



PATIENT: Number 692  
 SEX: Female  
 AGE: 47

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	0.7	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.038	< 0.060	
Barium (Ba)	0.17	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.12	< 2.0	
Cadmium (Cd)	0.011	< 0.050	
Lead (Pb)	0.62	< 0.60	
Mercury (Hg)	0.03	< 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)	0.02	< 0.30	
Silver (Ag)	0.05	< 0.15	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.29	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>
Calcium (Ca)	186	300- 1200	
Magnesium (Mg)	12	35- 120	
Sodium (Na)	5	20- 250	
Potassium (K)	3	8- 75	
Copper (Cu)	58	11- 37	
Zinc (Zn)	190	140- 220	
Manganese (Mn)	0.10	0.08- 0.60	
Chromium (Cr)	0.39	0.40- 0.65	
Vanadium (V)	0.013	0.018- 0.065	
Molybdenum (Mo)	0.010	0.020- 0.050	
Boron (B)	0.19	0.25- 1.5	
Iodine (I)	0.38	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	165	150- 220	
Selenium (Se)	0.46	0.55- 1.1	
Strontium (Sr)	0.40	0.50- 7.6	
Sulfur (S)	49000	44000- 50000	
Cobalt (Co)	0.003	0.005- 0.040	
Iron (Fe)	6.7	7.0- 16	
Germanium (Ge)	0.031	0.030- 0.040	
Rubidium (Rb)	< 0.003	0.007- 0.096	
Zirconium (Zr)	0.091	0.020- 0.42	

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 11/01/2012	Sample Size: 0.197 g	Ca/Mg	15.5	4- 30
Date Received: 11/09/2012	Sample Type: Head	Ca/P	1.13	1- 12
Date Completed: 11/13/2012	Hair Color: Gray	Na/K	1.67	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	3.28	4- 20
	Shampoo: Aubrey	Zn/Cd	> 999	> 800

## Health history for hair test 692

1. Generally healthy as a child, but got frequent colds and didn't have a lot of stamina
  - 1987 (age 22) - got shingles.
  - 1991 (age 26) - moved to Africa, had a lot of trouble with intestinal parasites for the next 2 years, was on *lots* of antiparasitic drugs.
  - 1993 (age 28) - collapsed with exhaustion & got my first sinus infection. Diagnosed with CFS (ME) while in Africa and had to return to the States because of that. Had chronic sinusitis, was on antibiotics for months, eventually had sinus surgery, but sinusitis came back.
  - 1993 - 2000 - bad fatigue, food allergies (didn't know it yet), brain fog, hypothyroid, depression, living in a somewhat moldy environment, not able to work
  - 2000 - 2002 - began dietary experiments; did macrobiotics for 2 years; helped me to get off dairy, wheat, & eggs. Health still not good and after 2 years felt I was getting sicker on macro. Still in moldy environment. Getting off sugar and dairy ended sinus infections and I haven't had one since. I also have had very few colds since I got off processed foods, dairy & sugar.
  - 2002 - 2006 - switched to eating a WAPF-type diet, but leaving out dairy, gluten, soy & eggs. Began taking cod liver oil. Depression gone. Still in a moldy environment that was getting worse.
  - 2006 - moved to a non-moldy place
  - 2007 - began my own combo of Bee's anti-candida diet and GAPS. Sleep and energy improved dramatically. Felt like I might actually be getting better. Noticed I had more and more food intolerances - vinegar, probiotic foods, some sulfur foods. Started my very high fat diet and really enjoy it (keeps my blood sugar stable), but it took me a few months to adjust to it.
  - 2009 - moved to a new apt and slowly, but steadily began worsening (even though the apt was new and had no-VOC paint, no carpeting, etc...). Couldn't understand why. (Later figured out it was high EMFs.)
  - 2011 - took antibiotics, had a horrible reaction (**severe** panic -- I'd never had any type of panic or panic attack before); had to go off my thyroid meds for the panic to stop and even though I'm still hypothyroid, i can no longer tolerate any thyroid meds or glandulars. Food intolerances worsened dramatically.
  - 2012 - I'd worsened so much that by early 2012, I wondered if I might be dying. Started to look into heavy metal issue & getting my amalgams out, but my doctor felt I was too sick to handle that. In February I discovered my apt had extremely high EMF levels (particularly the electric fields in my bedroom), began turning off circuits at night. Made a phenomenally HUGE difference in my health -- energy level increased, eyesight got better, skin got better, sleep improved -- all within a few days. I felt like a dead person who'd been brought back to life overnight. Since then, I turn off all circuits at night and as many as I can during the day. Can't get them as low as I'd like during the day. I am very EMF & RF sensitive.
  - July 2012 - Woke up with Lyme rash, followed 4 days later by muscle and joint pain and weakness, stiff neck, a new type of brain fog, headache, incredible fatigue, feelings of hopelessness and impending doom. Still test negative for Lyme. My doctor thinks perhaps I've had it all along, but these new symptoms were unlike anything I'd had for the past 19 years. Started Chinese herbs for Lyme. Symptoms quickly improved, but I need to stay on the herbs to keep the symptoms at bay. Without the herbs (which include licorice root), I'd be bed-ridden.

Food intolerances got worse yet again w/the Lyme. Can only eat grassfed beef, zucchini, ghee, olive oil & palm oil. Can't tolerate most supplements. Reactions to

foods range from brain fog, fatigue, insomnia, nightmares, anxiety, panic, hopelessness. I can't tolerate any sulfur foods. Mostly food intolerances affect my sleep. Can't have *any* probiotic foods or supplements without having anxiety and/or panic for about five days. Ongoing problem with constipation. Short-term memory is bad and thinking/processing can be very difficult. Don't sweat. Prolonged qt interval (not sure if I've got that right). Extremely low CD57.

Began thinking again that mercury is probably my underlying problem and I needed to address it.

2. 8 amalgams -- got all of them as a child. All wisdom teeth removed when I was 20. Braces on upper teeth when I was 14 for 8 months.
3. Still have all my amalgams and plan/hope to get them all out in 2013.
4. Don't know my mother's dental history, but think she had quite a few amalgams and perhaps one or more root canals. She became paranoid schizophrenic at age 42.
5. Standard vaccinations as a child. Never had flu shots. I moved to east Africa in 1991 and got a lot of vaccinations a month prior to leaving. I don't recall how many but I know I got more than what was required by law. I basically took as many as they offered. (My CFS began 21 months later while in Africa and forced my return to the States.)
6. No medications at time of the hair test. Supplements: 4 gms NOW Vit C per day, 9 NOW Betaine HCl per meal, 1 tsp Blue Ice fermented cod liver oil. Digest Basic digestive enzymes 1 per meal -- started about 3-4 months prior to hair test. A mixture of Chinese herbs for Lyme started mid-July 2012. Hair test in November 2012
7. 47, 5'7", 110 lbs
9. Maryland, USA