



PATIENT: Number 688
 SEX: Male
 AGE: 35

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.0	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.025	< 0.080	
Barium (Ba)	4.5	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.023	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.03	< 0.80	
Mercury (Hg)	0.37	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.001	< 0.060	
Nickel (Ni)	0.05	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.20	< 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)	402	200- 750			
Magnesium (Mg)	94	25- 75			
Sodium (Na)	360	20- 180			
Potassium (K)	110	9- 80			
Copper (Cu)	9.9	11- 30			
Zinc (Zn)	180	130- 200			
Manganese (Mn)	0.05	0.08- 0.50			
Chromium (Cr)	0.35	0.40- 0.70			
Vanadium (V)	0.009	0.018- 0.065			
Molybdenum (Mo)	0.026	0.025- 0.060			
Boron (B)	2.4	0.40- 3.0			
Iodine (I)	2.3	0.25- 1.8			
Lithium (Li)	0.093	0.007- 0.020			
Phosphorus (P)	132	150- 220			
Selenium (Se)	1.1	0.70- 1.2			
Strontium (Sr)	13	0.30- 3.5			
Sulfur (S)	45000	44000- 50000			
Cobalt (Co)	0.004	0.004- 0.020			
Iron (Fe)	4.0	7.0- 16			
Germanium (Ge)	0.028	0.030- 0.040			
Rubidium (Rb)	0.044	0.011- 0.12			
Zirconium (Zr)	0.29	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 11/11/2012	Sample Size: 0.202 g	Ca/Mg	4.28
Date Received: 11/16/2012	Sample Type: Head	Ca/P	3.05
Date Completed: 11/18/2012	Hair Color: Brown	Na/K	3.27
Methodology: ICP/MS	Treatment:	Zn/Cu	18.2
	Shampoo: Dr Bronners	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

Health history for hair test 688

1) What are your current symptoms and health history?

- irritability & outbursts of temper
- shyness
- embarrassment with insufficient reason
- self-consciousness
- lack of concentration
- decline of intellect
- lethargy & drowsiness
- brain fog
- stress intolerance
- resentment of criticism
- low self-confidence
- timidity, fearfulness
- memory loss
- tinnitus
- dizziness
- blurred vision
- fatigue
- muscle weakness
- waking tired
- malaise
- low histamine & catecholamine depression
- ear pressure
- tingling/itching brain at forehead
- anxiety

Health History:

Consistently High cholesterol (265 total) regardless of paleo diet

Recurrent benign paroxysmal positional vertigo (BPPV) since 1999

Perilymph fistula in left ear December 2010

Perilymph fistula in left ear March 2012

Had sleep study done in March 2011. Diagnosed with sleep deprivation induced insomnia. Has gotten better since circadian rhythm reset using sleep deprivation therapy, melatonin & magnesium.

Recurrent low back pain

Recurrent myofascial injuries

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

Wisdom teeth removed. Braces. 8 or 9 amalgam fillings total. Most of them installed in early to mid teen years.

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

All amalgams have been removed by unsafe practices. First 2 replaced with composite 4 years ago. One replaced in 2010. Last 6 replaced in September 2012. Also have permanent top & bottom wire retainer in place since braces removed.

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

None known.

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

Had all required vaccinations growing up.

Received yearly flu shot starting in 1999 through last year.

Hep A, Hep B, Typhoid, Rabies in 2009 for travel to Belize.

TDAP 2010

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

NOW Super Enzymes (2 with each meal)

Flush Free Niacin (1,000mg x 3 times per day)

Michael's Naturopathic Programs Cholesterol Metabolism Factors (3 each with each meal)

Doctor's Best Serrapeptase (240,000 SPU, two to three times daily)

Omega 3 Fish Oil

Cod Liver Oil (10,000 mg of A)

Vitamin C 2,000 mg

Acetyl L-Carnitine 1,000mg

Garlic

Zinc 45 mg

Riboflavin 100 mg

Vitamin D 10,000 IU

Astaxanthin 4 mg

Turmeric 720 mg

Ginger 550 mg

Borage Oil 1000mg

CoQ10 200 mg

Vitamin K2 (MK-7) 90mcg every other day

Vitamin K2 (menatetrenone) 5 mg every other day

E-400 1 or 2 daily

Bilberry 50 mg

Quercetin 25 mg

Rutin 25 mg

Carrot juice powder 25 mg

Lutein 2 mg

Wobenzym N used sparingly for aches & pains

Diatomaceous Earth 2 tsp

J. Crow Lugol's 2% solution (15 mg)

ConcenTrace Minerals

Selenium 400 mcg

Coper 2 mg

Manganese 2 mg

Chromium 400 mcg

Molybdenum 150 mcg

B Complex time released

7) Other information you feel may be relevant?

35 year old male, 6'-2" tall, 175 lbs

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

Spring, Texas, USA