



SEX: Female
AGE: 41

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	5.4	< 7.0	
Antimony (Sb)	0.036	< 0.050	
Arsenic (As)	0.10	< 0.060	
Barium (Ba)	0.88	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.019	< 2.0	
Cadmium (Cd)	0.022	< 0.050	
Lead (Pb)	0.40	< 0.60	
Mercury (Hg)	0.46	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.072	< 0.060	
Nickel (Ni)	0.18	< 0.30	
Silver (Ag)	0.07	< 0.15	
Tin (Sn)	0.08	< 0.30	
Titanium (Ti)	0.20	< 0.70	
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)	487	300- 1200			
Magnesium (Mg)	34	35- 120			
Sodium (Na)	170	20- 250			
Potassium (K)	74	8- 75			
Copper (Cu)	13	11- 37			
Zinc (Zn)	160	140- 220			
Manganese (Mn)	0.33	0.08- 0.60			
Chromium (Cr)	0.41	0.40- 0.65			
Vanadium (V)	0.057	0.018- 0.065			
Molybdenum (Mo)	0.050	0.020- 0.050			
Boron (B)	3.0	0.25- 1.5			
Iodine (I)	0.27	0.25- 1.8			
Lithium (Li)	0.005	0.007- 0.020			
Phosphorus (P)	144	150- 220			
Selenium (Se)	0.78	0.55- 1.1			
Strontium (Sr)	1.7	0.50- 7.6			
Sulfur (S)	47500	44000- 50000			
Cobalt (Co)	0.012	0.005- 0.040			
Iron (Fe)	7.1	7.0- 16			
Germanium (Ge)	0.029	0.030- 0.040			
Rubidium (Rb)	0.094	0.007- 0.096			
Zirconium (Zr)	0.012	0.020- 0.42			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 9/27/2012	Sample Size: 0.199 g	Ca/Mg	14.3	4- 30
Date Received: 10/4/2012	Sample Type: Head	Ca/P	3.38	1- 12
Date Completed: 10/15/2012	Hair Color: Brown	Na/K	2.3	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	12.3	4- 20
	Shampoo: Miracle II	Zn/Cd	> 999	> 800

Health history for hair test 994

1. My current symptoms include Major depression, quite severe Multiple Chemical Sensitivity (MCS), Leaky Gut, IBS, Polycystic Ovarian Syndrome (PCOS), Hypothyroid, Obesity, Eczema, Sleep Apnea, Restless Leg Syndrome, Asthma. I developed food allergies in my early late 20's/early 30's including gluten, dairy (casein). At the age of 39, early 2011, I resigned from my full-time job because the stress and depression were overwhelming and I was constantly fatigued. In late 2011 I had 9 Electroconvulsive Therapy (ECT) treatments (unilateral). This included general anesthesia during each treatment (three times a week for 3 weeks). Several months later I developed many food intolerances, and MCS. The MCS and symptoms that continue to the present day are; brain fog, irritability, mood swings, sugar cravings, reoccurring bacterial infections, headaches, brain fog, anger and fatigue when exposed to chemicals and fragrances.
2. All 4 of my Wisdom teeth were extracted at the age of 19. I had metal braces from the age of 15-17, and a non-removable metal lower retainer in place for 2 years after that. I had 3 amalgam fillings in my late 20's/early 30's. These were removed safely in 2011. I am lucky to have never had a root canal or any other extractions.
3. I had 3 amalgam fillings replaced in 2012 approx. 5 months prior to the hair analysis.
4. My mother had 6 amalgam fillings done prior to her pregnancy with me.
5. I had all regularly scheduled vaccinations during childhood (for the US during the 70's-80's). At 16yrs. old I had travel shots in order to go to Ecuador. These included; Hep A (2 shots), Hep B, Yellow Fever, a Tetanus booster and malaria pills. I had these again at the age of 23. I lived 2 1/2 years in Ecuador. I had flu shots annually for approx. 5 years.
6. Medications I was taking at the time of hair test: Venlafaxine XR (generic form of Effexor) 225mg, Adderall-10mgs, Zetia-10/40, Deplin 15mgs, Birth control pills. The supplements I was taking at the time of hair test: Magnesium Oxide-500mgs, Zinc-60mgs, Evening Primrose Oil- 2000mgs, BH4-2.5mgs, Spectrazyme- 1cap, Digestive Enzyme DPP-IV- 2caps, Vit D3-2000 IUs, Vanadium-200mgs, Chromium-400mgs, Kirkman Labs' Phenol Assist-4 caps & Phenol Assist. Companion-4 caps, Multivitamin-2 caps, and Kirkman Labs' Advanced Mineral Support-5 caps.
7. At the time of hair test I was 40 yrs. Height 5'7" and 280 lbs.
8. At the age of 29 I began a graduate program and was working full-time. I became overwhelmed by the stress of maintaining both of these activities.
9. I live in Pasco, WA USA