

Date: 22-02-2013

Sample date: 18-02-2012

Hair Mineral and Toxic Element Analysis

(by Inductively Coupled Plasma - Mass Spectrometry [ICP-MS])

Hair Colour: **BLACK**

Height: **5'8"**

Weight: **105KG**

Shampoo: **HERBAL SOAP**

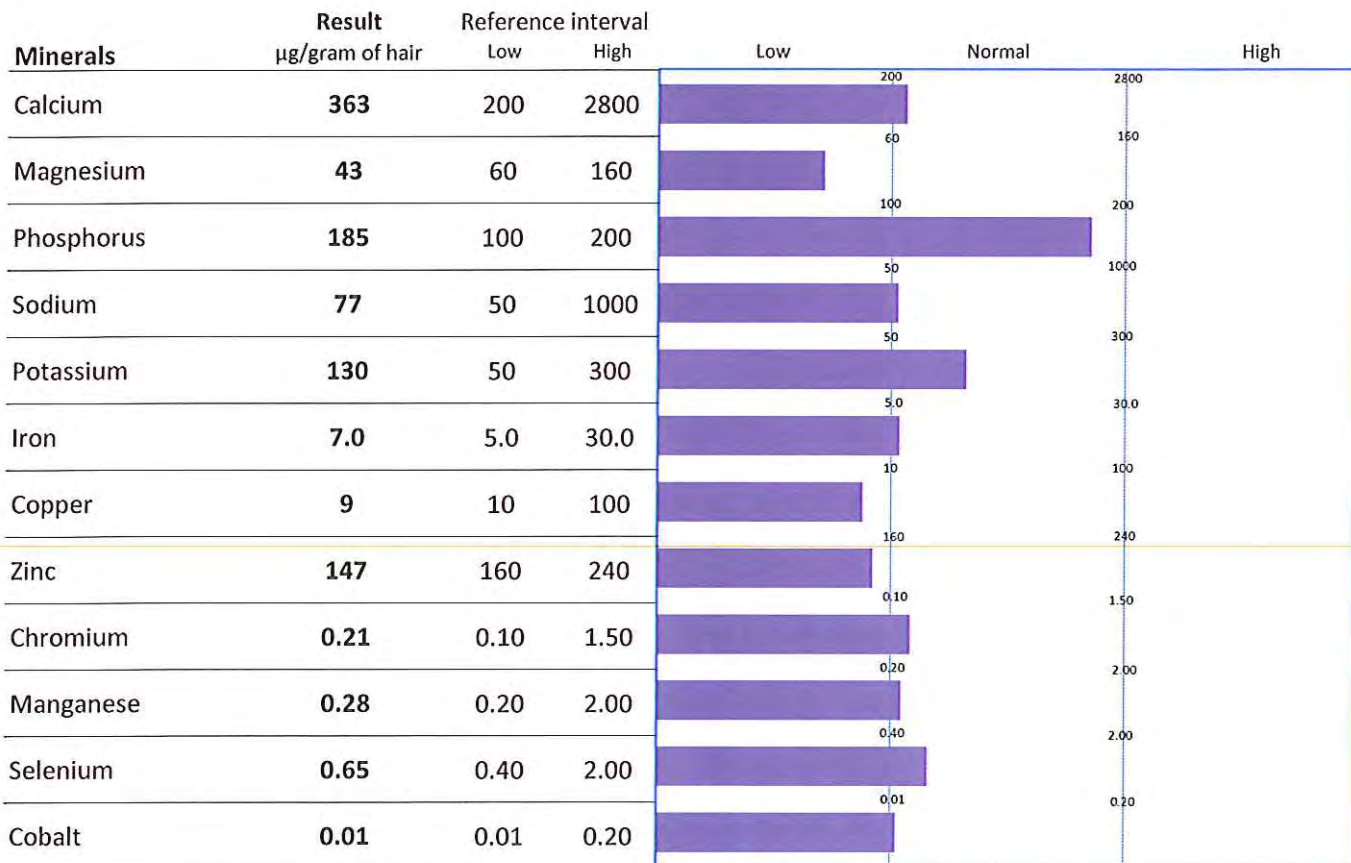
Conditioner: **NONE**

Bleach: **NONE**

Highlight: **NONE**

Perm: **NONE**

Tint: **NONE**



Toxic Metals	Result	Reference interval	Acceptable		Raised
	µg/gram of hair				
Aluminium	3	≤50		50.0	
Arsenic	0.1	≤1.0		1.00	
Cadmium	0.02	≤0.10		0.10	
Lead	0.16	≤2.00		2.00	
Mercury	0.05	≤1.00		1.00	
Nickel	0.35	≤1.40		1.40	

Hair element ratios	Percentile		
		2.5 th	97.5 th
Calcium / Magnesium	8 : 1	3.6 : 1	36.3 : 1
Calcium / Phosphorus	2 : 1	1.8 : 1	21.3 : 1
Sodium / Potassium	0.6 : 1	0.4 : 1	3.4 : 1
Zinc / Copper	16.3 : 1	2.1 : 1	18.1 : 1
Zinc / Lead	919 : 1	≥	104 : 1
Zinc / Cadmium	7350:1	≥	1989 : 1
Selenium / Cadmium	32.5 : 1	≥	5.8 : 1
Selenium / Mercury	13 : 1	≥	0.5 : 1

Magnesium, copper e zinc deficiencies

Health history for hair test 739

Hair test attached - looks like im a non excretor?

Mr S, England:

Age 21 Male, 5ft 8 height, 105kg weight, (used to be at 75kg weight, 2 years ago)

India, Punjabi origin

- **Diet (started 3 years ago)** - mostly now consists of Lean protein – chicken, free range eggs. fats like butter, almonds. Legumes like chick peas. Rice. And minimal wheat/bread, although I don't avoid it.

Minimal fish consumption. Eat yoghurt. Only drink filtered water. Small intake of fruit and veg.

History

My adult teeth came out from age 6 - all yellow, crowded, with fluorosis.

I had 4 molar Mercury fillings as a kid (from age 9 to 14 which then the filled molars were pulled out, to make room for braces in my crowded mouth). So I will have mercury in my tissues.

I have had deteriorating performance academically from 12 years of age. And also an increase in anxiety, ocd and fatigue, Brain fog/confusion and Major depression, which I didn't even know I had...

Got full braces from 15 to 16 years of age.

Also Ive slept on a memory foam bed topper from age 16 to 20 years of age, which I now know it emits Formaldehyde, VOCs and Antimony(arsenic) fire retardant. And is petroleum based.

Had all vaccinations up to age 16. Had my last flu vaccination at 17, never had a vaccination again.

In the last 20 months after starting b6, zinc biotin (pyroluria 'Core' supplement), my appetite and bowel movements increased, but my weight has INCREASED from 75kg to 105kg. it consists of taking 10-40mg zinc, 25mg p5p, 3mg biotin per day minimum.

I get hungry every four hours, where as other people can go without food for nearly 7 hours. Exercise has NEVER increased my fitness, my fitness levels always plateau, while other people would thrive from exercise with gains in performance. Heart rate has been up to 180bpm just simply by jogging.

My symptoms from age 13 to 21(current):

- cold hands and feet, small hands

I have always had small hands with no lunulae/ moons on my thumb/fingers. My finger nails are half white and cloudy with red bands on the end and no moons. They aren't completely smooth and have very fine verticle ridges.. but i have heard these ridges are ok. - **Could these symptoms mean bad circulation? Low mineral status. weak kidneys adrenals thyroid? Also Nail base is not deep red as they are in many healthy people.**