HAIR ELEMENTS

06/99

DOCTOR'S DATA INC.

[redacted]

SEX: Female
AGE: 26

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE
Aluminum	3.6	< 7
Antimony	< 0.01	< 0.05
Arsenic	0.046	< 0.06
Beryllium	< 0.01	< 0.02
Bismuth	0.073	< 0.1
Cadmium	0.024	< 0.1
Lead	0.15	< 1
Mercury	4.1	< 1.1
Platinum	< 0.003	< 0.005
Thallium	< 0.001	< 0.01
Thorium	0.001	< 0.005
Uranium	0.024	< 0.06
Nickel	0.07	< 0.4
Silver	0.15	< 0.15
Tin	0.2	< 0.3
Titanium	1.5	< 1
Total Toxic Representation		

PERCENTILE: 68th, 95th

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT µg/g	REFERENCE RANGE
Calcium	465	300- 1200
Magnesium	34	35- 120
Sodium	56	12- 90
Potassium	10	8- 38
Copper	13	12- 35
Zinc	200	140- 220
Manganese	0.26	0.15- 0.65
Chromium	0.17	0.2- 0.4
Vanadium	0.02	0.018- 0.065
Molybdenum	0.038	0.028- 0.056
Boron	1.3	0.3- 2
Iodine	1.1	0.25- 1.3
Lithium	0.011	0.007- 0.023
Phosphorus	229	160- 250
Selenium	1.1	0.95- 1.7
Strontium	1.4	0.5- 7.6
Sulfur	48300	44500- 52000
Barium	0.45	0.26- 3
Cobalt	0.012	0.013- 0.05
Iron	5.2	5.4- 14
Germanium	0.037	0.045- 0.065
Rubidium	0.01	0.007- 0.096
Zirconium	0.5	0.02- 0.42

PERCENTILE: 2.5th, 16th, 50th, 84th, 97.5th

SPECIMEN DATA

COMMENTS:

Date Collected: 6/20/2000
Date Received: 6/22/2000
Date Completed: 6/23/2000

Methodology: ICP-MS

Sample Size: .197 g
Sample Type: Head
Hair Color:
Treatment: Dye
Shampoo: Pantene Pro-V

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	13.6	4- 30
Ca/P	2.03	1- 12
Na/K	5.73	0.5- 10
Zn/Cu	15.6	4- 20
Zn/Cd	> 999	> 800

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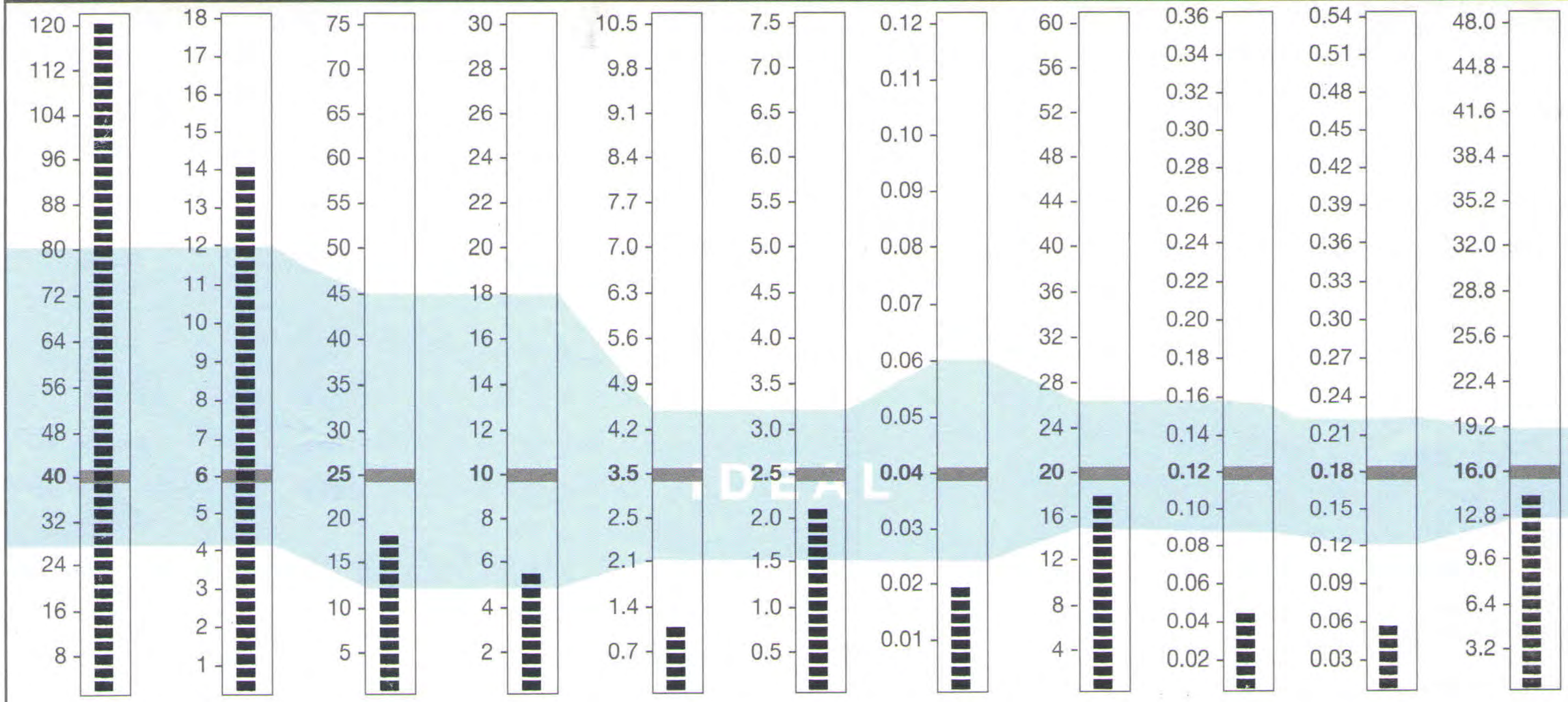
CLIA ID NO: 14D0646470 • MEDICARE PROVIDER NO: 148453 • TAX ID NO. (FEIN): 93-0941625

ARL ANALYTICAL RESEARCH LABS, INC.
2225 W. Alice Ave. • Phoenix, AZ 85021 USA • (602) 995-1580

PATIENT NAME: [redacted]

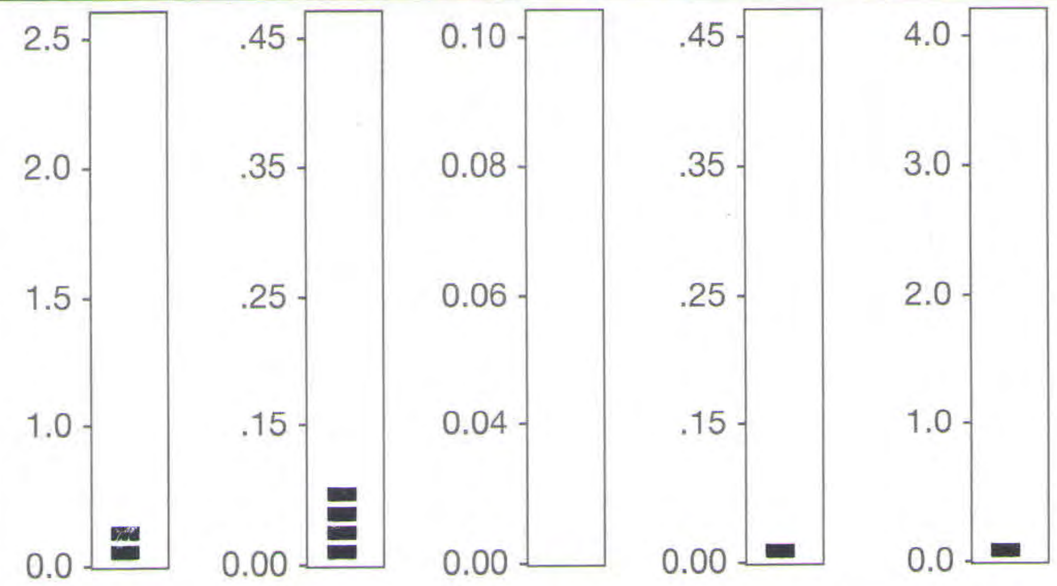
SEX:	AGE:	DATE:	LAB NO.	CLIENT ACCT. NO.
F	36	9/13/10	458319	92146

NUTRIENT MINERALS



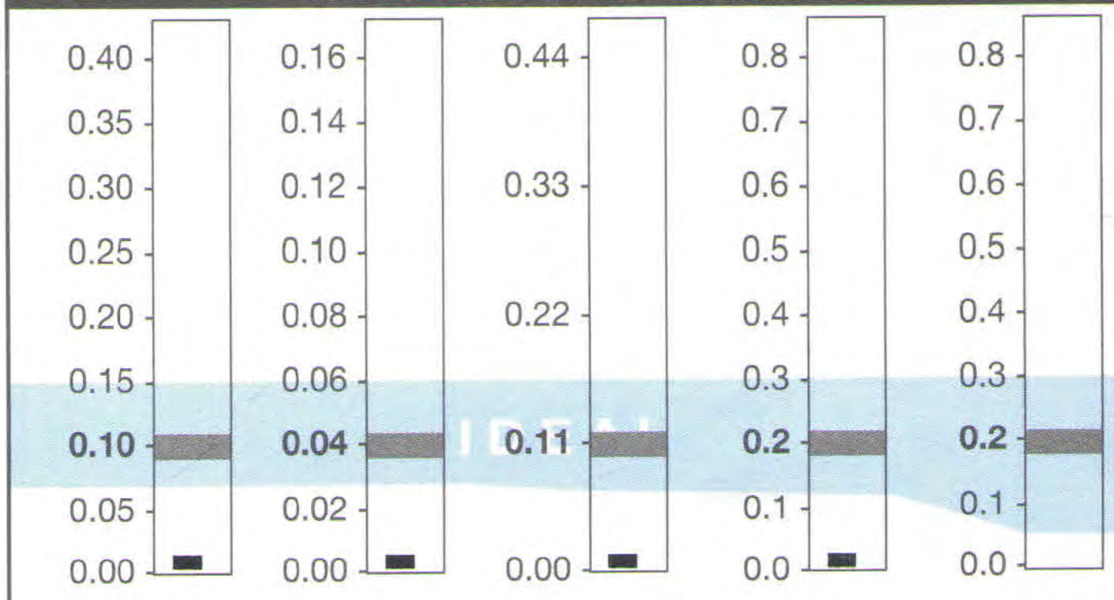
CALCIUM (Ca)	MAGNESIUM (Mg)	SODIUM (Na)	POTASSIUM (K)	IRON (Fe)	COPPER (Cu)	MANGANESE (Mn)	ZINC (Zn)	CHROMIUM (Cr)	SELENIUM (Se)	PHOSPHORUS (P)
227.0	14.0	18.0	5.0	1.0	2.1	0.019	18.0	0.044	0.052	14.0
PREVIOUS TEST										
277.0	13.0	10.0	4.0	1.1	2.2	0.016	21.0	0.046	0.047	15.0

TOXIC METALS



LEAD (Pb)	MERCURY (Hg)	CADMIUM (Cd)	ARSENIC (As)	ALUMINUM (Al)
0.217	0.087	0.003	0.013	0.20
PREVIOUS TEST				
0.042	0.083	0.003	0.001	0.38

ADDITIONAL MINERALS



NICKEL (Ni)	COBALT (Co)	MOLYBDENUM (Mo)	LITHIUM (Li)	BORON (B)
0.012	0.001	0.003	0.005	N/A
PREVIOUS TEST				
0.029	0.001	0.002	0.003	N/A

SIGNIFICANT MINERAL RATIOS

MINERAL RATIO	IDEAL RATIO	CURRENT RATIO	% OF IDEAL	PREVIOUS RATIO	LOW	IDEAL	HIGH
CA/MG	6.67	16.21	243	21.31			
CA/K	4.00	45.40	1135	69.25			
NA/MG	4.17	1.29	31	0.77			
NA/K	2.50	3.60	144	2.50			
ZN/CU	8.00	8.57	107	9.55			
CA/P	2.50	16.21	648	18.47			

MIXED OXIDIZER [ ] FAST OXIDIZER [ ] SLOW OXIDIZER [***]

N/A -- NOT AVAILABLE REPORTED IN Mg/% Testing by ACCUTRACE LABORATORIES, INC. • CLIA# 03D0641886 • Phoenix, AZ USA 85021 COPYRIGHT © 1981-2002 by ANALYTICAL RESEARCH LABORATORIES, INC. ARL-10 3/07

DOCTOR'S DATA INC.

Sex: Female
AGE: 38

Toxic Metals; Urine

TOXIC METALS	RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE / OUTSIDE REFERENCE
Aluminum (Al)	5.3	< 35	
Antimony (Sb)	0.1	< 0.4	
Arsenic (As)	35	< 117	
Barium (Ba)	2.6	< 7	
Beryllium (Be)	< dl	< 1	
Bismuth (Bi)	0.2	< 15	
Cadmium (Cd)	0.7	< 1	
Cesium (Cs)	12	< 10	
Gadolinium (Gd)	< dl	< 0.4	
Lead (Pb)	40	< 2	20X normal
Mercury (Hg)	62	< 4	
Nickel (Ni)	2.6	< 12	10X normal
Palladium (Pd)	< dl	< 0.3	
Platinum (Pt)	< dl	< 1	
Tellurium (Te)	< dl	< 0.8	
Thallium (Tl)	0.8	< 0.5	
Thorium (Th)	< dl	< 0.03	
Tin (Sn)	1.1	< 10	
Tungsten (W)	0.3	< 0.4	
Uranium (U)	< dl	< 0.04	

URINE CREATININE	RESULT mg/dL	REFERENCE INTERVAL	-2SD -1SD MEAN +1SD +2SD
Creatinine	36.1	35- 225	

SPECIMEN DATA

Comments:

Date Collected: 3/17/2012
Date Received: 3/21/2012
Date Completed: 3/24/2012
Method: ICP-MS

pH upon receipt: Acceptable
<dl: less than detection limit
Provoking Agent: DMPSA
Creatinine by Jaffe Method

Collection Period: timed: 6 hours
Volume:
Provocation: PRE PROVOCATIVE

Results are creatinine corrected to account for urine dilution variations. **Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions.** Chelation (provocation) agents can increase urinary excretion of metals/elements.

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DOCTOR'S DATA INC.

SEX: Female
AGE: 38

Toxic & Essential Elements; Hair

TOXIC METALS		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68th 95th
Aluminum	(Al)	0.9	< 7.0	
Antimony	(Sb)	0.011	< 0.050	
Arsenic	(As)	0.031	< 0.060	
Barium	(Ba)	1.8	< 2.0	
Beryllium	(Be)	< 0.01	< 0.020	
Bismuth	(Bi)	0.018	< 2.0	
Cadmium	(Cd)	0.063	< 0.050	
Lead	(Pb)	0.22	< 0.60	
Mercury	(Hg)	1.0	< 0.80	
Platinum	(Pt)	< 0.003	< 0.005	
Thallium	(Tl)	< 0.001	< 0.002	
Thorium	(Th)	< 0.001	< 0.002	
Uranium	(U)	0.002	< 0.060	
Nickel	(Ni)	0.06	< 0.30	
Silver	(Ag)	0.14	< 0.15	
Tin	(Sn)	0.09	< 0.30	
Titanium	(Ti)	0.32	< 0.70	
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5th 16th 50th 84th 97.5th
Calcium	(Ca)	381	300- 1200	
Magnesium	(Mg)	65	35- 120	
Sodium	(Na)	170	20- 250	
Potassium	(K)	50	8- 75	
Copper	(Cu)	20	11- 37	
Zinc	(Zn)	180	140- 220	
Manganese	(Mn)	0.30	0.08- 0.60	
Chromium	(Cr)	0.40	0.40- 0.65	
Vanadium	(V)	0.017	0.018- 0.065	
Molybdenum	(Mo)	0.028	0.020- 0.050	
Boron	(B)	5.5	0.25- 1.5	
Iodine	(I)	0.50	0.25- 1.8	
Lithium	(Li)	0.011	0.007- 0.020	
Phosphorus	(P)	189	150- 220	
Selenium	(Se)	1.1	0.55- 1.1	
Strontium	(Sr)	2.6	0.50- 7.6	
Sulfur	(S)	49400	44000- 50000	
Cobalt	(Co)	0.011	0.005- 0.040	
Iron	(Fe)	5.4	7.0- 16	
Germanium	(Ge)	0.026	0.030- 0.040	
Rubidium	(Rb)	0.11	0.007- 0.096	
Zirconium	(Zr)	0.033	0.020- 0.42	

SPECIMEN DATA

COMMENTS:

Date Collected: 8/17/2012
Date Received: 8/20/2012
Date Completed: 8/22/2012
Methodology: ICP/MS

Sample Size: 0.197 g
Sample Type: Head
Hair Color: Brown
Treatment:
Shampoo: Wen

RATIOS

ELEMENTS	RATIOS	RANGE
Ca/Mg	5.86	4- 30
Ca/P	2.02	1- 12
Na/K	3.4	0.5- 10
Zn/Cu	9	4- 20
Zn/Cd	> 999	> 800

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1. What are your current symptoms and health history?

Although sick for the last 10 years, I've been very proactive about my health. Until recently I was able to manage my symptoms naturally (through diet, supplementation and acupuncture). However, after the miscarriage in 12/2010, things got out of hand. In January 2011 I got sick with the flu that set on a cascade of never-ending health issues making my last two years agonizing and miserable to say the least!

I consulted many docs (conventional, alternative, functional medicine) and I diligently followed their advice and protocols, but all to no avail. - I have not experienced much improvement and oftentimes got worse under their supervision.

My main concerns are fatigue, pain, inflammation, hormonal and viral issues. I feel very toxic and as a result I have a poorly functioning liver and gallbladder.

In August of last year I came across Cutler's AI. This book has given me some hope...

2. Dental history (Wisdom teeth removed and when?)

I have had bad teeth from childhood... so lots of dental work. I have 6 root canals and several fillings all done in the US by the mercury-free dentists. Most dental work was done about 12 years ago with the best available dental materials at that time. My wisdom teeth were removed in 2002.
In Dec 2011, I had a bridge extracted due to the 2 failing root canals on the sides of it. I am very concerned about my teeth contributing to my health problems as many holistic doctors and dentists think that root canals are dangerous for your health.

First root canal placed?

I can't remember, but it was before 1999 when I was still living in Ukraine. It was then redone in 2001 as soon as I came to the US. First amalgam? – To the best of my knowledge, I have never had any amalgams.

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

My Mom has had bad teeth since childhood, but she has never had any amalgams.

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

I had all the vaccinations that were done in Ukraine when I was growing up. (Mumps, Measles, Polio, Rubella, Tetanus, Diphtheria, Pertussis, Hepatitis B)

In May 2010, I was planning to go to India and did Hep A, Typhoid and one more (I can't remember the third one). Those shots made me really sick, so sick that I couldn't go to India after all.

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

Hair test 1(DDI, 06/2000): I don't remember if I was taking supplements at that time.

Hair test 2 (ARL, 09/10): I was taking some supplements but I don't remember which ones.

Hair test 3 (DDI, 08/2012): Lots of great supplements which could have somewhat normalized the levels of essential minerals. (Multi-vitamin iron and copper free, fish oil, adrenal support, fiber, Ultra Clear detox shake, Liposomal Vitamin C, Vitamin D, B-complex, Magnesium, CoQ10). Another important note: prior to this test, I had been taking R-Lipoic Acid 200 mg twice a day following my doctor's advice. It was two months later that I discovered Cutler's book. Better late than never!!

Urine Provocation Test (DDI,03/2012): I did this test per another doctor's request taking a huge dose of DMSA. I trusted the doc as he had Mercury poisoning himself! This experience turned out to be a disaster! I felt a lot worse after it and thought I would die. I am still trying to recover from its consequences and have had liver/GB issues ever since.

6. **What is your age, height and weight?**

39 yrs, 5'0", 112 lbs

7. **Other information you feel may be relevant?**

I grew up in a very industrially polluted city in Ukraine. When I was 14, there was an epidemic of Allopecia (children started to go bald) due to the chemical spill of Tallium by one of the industrial plants in my city. As a result, schools were closed and all kids were evacuated for about 6 months. Another time our school was closed for a week because a student brought some Hg and spilled it in the hallways. As kids, we played with Hg thermometers and broke them at least a couple of times, so I've been exposed to high amounts of Mercury more **than once.**

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

I've been in Houston for 7 yrs. I also lived in Orlando, FL for 5 years and Chernovtsy, Ukraine for 26 yrs.