



PATIENT: Number 828
 SEX: Male
 AGE: 23

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.2	< 7.0	
Antimony (Sb)	0.010	< 0.066	
Arsenic (As)	0.031	< 0.080	
Barium (Ba)	2.7	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.074	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.42	< 0.80	
Mercury (Hg)	0.20	< 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)	0.09	< 0.20	
Silver (Ag)	0.03	< 0.08	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.23	< 0.60	
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)	570	200- 750			
Magnesium (Mg)	73	25- 75			
Sodium (Na)	3	20- 180			
Potassium (K)	3	9- 80			
Copper (Cu)	82	11- 30			
Zinc (Zn)	150	130- 200			
Manganese (Mn)	0.04	0.08- 0.50			
Chromium (Cr)	0.36	0.40- 0.70			
Vanadium (V)	0.014	0.018- 0.065			
Molybdenum (Mo)	0.037	0.025- 0.060			
Boron (B)	0.43	0.40- 3.0			
Iodine (I)	1.3	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	164	150- 220			
Selenium (Se)	0.54	0.70- 1.2			
Strontium (Sr)	2.6	0.30- 3.5			
Sulfur (S)	48400	44000- 50000			
Cobalt (Co)	0.004	0.004- 0.020			
Iron (Fe)	5.8	7.0- 16			
Germanium (Ge)	0.036	0.030- 0.040			
Rubidium (Rb)	< 0.003	0.011- 0.12			
Zirconium (Zr)	0.050	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 07/17/2013	Sample Size: 0.198 g	Ca/Mg	7.81	4- 30
Date Received: 07/22/2013	Sample Type: Head	Ca/P	3.48	0.8- 8
Date Completed: 07/24/2013	Hair Color: Brown	Na/K	1	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	1.83	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

Health history for hair test 827

1. What are your current symptoms and health history?

My major symptoms at the moment are fatigue, brain fog, food sensitivities, social anxiety and acne.

Other symptoms include:

- Tinnitus
- Mild joint/muscle pain
- Constipation most of the time
- Diarrhea every once in a while
- Shyness/inability to carry a conversation due to anxiety most of the time
- Poor muscle tone despite years of lifting and eating healthy
- Yeast issues
- Bloating/distended abdomen despite being relatively skinny

My health was relatively normal for roughly the first 18-20 years of my life. Despite this I suffered from social withdrawal, pathological shyness, and an inability to relate to others for these 18-20 years. Cutler's description of erethism is spot on when describing my personality. The past 3-5 years I've developed more and more physical symptoms and I would say the erethism has worsened alongside the physical symptoms. It was during the last 3 years that I was consuming high amounts of tuna/salmon on a regular basis. Ironically I was doing it because I wanted to be more healthy and fit. I realized the connection between food sensitivities and acne about 3 years ago which was the beginning of my search to cure my health problems.

2/3/4/5. Dental History / Sources of Mercury

Despite not having any amalgams, braces, or any type of dental work I received all the immunizations which makes me believe I've been mercury poisoned my entire life. I've also received flu shots routinely throughout my life. During pregnancy my mom had 2-3 fillings which no doubt contributed to my toxicity. My grandmother also has had 2-3 fillings for most of her life so it's likely that mercury toxicity has been passed down from each generation. Besides these sources my major source of mercury which I believe pushed me over the edge was the high tuna/salmon consumption on a regular basis for almost 3 years.

List of immunizations:

DPT: 6/90, 8/90, 11/90, 8/91

POLIO: 6/90, 8/90, 8/91, 6/95

DT: 6/26/95, 12/27/01

MMR: 5/91, 6/95

H.inf.b: 11/90, 2/91, 5/91

Hepatitis B: 8/14/97, 9/30/97, 2/13/98

6. Supplements and medications

- 1) Adrenal Cortex Extract: 320 mg Neonatal Adrenal Complex (bovine)
- 2) Milk Thistle 1000 mg
- 3) Betaine HCL 4g
- 4) Molybdenum 750 mcg (not taking currently, will start again soon)
- 5) Apple Cider Vinegar (not taking currently)
- 6) Nettle Leaf Tee (not taking currently)

7. Age: 23, Height: 5'7", Weight: 132 lb.

9. Location: Windsor, California

I lived in Santa Barbara, California for 4 years during college (the span of time when my physical symptoms became prevalent).