



SEX: Female
AGE: 61

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	3.0	< 7.0	
Antimony (Sb)	0.022	< 0.050	
Arsenic (As)	0.045	< 0.060	
Barium (Ba)	0.96	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.57	< 2.0	
Cadmium (Cd)	0.043	< 0.050	
Lead (Pb)	0.66	< 0.60	
Mercury (Hg)	0.66	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.048	< 0.060	
Nickel (Ni)	0.27	< 0.30	
Silver (Ag)	0.62	< 0.15	
Tin (Sn)	0.11	< 0.30	
Titanium (Ti)	0.67	< 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)	668	300- 1200	
Magnesium (Mg)	110	35- 120	
Sodium (Na)	28	20- 250	
Potassium (K)	12	8- 75	
Copper (Cu)	36	11- 37	
Zinc (Zn)	220	140- 220	
Manganese (Mn)	0.54	0.08- 0.60	
Chromium (Cr)	0.42	0.40- 0.65	
Vanadium (V)	0.73	0.018- 0.065	
Molybdenum (Mo)	0.051	0.020- 0.050	
Boron (B)	0.55	0.25- 1.5	
Iodine (I)	1.1	0.25- 1.8	
Lithium (Li)	0.008	0.007- 0.020	
Phosphorus (P)	125	150- 220	
Selenium (Se)	1.0	0.55- 1.1	
Strontium (Sr)	2.0	0.50- 7.6	
Sulfur (S)	48000	44000- 50000	
Cobalt (Co)	0.019	0.005- 0.040	
Iron (Fe)	11	7.0- 16	
Germanium (Ge)	0.056	0.030- 0.040	
Rubidium (Rb)	0.016	0.007- 0.096	
Zirconium (Zr)	0.056	0.020- 0.42	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 10/12/2015	Sample Size: 0.199 g	Ca/Mg	6.07
Date Received: 10/17/2015	Sample Type: Head	Ca/P	5.34
Date Completed: 10/21/2015	Hair Color:	Na/K	2.33
Methodology: ICP/MS	Treatment:	Zn/Cu	6.11
	Shampoo: Natural	Zn/Cd	> 999
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

HAIR ELEMENTS

06/99



SEX: Female
AGE: 45

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	5.4	< 7		
Antimony	0.058	< 0.05		
Arsenic	0.071	< 0.06		
Beryllium	< 0.01	< 0.02		
Bismuth	0.035	< 0.1		
Cadmium	0.13	< 0.1		
Lead	0.75	< 1		
Mercury	2.5	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.01		
Thorium	< 0.001	< 0.005		
Uranium	0.03	< 0.06		
Nickel	0.25	< 0.4		
Silver	0.77	< 0.15		
Tin	0.3	< 0.3		
Titanium	0.52	< 1		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	875	300- 1200					
Magnesium	200	35- 120					
Sodium	84	12- 90					
Potassium	10	8- 38					
Copper	19	12- 35					
Zinc	180	140- 220					
Manganese	0.08	0.15- 0.65					
Chromium	0.22	0.2- 0.4					
Vanadium	0.61	0.018- 0.065					
Molybdenum	0.053	0.028- 0.056					
Boron	1.4	0.3- 2					
Iodine	0.62	0.25- 1.3					
Lithium	< 0.004	0.007- 0.023					
Phosphorus	156	160- 250					
Selenium	1.4	0.95- 1.7					
Strontium	3.7	0.5- 7.6					
Sulfur	40900	44500- 52000					
Barium	0.32	0.26- 3					
Cobalt	0.022	0.013- 0.05					
Iron	8.3	5.4- 14					
Germanium	0.033	0.045- 0.065					
Rubidium	< 0.003	0.007- 0.096					
Zirconium	0.16	0.02- 0.42					

SPECIMEN DATA

COMMENTS:

Date Collected: Sample Size: .202 g
 Date Received: 11/20/1999 Sample Type: Head
 Date Completed: 11/23/1999 Hair Color:
 Treatment:
 Methodology: ICP-MS Shampoo:

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	4.41	4- 30
Ca/P	5.6	1- 12
Na/K	8.17	0.5- 10
Zn/Cu	9.34	4- 20
Zn/Cd	> 999	> 800

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Health history for hair test 1145

Below are my 2 hair tests for comparison - 1999 and 2015. Should be interesting!

1) What are your current symptoms and health history?

Major Digestive issues, SIBO, Leaky Gut, Food Sensitivities; Anxiety, Panic Attacks, Worry, Depression, Amped up feeling... weight loss (unable to gain), poor appetite, cravings for starches and sugars in afternoon, Environmental Illness, Chemical sensitivities, Pain - migrating - including low back, hips, legs, feet, neck, etc., some poor sleep...

2) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...)

Yes, all wisdom teeth removed. Amalgams put in, in young teens or earlier - removed and replaced amalgams proper way in late 30 and early 40s. NO root canals - or other dental metals and such - but yes, I had braces for many years as a teen.

3) What dental work do you currently have in place? What part of the dental cleanup have you completed? Completed ALL clean up about 20 years ago.

Only ceramic in my mouth and no other issues, or metal, or cavities to report. But I do have receding gums (I'm 61).

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

She has some gold things she would take out and put back in her mouth - looked like teeth or replacements for teeth! She probably had amalgams too... maybe during pregnancy - not sure - she's passed.

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

Had MANY travel shots in the Peace Corps at age 22 - 23 when I was in Peace Corps Africa... Also had usual required or suggested vaccinations as a child born in 1954. I don't do any flu shots or vaccinations and have not done for many many years... even when traveling - unless it is mandatory, but I can't think of anything like that over the last 10 years.

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

I was on the Cutler protocol supplements as suggested in the book and by the yahoo forum group since Winter 2015. (off and on). Stopped about 2 months before hair test was done. Plus I take progesterone cream, Gaba, Arginine/ornathine, Vit D., Vit C, and some herbs...

7) Other information you feel may be relevant?

I've had Chronic Fatigue and Fibromyalgia in the past...which mostly cleared up after amalgams removed and chelation finished... (took 3-4 years), but I still have chemical sensitivities and Environmental Illness big time - and now major digestive issues which have been ongoing for 30+ years!

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

I've been in Hawaii - Big Island, Kailua Kona, for most of the past 15 years... travelled to China, Thailand, Saudi Arabia, Mexico, Sri Lanka, India, Saudi Arabia, Cyprus, during the last 10 years - usually stayed no more than 3-4 months in one local.