



PATIENT: Number 648
 SEX: Male
 AGE: 39

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	3.3	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.049	< 0.080	
Barium (Ba)	0.11	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.019	< 2.0	
Cadmium (Cd)	0.022	< 0.065	
Lead (Pb)	0.49	< 0.80	
Mercury (Hg)	0.88	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.009	< 0.060	
Nickel (Ni)	0.02	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.12	< 0.30	
Titanium (Ti)	0.26	< 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)	149	200- 750			
Magnesium (Mg)	17	25- 75			
Sodium (Na)	27	20- 180			
Potassium (K)	26	9- 80			
Copper (Cu)	8.8	11- 30			
Zinc (Zn)	160	130- 200			
Manganese (Mn)	0.03	0.08- 0.50			
Chromium (Cr)	0.44	0.40- 0.70			
Vanadium (V)	0.023	0.018- 0.065			
Molybdenum (Mo)	0.029	0.025- 0.060			
Boron (B)	0.78	0.40- 3.0			
Iodine (I)	0.22	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	161	150- 220			
Selenium (Se)	0.58	0.70- 1.2			
Strontium (Sr)	0.15	0.30- 3.5			
Sulfur (S)	48500	44000- 50000			
Cobalt (Co)	0.003	0.004- 0.020			
Iron (Fe)	4.6	7.0- 16			
Germanium (Ge)	0.032	0.030- 0.040			
Rubidium (Rb)	0.055	0.011- 0.12			
Zirconium (Zr)	0.039	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 8/8/2012	Sample Size: 0.199 g	Ca/Mg	8.76	4- 30
Date Received: 8/14/2012	Sample Type: Head	Ca/P	0.925	0.8- 8
Date Completed: 8/15/2012	Hair Color: Brown	Na/K	1.04	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	18.2	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

Health history for hair test 648

1) What are your current symptoms and health history?

I was always very very shy, introverted and this evolved to Social Phobia in late teens (16-18). I was a good student and perfectionist. I dropped out of university at 19 after just 1 day because I couldn't cope socially.

Also at age 19, I had a mental breakdown after stressing my vision reading to the point where I could no longer read. This caused an insufficiency of convergence in my vision that lasts until today – Doctors never understand very well what I have (use a prismatic lens). I never felt the same mentally after that breakdown. I also became very depressed. Several minor breakdowns followed in the next years. At this point I was very sensitive to light and still am today (I don't remember if I was that sensitive before).

From 19 to 23 I lived closed in my home leaving once or twice, because of my social phobia and depression. At 23 I started talk therapy and medication and returned to university. I gradually became used to my new condition of not functioning very well mentally and life went on with some normality. Dropped out of university again some years later.

In my early 30s I started noticing an increasing lack in energy, patience and then, slow memory and cognitive decline (Probably some time after I put my second round of amalgams). This continued to get worse and I started to take all kinds of supplements trying to feel better – Some things helped but not much.

I got suspicious of mercury poisoning and at age 37-38 I removed my amalgams, I didn't feel much different after but then, in the last 6-8 months, my patience, energy, memory and cognitive abilities got substantially worse, to the point where I don't know if I'll be able to finish the engineering master that I restarted some time ago.

Right now I have strong light sensitivity, convergence insufficiency, lack of energy, lack of patience, irritability, tendency for depression, general anxiety and social anxiety, tendency for social isolation, emotional detachment, bad memory, difficulty concentrating, brain fog, occasional tinnitus (especially when tired).

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

Put my first amalgam at age 17. Put 2 or 3 more in early 30s. Amalgams were superficial, not in root canals. Removed all amalgams around age 37-38 (2010-2011) in a dentist who used special procedures. I only took activated charcoal at removal time. Don't remember feeling worse after each removal.

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

I've completed the removal of all amalgams. I now have resin composite fillings.

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

She probably had around 5 amalgam fillings when she was pregnant.

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

I had the normal vaccines used in France from 1973-1980 and the normal vaccines used in Portugal since 1980:

- BCG – Tuberculosis: 2 shots at ages 1 month and 10 years.
- Triple Vaccine DPT (Diphtheria, Pertussis, Tetanus): 5 shots at ages 5 months, 7 months, 8 months, 22 months and 6 years.
- Variola/Smallpox: one shot at 3 years.
- Polio: 6 shots at ages 5 months, 7 months, 8 months, 22 months, 6 years and 12 years.
- Tetanus: 2 shots at ages 13 and 23 (a third shot probably at age 30 after an injury).

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

When the hair was collected, I had done 2 chelation rounds with DMSA in the previous 45 days with the basic supplements at recommended doses. The hair was collected 1cm from scalp in the attempt to discard the extra mercury excreted during those rounds.

In the previous months I used dried Lion's Mane Mushroom, Ashwagandha, aspirin, Magnesium Citrate, Brotizolan (Lendormin), CLO, "Natrol Memory Complex" (Vit B, Calcium, Phosphorus, Soy Lecithin, Vinpocetine, H uperzine A), "Now Foods Prostate Support".

I probably also used a few times: Bacopa Monieri, Ginkgo Biloba, L-Tryptophan, 5-HTP, Aniracetam, Piracetam, Choline Citrate, "Planetary Herbs Ginseng Revitalizer".

7) Other information you feel may be relevant?

The hair samples were 3-4 cm long cut around 1cm from scalp.

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

1973-1980: Paris, France.

1980-2012: Lisbon, Portugal.