



SEX: Male  
AGE: 36

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	1.7	< 7.0	
Antimony (Sb)	0.015	< 0.066	
Arsenic (As)	0.033	< 0.080	
Barium (Ba)	2.8	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.005	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.28	< 0.80	
Mercury (Hg)	0.22	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.005	< 0.060	
Nickel (Ni)	0.10	< 0.20	
Silver (Ag)	0.06	< 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 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	806	200- 750			
Magnesium (Mg)	91	25- 75			
Sodium (Na)	130	20- 180			
Potassium (K)	35	9- 80			
Copper (Cu)	20	11- 30			
Zinc (Zn)	200	130- 200			
Manganese (Mn)	0.47	0.08- 0.50			
Chromium (Cr)	0.34	0.40- 0.70			
Vanadium (V)	0.029	0.018- 0.065			
Molybdenum (Mo)	0.071	0.025- 0.060			
Boron (B)	0.36	0.40- 3.0			
Iodine (I)	0.89	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	182	150- 220			
Selenium (Se)	1.3	0.70- 1.2			
Strontium (Sr)	2.6	0.30- 3.5			
Sulfur (S)	47800	44000- 50000			
Cobalt (Co)	0.006	0.004- 0.020			
Iron (Fe)	7.8	7.0- 16			
Germanium (Ge)	0.024	0.030- 0.040			
Rubidium (Rb)	0.047	0.011- 0.12			
Zirconium (Zr)	0.010	0.020- 0.44			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		ELEMENTS	RATIOS
Date Collected: 05/08/2014	Sample Size: 0.2 g	Ca/Mg	8.86
Date Received: 05/12/2014	Sample Type: Head	Ca/P	4.43
Date Completed: 05/16/2014	Hair Color: Brown	Na/K	3.71
Methodology: ICP/MS	Treatment:	Zn/Cu	10
	Shampoo: Soup Bar	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

## Health history for hair test 958

Hi guys, first of all, thanks VERY MUCH for providing this valuable resource, what you are doing is really making a difference in helping people to overcome some serious health issues.

1. My current symptoms: some days I feel pretty much ok, other days not so much. There doesn't seem to be a pattern, but in terms of symptoms, varying degrees of: anxiety, social anxiety, racing thoughts, depression, excessive anger, intrusive and obsessive thoughts, achy muscles (upper back, jaw, neck, face), feeling 'run-down' even when I have barely done much of anything/ exhaustion, waking up feeling unrefreshed, brain fog., sometimes extremely cold and sweaty palms, some days I have to urinate every 20 minutes (but this happens randomly and only last a day). All significantly better since I began taking supplements, and I felt almost normal, during the time period between getting all my amalgams removed and the beginning of the dump phase (2 months or so ago). In terms of health history... I have always had health problems, sometimes obvious to others and sometimes not. Had meningitis at 6 months and almost died, and before and after was labelled as having "failure to thrive". Serious Behavioral problems as a child (temper tantrums, violent outbursts, stuff labelled as extreme adhd), as well as intermittent periods of OCD like obsessions ( I remember this being the case at 5 years old). Non-verbal learning disabilities (dyscalculia for one) and an ADD diagnoses, was given amphetamine prescription which helped with grades and ability to study but which made anxiety significantly worse. Serious depressive and anxiety issues beginning in pre-teens. Depression and Anxiety (obsessions, serious social awkwardness and social anxiety ) and general misery of living became extremely bad in pre-teens. Diagnosed with bi-polar disorder in early 20s. Serious digestive issues ever since I was an infant, only somewhat better recently with a gluten free diet.

2. Don't know when I had my first amalgam, didn't really pay attention until maybe 8 years ago when I had a few very large ones put in. Soon after I began grinding my teeth a lot, especially when asleep. Had braces for number of years when I was a pre-teen, and wore a retainer for a few years as well.

had wisdom teeth removed when I was 21 or so, had two root canals placed when I was 25 or so (which according to my iamot dentist, are thankfully not infected, going to have those dealt with in the future, but chelation first).

3. White fillings in place of the amalgams I had, all removed by an iamot member dentist, and had another one read X-rays to make sure nothing was missed, and according to the second one I am a-ok.

4. Not sure, I think she had a few amalgams in though.

5. I imagine I had all of the standard immunization shots as an infant, tons of flu shots, I think I had tb shots as well, tetanus, hep a and b ( I believe), and I'm sure a few others as well. When I was 6 months old I spent 6 months in hospital with meningitis and I imagine I was given tons of shots and immunizations then as well.

6. all of the following are per day, unless otherwise stated:

6-8 grams of Vitamin C a day, Lysine at 1000-3000mg a day, Magnesium taken regularly throughout the day (roughly 2,048 mg of Magnesium glycinate), Selenium 100 mcg, Vitamin 1200

iu, Astaxanthin 12 mg a day, D3 4000 IU, Pregenelone 50mg, Calcium 50mg, DHEA 12.5mg, Vitamin A 20, 000 iu, Tuarine a gram a day, 4 high quality fish oil capsules a day ( total of 3,120 mg of EPA and 1,040mg of DHA)...up until a month ago (have run out and need to order more) 1000 mcg of molybdenum Was taking various B vitamins up until a month ago when they started making very agitated and anxious, so haven't taken them since, though I will begin again slowly and see which particular B might be the cause of the unpleasant side effects.

7. 36, 5'8, 164

8. I've always had various health issues, but everything that was already an issue got really bad after having a number of amalgams placed in my mid-late 20s, and after getting them placed I developed a number of additional issues (crippling TMJD pain, muscle fatigue and aches and pains, became very prone to injury... easily torn and strain ligaments and tendons, problems with eye tracking, a new and powerful type of brain fog, regular panic attacks that landed me in hospital due to fear of having a heart attack, pancreatic problems... etc etc etc): as a child I had lots of obsessive thoughts, was very violent/rambunctious (labelled add/adhd) as a teen I was socially paranoid and dealt constantly with racing thoughts etc., had (up until recently, when I went on a gluten free diet, which pretty much solved about 70% of my digestion problems) had serious digestive problems, labelled IBS.

9. Born and raised in NYC, lived in Charleston SC for 3 years in pre-teens, then back in NYC and upstate NY until early 20s, then in New England until mid-30s, have been back in NYC for 3 years before hair test.