	
Mercury (Hg)	0.33	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.002	< 0.060	
Nickel (Ni)	0.12	< 0.30	
Silver (Ag)	0.04	< 0.15	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.35	< 0.70	
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)	780	300- 1200			
Magnesium (Mg)	47	35- 120			
Sodium (Na)	42	20- 250			
Potassium (K)	4	8- 75			
Copper (Cu)	54	11- 37			
Zinc (Zn)	210	140- 220			
Manganese (Mn)	0.11	0.08- 0.60			
Chromium (Cr)	0.44	0.40- 0.65			
Vanadium (V)	0.020	0.018- 0.065			
Molybdenum (Mo)	0.026	0.020- 0.050			
Boron (B)	0.46	0.25- 1.5			
Iodine (I)	17	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	172	150- 220			
Selenium (Se)	0.78	0.55- 1.1			
Strontium (Sr)	1.6	0.50- 7.6			
Sulfur (S)	47200	44000- 50000			
Cobalt (Co)	0.009	0.005- 0.040			
Iron (Fe)	7.9	7.0- 16			
Germanium (Ge)	0.032	0.030- 0.040			
Rubidium (Rb)	0.005	0.007- 0.096			
Zirconium (Zr)	0.015	0.020- 0.42			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 2/6/2012	Sample Size: 0.199 g	Ca/Mg	16.6	4- 30
Date Received: 2/10/2012	Sample Type: Head	Ca/P	4.53	1- 12
Date Completed: 2/14/2012	Hair Color: Blond	Na/K	10.5	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	3.89	4- 20
	Shampoo: Trader Joes	Zn/Cd	> 999	> 800

Health history for hair test 587

1) What are your current symptoms and health history?

I see possible hypothyroid issues (testing Free T3 and T4 next week), blood sugar swings, weight gain, inability to lose weight.

Chronic constipation since a child. Added homemade kefir and iodine with mag and vit C last year, constipation greatly improved.

Blood sugar swings gone with low carb.

Started getting lower leg and ankle swelling about 8 years ago, better since stopping the pill, but still a problem.

Took Birth Control Pill for 31 years, stopped 4/11.

Dry eyes, used contact lens solution since the early 1970's.

Low body temperature. Cold feet and hands, but really cold feet, without socks I can't sleep.

Very dry skin, improved w/iodine. Facial flushing, red from heat, wind etc.

Cholesterol went higher w/LC from 245 to 300 but HDL is high, not concerned but thought I should mention.

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

Four wisdom teeth pulled at about 18-20 years old. No root canals. Braces on top front four teeth, for 6 months at age 13. Went to the dentist regularly as a kid starting maybe age 6, drilled and filled constantly. Permanent teeth have 12 fillings, some replaced again w/amalgam, no precautions used. Last amalgam placed in my twenties.

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

Just had 11 amalgams removed, 2 visits in 12/11, 1/12. One already had composite. Using a safe protocol. Had IV C both visits.

4) What dentistry did your mother have at any time before or during pregnancy? Mom had many gold crowns, probably some amalgams by this time.

5) What vaccinations have you had and when (including flu and especially travel shots)? Basic childhood vaccines in the early 60's. No travel shots, had 3 flu shots over 4 years, last one 5 years ago.

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

Iodoral 125mg

Magnesium 400mg.

Vit C 2-4 grams

Selenium 200 mcg.

Vit D3 6,000iu

Celtic salt, heavy salt food

7) Other information you feel may be relevant?

52 years old, 5' 5", 150 lbs.

Went low carb 2/08, on a high fat, moderate protein low carb, GF.

Had severe headaches at times as a child, wonder if it correlates to dentistry done. No headaches now. Became very nearsighted in less than a year at age 10.

Scraped plenty of lead paint off windows and porch ceilings, no protection.

Found out about amalgam poisoning through the iodine forum. Since learning more I see my Mom now 85 with many advanced mercury poisoning symptoms.

Having amalgams for 45+ years trying chelation makes sense to me.

8) What is your location - city & country (so that we can learn where certain toxins are more prevalent). Long Island, NY