



PATIENT: Number 889
 SEX: Male
 AGE: 45

Toxic & Essential Elements; Hair

TOXIC METALS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE		
			68 th	95 th	
Aluminum (Al)	13	< 7.0			
Antimony (Sb)	0.073	< 0.066			
Arsenic (As)	0.040	< 0.080			
Barium (Ba)	0.56	< 1.0			
Beryllium (Be)	< 0.01	< 0.020			
Bismuth (Bi)	0.020	< 2.0			
Cadmium (Cd)	0.051	< 0.065			
Lead (Pb)	2.6	< 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)	0.013	< 0.060			
Nickel (Ni)	0.41	< 0.20			
Silver (Ag)	0.10	< 0.08			
Tin (Sn)	0.66	< 0.30			
Titanium (Ti)	0.28	< 0.60			
Total Toxic Representation					

ESSENTIAL AND OTHER ELEMENTS							
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE				
			2.5 th	16 th	50 th	84 th	
Calcium (Ca)	1380	200- 750					
Magnesium (Mg)	30	25- 75					
Sodium (Na)	91	20- 180					
Potassium (K)	36	9- 80					
Copper (Cu)	12	11- 30					
Zinc (Zn)	440	130- 200					
Manganese (Mn)	0.20	0.08- 0.50					
Chromium (Cr)	0.55	0.40- 0.70					
Vanadium (V)	0.056	0.018- 0.065					
Molybdenum (Mo)	0.094	0.025- 0.060					
Boron (B)	1.3	0.40- 3.0					
Iodine (I)	0.35	0.25- 1.8					
Lithium (Li)	0.004	0.007- 0.020					
Phosphorus (P)	135	150- 220					
Selenium (Se)	0.68	0.70- 1.2					
Strontium (Sr)	3.5	0.30- 3.5					
Sulfur (S)	48000	44000- 50000					
Cobalt (Co)	0.012	0.004- 0.020					
Iron (Fe)	11	7.0- 16					
Germanium (Ge)	0.028	0.030- 0.040					
Rubidium (Rb)	0.037	0.011- 0.12					
Zirconium (Zr)	0.044	0.020- 0.44					

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 11/08/2013	Sample Size: 0.198 g	Ca/Mg	46	4- 30
Date Received: 11/23/2013	Sample Type: Head	Ca/P	10.2	0.8- 8
Date Completed: 11/27/2013	Hair Color: Brown	Na/K	2.53	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	36.7	4- 20
	Shampoo: Hs	Zn/Cd	> 999	> 800



SEX: Male
AGE: 46

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.6	< 7.0	
Antimony (Sb)	0.070	< 0.066	
Arsenic (As)	0.063	< 0.080	
Barium (Ba)	0.66	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.29	< 2.0	
Cadmium (Cd)	0.026	< 0.065	
Lead (Pb)	2.3	< 0.80	
Mercury (Hg)	0.05	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.012	< 0.060	
Nickel (Ni)	0.35	< 0.20	
Silver (Ag)	0.05	< 0.08	
Tin (Sn)	0.32	< 0.30	
Titanium (Ti)	0.54	< 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)	1640	200- 750	
Magnesium (Mg)	29	25- 75	
Sodium (Na)	64	20- 180	
Potassium (K)	54	9- 80	
Copper (Cu)	17	11- 30	
Zinc (Zn)	260	130- 200	
Manganese (Mn)	0.26	0.08- 0.50	
Chromium (Cr)	0.54	0.40- 0.70	
Vanadium (V)	0.043	0.018- 0.065	
Molybdenum (Mo)	0.098	0.025- 0.060	
Boron (B)	0.86	0.40- 3.0	
Iodine (I)	0.28	0.25- 1.8	
Lithium (Li)	0.008	0.007- 0.020	
Phosphorus (P)	156	150- 220	
Selenium (Se)	0.70	0.70- 1.2	
Strontium (Sr)	3.3	0.30- 3.5	
Sulfur (S)	50400	44000- 50000	
Cobalt (Co)	0.015	0.004- 0.020	
Iron (Fe)	13	7.0- 16	
Germanium (Ge)	0.030	0.030- 0.040	
Rubidium (Rb)	0.049	0.011- 0.12	
Zirconium (Zr)	0.031	0.020- 0.44	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 02/12/2015	Sample Size: 0.2 g	Ca/Mg	56.6
Date Received: 02/17/2015	Sample Type: Head	Ca/P	10.5
Date Completed: 02/19/2015	Hair Color: Brown	Na/K	1.19
Methodology: ICP/MS	Treatment:	Zn/Cu	15.3
	Shampoo: HS	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

Health history for hair test 889

CURRENT SYMPTOMS

At present I am suffering from immobility / pain in the right sternocleidomastoid muscle, with attendant trapped / tingling nerve sensation in my right arm. The pain and immobility has been building up over several weeks. I was taking first paracetamol and then Nefroxin for it prior to receiving physiotherapy treatment for it last weekend. Now, I am having to take opioid painkillers (Tramadol) to ease the pain and enable me to sleep, following an intense deep tissue massage.

I received this deep tissue therapy three days ago from a physiotherapist, whose 'day job' is working for a First Division British football team – elite athletes. She told me my condition was as bad a case as she had ever seen - 'way up there'. The muscle was 'completely immobile'. She asked me 'how had I managed to live?' 'In extreme discomfort,' I replied. I will be receiving another treatment from her for it this weekend.

I have suffered from neck and upper back tension for as long as I can remember (at least age 13). I have limited range of mobility in my upper back / shoulder muscles, and I have previously sustained frozen shoulder on two separate occasions, in both shoulders.

I also deal with, on a daily basis, numerous psychological issues, which I will outline in more detail below. At time of writing, I have recently been contending with suicidal thoughts and somewhat obsessive thinking / rumination. These are not new things to me. I hasten to add that these are intrusive suicidal ideations only; I am outwardly OK, anything but psychotic, and I'm not actually going to harm or kill myself.

HEALTH HISTORY

PHYSICAL

SKIN

Dermatitis / eczema on scalp since childhood. When I was under 10 years old, my scalp would form into dry white lumps and flake profusely and endlessly like a snowstorm. I have suffered since then from an often severely itchy scalp, with dry and wet eczema, particularly behind the ears and lower left back of hairline. Sometimes my scalp swells up in hard bumps.

Red / oily / itchy greasy skin around hairline / facial T-zone and around

orbit of eyes.

Red, livid patch of dermatitis / eczema in centre of chest.

Peculiar, painless, bruise-like patch of skin on left shoulder that seems like an indentation in the muscle band.

Back acne / folliculitis (as it has been variously diagnosed) across shoulders and along / around spine. This developed when I was about 38 years old. (On reflection, I've recently realized that its onset followed shortly after an emergency dental treatment in a makeshift / portakabin dentist's surgery at a music festival, when a large amalgam was placed in my upper left first premolar.) Numerous treatments, prescription and otherwise, have failed to cure the acne. Sulphur soap is the only thing that has helped ease its symptoms / appearance, but I think this may have made other things worse, which I'll get to later.

This acne is formed largely of papules, not pustules. Usually sore and itchy. The skin is scaly.

I have suffered from intense urticaria all over my back in hot weather.

Chronic, often severe perianal itching and inflammation since I was 18 years old. The skin, as observed by myself and a consultant, is discoloured – grey and brownish as well as red and livid. I read about this discolouration being a possible indicator of Hg poisoning a few months ago, and it was this discovery that led me to begin investigation into the subject of amalgam poisoning and the possibility I might be suffering from it.

Recently I have experienced an anal fissure, and I have non-cancerous bowel polyps. The pruritis ani has in recent months spread to my upper inner thighs. In previous years it could get so painful I could barely walk. I have suffered from numerous other chronic colorectal problems also, which I will describe below.

HEARING

I have been diagnosed as having a hearing deficit (4K drop) in my right ear.

COLORECTAL

I started to get intense anal itching when I was 18. In the last ten years I have had two painful hemorrhoidectomies and one further ligation for multiple smaller hemorrhoids, as well as two further procedures to

remove large skin tags following the operations. I also have non-cancerous bowel polyps, as revealed by a recent colonoscopy.

Benign prostatic hypertrophy (BPH), at unusually early onset age of about 30.

GASTRIC / DIGESTIVE

I have previously been diagnosed with gastritis, and have experienced protracted periods of a strange 'blocked' feeling in my esophagus / upper digestive tract, although endoscopy revealed no problems there.

MUSCULAR

Chronic TMJ that has led to bruxism / broken teeth. More on this below in answer to 'Dental' question.

Frozen shoulder on separate occasions in both shoulders.

General tension in back, shoulders, neck and elsewhere.

MENTAL / NEUROLOGICAL

It's only during the last decade that I came to realize formally that I had mental health issues and began to learn about, investigate and address them, with therapy, self-education and self-discipline. That said, it's clear to me that my mental health issue took root in my teens, blossomed in my early twenties and have escalated ever since. I have been capable of happiness, am well liked by my nearest and dearest, and have had good times. Therapy and meditation have helped me grow up a lot and become more self-aware and empathetic. But, in brief:

Clinical depression

Alcohol dependency (now a thing of the past)

Inability to thrive

Acknowledged as being intelligent and artistically / creatively talented, I feel perpetually blocked from achieving my heartfelt ambitions

Mood swings

Easily disheartened / lack of resilience

Problems with authority (less so now)

Anxiety / Stress

Anger

Irritability

Fatigue / listlessness

Indecisiveness

Compulsive behaviours
Chronic procrastination
Problems getting to bed at regular times
Compulsion to reject loved ones in romantic relationships
Increasing timidity and loss of confidence
Panic or paralysis in not-really-very-threatening situations
Shame / guilt
Either domineering or excessively fawning in relationships
Suicidal thoughts
Obsessive thinking (thought loops)
Vertigo (for about a year, two years ago)

Immune system attacks: I didn't learn about the relationships between mental health and immune system malfunction until recently. However, I can now state that 6 years ago, while in a high-stress job, I frequently was struck by numerous weird, intense bouts of flu-like illness that came on apparently out of nowhere like someone turning on a lightswitch, lasted a number of days, and were accompanied by similarly sudden and simultaneous onsets of clinical depression.

Two years ago I was in a relationship with a woman I loved and wished to marry. I was a bit concerned about my suitability for her: I wasn't working at the time and felt insecure, and so was a bit stressed, but not to an extent that might be considered abnormal, given the circumstances.

I felt stressed but things were still going OK when I was suddenly struck simultaneously by clinical depression and the onset of a strange flu-like illness. I became irritable and angry with my partner. This lasted a couple of weeks, over which the depression reduced somewhat, However, it was replaced by a general malaise that lasted weeks, accompanied by intense lower back pain on waking every morning – in retrospect presumably kidney related, although I wouldn't have thought that at the time.

This condition progressed into acute bronchitis that lasted a further two months, which was then capped by walking pneumonia. I was a wreck. My already faltering self-confidence and self-esteem were completely destroyed in the process, and I was weakened absolutely both physically and mentally. The stress and sense of powerlessness / unworthiness was so intense that I felt compelled to reject the woman and I ended the relationship, despite loving her deeply.

I had been stricken by overwhelming doubt and confusion, which may perhaps be better described as brain fog. For a long time I worked hard to win her back but received a final and flat rejection. I had been much

becalmed following the end of the relationship, and thus the overpowering stress it had caused me to feel. Throughout its demise I hadn't felt like I was 'steering my own ship' – not for the first time, I felt as though I was being controlled by an outside agent; akin to a waking dream, in a sense. The final rejection, however caused:

MENTAL HEALTH CRISIS, FEBRUARY 2013

I received the letter from my ex and fell instantly into deep emotional shock. My entire body, viscera, etc, clenched as tight as a fist. The severest depression / breakdown I had ever experienced, by orders of magnitude, took hold, and I collapsed completely emotionally, feeling as though my whole life had spun out into space.

Within three days I had consulted with a trusted psychotherapist of my previous acquaintance. He diagnosed me with PTSD, and I attended weekly sessions of Somatic Experiencing therapy with him for four months. It took all of this four month period for me to really begin to come back from this massive nervous breakdown, although somehow I managed to continue to go to work every day, having had only two weeks off following the onset of the crisis, during which I had been utterly desolate and suffering severely.

Immediately following the first session of SE, which took place one week after my initial consultation, I experienced overwhelm – 'emotional tsunami' - which was the most intensely felt single traumatic experience of my life. It lasted half a night, but ultimately caused the strongest effects of the trauma I had experienced through the preceding week to process through / lift off of me. Three weeks prior to this happening I had had a non-surgical ligation procedure for internal hemorrhoids. Having been told to expect a small bleed in a few weeks, the intervening physical effects of the breakdown in fact brought about a huge and frightening internal hemorrhage, which led me to the emergency room of my local hospital at 4.30 am in the morning, and a weekend stay in hospital care.

My therapist's diagnosis of PTSD struck me as a good one. Having had developmental problems (violent alcoholic father) it made a lot of sense. I've since learned a lot about the condition of trauma, and its symptoms fit mine well. But in recent months, the thought 'Yes, but what about all these physical symptoms too?' wouldn't leave me. Even with a big lifestyle change a few years ago (vegetarian diet, quit smoking, drugs, drinking, took up exercise, meditation, yoga) they persisted. Since reading about the skin discolouration issue I mentioned earlier, I've found out about the possibility of Hg toxicity presenting / being misdiagnosed as personality disorder, and so here I am now, looking for

more answers.

DENTAL HISTORY

I recall being at the dentists from an early age. Of course it's long ago, so I can't be certain as to exactly when, but I would say certainly by age 10, and there's a good chance it was earlier. I remember being told what a good boy I was for not causing a fuss at the dentist, so it seems possible / probable that I had amalgams placed before I was 10.

WISDOM TEETH AND OTHER EXTRACTIONS

All four fully-grown wisdom teeth were extracted under general anesthetic on 14th May 1994. I've kept them in a matchbox with the date written on.

No other extractions.

ROOT CANALS PLACED

I've had one root canal placed, between 8 - 6 years ago. I don't know if it's got amalgam in it. There's a gold crown on it.

DENTAL WORK CURRENTLY IN PLACE

I suffered from TMJ and bruxism for many years, leading to a lot of teeth cracking, eroding and being crowned and filled.

At present my mouth contains four exposed amalgams and at least one other under a gold crown (I know this because the crown has come off previously and put back on. I saw the amalgam beneath it in the interval.)

I have three porcelain crowns, two white fillings and three gold crowns. I don't know if these have amalgam under them, although judging by a grey-looking joint on one of the white crowns, perhaps it has.

DENTAL CLEAN-UP STATUS

I haven't undertaken any dental clean-up as yet. I am only a few months into my investigation of possible amalgam toxicity, and have yet to determine if dental clean-up will be necessary.

MOTHER'S DENTAL HISTORY

Unfortunately my mother doesn't remember her dental history.

VACCINATIONS

The only vaccination I can remember having is the BCG (Bacillus Calmette–Guérin) vaccination when I was in primary school.

SUPPLEMENTS / VACCINATIONS TAKEN AT TIME OF HAIR TEST

I had been taking a daily dose of 50mg Zinc around the time of the test. It exacerbated a heath problem I was having at the time, so I stopped it. See 'OTHER INFORMATION' below for more on this.

I was taking a course of 'Humaworm' parasite cleansing herbs just ahead of the Hair Test.

Occasional Vitamin C & Vitamin D.

AGE / HEIGHT / WEIGHT

45

5' 6" (1.67m)

11 Stone (154 lb)

OTHER INFORMATION

In the last two months I found myself suffering from quite bad, asthma-like shortness of breath and heart palpitations. However, X-rays and ECGs showed everything normal and healthy.

I had blamed the problem on Diltiazem ointment, which I had been applying regularly again on the advice of my colorectal consultant, to treat an anal fissure. I had previously stopped using it after several weeks on the stuff. During those initial weeks of use, it should be said, it hadn't given me any problems.

Shortly after I started on it again, the problems began. Because breathlessness, chest pain and irregular heartbeat are documented side effects of Diltiazem, it made sense to single out the ointment as the culprit.

However, when I stopped using it and substituted Eurax anti-itch cream to soothe pruritis ani and inflammation, the breathing and heartbeat problem intensified. I'd used Eurax for years with no ill effects whatsoever, so was surprised to read that it too could cause the kind of side effects I was having.

So I stopped using it, and the problems abated somewhat, but then got even worse when I started taking a daily dose of zinc (50 mg). Lo and behold, I found that zinc can induce similar side effects. So I cut out the zinc and yet the problem still persisted. I'd stopped taking *everything*, so – what?

I had a brainstorm. For the last 18 months or so I have been intermittently using a therapeutic soap made with Flowers of Sulphur. It's the only thing that's made a meaningful difference to the rash / acne / folliculitis (as it's variously been diagnosed) on my back. I'd only ever used it very short term, if I'd had particularly bad breakout, and I'd tend to wash it off immediately.

I began using it daily for the first time perhaps five weeks prior to the onset of the breathlessness and heart problems. I'd shower with it each morning and let the lather really permeate my skin before washing it off.

Through my recent research into Hg toxicity, I have learned about mercury's special affinity for sulphur. With this in mind, I stopped using the soap. Within 24 hours my symptoms had cleared up 80 - 90%, and within 48 hours, 100%.

I think that this might add weight to the possibility that I might have Hg poisoning. I'm not presuming that to be a fact, but this development is surely worth taking seriously as a possible indication.

LOCATION

I grew up and still live in West London, England. I went to school next to a very busy main road (motorway) and still live by it. While I can't capably interpret a DD Hair Test yet myself, I noticed immediately the high Lead level on it.

(Ends)