



PATIENT: Number 858
 SEX: Male
 AGE: 38

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.0	< 7.0	
Antimony (Sb)	0.010	< 0.066	
Arsenic (As)	0.074	< 0.080	
Barium (Ba)	0.06	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.003	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.03	< 0.80	
Mercury (Hg)	0.12	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.001	< 0.060	
Nickel (Ni)	0.02	< 0.20	
Silver (Ag)	< 0.006	< 0.08	
Tin (Sn)	< 0.02	< 0.30	
Titanium (Ti)	0.24	< 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)	244	200- 750			
Magnesium (Mg)	46	25- 75			
Sodium (Na)	29	20- 180			
Potassium (K)	6	9- 80			
Copper (Cu)	8.4	11- 30			
Zinc (Zn)	170	130- 200			
Manganese (Mn)	0.04	0.08- 0.50			
Chromium (Cr)	0.34	0.40- 0.70			
Vanadium (V)	0.021	0.018- 0.065			
Molybdenum (Mo)	0.029	0.025- 0.060			
Boron (B)	0.66	0.40- 3.0			
Iodine (I)	0.34	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	153	150- 220			
Selenium (Se)	0.59	0.70- 1.2			
Strontium (Sr)	0.12	0.30- 3.5			
Sulfur (S)	47600	44000- 50000			
Cobalt (Co)	0.004	0.004- 0.020			
Iron (Fe)	4.7	7.0- 16			
Germanium (Ge)	0.024	0.030- 0.040			
Rubidium (Rb)	0.009	0.011- 0.12			
Zirconium (Zr)	0.052	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 09/19/2013	Sample Size: 0.203 g	Ca/Mg	5.3	4- 30
Date Received: 09/25/2013	Sample Type: Head	Ca/P	1.59	0.8- 8
Date Completed: 09/27/2013	Hair Color: Brown	Na/K	4.83	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	20.2	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

Health history for hair test 858 Summary

35 years old - male. 58kg, 5'9"

Symptoms and health history - worst you've ever seen.

Almost died many times in the last 2 years - currently wasting away, can barely eat a thing. Constant liver pain, very pale stools, acne covering back, chest and shoulders. Very pale. Joints crack all over the body & tiny joints constantly. very painful. Muscles are seizing up almost - hard to even use. Hard to even stand up most of the time. hard to breathe from such low metabolic energy. Pretty much dying and no one knows why. Cant digest anything pretty much except fruit now. Protein and fat will grind my liver into so much pain and shut my body and brain down. Feels like glass and sand grinding through my organs as long as I eat food. Housebound, mostly bed bound.

CFS/ME & Fibro since 2000 when liver/gallbladder attacks started.

If you can be bothered, longer health history attached in mostly point form from birth till now.

Wisdoms out at 23 or so, no probs. Amalgams in 1998, out in 2012 - 3 large rear. Very good holistic dentist.

Don't remember vaccines but I had them. Mother had amalgams but had all teeth removed at around 40 (now 63).

Supps before hair test - high dose Vit C for the last year (15-20g a day), magnesium, mutli vit/min, sam-e, dmgl, b12, occasional b complex (daily gives headache and liver pain), etc.

I am so desperate to live and have tried nearly everything I can think of that doesn't cost thousands of dollars. I recently started DMSA, but by the 4th round (very low dose) I could barely stand up or stay awake and felt dangerously like I was killing myself faster or something. I always got a minor lift after a few days on dmsa, only for one day though - but during was extremely difficult and I became unstable. After the 4th round massive symptoms came up like loads of painful dermatitis and felt like I had nerve damage around the body etc.

My body is so slow at processing anything - example - I will take b complex but not feel the benefit of it for around 8-10 hours. I will get mass headaches instead for so long. Same with many supps - many just make me more toxic and don't have any good effect. Same with drugs, can barely tolerate any.

Thanks guys. Desperately, Chris Sharpham.

Sydney, Australia.
<http://cfsjourney.org>

Health History – Hair Test 858

Current Medications: Hydrocortisone (Cortisol) 20-30mg day, Testogel (Testosterone transdermal gel) 25mg day, Pariet 10mg as needed, Spiriva inhaler, Creon 10,000 (digestive Enzymes), Telfast as needed, Valium 2.5-5mg, Buscopan as needed

Allergies: Penicillin (Anaphylaxis), IV Iodine ((Anaphylaxis), Tetracycline, (Possible anaphylaxis), Bactrim (Rash), Been told to avoid gadolinium contrast. Also very sensitive / intolerant to *many* medications.

History

- Allergies & Intolerances since birth
- Asthma (allergy related)
- Irritable bowel syndrome / constipation since childhood
- Heart palpitations and ectopic beats since mid teens
- Cystic Acne covering back & chest started mid teens (puberty)
- Removal of appendix in '1997 - carcinoid tumour
 - Wollongong Hospital, NSW.
- SVT appeared in 1998, to which 2 radio frequency ablations fixed.
 - Royal North Shore Hospital in Sydney - Cardiac Unit.

Since 2000 :

(And despite the above I had full energy all day before this point, worked out, martial arts etc)

- Severe gut problems involving liver / gallbladder, biliary colic (biliary stasis), mild pancreatitis that all led to multiple surgical investigations, massive weight loss (to 43kg), etc. Long stays in hospitals - in and out for years. Put so much strain on the body that I was left with severe Chronic Fatigue Syndrome & Fibromyalgia, which is my main problem to date (Plus now adrenal insufficiency, see update October '08 below).
- Also diagnosed with hypogonadism/low testosterone during late 00/01.
- Cholecystectomy in 2001 (no help, surgery made the CFS/MCS much worse).
- Wide sphincterotomy of common bile / pancreatic duct in 2003 - helped with eating more / less upper GI pain and so on after about 6 months of healing.

I have seen *too many* different Dr's, specialists & other practitioners since 2000 for my issues, including: gastroenterologists, immunologists, cardiologists, endocrinologists, naturopaths, physio, chiro, nutritionists, dieticians, etc all over Australia and spoken to various specialists around the world. It is very complex and multiple systems are involved.

Update early 2008

(**Please note:** update is left as was written **at the time**, and things are somewhat different now, see latest update end of document).

Main problems still CFS, FM & Digestive Issues.

Very low energy, tired / fogginess, extremely low stamina / exercise tolerance, headaches, irritability, hypoglycaemia, a lot of allergy problems, multiple chemical sensitivity, widespread muscle and joint pain all over the body, etc.

Still cannot stand/sit long. Been cold, weak & shaky, even on warm days. Suspect adrenal problems and have started using licorice root which has helped the above symptoms to a degree (was magic at first but effect wore off – had to increase dose)

Update August 2008 (Major change)

(**Please note:** update is left as was written **at the time**, and things are somewhat different now, see latest update end of document).

On August 20th, something changed dramatically (large exasperation of the above) . I awoke feeling extremely unwell. Woke up shaking, *much* weaker & heavier in the body than usual etc. All day my BP was dropping and I was dreadfully cold to the core.

Heart rate 150bpm on standing, weak pulse with low BP.

Hospital in ambulance. Postural BP drop of 20 or 25 points on standing (80/60 or so). IV Saline, helpful temporarily.

2 more ambulance / ER visits due to crashes since Wed Aug 20, both times given another 1 or 2 litres saline, but with no diagnosis.

Weakness, dizziness, low BP and postural drops, severe tremors/inward trembling, 'jelly legs' on standing, diarrhoea and polyuria, hypoglycaemia / instability without very frequent eating, anxiety, weak appetite, dim vision.

Update October 2008

(Please note: update is left as was written **at the time**, and things are somewhat different now, see latest update end of document).

After having an ITT (insulin tolerance test), it was discovered that I have a partial secondary adrenal insufficiency, likely originating from the hypo-pituitary region. Test showed a somewhat blunted cortisol response.

I suspect this very possibly relates to my long history of progressively worsening CFS/FM, and the HPA axis connection.

Started on Cortisone acetate Monday 6th October. I have seen a variety of mixed benefits and side effects since starting it, but have since changed over to hydrocortisone.

Pros:

- It immediately helped the hypoglycaemia/instability without constant eating I was experiencing all day every day.
- Helped immediately with the constant cold to the core, shivery inner shakes etc I was having (these often start reappearing between doses, with shakiness/weakness in the abdomen).
- Immediately stopped the constant diarrhoea (5-8x daily) I was experiencing at least 3 or 4 days a week & twice weekly vomiting.
- Helps not to go into a major crash, but often need extra doses if this feeling comes on to stop it.
- Has reduced the constant headaches I was having almost daily.
- Brief window of feeling better for a couple of hours or so at night, but takes all day for that feeling to come.

Cons:

- Not much energy still. Am still housebound almost all the time, and unable to cook or clean etc.
- Causes a strange irritability / weird moods & flatness on and off that I have not experienced before (not constant, comes and goes). I am generally a very positive, confident, caring & encouraging person, even through my years of weakness, so it's a strange sensation.
- Still bed bound most of the time feeling very heavy, weak and tired.

Update December 2008

(Please note: update is left as was written **at the time**, and things are somewhat different now, see latest update end of document).

2.5 months since starting HC (Hydrocortisone). First 6wks bad. Body begun to adjust to HC & improve somewhat about 2 months into treatment.

Lost weight down to 51.5kg.

Now on 40mg HC a day. Started on 20mg, but realised I quickly had to go up from there as I crashed frequently. 40 is minimum, many days about 45mg. Also my body seems to use it up very fast, or I don't metabolize it well.. and I need to dose it approximately every 2 hours. Not sure why this is, but it's frustrating.

More stable now, but still very weak & heavy. Days are spent in bed all day, unable to think or concentrate, VERY foggy and tired. I often feel almost comatose brain-wise, *especially* in the mornings on waking.

Widespread systemic muscle pain (fibromyalgia) still bad.

Orthostatic Intolerance still bad. Heart rate gets as high as 140-160bpm on standing. Low aldosterone but can't tolerate flornidol (severe 8-12hr migraine even off 1/8 tablet).

Finally feel better for a while at night, when everyone is asleep, frustrating.

Update January 2009

(Please note: update is left as was written **at the time**, and things are somewhat different now, see latest update end of document).

About 3 months into HC treatment I finally felt a little better, like I could start slowly doing small things again. Before this I've been able to do nothing but walk to the bathroom or toilet / kitchen, so it is some improvement.

Sleep is one of the worst issues still, and is definitely a key issue in poor daily functioning. Being unstable on HC even at 6-8x daily dosing makes this so much worse.

KEY POINTS

These are the points I personally feel through my experience and research, that may be big clues as to the root causes of my condition.

- My whole condition started with about a year solid of severe constipation, which became worse toward late 2000, with extremely light pale yellow/clay coloured stools, followed by worsening upper abdominal pain, biliary stasis, thick sludge in the gallbladder and poor emptying of the stomach (gastroparesis) and gallbladder. I feel this is where everything to date started. (Well I also had years of irritable bowel and food intolerance as long as I can remember too).
- Liver detox is extremely poor as shown on functional liver detox profile from ARL labs years ago. Apparently I detoxify about 10x less efficiently than normal people (phase II - glutathionation, glycination etc, see functional liver detox profile).
- Caffeine and Paracetamol (Tylenol) make me feel like I have been poisoned by a toxic substance (body becomes very heavy and weak, aching pain in the liver area, brain feels like it's being pulled in 10 different directions at once).
- Severe multiple chemical sensitivity - most smells of perfume, cleaning products, fumes, pretty much anything with a scent even if it's mild quickly brings on headache, brain fog, feelings of sinuses and inner ears 'collapsing', wheezing, itching, and worsens fatigue. This has improved somewhat since starting HC, but still a problem.
- Intolerant to many foods including gluten, dairy, spices, salicylates, amines, glutamates, most sauces etc, almost anything that isn't very plain. Also extremely fat intolerant. Was better for a few years there, now worse than ever.
- Constant severe cognitive difficulties, poor / slowed thinking, awful short term memory and word recall. Rarely relieved. A LOT worse since starting HC.
- Poor immunity: "catch everything" that anyone has. Constantly sick with low grade viral symptoms - sore throats, glands, sinus, coughs etc.
- My body seems to work *SO SLOWLY!* Everything seems slow.. I wake up and am dead fatigued most of the day and any small bit of energy only comes at night. Many drugs process extremely slowly in my body.. for example.. a drug that someone would usually feel the effect of in one hour, will take sometimes 6-12 hours for me.. suddenly I will feel it's effect much later on (usually after a long headache) or I'll just get the headache, muscle aches, and not the benefit.

Digestion works slowly – had gastroparesis for years. Although now it's much better than it was, but things still often sit around in the stomach too long causing gas, reflux, bloating, burping etc. (Addition Oct 2010 - Interesting recent discovery of Dr Sarah Myhill article on CFS and Mitochondrial dysfunction - explains the entire reason for this 'slow functioning' very clearly - see Document 2)

- Many supplements process poorly. Specifically high dose B complex, which unfortunately gives me a massive headache for about 6 hours straight requiring ice on the head. However, I often feel a very good benefit from it AFTER it processes and that long all day headache goes away (nervous system and stress tolerance / mood/brain feels better). However that headache happens almost every time with daily doses of strong B complex, *unless* I take it only 2 or 3 days a week. There are other supps that have similar effects.
- Low pain tolerance.
- Joints hurt. I get the 'cracks' that most people would get in their fingers/knees etc now and then, but everywhere. My entire ribcage can "crackle" when I tense the abdomen area with what feels like 50 tiny cracks.

DIET

Have followed a gluten free & dairy free diet for many years now since becoming unwell. Have many other food intolerances and allergies, so generally cannot tolerate spices, sauces, things with a lot of flavour etc. Generally stay to veg, beans, rice, gluten free products etc. Digestion is just very poor in general and I don't tolerate many foods. (Update: As of Nov 2011 i barely tolerate ANY foods anymore. i have began living on partial elemental diets as I cannot process/digest most protein foods any more. They make me feel very toxic and painful systemically, and shut down the brain).

Update April 2009

(**Please note:** update is left as was written **at the time**, and things are somewhat different now, see latest update end of document).

Last few months have remained mostly unchanged. Have seen some mild improvements.

Still on 40mg minimum of HC. Still in bed almost 24hrs a day. Standing or even sitting brings on very heavy weakness in the body, and worsens cognitive dysfunction.

Can only be up taking large doses of HC at once - say 20mg then 5mg/hr for the next 2hrs. Then I can get up and feel slightly normal for a while, which is a relief, but of course can't take regular high doses of cortisone like this.

Have been non stop researching these issues for the past 6-8 months, spoken to very experienced people both from here in Aus and the USA. Some suspect thyroid due to current symptoms, but I'm not sure as tests relatively normal.

Sleep still terrible. Sleep around 5-6am and wake frequently with low cortisol, having to take HC, finally wake at 3-4pm. Awful pattern, can't change it easily.

Update October 2010

Much improvement since last update.

Around 1 year into treatment (October 09) Finally able to reduce cortisone to 35-40mg. Average is 38mg or so. Cannot reduce below this, have tried many times and end up crashing badly, requiring multiple stress doses. Still unstable on HC however, requiring 6-8x daily dosing.

Best thing since HC has been significant weight gain. Something I could never do before. Was down to 51kg (113lb) at DX by December 08.

About 5-6 months into treatment started gaining, **within 3 months** got up to 65kg (143lb). Have never been able to gain since I was 21yrs old, average weight then was around 63kg. This came with NO diet change.

Have been frequently sick with colds/virus' - about 6-8 times in one year, as opposed to previously getting sick about twice a year.

Although still rarely able to go out, have gotten a fair bit stronger, and able to do some general housework, cook most days/nights and do various other tasks.

Still cannot stand/sit upright for long at all due to becoming weak/heavy if I do so.

Likely due to still low aldosterone and inability to take Florinef. Standing for any length of time will require additional HC not to crash.

Update August 2011

(Please note: update is left as was written **at the time**, and things are somewhat different now, see latest update end of document).

Not much change since above update.

Had worsened immune problems this year. 3 major flu viruses since the end of Jan. First one lasted 3months, then a 2nd flu lasting another month or so.

July/August a third one. Each flu has required a HC raise up to 70-80mg for at least 3 weeks.

Ever since first one had ongoing lung pain and general low grade virus symptoms. Has been very taxing.

Poor sleep is still the bane of my existence! Can't sleep when I need to, and wake frequently, often because cortisol is dropping low. I wake 2-3 times shaking to take doses during sleep.

Worse acid reflux / gastritis this year than ever. Feels like damage to the oesophagus and / or ulcers. May be due to 8-10x daily cortisone dosing, often during sleep on an empty stomach.

Update April 2012

Massive worsening of condition, can barely eat. Lots of pain in liver area & general gut dysfunction, lost 10KG since November 2011. Was in hospital for tests multiple times, no answers. Have gotten much worse since November.

Body in so much pain in joints, muscles, etc, can hardly walk. Body is very stiff, painful and barely works. All tiny joints in body/torso crackle like they are inflamed/unable to repair/rebuild. Nerves shake, brain 'buzzes & whooshes' constantly. Extremely loud tinnitus in both ears. Constant colds/viruses. Allergies & intolerances worse than ever. Can barely ever get off the bed. So toxic systemically. Feel like dying, desperate for help.

Update May 2012

Same as above except I have stabilized my weight due to an immunologist/allergist and his dietician in RPA hospital Sydney putting me on elemental nutritional drinks - Vivonex TEN. Has helped slightly, but am still not good at all in the other ways.

Update August 2012

In July had another 4 week virus that left me waking suddenly with heart rates shooting up to 200bpm.. feeling like things collapsing internally. Also many episodes of convulsions. Multiple ER trips with no results / help. Flown to Royal North Shore Hospital under Dr John Kellow. 3.5 weeks in there, many tests, no results except osteoporosis. Supposed to go to rehab hosp but they wouldn't take me due to not being familiar with my condition.

Present medications/supplements (Taken from nutritionists questionnaire)

Name of product	Dose (e.g. 30 mg)	Form (e.g. chelated zinc)	Duration taken (e.g. 6 months)	Reason(s) (e.g. for acne)	Does it help? (yes/no/unsure)
Hydrocortisone (Hysone) Or Isocort.	25-30mg Per day	Hydrocortisone/ cortisol	Since October 6 th 2008.	Secondary Adrenal Insufficiency (Hypopituitary)	Required for life, unfortunately.
Testogel	50mg day	Transdermal gel	Since 2000	Low testosterone	Yes
Valium	2.5mg at night	Diazepam	Since 2005 on and off	Sleep and muscle relaxant	Yes
Telfast	180mg tab as needed	-	Many years on & off	Very allergic to many things	Yes
Zantac	1 tab as needed	Ranitidine	Since 2000 on and off	Overacidity / reflux a couple times a wk	Yes
Buscopan	1 tab as needed	Hyoscine Butylbromide	Years on and off	IBS, bowel cramps and spasms	Yes
Zofran	1x 4mg tab as needed	Ondansetron	Since Nov 2008	Nausea	Yes
Creon 10,000	3-6 caps per meal	Pancreatic Enzymes	Since 2000	Helps break down food	Yes
Spiriva	1 inhalation capsule daily	Inhaled	Since 2000	Mild/allergic asthma	Yes, not great though
Vitamin C	1-4 grams a day	Any type	Since 2001	Helps almost everything	Yes
Magnesium	500mg day	Chelate, Citrate, malate, etc.	Many Years	Muscle aches and energy	Yes
Calcium	Rarely	Citrate	On and off for years	Bone health etc as I don't take dairy	maybe
Vitamin D3	5000iu 3x week	D3	Years	Bone density and other D3 benefits	maybe
Sam-e	50mg 3x week.	Disulfate Tosylate	On and off since 2001	Liver, joint, neural, etc	Yes, very much when it doesn't cause headaches/ migraine
L-Glutamine	5 grams daily	Powder	Since Nov 07	For gut repair and immune	Unsure, hopefully
Slippery Elm Bark	1-3 teaspoon day	Powder	Since 2011	Gut soothing	yes
Probiotics	Varies	Different brands	On and off for years	Gut	Unsure, likely helps.
DMG	125mg every 2 nd day.	Dimethylglycine	Since April 09	Methylation/CFS	Very much
Monolaurin	600mg 3x day	Mono ester of lauric acid	Since April 12	Bugs	Think so
Chlorella	4g day		Since may 11	Detox	Probably
B complex	1 tab 3x week		On & off years	Energy	Yes when doesn't give headache
GliSODin	250mg 2x day	Super Oxide Dismutase	Since 2012	Energy	Not sure
PQQ	10mg Day		Since 2012	Energy	Not sure