



PATIENT: Number 760
SEX: Female
AGE: 55

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	0.5	< 7.0	
Antimony (Sb)	0.020	< 0.050	
Arsenic (As)	0.020	< 0.060	
Barium (Ba)	0.11	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.16	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.29	< 0.60	
Mercury (Hg)	0.16	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.002	< 0.060	
Nickel (Ni)	0.03	< 0.30	
Silver (Ag)	0.02	< 0.15	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.19	< 0.70	
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)	182	300- 1200	
Magnesium (Mg)	120	35- 120	
Sodium (Na)	28	20- 250	
Potassium (K)	6	8- 75	
Copper (Cu)	50	11- 37	
Zinc (Zn)	190	140- 220	
Manganese (Mn)	0.14	0.08- 0.60	
Chromium (Cr)	0.39	0.40- 0.65	
Vanadium (V)	0.016	0.018- 0.065	
Molybdenum (Mo)	0.026	0.020- 0.050	
Boron (B)	0.09	0.25- 1.5	
Iodine (I)	0.36	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	133	150- 220	
Selenium (Se)	0.59	0.55- 1.1	
Strontium (Sr)	0.29	0.50- 7.6	
Sulfur (S)	47500	44000- 50000	
Cobalt (Co)	0.002	0.005- 0.040	
Iron (Fe)	5.4	7.0- 16	
Germanium (Ge)	0.032	0.030- 0.040	
Rubidium (Rb)	0.006	0.007- 0.096	
Zirconium (Zr)	0.012	0.020- 0.42	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 03/28/2013	Sample Size: 0.198 g	Ca/Mg	1.52
Date Received: 04/01/2013	Sample Type: Head	Ca/P	1.37
Date Completed: 04/04/2013	Hair Color: Brown	Na/K	4.67
Methodology: ICP/MS	Treatment:	Zn/Cu	3.8
	Shampoo: Pert Plus	Zn/Cd	> 999
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

Health history for hair test 760

What are your current symptoms and health history?

Current symptoms: fatigue, muscle aches, hip, neck and lower back pain, acid reflux, yeast rash in groin (on skin; not in vagina or anus), numerous hot flashes daily, brain fog (difficulty reading; don't retain what I read), memory problems, seasonal allergies and cat allergies (but not to my own cats), depression, sleep problems (never wake refreshed, never sleep through the night), chronic runny nose. Have had unexplained weight gain of eight-ten pounds since December.

Health history

Fairly good health until age 35 (1993) then after trip to Kenya (had several vaccinations beforehand) had sinus infections with severe fatigue that recurred every 6-8 weeks for three years. 1996 diagnosed with toxoplasmosis (but am not sure that's what I had; I grew up with cats/litter box) with severe muscle aches, high fever. Had high doses of antibiotics to "cure" it. After that was never right; all of the current symptoms above started appearing.

Diagnosed with fibromyalgia in 2001, continued with recurring upper respiratory illnesses that were eased with regular vitamin/mineral supplements. This past winter, I came down with the flu 4-5 weeks after my last amalgam was removed. Flu symptoms—severe aches, 102 fever, racking cough—continued for three days, then I had severe fatigue for two weeks. Abated for a week, then the flu-like fatigue returned for another three weeks. Am in worse condition in general now, but not as bad as in December-January. Wondering if removal of last amalgam caused these problems.

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

Two extractions of "baby" teeth in preparation for braces.

Braces age 13 on upper teeth.

No extractions or root canals.

Upper left wisdom tooth removed 1997 (age 39). This has gotten swollen but had not erupted. None of the other three wisdom teeth have erupted.

Had many several silver fillings put in as a child; had several large fillings in molars put in as teenager.

Began having larger fillings replaced with ceramic crowns in 1993 (age 35)

The last three crowns plus one smaller filling (replaced with non-metallic filling) were in the last year. Last filling was removed/replaced with crown four months before hair test collection.

I know the recent replacements were done under safe mercury removal standards. I'm pretty sure that the earlier fillings were removed without precautions, and I am not sure yet if those teeth are completely free of the old mercury amalgams.

What dental work do you currently have in place?

Eight ceramic crowns (back two teeth on either side, upper and lower)

One or two fillings (not metal; they are supposed to be non-toxic; not sure what they are called)

What part of the dental clean-up have you completed?

All silver fillings have been removed and replaced with crowns or other fillings. But I am not sure if the older crowns are free of amalgams underneath.

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

One white filling between front teeth (born 1936; filling was at age 14)

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

Mumps/rubella/polio as child

tetanus at various ages; last one 10-15 years ago

Flu vaccine 2005 and 2006 by nose mist

1993--

Yellow fever, typhoid, probably Hepatitis A and/or B

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

Supplements (taken 5-7 times a week, each dose 2 times a day except where noted)

Vitamin B complex—50 mg

Vitamin C—2000 mg

Vitamin D—4000 mg

Vitamin E—400 mg (once a day)

CoQ10—50 mg

Magnesium—300 mg

Niacin—50 mg

Probiotics—blend of six probiotic strains, 7 billion

Cod liver oil—1/2 or 1 tsp once or twice a week (once a day)

What is your age, height and weight? Age 55, height 5'5", weight 160

Other information you feel may be relevant? Grew up fishing on the Great South Bay, south of Long Island, NY. Ate a fair amount of salt water clams and fish (such as bluefish, blowfish, snapper, flounder, shark, striped bass).

What is your location – city & country (so that we can learn where certain toxins are more prevalent) Silver Spring, Maryland USA