



PATIENT: Number 845
SEX: Female
AGE: 45

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	14	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.050	< 0.060	
Barium (Ba)	0.25	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.096	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.16	< 0.60	
Mercury (Hg)	1.1	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	1.5	< 0.060	
Nickel (Ni)	0.04	< 0.30	
Silver (Ag)	0.33	< 0.15	
Tin (Sn)	0.23	< 0.30	
Titanium (Ti)	0.13	< 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)	95	300- 1200			
Magnesium (Mg)	44	35- 120			
Sodium (Na)	34	20- 250			
Potassium (K)	4	8- 75			
Copper (Cu)	43	11- 37			
Zinc (Zn)	110	140- 220			
Manganese (Mn)	0.04	0.08- 0.60			
Chromium (Cr)	0.44	0.40- 0.65			
Vanadium (V)	0.082	0.018- 0.065			
Molybdenum (Mo)	0.16	0.020- 0.050			
Boron (B)	0.29	0.25- 1.5			
Iodine (I)	0.65	0.25- 1.8			
Lithium (Li)	0.007	0.007- 0.020			
Phosphorus (P)	104	150- 220			
Selenium (Se)	1.2	0.55- 1.1			
Strontium (Sr)	0.56	0.50- 7.6			
Sulfur (S)	46100	44000- 50000			
Cobalt (Co)	0.004	0.005- 0.040			
Iron (Fe)	6.6	7.0- 16			
Germanium (Ge)	0.025	0.030- 0.040			
Rubidium (Rb)	0.014	0.007- 0.096			
Zirconium (Zr)	0.034	0.020- 0.42			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 08/25/2013	Sample Size: 0.201 g	Ca/Mg	2.16	4- 30
Date Received: 08/29/2013	Sample Type: Head	Ca/P	0.913	1- 12
Date Completed: 08/31/2013	Hair Color: Blond	Na/K	8.5	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	2.56	4- 20
	Shampoo: Jason	Zn/Cd	> 999	> 800

Health history for hair test 845

I am 45 years old and I live in Los Angeles. My current symptoms are mainly adrenal, thyroid (Hashimoto's), hormones (almost no estrogen, testosterone, progesterone and DHEA) and a lifelong yeast problem. (Thyroid med is sustained release T3, 6mcg/day.) I have terrible digestion and sleep. When I first learned that Hg could be a big part of my problem, I followed internet instructions to use cilantro and chlorella to chelate. Needless to say I made myself much worse. Had really bad neurological symptoms which took quite some time to resolve.

My dental history: Amalgams (5 of 6) were taken out incorrectly over many years. The last was taken out properly 2-3 years ago. I have verified there is no remaining amalgam under crowns. I think there are two or three root canal teeth. My dentist assures me there is no amalgam in those. But one of them she didn't do, so I don't know how she can be so sure. Re: vaccinations, in addition to the usual childhood ones in the late 60's, I did have a hepatitis vaccine (B, I think). I did receive the flu shot a couple of times in my life. Also, I had monthly allergy shots for several years around age 10-12. I did break a mercury thermometer as a child and pick up the quicksilver and play with it.

Am on many supplements for quite some time now. In addition to a multi-vitamin, I have been taking C, E, B, Mg, and Se for quite a while. Had been doing Mg Cit for several months and just switched to Mg Glycinate. I added Taurine and I think that is helping. There are many others. I take Candicid Forte for the yeast. Recently I added the ACE (Thorne Labs 50mg). That has made a huge difference, but like one other listmate had posted, I think the dizziness I have been having might be from that. I hope not because I don't want to stop taking it. I also do digestive enzymes and Betaine HCL with meals.

I believe that I am thiol sensitive. Seem to feel better off of sulfur foods. Just realized yesterday that my liquid minerals all have sulfate in them. And I had been taking lots of epsom salt baths for quite a while. These are all bad if I am truly thiol sensitive, right? I want to start chelating asap if it would be safe for me. I did already buy 5mg of DMPS and 1mg of ALA. Def want to start with only DMPS at a very low dose. (either 2.5mg or 1.25mg?) I chose the DMPS instead of DMSA due to my yeast problem.