

**INTEGRATIVE MEDICINE**

HAIR	Result	Range	Units	
<b>Hair Mineral Analysis</b>			ppm	
<b>Hair Description</b>	Brown			
<b>Calcium (Hair)</b>	<b>2455.35</b>	146.00 - 3190.	ppm	
<b>Chromium (hair)</b>	<b>0.48</b>	0.13 - 1.00	ppm	
<b>Copper (hair)</b>	<b>30.19</b>	11.00 - 34.00	ppm	
<b>Iron (Hair)</b>	<b>26.36</b>	5.00 - 44.70	ppm	
<b>Magnesium (hair)</b>	<b>64.66</b>	30.00 - 122.00	ppm	
<b>Manganese (hair)</b>	<b>0.63</b>	0.25 - 0.75	ppm	
<b>Selenium (hair)</b>	<b>1.12</b>	0.48 - 1.45	ppm	
<b>Zinc (hair)</b>	<b>288.05</b>	99.00 - 450.00	ppm	
<b>Cobalt (hair)</b>	<b>0.82 *H</b>	0.05 - 0.70	ppm	
<b>Molybdenum (hair)</b>	<b>0.88</b>	0.00 - 1.50	ppm	
<b>Phosphate (hair)</b>	<b>162.42</b>	89.00 - 350.00	ppm	
<b>Potassium (hair)</b>	<b>93.89</b>	30.00 - 200.00	ppm	
<b>Sodium (hair)</b>	<b>184.76</b>	50.00 - 350.00	ppm	
<b>Vanadium (hair)</b>	<b>2.02</b>	0.30 - 3.00	ppm	
<b>Calcium/Magnesium Ratio</b>	<b>38.0 *H</b>	4.9 - 26.1	RATIO	
<b>Calcium/Phosphate Ratio</b>	<b>15.1 *H</b>	1.6 - 9.1	RATIO	
<b>Zinc/Copper Ratio</b>	<b>9.5</b>	8.2 - 13.2	RATIO	
<b>Toxic Mineral Levels</b>			ppm	
<b>Arsenic (hair)</b>	<b>0.39</b>	0.00 - 3.70	ppm	
<b>Cadmium (hair)</b>	<b>0.25</b>	0.00 - 2.70	ppm	
<b>Lead (hair)</b>	<b>10.57</b>	0.00 - 51.00	ppm	
<b>Mercury (Hair)</b>	<b>3.62</b>	0.00 - 7.60	ppm	
<b>Aluminium (hair)</b>	<b>5.13</b>	0.00 - 15.00	ppm	
<b>Barium (hair)</b>	<b>2.57</b>	0.00 - 10.00	ppm	
<b>Boron (hair)</b>	<b>13.89</b>	0.00 - 100.00	ppm	
<b>Lithium (hair)</b>	<b>0.22</b>	0.00 - 1.00	units	
<b>Nickel (hair)</b>	<b>0.33</b>	0.00 - 5.00	ppm	
<b>Strontium (hair)</b>	<b>0.39</b>	0.00 - 3.00	ppm	

(\*) Outside reference range.

(H) Above reference range.

**Hair Minerals Analysis Comments**

The measured hair analysis results never reveal exactly how much to supplement when a level is abnormal. What we are measuring is the tissue (hair) saturation of each particular mineral.

When nutritionally essential elements are low or deficient, the Reference Daily Intake (RDI) levels provide guidance for supplementation. The RDI's for elements or minerals are the daily intakes recommended for essential body functions.

ELEMENT	RDI**
Calcium	1000 milligrams***
Chromium	120 micrograms
Copper	2 milligrams
Magnesium	400 milligrams
Manganese	2 milligrams
Selenium	70 micrograms
Zinc	15 Milligrams

## Health history for hair test 335

Firstly, i live in china. the pollution lately has been so bad. as well, the whole place is just toxic. from the pesticides used on fruit and veg, to the paint and other chemicals used in (my)home to all other new buildings and infrastructure.

there is nothing i can do as our contract is here for another year. i have been here 2 1/2 yrs already.

1. symptoms have greatly worsened since living here. i just returned from OZ where my symptoms greatly subsided. i feel chronically fatigued. i have developed achy joints, especially my knees. i can't think straight. i want to say a particular word, and something else comes out. i can't concentrate. i can sleep 10 hours a night and still wake up really tired. i have suffered depression, anxiety, hypochondriasis and am an extreme worrier! i was on anti depressants but went off them as i didn't feel any better. now that i am off them, i feel the same. so probably good idea to get off them! no interested in anything! just existing. extreme bloating and weight gain.

2. braces as a teen, amalgams when i was about 8 - just had them removed finally last week(32yrs later). root canal in my 20's. implant 5 years ago. 2004 i thought i had all 3 amalgams removed, only to find out 2 years later that fragments were left in. just had the fragments removed last week.

3. implant only. no good/correct protocol used to remove the amalgams - just negligence on both parts!

4. mum had amalgams

5. no flu shots. all vaccines as a kid growing up in 70's OZ. Hep B about 10 years ago. also, had rabies and japanese encephalitis shots about 3 years ago.

6. 6 months prior to hair test took:lipitor, lexapro, xanax, eurythrox (50mcg). supplements at time of hair test: krill oil, threelac, moly/zinc, vit C, milk thistle, vit B1, B12 Shots, multi, neurocalm (zizyphus spinosa seed,pueraria lobata root,magnolia officinalis, passiflora incarnata)

7.living in china - fighting a losing battle? is there any point in chelating?

8. Beijing CHINA