

HAIR ELEMENTS



PATIENT: Number 626
SEX: Female
AGE: 30

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	1.8	< 7.0		
Antimony	< 0.01	< 0.050		
Arsenic	0.060	< 0.060		
Barium	1.6	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.090	< 2.0		
Cadmium	0.013	< 0.050		
Lead	1.1	< 0.60		
Mercury	2.0	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	< 0.001	< 0.060		
Nickel	0.86	< 0.30		
Silver	0.33	< 0.15		
Tin	0.04	< 0.30		
Titanium	0.97	< 0.70		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS							
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	1030	300- 1200					
Magnesium	56	35- 120					
Sodium	12	20- 250					
Potassium	< 3	8- 75					
Copper	18	11- 37					
Zinc	210	140- 220					
Manganese	0.14	0.08- 0.60					
Chromium	0.35	0.40- 0.65					
Vanadium	0.019	0.018- 0.065					
Molybdenum	0.030	0.020- 0.050					
Boron	0.37	0.25- 1.5					
Iodine	0.40	0.25- 1.8					
Lithium	0.007	0.007- 0.020					
Phosphorus	175	150- 220					
Selenium	0.85	0.55- 1.1					
Strontium	2.5	0.50- 7.6					
Sulfur	48400	44000- 50000					
Cobalt	0.016	0.005- 0.040					
Iron	9.0	7.0- 16					
Germanium	0.030	0.030- 0.040					
Rubidium	< 0.003	0.007- 0.096					
Zirconium	0.34	0.020- 0.42					

SPECIMEN DATA			RATIOS		
COMMENTS:			ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 4/22/2011	Sample Size: 0.2 g		Ca/Mg	18.4	4- 30
Date Received: 4/26/2011	Sample Type: Head		Ca/P	5.89	1- 12
Date Completed: 4/30/2011	Hair Color:		Na/K	4	0.5- 10
Client Reference:	Treatment:		Zn/Cu	11.7	4- 20
Methodology: ICP-MS	Shampoo: Neuma		Zn/Cd	> 999	> 800

V010.08

Health history for hair test 626

1. Current Symptoms: Headaches, body aches, fatigue, overall digestive distress, nausea, increased food/chemical sensitivities, candida/SIBO, weight loss, extreme brain fog, increased ADD symptoms and social anxiety, increased sensitivity to noises, general feeling of not myself.

I've had symptoms in along these lines for much of my life, with flare-ups at various points in time. They got dramatically worse since the fall of 2009 and I haven't been able to get back to even my normal baseline.

I've done a fair amount of traveling to developing countries, which required me to get many vaccinations. Every time I got vaccinated for something, I always got really sick afterwards. Sometimes fever and flu-like symptoms, but other times just extremely fatigued and unwell for awhile. In that fall of 2009, I had to get the MMR vaccine again before starting graduate school, because we were unable to find the documentation of me having it as a child. I felt very sick for days after having it. The following month I had a UTI infection (very unusual for me) and was prescribed a sulfa-drug for treatment. I responded horribly to that and got even sicker.

Looking back now I can see how everything got dramatically worse for me after having those vaccinations before starting school again. School had always been difficult for me due to having ADD, but this time it was even harder for me than it was in the past (and it was more than it just being graduate school). My concentration and ability to process information was much worse and it felt like my brain was not working. I started getting more headaches and body aches. I was tired all the time and my social anxiety worsened. My digestive system was way out of wack and I'd frequently get sharp pains in my stomach. I lost a lot of weight and struggled with recurring candida infections (in esophagus, digestive tract and all over).

My current symptoms have been quite debilitating. I am not able to work right now and am tired all the time. My headaches are all over my head and tend to get very sharp and shooting behind my eyes after I eat, which then triggers nausea. I've noticed the headaches aren't nearly as bad when I follow a low phenol diet, but that has been hard due to my numerous food sensitivities eliminating many of the foods that are low phenol. My body aches have been much better lately after following a low thiol diet, but they do still flare up at times. My digestion is sluggish and uncomfortable but I force myself to eat smaller meals 5x a day. I seem to react to everything - particularly supplements and smells. My doctor had been extremely frustrated with me that I cannot seem to tolerate any of the supplements that my body needs. Though, I've now been able to tolerate Vitamin C without too much problem! Much of the time I feel like I am in a thick brain fog (though that has gotten a bit better as of late). Despite my fatigue, for a long time I was only able to sleep 4 hrs at a time. However, after reducing my thiol intake I started sleeping closer to 8 a night! In general, though I just don't feel well and don't feel like myself at all.

2. Dental History: Braces for 3 yrs age 12-14. One small filling upon removal of braces, but not sure if its amalgam. One filling last year, but it is not amalgam. No other dental work.

3. Current Dental Work in Place: Two small fillings 0 one may or may not be amalgam, the other definitely is not.

4. Mother's Dentistry: Unsure

5. Vaccinations: Normal childhood vaccinations. No flu shots. Numerous travel vaccinations (2000-2007): Hepatitis A, B, yellow fever, DPT, typhoid, polio. In 2009 had MMR again, meningitis, tetanus, Hepatitis B(x2).

6. No medications at time of hair test. Only supplements were digestive enzymes and probiotics. Now I am taking Vitamin C (5000mg/day), B12 (2000mcg/day) and NoPhenol Digestive Enzymes (with meals - 5 x day).

7. Age: 31 (30 at time of test) **Height:** 5'6" **Weight:** 85lbs

8. I went to see a Naturopath that did some crazy testing using an Avatar machine that can tell where imbalances are in the body. She pick up on me having mercury, lead, and cadmium interfering in my system. A few days prior I had gone to a workshop where a woman did quantum reflex analysis and she picked up on the remnants of a vaccine getting in the way. I'm not sure how much validity I put into either of their testing, but its interesting that they both had similar findings and neither of them knew my history.

9. **Location:** Pittsburgh, PA