

# HAIR ELEMENTS



**PATIENT: Number 64**  
**SEX: Female**  
**AGE: 40**  
**LOCATION: Minnesota, USA**

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	1.5	< 7.0		
Antimony	< 0.01	< 0.050		
Arsenic	0.26	< 0.060		
Beryllium	< 0.01	< 0.020		
Bismuth	0.008	< 0.10		
Cadmium	0.018	< 0.10		
Lead	0.18	< 1.0		
Mercury	0.13	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.007	< 0.060		
Nickel	0.06	< 0.40		
Silver	0.01	< 0.15		
Tin	0.05	< 0.30		
Titanium	0.42	< 1.0		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS								
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE					
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>	
Calcium	101	300- 1200						
Magnesium	20	35- 120						
Sodium	60	12- 90						
Potassium	< 3	8- 38						
Copper	7.2	12- 35						
Zinc	150	140- 220						
Manganese	0.38	0.15- 0.65						
Chromium	0.21	0.20- 0.40						
Vanadium	0.018	0.018- 0.065						
Molybdenum	0.046	0.028- 0.056						
Boron	0.15	0.30- 2.0						
Iodine	0.19	0.25- 1.3						
Lithium	< 0.004	0.007- 0.023						
Phosphorus	164	160- 250						
Selenium	0.75	0.95- 1.7						
Strontium	0.08	0.50- 7.6						
Sulfur	53500	44500- 52000						
Barium	0.27	0.26- 3.0						
Cobalt	0.045	0.013- 0.050						
Iron	14	5.4- 14						
Germanium	0.042	0.045- 0.065						
Rubidium	0.005	0.007- 0.096						
Zirconium	0.069	0.020- 0.42						

SPECIMEN DATA			RATIOS		
<b>COMMENTS:</b>			<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected: 3/3/2005	Sample Size: 0.204 g		Ca/Mg	5.05	4- 30
Date Received: 3/5/2005	Sample Type: Head		Ca/P	0.616	1- 12
Date Completed: 3/11/2005	Hair Color:		Na/K	20	0.5- 10
	Treatment:		Zn/Cu	20.8	4- 20
Methodology: ICP-MS	Shampoo: Regis Clarifying		Zn/Cd	> 999	> 800
	V06.99				

# HAIR ELEMENTS



**PATIENT: Number 64a**  
**SEX: Female**  
**AGE: 42**  
**Location: Minnesota, USA**

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	1.9	< 7.0		
Antimony	< 0.01	< 0.050		
Arsenic	0.30	< 0.060		
Beryllium	< 0.01	< 0.020		
Bismuth	0.18	< 0.10		
Cadmium	< 0.009	< 0.10		
Lead	0.22	< 1.0		
Mercury	< 0.03	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.002	< 0.060		
Nickel	0.11	< 0.40		
Silver	0.01	< 0.15		
Tin	0.10	< 0.30		
Titanium	0.27	< 1.0		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS							
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE			97.5 <sup>th</sup>	
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>		84 <sup>th</sup>
Calcium	124	300- 1200					
Magnesium	15	35- 120					
Sodium	49	12- 90					
Potassium	17	8- 38					
Copper	7.4	12- 35					
Zinc	130	140- 220					
Manganese	0.42	0.15- 0.65					
Chromium	0.33	0.20- 0.40					
Vanadium	0.020	0.018- 0.065					
Molybdenum	0.10	0.028- 0.056					
Boron	0.10	0.30- 2.0					
Iodine	1.4	0.25- 1.3					
Lithium	< 0.004	0.007- 0.023					
Phosphorus	153	160- 250					
Selenium	1.1	0.95- 1.7					
Strontium	0.10	0.50- 7.6					
Sulfur	42700	44500- 52000					
Barium	0.20	0.26- 3.0					
Cobalt	0.029	0.013- 0.050					
Iron	31	5.4- 14					
Germanium	0.034	0.045- 0.065					
Rubidium	0.019	0.007- 0.096					
Zirconium	0.023	0.020- 0.42					

SPECIMEN DATA				RATIOS		
<b>COMMENTS:</b>				<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected: 2/5/2007	Sample Size: 0.198 g			Ca/Mg	8.27	4- 30
Date Received: 2/10/2007	Sample Type: Head			Ca/P	0.81	1- 12
Date Completed: 2/15/2007	Hair Color: Blond			Na/K	2.88	0.5- 10
	Treatment:			Zn/Cu	17.6	4- 20
Methodology: ICP-MS	Shampoo: Melaleuca			Zn/Cd	> 999	> 800



# HAIR ELEMENTS



**PATIENT: Number 64c**  
**SEX: Female**  
**AGE: 45**  
**LOCATION: Northern Minnesota**

## POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	1.5	< 7.0		
Antimony	< 0.01	< 0.050		
Arsenic	0.35	< 0.060		
Barium	0.44	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.021	< 2.0		
Cadmium	0.017	< 0.050		
Lead	0.24	< 0.60		
Mercury	0.03	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.009	< 0.060		
Nickel	0.02	< 0.30		
Silver	< 0.006	< 0.15		
Tin	0.07	< 0.30		
Titanium	0.55	< 0.70		
Total Toxic Representation				

## ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium	334	300- 1200					
Magnesium	48	35- 120					
Sodium	130	20- 250					
Potassium	< 3	8- 75					
Copper	8.8	11- 37					
Zinc	130	140- 220					
Manganese	1.0	0.08- 0.60					
Chromium	0.33	0.40- 0.65					
Vanadium	< 0.008	0.018- 0.065					
Molybdenum	0.037	0.020- 0.050					
Boron	< 0.07	0.25- 1.5					
Iodine	0.26	0.25- 1.8					
Lithium	0.014	0.007- 0.020					
Phosphorus	170	150- 220					
Selenium	0.91	0.55- 1.1					
Strontium	0.66	0.50- 7.6					
Sulfur	47600	44000- 50000					
Cobalt	0.075	0.005- 0.040					
Iron	53	7.0- 16					
Germanium	0.035	0.030- 0.040					
Rubidium	0.004	0.007- 0.096					
Zirconium	0.056	0.020- 0.42					

### SPECIMEN DATA

**COMMENTS:**  
 Date Collected: 3/4/2010      Sample Size: 0.205 g  
 Date Received: 3/8/2010      Sample Type: Head  
 Date Completed: 3/13/2010      Hair Color:  
 Client Reference:      Treatment:  
 Methodology: ICP-MS      Shampoo: Melaleuca

V010.08

### RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	6.96	4- 30
Ca/P	1.96	1- 12
Na/K	43.3	0.5- 10
Zn/Cu	14.8	4- 20
Zn/Cd	> 999	> 800

## Health history 64

3 March 2007

Hi everyone!

Sorry I haven't been active lately, I was really sick in January for 2-3 weeks with a nasty virus that really lingered, and then I went to Seattle to see Julie Anderson in mid-February, so have been busy before and after the trip. I think I was also mentally exhausted from the trip, so just getting back to you guys now!

I went to see her because I haven't had any luck finding a doctor locally who had a clue about this stuff, especially adrenals and hormones, and of course proper chelation. I had a chance to go with my sister, so I jumped at the opportunity to not have to go alone. And luckily, she believes in all of this stuff and is very alternative-thinking, and is one of my biggest supporters, so she was great to have along.

I spent 2-1/2 hours with Julie, and I really like her! Finally somebody who got it everything! I could talk to her all day, and my sister liked her too. What a relief to find a doctor who understands adrenals and knows how to read a hair test! She looked at my hair test from 2 years ago, and just said "Oh." At a glance she could tell it was bad and that I have problems. She said, "You are socking away mercury in your brain and other tissues just like those autistic kids." Not sure if I liked hearing that or not! But at least somebody understands that I am seriously toxic with very low hair mercury. Arsenic is also very high on my hair tests, so that is also an issue for me.

On my first hair test, potassium was red low, and she said that is a sign of severe adrenal stress. I have never heard or read that before, but it makes sense. I certainly had the symptoms, but didn't know anything about it back then and wasn't taking anything for it either. My second hair test still shows the adrenal pattern, but my potassium is up in the white (middle) now, and she said that shows improvement because I have been taking Isocort for the past 7-8 months. So my Ca/Mag is still very low, and my Na/K is in the middle now. My hair test still meets the counting rules and presents mostly all low. It showed no mercury and arsenic off the charts, so I am guessing that I'm dumping arsenic right now and that maybe I lowered my body burden of mercury with 18 months of chelation with DMSA? I haven't used ALA yet, so I know I still have it in my brain and deep tissues. I think I still have a long way to go.

She prescribed DMPS for me at 20mg. I tried it for two doses, but it felt like too much, so I lowered it to 10mg and feel fine at that amount. I've been taking it every 8 hours, I haven't tried 6 yet. I might be able to tolerate more like 15mg, so this will take some experimenting. I've only been on it for 3 days.

She prescribed HC for me and wants me to do a taper. I'm a little nervous about taking 60mg, so I have just been experimenting with how HC feels to me so far. I had a follow-up phone consult with Julie yesterday, and she gave me some ideas on how to ease into it. She said it's important to do the taper and give the adrenals a good rest. I'm suppose to do a week at 60mg, a week at 40mg, and then a week at 20mg. She said how I feel when I drop to 20mg will help tell how much I need on an ongoing basis. I took 30mg this morning, and I'm not bouncing off the walls, so maybe I'll take another dose at noon and see how I feel and get this taper started! She warned me not to over-do-it when I start feeling better on the HC. She also gave me Cytozyme AD to start taking as an adrenal support supplement.

I also have a number of other issues, and a laundry list of things to do/take/try. I am supposed to increase my Betaine HCl (stomach acid) to 2 with smaller meals and 3-4 with larger meals, to get better absorption and digestion of my foods and supps. She said with not enough stomach acid, you don't digest your protein and fats, and only digest your carbs, which gives you blood sugar spikes, just like if you ate alot of carbs.

She understands candida/yeast issues, and knows this is a problem for me after the antibiotics I had last fall with my appendix rupture and upper GI procedure. She prescribed sacc. boulardii to help kick out the bad guys, and told me to increase my probiotic to 50 billion units/day (TherBiotic Complete), and increase biotin to 3-4X/day.

She's concerned about my gut issues, especially the cyst I have near my stomach and the appendix rupture, so prescribed PolyPC, Delta Immune, and Epicor to help boost my immune

system and help with the gut in general. These made my head feel funny, so probably causing some detox reaction, so I quit them for now, since I'm doing so many things. She said to ease into taking them, and take Alka Seltzer Gold and/or activated charcoal, if I get reactions. It was probably a good sign. Just too many things to do all at once!

She also feel that my lymphatic drainage system is all clogged up, and that 70% of it is located in the gut. This might have something to do with my cyst. So I am supposed to start doing castor oil packs on my stomach 3-4X a week, which is supposed to lubricate the lymph system, and also jump on a mini-tramp or rebounder a couple times a day, because the lymph system has no pumps, and this helps gets things moving. I have purchased the stuff, but haven't tried it yet, so I'll let you know when I do.

My plasma sulfate is low, so she told me to take an epsom salt bath every night with 2# in it! I tried one at that amount, and it made my muscles feel very weak afterwards for a day or more, so I haven't done it again, because I have so many other things to try also. She said I might have to ease into it, or it may not have such a big effect after a few of them in a row. She also suggested epsom salt cream, or gelatin, or bone soup, to also raise sulfate. And she mentioned the Feingold diet and avoiding phenols/salicylates, which require sulfation in liver phase 2.

From looking at past labwork I have had done, she feels I have some sort of oxygenation problem, and wants me to have a sleep apnea test done. Luckily, that is the one thing the last doctor wanted me to have done, so that is scheduled for April 2nd. She also prescribed IronSorb for my low ferritin, which she was also quite concerned about. It was 12 in Dec 2006, up from 4 in 2005! She said it should be closer to 70. I know Andy says 30-70, and NTH group says 70-90, but regardless, it needs to come up some. She had me do a saliva hormone test from ZRT Labs, and said my progesterone was severely depleted and my estrogen was in the ok range, but the difference made me estrogen dominant. She said this explains my past female problems with the enlarged uterus and built-up lining, etc. What makes me mad is my sister just got me to try progesterone cream a couple years ago, and the first alt. doctor I went to about mercury told me to stop using it!!! So I haven't used it since! I should have listened to my sister instead of that doctor! Ugghhhh!!! She also said my DHEA and testosterone were very low in the normal range, so she prescribed DHEA with pregnenolone for me, which she said should help both. So basically, my hormones are a mess also.

We didn't talk about thyroid a whole lot, maybe just ran out of time. I showed her labs from a couple years ago which showed antibodies or Hashi's, and here are my labs from 2-8-07.

TSH <.10 low

FT4 1.39 ref .58 - 1.64

FT3 4.01 ref 2.50 - 3.90 high

I was surprised my fT3 was high, but I have read that you can flip between hyper and hypo with Hashi's and that your thyroid "sputters" sometimes, and Julie agreed that this is probably what is happening. She wants me to track my temps, she feels that's the best way to tell if you have thyroid problems. My regular doctor was concerned about these numbers, and I know he will be willing to retest them, but I said I wanted to talk to Julie first. So for right now she said to try Iodoral or kelp and Tyrosine to help support the thyroid, and that the other hormones I'm taking might help also. So no thyroid hormone yet. She also wants me to try the high dose Vit A protocol for viral issues sometime too. But we agreed that can wait, as I have soooooo many other things to do and try! I am also supposed to pay attention to the Glycemic Index for foods, as she feels I'm having some blood sugar regulation problems. She wants my regular doctor to do some tests, including a fasting insulin. The increased stomach acid may help with this, so I digest my protein and fats better, not just the carbs. Also, I was reading in HTI about Arsenic poisoning, and it can also affect your blood sugar regulation, so I found that interesting. There is arsenic in my well water, below the EPA "safe" limit, but since it's been high on both of my hair tests, I really need to do something about it, so I've been looking at water filters/distillers again. This is one of the dumb things I didn't do or take care of a long time ago. I'm just going to have to bite the bullet and do it this time. My understanding is that a distiller is the best way to get arsenic out. So, can you see why I'm feeling a little

overwhelmed? I'm glad I went to see Julie and it was confirmation that I was sick, but I may be worse off than I was allowing myself to believe? And I still have people telling me that maybe all I need is antidepressants! (Just happened again last weekend!) Uggghhhh!!!!!! So how have the rest of you dealt with these kind of people? Anyway, sorry this is so long, and I'll try to be more active on the groups again and keep you posted. Maybe you guys can help keep me on track!