

Health history for hair test 617

1991 Hair Test

What are your current symptoms and health history?

Recently diagnosed with autoimmune thyroiditis (Hashimoto's disease) with very high antibodies. Many years psych symptoms (depression, anxiety) with related diagnoses. Trials of antidepressants, lithium caused thyroid to go hypothyroid, then on Synthroid for a time. Overeating and alcohol abuse.

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

First amalgam as child in baby molar. Braces as teen, wisdom teeth removed

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

One gold onlay. Amalgam in all 4 quadrants (don't know how many). No dental cleanup

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

Amalgam fillings, rest unknown

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

Childhood immunizations of the 1950s. Occasional flu shots.

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

On Synthroid and Cytomel, then recently switched to Armour thyroid (1.5 grains). Can't remember supplements

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

Central Valley – California (Sacramento to SF area)



PATIENT: Number 617
 SEX: Female
 AGE: 59

Toxic & Essential Elements; Hair

| TOXIC METALS | | | |
|----------------------------|----------------|-----------------------|---|
| | RESULT µg/g | REFERENCE INTERVAL | PERCENTILE 68 th 95 th |
| Aluminum (Al) | 2.2 | < 12 | |
| Antimony (Sb) | 0.010 | < 0.060 | |
| Arsenic (As) | 0.16 | < 0.090 | |
| Barium (Ba) | 6.7 | < 2.0 | |
| Beryllium (Be) | < 0.01 | < 0.020 | |
| Bismuth (Bi) | 1.6 | < 2.0 | |
| Cadmium (Cd) | 0.012 | < 0.050 | |
| Lead (Pb) | 0.15 | < 1.0 | |
| Mercury (Hg) | 0.12 | < 0.80 | |
| Platinum (Pt) | < 0.003 | < 0.005 | |
| Thallium (Tl) | < 0.001 | < 0.002 | |
| Thorium (Th) | < 0.001 | < 0.002 | |
| Uranium (U) | 0.064 | < 0.060 | |
| Nickel (Ni) | 0.04 | < 0.40 | |
| Silver (Ag) | 0.01 | < 0.10 | |
| Tin (Sn) | < 0.02 | < 0.30 | |
| Titanium (Ti) | 0.58 | < 1.3 | |
| 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) | 1260 | 475- 1500 | | | |
| Magnesium (Mg) | 220 | 45- 180 | | | |
| Sodium (Na) | 670 | 80- 450 | | | |
| Potassium (K) | 230 | 28- 160 | | | |
| Copper (Cu) | 17 | 11- 30 | | | |
| Zinc (Zn) | 180 | 130- 200 | | | |
| Manganese (Mn) | 0.17 | 0.15- 0.65 | | | |
| Chromium (Cr) | 0.40 | 0.40- 0.65 | | | |
| Vanadium (V) | 0.16 | 0.018- 0.065 | | | |
| Molybdenum (Mo) | 0.041 | 0.040- 0.10 | | | |
| Boron (B) | 1.2 | 0.40- 4.0 | | | |
| Iodine (I) | 5.0 | 0.25- 1.8 | | | |
| Lithium (Li) | 0.009 | 0.008- 0.030 | | | |
| Phosphorus (P) | 402 | 250- 500 | | | |
| Selenium (Se) | 1.3 | 0.80- 1.3 | | | |
| Strontium (Sr) | 12 | 1.0- 8.0 | | | |
| Sulfur (S) | 44000 | 42000- 48000 | | | |
| Cobalt (Co) | 0.006 | 0.006- 0.035 | | | |
| Iron (Fe) | 7.7 | 7.0- 16 | | | |
| Germanium (Ge) | 0.031 | 0.030- 0.040 | | | |
| Rubidium (Rb) | 0.37 | 0.030- 0.25 | | | |
| Zirconium (Zr) | 0.53 | 0.040- 1.0 | | | |

| SPECIMEN DATA | | RATIOS | | |
|---------------------------|-----------------------|----------|--------|---------|
| COMMENTS: | | ELEMENTS | RATIOS | RANGE |
| Date Collected: 5/6/2012 | Sample Size: 0.204 g | Ca/Mg | 5.73 | 4- 30 |
| Date Received: 5/10/2012 | Sample Type: Pubic | Ca/P | 3.13 | 1- 12 |
| Date Completed: 5/14/2012 | Hair Color: Brown | Na/K | 2.91 | 0.5- 10 |
| Methodology: ICP/MS | Treatment: | Zn/Cu | 10.6 | 4- 20 |
| | Shampoo: Jergens Soap | Zn/Cd | > 999 | > 800 |

Health history for hair test 617

2012 Hair Test

What are your current symptoms and health history?

Hashimoto's (not on Thyroid Rx). Recently started LDN, Lugol's iodine in prep to go on desiccated thyroid, if necessary.

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

First amalgam as child in baby molar. Braces as teen, wisdom teeth removed

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

Two gold onlays. Amalgam in all 4 quadrants (don't know how many). No dental cleanup

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

Amalgam fillings, rest unknown

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

Childhood immunizations of the 1950s. Occasional flu shots (none for last 21 years)

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

Supplements:

Vit C – 1 G

B12 – 5mg every other day

D3 – 10,000 IU

Multivitamin/mineral

B2 – 200 mg

B3 – 1 G

Chromium picolinate – 800 mcgs

Selenium 200 mcg

Lugol's iodine – 250 mcgs to 5 mg over last 3 months

Liquid fish oil – 2 teaspoons/day

Probiotic capsules

Betaine HCL

Digestive enzymes

Low Dose Naldrexone – 1.66 mg to 2.49 mg started 1 month ago

Other information you feel may be relevant?

No grains, dairy, soy, eggs since fecal testing 2 years ago. Paleo diet.

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

Central Valley – California (Sacramento to SF area)