



PATIENT: Number 879
 SEX: Male
 AGE: 26

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	3.6	< 7.0	
Antimony (Sb)	0.027	< 0.066	
Arsenic (As)	0.11	< 0.080	
Barium (Ba)	0.10	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.014	< 2.0	
Cadmium (Cd)	0.009	< 0.065	
Lead (Pb)	0.18	< 0.80	
Mercury (Hg)	0.41	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.004	< 0.060	
Nickel (Ni)	0.05	< 0.20	
Silver (Ag)	0.02	< 0.08	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.90	< 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)	178	200- 750			
Magnesium (Mg)	21	25- 75			
Sodium (Na)	11	20- 180			
Potassium (K)	< 3	9- 80			
Copper (Cu)	13	11- 30			
Zinc (Zn)	190	130- 200			
Manganese (Mn)	0.40	0.08- 0.50			
Chromium (Cr)	0.41	0.40- 0.70			
Vanadium (V)	0.040	0.018- 0.065			
Molybdenum (Mo)	0.055	0.025- 0.060			
Boron (B)	0.77	0.40- 3.0			
Iodine (I)	0.64	0.25- 1.8			
Lithium (Li)	0.006	0.007- 0.020			
Phosphorus (P)	205	150- 220			
Selenium (Se)	0.88	0.70- 1.2			
Strontium (Sr)	0.25	0.30- 3.5			
Sulfur (S)	51000	44000- 50000			
Cobalt (Co)	0.007	0.004- 0.020			
Iron (Fe)	9.1	7.0- 16			
Germanium (Ge)	0.025	0.030- 0.040			
Rubidium (Rb)	0.006	0.011- 0.12			
Zirconium (Zr)	0.054	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 10/30/2013	Sample Size: 0.161 g	Ca/Mg	8.48	4- 30
Date Received: 11/04/2013	Sample Type: Head	Ca/P	0.868	0.8- 8
Date Completed: 11/07/2013	Hair Color: Brown	Na/K	3.67	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	14.6	4- 20
	Shampoo: Natures Gate	Zn/Cd	> 999	> 800

Health history for hair test 879

- 1) Current symptoms: Fatigue mostly, feeling sleepy most times, inability to concentrate, intolerance to some foods, intolerance to a lot of sugar, crash after eating sugar, weakness, etc etc...
- 2) 4 wisdom teeth removed when I was around 16. No root canals. A molar removed when I was about 24.
- 3) Had amalgams since about 12 Y.O, 4 removed when I was about 24.
- 4) Unknown mother dentals status. Mother does have amalgams, idk from which time...
- 5) Yellow fever vaccine around the age of 24, travel to Africa.
- 6) No supplements or meds taken really, some vitamin C, E, a week before the test.
- 7) Currently 26, 5 11' 190LB
- 8) I have adrenal fatigue with thyroid problems. My problems started the same day that I went to the dentist around age 22 and got xrayed many times, 4 hours later my energy depleted... I have never been the same after that, I believe I was setting myself up for this because of my bad diet, taking hemaplex iron pills which contain copper as well, and working out like crazy, but somehow somehow that dentist visit was the tipping point... A year later trying to find out what was wrong, a blood test showed I had low blood sodium.
- 9) I live in Tacoma, WA USA (Not WA DC.)

Note: I am trying to balance out my minerals, as you can see my electrolytes are out of whack. As the hair test shows, my zinc ratio is higher than copper... yet most people lack zinc not copper... I believe I have a hidden copper overload... as taking only 10mg of zinc with food, causes bad copper displacement (I believe)

I also have a hair test from ARL, according to ARL results and Andy Cutlers counting rules for ARL, I meet Deranged mineral transport counting rule. According to DDI I do not... I am confused now..