



PATIENT: Number 836
 SEX: Female
 AGE: 33

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.3	< 7.0	
Antimony (Sb)	0.019	< 0.050	
Arsenic (As)	0.021	< 0.060	
Barium (Ba)	22	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.64	< 2.0	
Cadmium (Cd)	0.013	< 0.050	
Lead (Pb)	0.14	< 0.60	
Mercury (Hg)	4.2	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.003	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	< 0.001	< 0.060	
Nickel (Ni)	0.33	< 0.30	
Silver (Ag)	0.06	< 0.15	
Tin (Sn)	0.09	< 0.30	
Titanium (Ti)	0.33	< 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)	6870	300- 1200			
Magnesium (Mg)	1200	35- 120			
Sodium (Na)	700	20- 250			
Potassium (K)	11	8- 75			
Copper (Cu)	13	11- 37			
Zinc (Zn)	240	140- 220			
Manganese (Mn)	0.66	0.08- 0.60			
Chromium (Cr)	0.36	0.40- 0.65			
Vanadium (V)	0.008	0.018- 0.065			
Molybdenum (Mo)	< 0.01	0.020- 0.050			
Boron (B)	0.54	0.25- 1.5			
Iodine (I)	0.10	0.25- 1.8			
Lithium (Li)	0.014	0.007- 0.020			
Phosphorus (P)	198	150- 220			
Selenium (Se)	0.69	0.55- 1.1			
Strontium (Sr)	26	0.50- 7.6			
Sulfur (S)	45000	44000- 50000			
Cobalt (Co)	0.018	0.005- 0.040			
Iron (Fe)	12	7.0- 16			
Germanium (Ge)	0.029	0.030- 0.040			
Rubidium (Rb)	0.019	0.007- 0.096			
Zirconium (Zr)	0.046	0.020- 0.42			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 08/06/2013		Ca/Mg	5.73
Date Received: 08/09/2013		Ca/P	34.7
Date Completed: 08/10/2013		Na/K	63.6
Methodology: ICP/MS		Zn/Cu	18.5
Sample Size: 0.205 g		Zn/Cd	> 999
Sample Type: Head			
Hair Color:			
Treatment:			
Shampoo: Soda Of Bicarbonate			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

Health history for hair test 836

- I had 3 mercury amalgam fillings placed I think between age 11 and 15 yrs (I'm 33 now)
- One of them drilled out and root filled with amalgam again in early 20s (not a mercury-free dentist)
- 1 upper wisdom tooth extracted in early 20s
- a 4th front filling was root treated 2 years ago (I don't think that ever had amalgam in that one)
- vaccinations: I never had many, can't find my history
- mother has 2 amalgams and I suspect she's v mercury sensitive as has had endocrine issues all her life and in her 50s started with some MS symptoms which haven't progressed but we think it was shortly after having an amalgam unsafely drilled, we're just trying to find exactly when that happened
- I started to 'go wrong' in my early teens: marked endocrine symptoms mostly hypothyroid, I also became painfully shy for a few years and suffered fatigue and brain fog particularly following meals. I think I'd always been a light sleeper but I began to suffer from insomnia from my late teens onwards.
- I dealt with the most obvious outward symptoms by taking the contraceptive pill for around 10 yrs, insomnia worsened
- was vegetarian until mid-20s
- I also stopped eating wheat in early 20s which improved fatigue/brain fog significantly.
- I ate a huge amount of fish over the last 5 years
- the previous year because my food intolerances had got so bad fish was one of the few things I could eat which satisfied my large appetite so I was eating it (canned) 3 x a day:mackerel sardines salmon and tuna (mostly skipjack) I guess I may often have eaten tuna 5-7 x weekly this last year (crazily stupid I know! did a lot of sport and wanted high protein diet but due to extreme food intolerances couldn't find other suitable protein sources).
- went down the leaky gut route the last year 12 months: had gene test and tested positive for 2 non-coeliac gluten sensitive genes, thought I'd found the route of all my woes: developed extreme sensitivity to all grains, I'd get a reaction if I kissed my boyfriend after he'd had a beer..... started to become intolerant to random foods like coconut, squash etc, realised something was seriously amiss which gluten didn't explain and finally stumbled across mercury
- Was accidentally taking ALA the last year for many months hidden in a 'leaky gut supplement' around 30-90mg daily I think
- Had the 3 amalgams drilled out (2 in one day with oxygen and high suction instrument, no dam), the 3rd a few days later (dam and high suction but no oxygen)
- Had both root canals extracted around the same time
- Didn't notice I was taking ALA until 10days post amalgam removal :-(, then stopped immediately
- 2/3 weeks later body temp plummeted, insomnia (which was previously well controlled with melatonin, low-blue light goggles and SAD lamp in morning) became severe, energy levels dropped and went from rock climbing 4 times a week to being only able to manage a couple of miles gentle walk, got v low and tearful
- started DMSA a week later and psychological symptoms stopped