



SEX: Female
AGE: 54

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.2	< 12	
Antimony (Sb)	< 0.01	< 0.060	
Arsenic (As)	0.042	< 0.090	
Barium (Ba)	1.2	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.036	< 2.0	
Cadmium (Cd)	0.099	< 0.050	
Lead (Pb)	1.1	< 1.0	
Mercury (Hg)	0.43	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.11	< 0.060	
Nickel (Ni)	0.24	< 0.40	
Silver (Ag)	0.49	< 0.10	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.42	< 1.3	
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)	968	475- 1500			
Magnesium (Mg)	1100	45- 180			
Sodium (Na)	46	80- 450			
Potassium (K)	14	28- 160			
Copper (Cu)	18	11- 30			
Zinc (Zn)	170	130- 200			
Manganese (Mn)	0.31	0.15- 0.65			
Chromium (Cr)	0.57	0.40- 0.65			
Vanadium (V)	0.45	0.018- 0.065			
Molybdenum (Mo)	0.13	0.040- 0.10			
Boron (B)	4.3	0.40- 4.0			
Iodine (I)	0.68	0.25- 1.8			
Lithium (Li)	0.014	0.008- 0.030			
Phosphorus (P)	240	250- 500			
Selenium (Se)	1.4	0.80- 1.3			
Strontium (Sr)	6.8	1.0- 8.0			
Sulfur (S)	47000	42000- 48000			
Cobalt (Co)	0.054	0.006- 0.035			
Iron (Fe)	6.2	7.0- 16			
Germanium (Ge)	0.033	0.030- 0.040			
Rubidium (Rb)	0.020	0.030- 0.25			
Zirconium (Zr)	0.86	0.040- 1.0			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 04/16/2014	Sample Size: 0.201 g	Ca/Mg	0.88
Date Received: 04/22/2014	Sample Type: Pubic	Ca/P	4.03
Date Completed: 04/25/2014	Hair Color:	Na/K	3.29
Methodology: ICP/MS	Treatment:	Zn/Cu	9.44
	Shampoo:	Zn/Cd	> 999
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

Health history for hair test 954

Information about me; Female age 54. 3 amalgam fillings, one root canal, 1 porcelain veneer

1. What are your current symptoms and health history?

Microscopic colitis, sciatica, joint pain, infertility (currently menopausal), insomnia, mild brain fog, multiple food intolerances, chemical sensitivities especially to fragrance. Possible candida.

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

Wisdom teeth removed in 1971 at age 11. Metal braces from 1971-1973 including metal headgear. Metal retainer cemented in place from 1971-1983. First (and only) root canal in 1983. Still in place. First amalgam placed mid 1980's. Approximately 6 amalgams removed without precautions about 20 years ago. Currently I have 3 remaining amalgams, one root canal and one porcelain veneer.

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

Most likely a mouth full of amalgams. I was breast fed.

4. What vaccinations have you had and when (including flu and especially travel shots)? All the usual childhood vaccinations. Many boosters and tetanus shots. Many flu shots. I have worn contact lenses since 1976 so I probably used lots of thimerisol containing contact lens solutions.

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

4.5 mg low dose naltroxone (LDN)

10mg. boron

Multivitamin containing;

Vitamin A (67% (5,000 I.U.) 7,500

as natural carotenes (alpha, beta, beta- cryptoxanthin, zeaxanthin, and lutein) from <i>D.</i> <i>salina</i> and 33% (2,500 I.U.) as vitamin A palmitate)	I.U.
Vitamin C (as calcium ascorbate)	750 mg
Vitamin D3 (as cholecalciferol)	1,000 I.U.
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols d-beta, d-delta, d-gamma) from soy	400 I.U.
Thiamine (as thiamine hydrochloride USP)	50 mg
Riboflavin USP	25 mg
Niacin (75% as niacinamide USP and 25% as niacin USP)	100 mg
Vitamin B6 (as pyridoxine hydrochloride USP)	25 mg
Folate (as Metafolin®** L- 5-methyltetrahydrofolate)	800 mcg
Vitamin B12 (50% as methylcobalamin and 50% as 5-adenosylcobalamin)	200 mcg
Biotin USP	300 mcg
Pantothenic Acid (as d- calcium pantothenate USP)	150 mg
Calcium (64% as calcium citrate-malate and 36% as calcium ascorbate)	250 mg
Iodine (from kelp)	150 mcg
Magnesium (as magnesium glycinate chelate***)	250 mg
Zinc (as zinc glycinate chelate***)	15 mg

Selenium (as L-selenomethionine)	200 mcg
Copper (as copper glycinate chelate***)	2 mg
Manganese (as manganese glycinate chelate***)	2 mg
Chromium (as chromium nicotinate glycinate chelate***)	200 mcg
Molybdenum (as molybdenum glycinate chelate***)	150 mcg
Potassium (as potassium aspartate)	50 mg

Boron (as aspartate-citrate)	2 mg
Vanadium (as bisglycinato oxovanadium)	100 mcg
Choline (as choline bitartrate)	100 mg
Inositol	25 mg
para-Aminobenzoic Acid USP	50 mg
Citrus Bioflavonoids (85 mg as citrus bioflavonoid complex, min. 50% bioflavonoids, and 15 mg as hesperidin methylchalcone)	100 mg

100 mg adrenal cortex

Adrenacalm cream 3 pumps daily. Ingredients;

Pyridoxal 5 Phosphate (Vit. B6), Thiamine HCl (Vit. B1), Ubiquinone (CoQ10), Riboflavin (Vit. B2), Phosphatidylserine, Melissa Officinalis (Lemon Balm), Silybum Marianum (Milk Thistle), Polygala Tenuifolia, Hypericum Perforatum (St. John's Wort), Valeriana Officinalis, Corylus Avellana (Hazel), Juniperus Communis, Tilia Tomentosa (Silver Linden/Lime), Citrullus Colocynthis (Bitter

Apple/Gourd/Cucumber), Anacardium Orientale (Marking Nut), Matricaria Recutita (German Chamomile), Elm Flower Water, Gorse Flower Water, Olive Flower Water, Red Flower Water, Vervain Flower Water, Impatiens Flower Water, Magnesium Flower Water, Lavender Oil, Grapefruit Oil, Rose Geranium Oil. Cream Base: Aqua (Deionized Water), Helianthus Annuus (Sunflower) Seed Oil, Alcohol, Glycerin, Citrus Fruit Extract, Glyceryl Stearate, Polyethylene Glycol, Stearic Acid, Cetyl Alcohol, Stearyl Alcohol, Tromethamine, Polysorbate 80, Sorbic Acid, Salicylic Acid, Carbomer.

Adrenastim cream 1 pump daily. Ingredients;

Tyrosine, Glycyrrhiza Glabra (Licorice) Root Extract, Phosphatidylserine, Eleutherococcus Senticosus (Siberian Ginseng), Avena Sativa (Oat), Adenosine Triphosphate (ATP), Arnica Montana, Medicago Sativa (Alfalfa), Matricaria Recutita (German Chamomile), Ribes Nigrum (Black Currant), Betula Pubescens (White Birch), Quercus Robur (English Oak), Sequoia Giganteum, Holly Flower Water, Impatiens Flower Water, Clematis Flower Water, Oak Flower Water, Olive Flower Water, Elm Flower Water, Hornbeam Flower Water, Vervain Flower Water, Nigella Sativa (Black Seed) Oil, Essential Oil Blend, (Lemongrass, Orange, Lavender, Pine). - See more at: <http://www.pureformulas.com/adrenastim-cream-16-oz-by-apex-energetics.html#sthash.WH2M6IZp.dpuf>

Digestive enzymes called Prozymes with every meal. Ingredients;

Comprehensive Enzyme Blend	800 mg	*
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With the following minimum enzyme activity:

Carbohydrate Specific Enzymes

Amylase	1,830 BAU (80,000 MWU)	*
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Alpha Amylase	100 SKBU	*
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Glucoamylase	30 AGU	*
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Sugar Specific Enzymes

Lactase	1,500 FCC LacU	*
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Sucrase (invertase)	400 SU	*
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Maltase	200 DP	*
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	(300 MWU)	
Pullulanase	25 Units	*
Vegetable/Plant Fiber Specific Enzymes		
Cellulase	500 CU	*
Hemicellulase/Pectinase Complex	200 HSU	*
Phytase	10 PU	*
Beta Glucanase	20 BGI	*
Alpha-Galactosidase	100 AGSU	*
Galactomannase	200 HCU	*
Protein and Peptide Specific Enzymes		
Acid Protease	50 SAPU	*
Alkaline Protease	50 PC (DAPU)	*
Protease/Peptidase Complex with DPP-IV endo-peptidase/exo- peptidase activity	200,000 DPPU (40,000 HUT)	*
Fat Specific Enzymes		
Lipase	1,500 FCC (15,000 LU)	*
Other Enzymes		
Lysozyme (from egg white)	100,000 SHU	*
Serratia peptidase (enteric-coated)	2,500 SPU	

I take daily foot baths in epsom salt for more magnesium and apply a magnesium cream daily

6. What is your age, height and weight? I am 54, 5'7" and weigh 135lbs.

7. Other information you feel may be relevant? Currently on the dairy free version of the Specific Carbohydrate Diet (SCD) for 2 years. I live in a house built in the 1920's with lots of lead paint, asbestos and old pipes that were changed to copper pipes about 20 years ago. We did a big remodel to our house about 10 years ago so lots of lead could have been stirred up during that time. We also found a mold problem during the remodel. While we moved out during the remodel I was at the house everyday to oversee the remodeling.

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

I live in Pasadena, California.

Thank you so much for your help,