

# Toxic & Essential Elements; Hair

| TOXIC METALS               |                |                       |   |
|----------------------------|----------------|-----------------------|---|
|                            | RESULT<br>µg/g | REFERENCE<br>INTERVAL | PERCENTILE<br>68 <sup>th</sup> 95 <sup>th</sup> |
| Aluminum (Al)              | 0.6            | < 7.0                 |   |
| Antimony (Sb)              | < 0.01         | < 0.066               |   |
| Arsenic (As)               | 0.051          | < 0.080               |   |
| Barium (Ba)                | 0.93           | < 1.0                 |   |
| Beryllium (Be)             | < 0.01         | < 0.020               |   |
| Bismuth (Bi)               | 0.002          | < 2.0                 |   |
| Cadmium (Cd)               | < 0.009        | < 0.065               |   |
| Lead (Pb)                  | 0.13           | < 0.80                |   |
| Mercury (Hg)               | 0.04           | < 0.80                |   |
| Platinum (Pt)              | < 0.003        | < 0.005               |   |
| Thallium (Tl)              | 0.002          | < 0.002               |   |
| Thorium (Th)               | < 0.001        | < 0.002               |   |
| Uranium (U)                | 0.024          | < 0.060               |   |
| Nickel (Ni)                | 0.17           | < 0.20                |   |
| Silver (Ag)                | 0.07           | < 0.08                |   |
| Tin (Sn)                   | 0.02           | < 0.30                |   |
| Titanium (Ti)              | 0.27           | < 0.60                |   |
| Total Toxic Representation |                |                       |   |

| ESSENTIAL AND OTHER ELEMENTS |                |                       |   |
|------------------------------|----------------|-----------------------|---|
|                              | RESULT<br>µg/g | REFERENCE<br>INTERVAL | PERCENTILE<br>2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup> |
| Calcium (Ca)                 | 1580           | 200- 750              |   |
| Magnesium (Mg)               | 100            | 25- 75                |   |
| Sodium (Na)                  | 36             | 20- 180               |   |
| Potassium (K)                | 19             | 9- 80                 |   |
| Copper (Cu)                  | 11             | 11- 30                |   |
| Zinc (Zn)                    | 180            | 130- 200              |   |
| Manganese (Mn)               | 0.10           | 0.08- 0.50            |   |
| Chromium (Cr)                | 0.42           | 0.40- 0.70            |   |
| Vanadium (V)                 | 0.010          | 0.018- 0.065          |   |
| Molybdenum (Mo)              | 0.042          | 0.025- 0.060          |   |
| Boron (B)                    | 0.46           | 0.40- 3.0             |   |
| Iodine (I)                   | 1.1            | 0.25- 1.8             |   |
| Lithium (Li)                 | 0.006          | 0.007- 0.020          |   |
| Phosphorus (P)               | 214            | 150- 220              |   |
| Selenium (Se)                | 0.70           | 0.70- 1.2             |   |
| Strontium (Sr)               | 3.3            | 0.30- 3.5             |   |
| Sulfur (S)                   | 47800          | 44000- 50000          |   |
| Cobalt (Co)                  | 0.15           | 0.004- 0.020          |   |
| Iron (Fe)                    | 7.1            | 7.0- 16               |   |
| Germanium (Ge)               | 0.032          | 0.030- 0.040          |   |
| Rubidium (Rb)                | 0.013          | 0.011- 0.12           |   |
| Zirconium (Zr)               | 0.037          | 0.020- 0.44           |   |

| COMMENTS:                  | SPECIMEN DATA                    | RATIOS |       |         |
|----------------------------|----------------------------------|--------|-------|---------|
|                            | ELEMENTS                         | RATIOS | RANGE |         |
| Date Collected: 11/07/2012 | Sample Size: 0.198 g             | Ca/Mg  | 15.8  | 4- 30   |
| Date Received: 11/16/2012  | Sample Type: Head                | Ca/P   | 7.38  | 0.8- 8  |
| Date Completed: 11/21/2012 | Hair Color: Black                | Na/K   | 1.89  | 0.5- 10 |
| Methodology: ICP/MS        | Treatment:                       | Zn/Cu  | 16.4  | 4- 20   |
|                            | Shampoo: <i>Dessert Organics</i> | Zn/Cd  | > 999 | > 800   |

## **Health history for hair test 703**

### **1. What is your health history?**

My health problems began in 2006 when after a vaccine shot I became gluten intolerant but still felt overall well.

From a vaccine shot in 2007 I developed Crohn's disease. My mood, energy and general wellbeing declined drastically. During this time my symptoms were manifestations of mercury intoxication – anxiety, panic attacks, depression, night sweats, vision problems and light sensitivity. Also severe abdominal problems – diarrhea, blood in stools, etc...

In the end of 2009 I started raw juice fast, enemas and other cleansing programs. Cleanses reduced some of the symptoms.

In 2010 I started Cutler's protocol. After couple of days I realized that the root cause of my problems is mercury from vaccines.

Now, after more than 2 years of chelation (**only with ALA**) I succeed to eliminate most of the symptoms. I chelated the mercury out of my head and major organs but still have on my ileum and ileocecal valve. The food passage causes me terrible pain and discomfort resulting in adrenal fatigue.

### **2. What are your current symptoms?**

My current symptoms include - adrenal fatigue due to long term chelation, dry skin during winter, low blood pressure.

Low stress-cooping ability, short memory and concentration problems, noise, light, cold sensitivities, chemical smells sensitivities

The biggest problem is my ileum where most of mercury is situated. This causes mucus, sometimes diarrhea and drains my energy.

I'm still chelating the mercury from there.

### **3. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)**

No braces, no crowns, no root canals, no amalgams. Only composite fillings.

### **4. What dental work do you currently have in place? What part of the dental clean-up have you completed?**

Composite fillings now in place.

### **5. What dentistry did your mother have at any time before or during pregnancy?**

Unknown

### **6. What vaccinations have you had and when (including flu and especially travel shots)?**

Never had flu or travel vaccines but had all the childhood vaccines.

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

Small amounts of Vitamin C  
Coenzymed B complex (1-2caps per week)  
Coenzyme sublingual B6, B1 and oral Methylfolate  
vitamin K complex

Glutamine  
Glycine  
NAC

Isocort

Hydrolyzed gelatin

Lugol's Solution

Milk thistle and dandelion for liver support

Magnesium  
Molybdenum  
Zinc  
Lithium aspartate

### **8. What is your age, height and weight?**

Almost 23 years old / 190cm / 70kg

### **9. Other information you feel may be relevant?**

Recent blood examinations:

Leukocytes: 4.1 G/L (ref. 4.0 – 11.0)  
Neutrophils count: 2.1 G/L (ref 2.5–7.5)  
Lymphocytes: 1.8 G/L (ref. 1.5 – 3.5)  
Monocytes: 0.2 (ref. 0.2 – 0.8)

Hemoglobin 157 g/L (ref. 140 – 180)  
Hematocrit 0.45 L/L (ref. 0.40 – 0.52)

Total Bilirubin 19 umol/l (ref. 3.4 – 21)  
Cholesterol 4.7 umol/l (ref. < 5.17)  
ASAT 17 U/l (ref. 6 – 37)  
ALAT 9 U/l (ref. 0 – 49)  
Fibrinogen 2.5 g/l (ref. 2.6 – 4.3)

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

Varna, Bulgaria