



LAB #:
 PATIENT:
 ID:
 SEX: Female
 AGE: 70

CLIENT #:
 DOCTOR: , MD
 Neurological Research Institute Llc
 279 Walkers Mills Rd
 Bethel, ME 04217 U.S.A.

Toxic & Essential Elements; Hair

| TOXIC METALS | | | | |
|----------------------------|--|----------------|-----------------------|---|
| | | RESULT µg/g | REFERENCE INTERVAL | PERCENTILE 68 th 95 th |
| Aluminum (Al) | | 1.6 | < 7.0 | |
| Antimony (Sb) | | < 0.01 | < 0.050 | |
| Arsenic (As) | | 0.033 | < 0.060 | |
| Barium (Ba) | | 1.6 | < 2.0 | |
| Beryllium (Be) | | < 0.01 | < 0.020 | |
| Bismuth (Bi) | | 0.034 | < 2.0 | |
| Cadmium (Cd) | | < 0.009 | < 0.050 | |
| Lead (Pb) | | 0.15 | < 0.60 | |
| Mercury (Hg) | | 5.2 | < 0.80 | |
| Platinum (Pt) | | < 0.003 | < 0.005 | |
| Thallium (Tl) | | 0.001 | < 0.002 | |
| Thorium (Th) | | < 0.001 | < 0.002 | |
| Uranium (U) | | 0.14 | < 0.060 | |
| Nickel (Ni) | | 0.08 | < 0.30 | |
| Silver (Ag) | | 0.01 | < 0.15 | |
| Tin (Sn) | | 0.05 | < 0.30 | |
| Titanium (Ti) | | 0.33 | < 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) | | 1210 | 300- 1200 | |
| Magnesium (Mg) | | 100 | 35- 120 | |
| Sodium (Na) | | 37 | 20- 250 | |
| Potassium (K) | | 9 | 8- 75 | |
| Copper (Cu) | | 9.7 | 11- 37 | |
| Zinc (Zn) | | 210 | 140- 220 | |
| Manganese (Mn) | | 0.09 | 0.08- 0.60 | |
| Chromium (Cr) | | 0.28 | 0.40- 0.65 | |
| Vanadium (V) | | 0.040 | 0.018- 0.065 | |
| Molybdenum (Mo) | | 0.037 | 0.020- 0.050 | |
| Boron (B) | | 0.66 | 0.25- 1.5 | |
| Iodine (I) | | 5.4 | 0.25- 1.8 | |
| Lithium (Li) | | 0.012 | 0.007- 0.020 | |
| Phosphorus (P) | | 180 | 150- 220 | |
| Selenium (Se) | | 0.70 | 0.55- 1.1 | |
| Strontium (Sr) | | 7.3 | 0.50- 7.6 | |
| Sulfur (S) | | 46300 | 44000- 50000 | |
| Cobalt (Co) | | 0.005 | 0.005- 0.040 | |
| Iron (Fe) | | 7.6 | 7.0- 16 | |
| Germanium (Ge) | | 0.032 | 0.030- 0.040 | |
| Rubidium (Rb) | | 0.006 | 0.007- 0.096 | |
| Zirconium (Zr) | | 0.038 | 0.020- 0.42 | |

| SPECIMEN DATA | | RATIOS | |
|----------------------------|------------------------|----------|---------|
| COMMENTS: | | ELEMENTS | RATIOS |
| Date Collected: 05/14/2016 | Sample Size: 0.2 g | Ca/Mg | 12.1 |
| Date Received: 05/20/2016 | Sample Type: Head | Ca/P | 6.72 |
| Date Completed: 05/23/2016 | Hair Color: | Na/K | 4.11 |
| Methodology: ICP/MS | Treatment: | Zn/Cu | 21.6 |
| | Shampoo: Paul Mitchell | Zn/Cd | > 999 |
| | | RANGE | |
| | | | 4- 30 |
| | | | 1- 12 |
| | | | 0.5- 10 |
| | | | 4- 20 |
| | | | > 800 |

Hair test 1199

See attachment

Please, can you help me interpret my hair elements test?

thank you!

P.S.

After my very first chelation round (starting 5/12/16) of 13.25 days with 10 mg DMSA every 3 hours, I had no symptoms after stopping - until 5 days later (starting yesterday) where I've experienced some hot flashes, a LOT of balance problems and dizziness (I've had some of this since 2007 and increasing later, but this is much worse), and vomited last night before bedtime. Still dizziness/balance issues today, hoping this lessens over time, as of now no nausea or hot flashes. Yet.

At the time of the hair test (5/14/16, see attachment) I had just started chelating (5-12-16 starting at 1:30AM) with 10mg DMSA every 3 hours.

HISTORY

On 4/13/16, I received this **plasma mercury blood test** (I had been eating sushi tuna for years, but not immediately before the test, but probably a week before, and before that often but certainly not every day):

| | | |
|----------------------|----|-------|
| MERCURY, Apr-13-2016 | 25 | mcg/L |
|----------------------|----|-------|

Standard range : <OR=10

Verified by repeat analysis.

I did a **24-hour urine mercury test** on 5/02/16

MERCURY, 24 HOUR URINE < **2 mcg/L** (reference range < 21 mcg/L)

No mercury in my urine, so I'm probably among those population subsets that sequester/accumulate mercury rather than eliminating it more normally.

QUOTE

Once he has given you your unique hair test number forward the below questions through to the **Frequent Dose Chelation group**, inform them of your hair test number and ask for help.

UNQUOTE

from "Mercury Poisoning: The Undiagnosed Epidemic" (p. 312-313). David Hammond. Kindle Edition.

QUESTIONS

• What are your current symptoms and health history?

By sheer good luck, I have a friend in Flint, Michigan where there has been significant lead poisoning, and, probably confusing mercury and lead, asked my PCP for a mercury test (results above).

I have been eating fish for years, especially tuna sushi since becoming a raw fooder.

SYMPTOMS:

(Idiopathic) ataxia, (idiopathic) problems with balance (has been getting worse rapidly), (idiopathic) numbness in the toes of both feet, problems sleeping, problems with memory, anxiety, irritability, late onset food allergies (leaky gut?), eczema, (ideopathic) leg cramps, and most recently, a few (idiopathic) episodes of gastrointestinal pain (recent endoscopy, colonoscopy were unremarkable).

Because of acute fish poisoning in the last several months, dizziness, shortness of breath, and depression can be added to this list.

I became a raw fooder in 2001, and except for osteoporosis which ended (urine-N-telopeptide test) when I became a raw fooder, I have NO degenerative disease.

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

I had 4 large amalgams put in my adult molars at age 9 to prevent 'possible' decay in the molars' 'pits'.

I had them removed 40 years later. I don't know (and can't find out) if they were 'safely' removed. They have been out of my mouth now for ~20+ years. I never did have any tooth decay, the excuse for putting in these amalgams to begin with!

No 'dental clean up'.

• What dental work do you currently have in place? What part of the dental cleanup have you completed?

Nothing in my mouth but porcelain fillings that replaced the 4 amalgams. No dental clean up. I had my dentist checked to see if there was any trace of amalgam left, and there is not.

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

Don't know and can't find out. She had very good teeth though, so I doubt she had a lot of amalgam, maybe none.

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

I have avoided flu shots, did take an Hep B series I think. I'm 70, don't know what shots I've had when a child but I'm sure the whole series at sometime, including tetanus boosters.

Maybe 1 flu shot years ago, maybe travel shots in 1977-8 (visiting Israel). Can't remember/

• Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken.**Before hair test taking only 2 meds:**

- 1) Prempro 1/2 tab (0.3) (HRT)
- 2) Forteo (1 injection/day) for osteoporosis (supposed to strengthen bones)

Also was **taking D3, B12**

After my hair test on 5/14/16, I added all the recommended chelation vitamins and minerals, but at lower amounts:

B12

D3

Mg malate (400 mg/day)

vit C (1-2 g/day)

vit E alpha (400 IU)

vit B50 complex (1/day)

Zinc citrate (50 mg/day)

Selenium (100 mcg/day)

Calcium citrate (~500 mg/day)

Omega 3 (synthetic) 1 g/day

Chromium picolinate 200mcg/day

• Other information you feel may be relevant?

Not knowing any better, I've eaten a fair amount of sushi (tuna, salmon) since becoming a raw fooder in 2001. Ate some swordfish in the last 3-4 months, but not much.

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

Grew up in smoggy Pasadena, CA. Spent decades after that in smoggy Los Angeles. Since 1987 living in (less smoggy) Orange County, CA near/next to the beach.