



SEX: Female  
AGE: 24

*Toxic & Essential Elements; Hair*

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)		2.3	< 7.0	
Antimony (Sb)		0.014	< 0.050	
Arsenic (As)		0.11	< 0.060	
Barium (Ba)		0.27	< 2.0	
Beryllium (Be)		< 0.01	< 0.020	
Bismuth (Bi)		0.004	< 2.0	
Cadmium (Cd)		0.017	< 0.050	
Lead (Pb)		0.56	< 0.60	
Mercury (Hg)		0.29	< 0.80	
Platinum (Pt)		< 0.003	< 0.005	
Thallium (Tl)		< 0.001	< 0.002	
Thorium (Th)		< 0.001	< 0.002	
Uranium (U)		0.010	< 0.060	
Nickel (Ni)		0.07	< 0.30	
Silver (Ag)		0.02	< 0.15	
Tin (Sn)		0.03	< 0.30	
Titanium (Ti)		0.34	< 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)		451	300- 1200	
Magnesium (Mg)		26	35- 120	
Sodium (Na)		2	20- 250	
Potassium (K)		< 3	8- 75	
Copper (Cu)		21	11- 37	
Zinc (Zn)		210	140- 220	
Manganese (Mn)		0.17	0.08- 0.60	
Chromium (Cr)		0.43	0.40- 0.65	
Vanadium (V)		0.027	0.018- 0.065	
Molybdenum (Mo)		0.024	0.020- 0.050	
Boron (B)		0.34	0.25- 1.5	
Iodine (I)		0.37	0.25- 1.8	
Lithium (Li)		< 0.004	0.007- 0.020	
Phosphorus (P)		178	150- 220	
Selenium (Se)		0.57	0.55- 1.1	
Strontium (Sr)		0.54	0.50- 7.6	
Sulfur (S)		47500	44000- 50000	
Cobalt (Co)		0.005	0.005- 0.040	
Iron (Fe)		8.3	7.0- 16	
Germanium (Ge)		0.024	0.030- 0.040	
Rubidium (Rb)		0.004	0.007- 0.096	
Zirconium (Zr)		0.043	0.020- 0.42	

COMMENTS:	SPECIMEN DATA		RATIOS	
	ELEMENTS	RATIOS	RANGE	
	Ca/Mg	17.3	4- 30	
	Ca/P	2.53	1- 12	
	Na/K	0.667	0.5- 10	
	Zn/Cu	10	4- 20	
Zn/Cd	> 999	> 800		

## 1. **What are your current symptoms and health history?**

- Chronic fatigue
- 24 hours headache
- All the time different infections
- Concentration and memory problems
- Dyslexia
- Mood swings, nervousness, anxiety, irritability, low stress-cooping ability
- Heat sensitivity
- Low blood pressure
- Shyness
- Stomach ache, bad digestion (IBS), liver problems
- Low thyroid and adrenal function
- Joint problems (pain, over flexibility, stiffness) + neck and jaws problems
- Stiff muscles
- Sleeping problems, bad insomnia
- Hypoglycemia
- Low body temperature (35'9 and 36'2)

I think I got mercury poisoning from amalgams of my mom while being in womb and breast-feeding. I was born very sick. As a baby and later as a child I had serious digestion problems and was allergic to almost everything (till about 10 years old). I had many infections and fevers in different parts of my body and some operations related to it (tonsils) and always it took me ages to recover. Till the age of 21 I took a lot of courses of antibiotics. Between 10 and 12 y.o. I had a delay in development (mental and physical) followed an acute appendicitis with peritonitis, heavy ears infection and a lot of medications + legionnaires disease. My periods started at the age of 16.

I got bad headaches in the age of 13, and the only thing the doctor could prescribe for it was anti-depressant amitriptyline. I had to take it from 14 to 22 years old. With a lot of troubles I managed to go off it (it took more than year), but since then my sleep is almost non-existent, and headaches went much worse, I experience them every minute of the day.

My brother is a bit autistic, my mother has serious problems with her health and still a lot of amalgam fillings. Her mother, my grandmother, also has a lot of amalgam fillings and she has Alzheimer's.

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

Never had amalgams. Teeth are generally quite good.

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

One composite filling.

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

Full mouth of amalgams, she doesn't remember when she removed some of them she thought a few of them before she was pregnant.

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

No travel shots, standard vaccinations for a child in the 1980s-1990s, and when I was nine years old.

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

- manganese
- magnesium
- zinc
- vitamin C
- b-complex
- vitamin D
- melatonin
- GABA
- Anti-candida homeopathy
- l-tyrosine
- heavy metal support (75mg ALA ones a day for 2 weeks)
- probiotics
- gentle iron
- cortex Thorne and other adrenal support by Thorne
- lecithin
- l-glutathione, NAC – 1,5 months

**7. What is your age, height and weight?**

Age 24, Weight 48 kilo, Height 157 cm

**8. Other information you feel may be relevant?**

Some lab info: Low ferritine, B12, cortisol

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

Netherlands