

# Toxic & Essential Elements; Hair

TOXIC METALS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE		
			68 <sup>th</sup>	95 <sup>th</sup>	
Aluminum (Al)	7.0	< 12			
Antimony (Sb)	0.012	< 0.060			
Arsenic (As)	0.10	< 0.090			
Barium (Ba)	0.77	< 2.0			
Beryllium (Be)	< 0.01	< 0.020			
Bismuth (Bi)	2.5	< 2.0			
Cadmium (Cd)	< 0.009	< 0.050			
Lead (Pb)	0.78	< 1.0			
Mercury (Hg)	0.19	< 0.80			
Platinum (Pt)	< 0.003	< 0.005			
Thallium (Tl)	0.001	< 0.002			
Thorium (Th)	0.002	< 0.002			
Uranium (U)	0.033	< 0.060			
Nickel (Ni)	0.05	< 0.40			
Silver (Ag)	0.07	< 0.10			
Tin (Sn)	0.09	< 0.30			
Titanium (Ti)	1.0	< 1.3			
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)	1030	475- 1500					
Magnesium (Mg)	180	45- 180					
Sodium (Na)	1200	80- 450					
Potassium (K)	610	28- 160					
Copper (Cu)	18	11- 30					
Zinc (Zn)	85	130- 200					
Manganese (Mn)	1.3	0.15- 0.65					
Chromium (Cr)	0.42	0.40- 0.65					
Vanadium (V)	0.042	0.018- 0.065					
Molybdenum (Mo)	0.11	0.040- 0.10					
Boron (B)	3.7	0.40- 4.0					
Iodine (I)	0.48	0.25- 1.8					
Lithium (Li)	0.15	0.008- 0.030					
Phosphorus (P)	585	250- 500					
Selenium (Se)	0.59	0.80- 1.3					
Strontium (Sr)	2.0	1.0- 8.0					
Sulfur (S)	46100	42000- 48000					
Cobalt (Co)	0.019	0.006- 0.035					
Iron (Fe)	8.1	7.0- 16					
Germanium (Ge)	0.030	0.030- 0.040					
Rubidium (Rb)	0.78	0.030- 0.25					
Zirconium (Zr)	0.040	0.040- 1.0					

COMMENTS:	SPECIMEN DATA		RATIOS		
	ELEMENTS	RATIOS	RANGE		
Date Collected: 06/24/2013	Ca/Mg	5.72	4- 30		
Date Received: 06/28/2013	Ca/P	1.76	1- 12		
Date Completed: 07/02/2013	Na/K	1.97	0.5- 10		
Methodology: ICP/MS	Zn/Cu	4.72	4- 20		
	Zn/Cd	> 999	> 800		

### **Health history for hair test 803**

Current Symptoms: Exhaustion, depression, joint pain and newly formed deposits in my joints (arthritis), TMJ - severe, vast number of food allergies, Multiple chemical sensitivities, short term memory loss, introverted - cannot handle crowds of any sort, insomnia, sciatica, IBS, candida, panic attacks, anxiety, excessively dry skin on feet that crack and bleed, brain fog, uncontrollable twitching eye (right sided), cold feet but cannot tolerate heat, mouth sores if I eat certain foods, muscles in throat not working well.

wisdom teeth removed when I was a teenager - all four sockets went dry and became infected. Mouth full of amalgams. braces when in teens. 4 front teeth with root canals. four back molars have been extracted.

All amalgams removed 10 years ago - then became very ill. had dental implants against my better judgement two years ago and that's when i burst into auto-immune symptoms. Dental surgeon would not remove for a year until dentist talked her into it.

Symptoms in mouth subsided but now other symptoms (listed above) worsening.

Don't know my mother's dental history before I was born. Father's father was a dentist and practice was in his house.

Childhood vaccines include small pox, polio. had mumps, measles and chicken pox as diseases not vaccines. Unsure of other shots. No flu shots.

No supplements 3 - 6 months prior to test other than the month before starting on vitamins C and E and trying to take magnesium and zinc but not successful at that point.

I'll be 57 on August 1, five feet tall and about 140 I think.

health history - diagnosed with mono 26 times (swollen spleen so they assumed). constant bladder infections, yeast infections and depression as a teenager.

Did get into body building in my 30s but it made my body collapse - spine pain , leg pain. For 14 years in California I LIVED on sushi and fish.

Water for showering (not drinking) is softened water ie has salt in it.

Live in Poultney, Vermont