



PATIENT: Number 929
 SEX: Male
 AGE: 46

Toxic & Essential Elements; Hair

| TOXIC METALS | | | |
|----------------------------|----------------|-----------------------|---|
| | RESULT µg/g | REFERENCE INTERVAL | PERCENTILE 68 th 95 th |
| Aluminum (Al) | 2.3 | < 7.0 | |
| Antimony (Sb) | 0.045 | < 0.066 | |
| Arsenic (As) | 0.079 | < 0.080 | |
| Barium (Ba) | 0.09 | < 1.0 | |
| Beryllium (Be) | < 0.01 | < 0.020 | |
| Bismuth (Bi) | 0.018 | < 2.0 | |
| Cadmium (Cd) | < 0.009 | < 0.065 | |
| Lead (Pb) | 0.20 | < 0.80 | |
| Mercury (Hg) | 0.44 | < 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) | 0.13 | < 0.20 | |
| Silver (Ag) | 0.02 | < 0.08 | |
| Tin (Sn) | 0.04 | < 0.30 | |
| Titanium (Ti) | 0.34 | < 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) | 324 | 200- 750 | | | |
| Magnesium (Mg) | 35 | 25- 75 | | | |
| Sodium (Na) | 14 | 20- 180 | | | |
| Potassium (K) | 4 | 9- 80 | | | |
| Copper (Cu) | 14 | 11- 30 | | | |
| Zinc (Zn) | 170 | 130- 200 | | | |
| Manganese (Mn) | 0.07 | 0.08- 0.50 | | | |
| Chromium (Cr) | 0.40 | 0.40- 0.70 | | | |
| Vanadium (V) | 0.034 | 0.018- 0.065 | | | |
| Molybdenum (Mo) | 0.026 | 0.025- 0.060 | | | |
| Boron (B) | 0.90 | 0.40- 3.0 | | | |
| Iodine (I) | 0.32 | 0.25- 1.8 | | | |
| Lithium (Li) | < 0.004 | 0.007- 0.020 | | | |
| Phosphorus (P) | 187 | 150- 220 | | | |
| Selenium (Se) | 1.1 | 0.70- 1.2 | | | |
| Strontium (Sr) | 0.30 | 0.30- 3.5 | | | |
| Sulfur (S) | 48000 | 44000- 50000 | | | |
| Cobalt (Co) | 0.005 | 0.004- 0.020 | | | |
| Iron (Fe) | 8.3 | 7.0- 16 | | | |
| Germanium (Ge) | 0.026 | 0.030- 0.040 | | | |
| Rubidium (Rb) | 0.007 | 0.011- 0.12 | | | |
| Zirconium (Zr) | 0.041 | 0.020- 0.44 | | | |

| SPECIMEN DATA | | RATIOS | |
|----------------------------|-------------------|-----------------|---------------|
| COMMENTS: | | ELEMENTS | RATIOS |
| Date Collected: 12/02/2013 | | Ca/Mg | 9.26 |
| Date Received: 12/07/2013 | | Ca/P | 1.73 |
| Date Completed: 12/10/2013 | | Na/K | 3.5 |
| Methodology: ICP/MS | | Zn/Cu | 12.1 |
| Sample Size: 0.203 g | Sample Type: Head | Zn/Cd | > 999 |
| Hair Color: Brown | Treatment: | | |
| Shampoo: Water | | | |
| | | RANGE | |
| | | | 4- 30 |
| | | | 0.8- 8 |
| | | | 0.5- 10 |
| | | | 4- 20 |
| | | | > 800 |

Health history for hair test 929

1. What are your current symptoms and health history?

Health History:

Symptoms flared up in October: In 2009 had similar complaints.

Fatigue, touchy(angry), low energy,

Tingle in lower arms and lower legs,

Rash (around mouth, nose and neck and in centre of chest), digestion poor, piles, difficulty with bowel movements,

Headaches constant since Oct (this was causing worry)

Thinking: cloudy

Difficulty making decisions

Stress: reaction to stress

Sleep: irregular (needing a rest every day)

Symptoms since Oct to March (since oct have been on diet, moved house, taking supplements with much improvement)

Energy much improved but still a factor

Tingle gone from legs and arms

rash gone (returns with eating wheat)

Headaches (not as bad , slight headaches)

Digestion: Poor bowel every 2 days at best, sometimes 3

thinking: can still be a little cloudy (Improvement though)

Decisions (easier)

Stress(not as much stress)

Sleep (much improved) (sometimes need a rest)

Symptoms since March

Notice headaches returning

Rash developed on eye lid. (Doc gave me cream and its gone - for now)

Dermatitis - got cream for that (that was more long term - cream helped - for now)

Sleep became poor. Getting 3 to 4 hours with the rest disturbed

Stress: Family related stuff, and moved house again! So this may have brought on lack of sleep

Digestion: Poor . Bowel every 2 days. Feel bloated in arms and legs also if no movement.

Started to take 2 Desert spoons of Rapeseed Oil and Probiotics at night. Bowel moving every day for 4 days at present !

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

Wisdom Tooth removed 2000. Estimate extractions 5 - all pre 1985.

Many amalgams First when young and continues up to date. Approx 20 fillings (including replacements). 12 Fillings in mouth presently.

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

Lots of amalgams - No clean up. Have been taking Algas

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

Don't know - would guess that she had fillings and extractions

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

was in India - malaria, HepC ? the usual, (unsure)

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

All this since October 2013:

Queratin,(2 per day) Curcummin(Turmeric)(3daily), Vit D(1500 per day), B Complex(2 daily), Green Tea Extract, Selenium,(2daily) Digestive Enzymes(1 Every meal,2 large meal) Pro-biotics, (2 per day)

Fish oil, Starflower oil (Borage) (Other Herbal drinks, unsure of contents Liver, Pancreas, Spleen and Kidney Cleanse)

Supplements at Present:

2 spoons Rapeseed Oil, Probiotics at night, Digestive Enzymes, Vit C, Flax Oil, Magnesium, Algas, Helix Slim, Vit D, Vit E, B Complex, Fish Oil

7. What is your age, height and weight?

Born 1967 Age: 46 height: 5ft 10 inch Weight 12stone

8. Other information you feel may be relevant?

Since October

I moved from accommodation on suggestion of Geo-Stress with noticeable improvement in a few weeks

Advised to go on Wheat, Dairy and Sugar diet. No acidic foods (rash gone) (rash returned on eye lid)

Advised to get a walk a day

All this since Oct and much improvement as outlined above.

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

Pre October 28 Beal Srutha, Ballybane, Galway, Ireland

Since October: New Line Athenry, Co. Galway.

March : Carnmore, Oranmore, Co. Galway.