



PATIENT: Number 924  
 SEX: Female  
 AGE: 41

## Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	3.3	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.043	< 0.060	
Barium (Ba)	0.91	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.015	< 2.0	
Cadmium (Cd)	0.015	< 0.050	
Lead (Pb)	0.43	< 0.60	
Mercury (Hg)	0.06	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.82	< 0.060	
Nickel (Ni)	0.13	< 0.30	
Silver (Ag)	0.11	< 0.15	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	< 0.04	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	672	300- 1200			
Magnesium (Mg)	160	35- 120			
Sodium (Na)	20	20- 250			
Potassium (K)	6	8- 75			
Copper (Cu)	24	11- 37			
Zinc (Zn)	210	140- 220			
Manganese (Mn)	0.25	0.08- 0.60			
Chromium (Cr)	0.28	0.40- 0.65			
Vanadium (V)	0.010	0.018- 0.065			
Molybdenum (Mo)	0.039	0.020- 0.050			
Boron (B)	0.28	0.25- 1.5			
Iodine (I)	0.18	0.25- 1.8			
Lithium (Li)	0.011	0.007- 0.020			
Phosphorus (P)	128	150- 220			
Selenium (Se)	0.70	0.55- 1.1			
Strontium (Sr)	2.6	0.50- 7.6			
Sulfur (S)	45700	44000- 50000			
Cobalt (Co)	0.009	0.005- 0.040			
Iron (Fe)	6.8	7.0- 16			
Germanium (Ge)	0.024	0.030- 0.040			
Rubidium (Rb)	0.012	0.007- 0.096			
Zirconium (Zr)	0.027	0.020- 0.42			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 02/26/2014		Ca/Mg	4.2
Date Received: 03/01/2014		Ca/P	5.25
Date Completed: 03/05/2014		Na/K	3.33
Methodology: ICP/MS		Zn/Cu	8.75
Sample Size: 0.203 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment:		
Shampoo: None			
		<b>RANGE</b>	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

## Health history for hair test 924

### 1. What are your current symptoms and health history?

early 80s, school years - social phobia, crippling in teens and early 20s, better with psychotherapy in my late 20s and again in my early 40s.

since finishing 4 years of college in 1994:  
gradually worsening ability to concentrate and focus  
gradually worsening chronic fatigue  
gradually worsening tinnitus

1994 - deep depression, lasted through 1997, improvement in 1998 but still shows up now and then.

1994 - terrible psychological side effects from hormonal birth control pills

1996 - again terrible psychological side effects from hormonal birth control pills. Never took them again.

1999 migraine symptoms appeared. I had my 2 upper wisdom teeth removed, thinking they may have been the cause of the migraines. They were not.

since ~2005 worsening electrosensitivity  
~ 2005 - 2010 Intermittent neck and shoulder pains after exercise. Felt like pulled muscles or injuries even after gentle stretching.

Headaches got very bad ~2007-2010. Currently managed pretty well with bodywork. I'm down to 1-2 headaches a month.

since ~2009ish? terrible, angry mood around time of period until about six months ago - now managed with Vitex tincture.  
around the same time, I started to become more sensitive and anxious, and gradually withdrew from crowds and most social activities.

2012 multiple chemical sensitivity - debilitating reaction to chemical fragrances (typically 2 days at home with incapacitating fatigue, headache, brain fog)

2012 panic attack after long exposure to perfume

2013 pain/weakness in finger joints, especially thumb and middle finger. Better with glucosamine supplements.

2013 PTSD flare-up, treated with EMDR psychotherapy

2013 intermittent shoulder joint pain, better with body work

late 2013 - 2014: my productive hours are shorter and my world is getting smaller. Fatigue and tinnitus notably worse. Poor memory, trouble finding words. Signs of gluten and other food intolerance appearing.

Feb 2014 dentist diagnosed tooth decay

Currently managing all these symptoms the best I can. I take pretty good care of myself, and I live a pretty healthy lifestyle, but I am increasingly unwell.

## **2. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)**

Sometime around 1980-82 amalgam placed in all 4 first molars. Some have multiple fillings. But it's just those 4 teeth.

Several extractions pre-orthodontia - guesstimating 1982-84. Some extractions were baby teeth. Missing second premolar in all 4 quadrants. Traumatic experience of dental surgery to recover a piece of root (from a baby tooth?) that broke off in my lower jaw.

Braces - guesstimating 1986-87

Couple of small composite resin fillings circa 1990

Wisdom teeth removed 1999

I neglected/avoided dental work for several years. Had regular cleanings every 6 months ~2008-2011

2014 - initial consult and quick exam with dentist who will do the removal - she shows me that the upper left molar with the amalgam has cracked - I suspect leakage/greater distribution around the crack because tinnitus is more severe on that side? (I'm thinking the crack happened somewhere around ~2003-2006. I remember the pop but I'm not sure of when it was.) A couple of the amalgam fillings have signs of corrosion around the edges.

**3. What dental work do you currently have in place? What part of the dental clean-up have you completed?**

All 4 amalgams are in place at time of test. Removal scheduled for 3/5 and 3/27, 2014

**4. What dentistry did your mother have at any time before or during pregnancy?**

Many amalgam fillings (the pre-1974 type)

**5. What vaccinations have you had and when (including flu and especially travel shots)?**

Born 1972. Got the usual shots as a baby and child. Traveled to Russia in 1994. From what I can remember, typhoid vaccine, hepatitis C? and there were a few others. I got the required vaccines.

**6. Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?**

Chlorella 1500mg/day (yes I have stopped taking it)

Standardized milk thistle 400mg/day

Evening primrose oil 500mg/day

Potassium chloride 99mg/day

Jarrow Glucosamine/Chondroitin/MSM capsules 2/day (60mg vitC, 1mg Manganese, 1500mg Glucosamine sulfate, 500mg Potassium Chloride, 1200mg Chondroitin Sulfate, 300mg

Methylsulfonmethane)

Jarro-dophilus (even more inconsistently)

1-2 droppers Vitex herb tincture daily

Medical marijuana - as needed, daily

**7. What is your age, height and weight?**

41

5 foot 7

135ish pounds

**8. Other information you feel may be relevant?**

My mother was a nurse and brought home some awesome mercury from a broken thermometer for my sister and me to play with. This would have been sometime in the early to mid 1980s. I am sure some bits dropped in the carpet at some point, and I have a faint memory of vacuuming it up. I lived in that house until 1988.

**9. What is your location – city & country (so that we can learn where certain toxins are more prevalent).**

Denver, Colorado, USA