

# HAIR ELEMENTS



**PATIENT: Number 275**  
**SEX: Female**  
**AGE: 37**  
**LOCATION: Suffolk, Virginia, USA**

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	6.6	< 7.0		
Antimony	0.023	< 0.050		
Arsenic	0.031	< 0.060		
Barium	1.6	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.44	< 2.0		
Cadmium	0.034	< 0.050		
Lead	0.21	< 0.60		
Mercury	0.47	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	< 0.001	< 0.060		
Nickel	0.08	< 0.30		
Silver	0.03	< 0.15		
Tin	0.32	< 0.30		
Titanium	0.37	< 0.70		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS							
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium	1020	300- 1200					
Magnesium	150	35- 120					
Sodium	82	20- 250					
Potassium	17	8- 75					
Copper	9.6	11- 37					
Zinc	180	140- 220					
Manganese	0.20	0.08- 0.60					
Chromium	0.34	0.40- 0.65					
Vanadium	0.024	0.018- 0.065					
Molybdenum	0.029	0.020- 0.050					
Boron	2.2	0.25- 1.5					
Iodine	3.6	0.25- 1.8					
Lithium	0.006	0.007- 0.020					
Phosphorus	156	150- 220					
Selenium	1.0	0.55- 1.1					
Strontium	4.0	0.50- 7.6					
Sulfur	45300	44000- 50000					
Cobalt	0.007	0.005- 0.040					
Iron	6.5	7.0- 16					
Germanium	0.030	0.030- 0.040					
Rubidium	0.017	0.007- 0.096					
Zirconium	0.45	0.020- 0.42					

SPECIMEN DATA				RATIOS		
<b>COMMENTS:</b>				<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected: 4/3/2009	Sample Size: 0.205 g			Ca/Mg	6.8	4- 30
Date Received: 4/7/2009	Sample Type: Head			Ca/P	6.54	1- 12
Date Completed: 4/10/2009	Hair Color: Brown			Na/K	4.82	0.5- 10
Client Reference:	Treatment:			Zn/Cu	18.8	4- 20
Methodology: ICP-MS	Shampoo: Organicoliveoil			Zn/Cd	> 999	> 800
	V010.08					

## Health history for hair test 275

### 1) What are your current symptoms and health history?

I have suffered from major depression for many years, and I was diagnosed Bipolar Type II disorder in 2001. I have been in therapy for 15 years on and off to learn to deal with the mood swings and anger that I struggle with. In 2007 I was diagnosed with A.D.D and given stimulant drugs that made me very sick. Ever since I got my 4<sup>th</sup> Amalgam filling in February of 2007 I have went downhill very fast, prior to that I was able to function in my daily life, now I am not able to function. My doctor believes that I now have Hashimoto's, an autoimmune disease. I also do have adrenal fatigue stage 7 (my adrenal glands are not working at all right now). This makes it very difficult to get out of bed in the mornings. And I drag myself around all day long. My body cannot produce cortisol or DHEA. I developed severe allergies and asthma at the age of 35 shortly after getting my 4<sup>th</sup> amalgam filling put in. I developed hypothyroidism shortly after getting my 4<sup>th</sup> amalgam filling in 2007. I take thyroid meds now as of last year. I have Restless legs syndrome, carpal tunnel syndrome, severe mood swings and fatigue that is so bad that I have not been able to care for my 2 small children in over 2 years. I stay in bed for days and sometimes weeks. I have NO motivation, I have phobias now where I do not like to be around a lot of people or to go out in public much, and most of my time is spent inside my home. This is shocking because I won class clown in high school and was a social butterfly until my last amalgam filling 2 years ago in 2007. I have poor memory problems, I lose everything and I cannot remember much of anything anymore, it's like I have Alzheimer's disease. I also have many symptoms of Multiple Sclerosis, muscle twitching and muscle spasms all over my body 24 hours a day. I urinate frequently well over 15 times per day and 2 to 3 times at night. I have frequent infections, such as chronic bronchitis infections, upper respiratory infections, bladder infections, urinary tract infections. I always have a cold or the flu. I get low grade fevers weekly for no apparent reason. Fluctuating periods of constipation and diarrhea, severe hair loss (hair falls out in clumps), I have a very low body temperature around 97 to 97.2F daily. Low Blood pressure, Heart murmur developed shortly after amalgam in 2007. Stomach troubles (such as IBS, Gas, indigestion, etc.), Foggy Brain - Unable to think clearly - Ringing in ears/dizziness upon standing/fluid in ears - Itching inside of ears - Memory problems (short term and long term memory problems) - Lack of concentration or confusion - Dry Skin or Dry hair - Feeling sick all over - general Malaise - Lethargy or feeling the need to sleep all the time - Low Levels of Vitamin D - Low Levels of Vitamin B-12 - Low Levels of Ferritin (Iron storage) - High Cholesterol levels -Intolerance to Heat -Intolerance to Cold - Debilitating reaction to any exercise -Cold Hands and Cold Feet and Cold Rear End - Feeling hot at night, but freezing in the morning - Pain (Joint pain, muscle pain and body pain) - Inability to hold kids for very long at all - Carpal Tunnel Syndrome (tingling or numbness in hands or fingers) - Restless Legs Syndrome (urge to move your legs at night time) - Reynaud's Phenomenon (fingers or toes turn white or blue) -Belly fat - Small bumps on legs or back of upper arms - Difficulty walking up a hill or slight grade - Swollen lymph glands -Osteoporosis - Poor Handwriting (not legible) - Moody, or Mood swings -Skin Twitching or Muscle Spasm (twitching) -Teeth impressions on my tongue - Itchy skin especially at night while in bed - Inability to work at all or to work full-time - Inability to stand on feet for long periods of time - Normal Blood tests - Weak Immune system -Hormonal Problems (all my hormones are low: DHEA, Cortisol, Testosterone, Progesterone are all very low) - Perimenopause (early Menopause) -Inability to eat breakfast - Inability to get motivated or fully wake up until after 10:00 A.M. - Insomnia or frequent waking throughout the night - Bloating, swelling or Edema in face or other body - Frequent and constant yeast infections (candida overgrowth) and Thrush (yeast infection on tongue) - Less stamina and less energy than most people -Need for stimulants such as coffee or caffeine -Feeling like I've been hit by a Mack Truck or Train in the mornings -Long recovery period after any activity -Arms feeling like dead weights after heavy activity -No eyebrows or thinning outer eyebrows - Require naps in the afternoon -Sleep Apnea -Heartburn -Gerd or Reflux -Hypoglycemia - Air Hunger (feeling like you can't get enough air) - Inability to function in a relationship with anyone (losing friends) - Low Libido or low or NO sex drive -Moody around my periods/PMS -Suicidal thoughts - Really Painful Periods -Headaches -Inability to stand on feet for long periods of time -Extremely crabby, irritable, and intolerant of others -Broken or peeling fingernails or dry brittle nails -Startle very easy (jump at any noise or sound) -Sensitivity to noises -Sensitivity to smells or odors - Sensitivity to lights -Sensitivity to chemicals -Inability to multitask or talk to someone when the TV is on -Lack of motivation -Loss of interest in things I once loved -Lactose Intolerance/Gluten intolerance -Allergic to things that I never used to be allergic to (growing allergies) - Constant

worrying or panic - Chronic Fatigue Syndrome -Adrenal Fatigue or Adrenal Insufficiency -  
Fibromyalgia

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

When I was about 10 years old in 1982 I had 4 large amalgams done in 3 of my molars. Then in February of 2007 I had another large amalgam put into another large molar. In January 2009 I had a large mercury filled molar extracted improperly. I have never had braces or a root canal done before.

**3) What dental work do you currently have in place? What part of the dental cleanup have you completed?**

Currently I have 4 amalgam fillings in my mouth one in each of my molars (one in each quadrant). I have not started any dental work yet, I will get my amalgams removed in 2 days (April 16 2009).

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

She has many mercury fillings done during her pregnancy with me.

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

I have had all the regular children's vaccinations in the 1970's and 1980's and also had several flu shots in recent years and in the past.

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

Hydrocortisone 5mg --- 4 to 5 times per day  
Armour Thyroid -- 1 grain twice daily  
Nystatin (antifungal) – 50,000 units 3 times per day  
Biotin ---- 1000mcg daily  
B-Comp - twice daily  
B-12 -- 5000mcg twice daily  
B-6 --- 500mg 3 times per day  
B-5 --- 100mg 3 times per day (active form of B5)  
Folate --- 800 daily (active form of folate)  
Iodoral (iodine) --- 12.5mg once daily  
Vitamin A --- 10,000 units daily  
Vitamin C --- 2000mg 3 times per day  
Vitamin D3 --- 2500IU's twice daily  
Vitamin E ---- 400 daily  
Calcium Citrate --- 400mg twice daily  
Magnesium Citrate --- 400mg twice daily  
Niacin (B-3) -- 50mg once daily  
Zinc (Picolinate) with B-6 ---- 30 mg once daily  
Selenium ---- 100mg twice daily  
Adrenal Glandulars (bovine) ---twice daily  
Probiotics  
Cod Liver Oil

**7) What is your age, height and weight?**

As of now, April 14, 2009 I am 37 years old and I am 60 inches (5 feet tall) and I weight 120 pounds.

**8) Other information you feel may be relevant?**

My sister also has all of the major debilitating symptoms that I have but much worse then me and she has 12 amalgam fillings (3 times the amount that I have) but she lives in Iceland where they do not use the proper protocol to remove mercury.

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

I live in Suffolk, Virginia