



Elemental Analysis Hair

GENOVA DIAGNOSTICS

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Asheville, NC 28801
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Order Number: H7050805

Completed: September 10, 2014

Received: September 05, 2014

Collected: August 25, 2014

DOB: May 31, 1990

Sex: M

MRN: 1232356178

Toxic Elements

Element	Reference Range	Reference Range in µg/g
Aluminum	1.3	<= 17.3
Antimony	0.008	<= 0.016
Arsenic	0.057	<= 0.080
Barium	0.11	<= 1.70
Bismuth	<dl	<= 0.178
Cadmium	0.004	<= 0.022
Gadolinium	<dl	<= 0.0005
Lead	0.155	<= 0.700
Mercury	2.82	<= 1.32
Nickel	0.04	<= 0.55
Rhodium	<dl	<= 0.0005
Rubidium	<dl	<= 0.040
Thallium	0.0005	<= 0.0004
Tin	0.016	<= 0.149
Uranium	0.0005	<= 0.0057

Nutrient Elements

Element	Reference Range	Reference Range in µg/g
Calcium	105	192-1,588
Chromium	0.05	0.01-1.58
Cobalt	0.008	0.001-0.129
Copper	9	8-136
Iron	6.4	5.2-24.4
Magnesium	10	11-122
Manganese	0.08	0.04-1.93
Molybdenum	0.03	0.01-1.24
Phosphorous	119	104-206
Selenium	0.62	0.58-1.13
Sodium	2	14-426
Strontium	0.29	0.01-4.40
Sulfur	44,804	41,781-60,894
Vanadium	<dl	0.003-0.108
Zinc	160	119-245

Ratios

	Inside Range	Outside Range	Reference Range
Ca/Mg	11		5-29
Ca/P	1		1-9

Reference Range

Lithium	<dl	<= 0.302
Potassium	<dl	<= 174

Health history for follow-up hair test 1010B

Ongoing Symptoms include fatigue, headache, brainfog, incomplete stools, drunken vision, sensitive hearing, rashes (possible dermatitis on hands), occasional speech difficulty (trying to say two words at once or just mixed up) and uncoordinated. Exercise tolerance increased with adrenal support, and muscle and joint pains are now only mild. Mood is usually stable, have a lot of bouts of self doubt but also indifference.

Current supplements taken on and before the testing:

- Vitamin C 4mg daily or 12 if chelating (will increase this to 12mg daily everyday)
- Vitamin E 1200iu
- magnesium citrate 1000mg over three doses
- Calcium 1000mg over 3 doses
- Molybdenum 1200mcg over four doses
- Zinc 33mg over three doses
- Silymarin (600mg Milk thistle, Dandelion Root 200mg, Artichoke 100mg) over 2 doses
- Vitamin D 5000iu
- Selenium 300mcg over 3 doses
- Adrenal cortex extract 300mg with breakfast
- Pregnenolone 200mg with breakfast

Been going through what i suspect to be the "stall phase " for 2 or 3 months so i have been forced to take lower chelater doses (previously i was cruising with ALA at 25mg every 2 hours).

Currently on ALA 1mg every 2hours.

DMPS/DMSA 1-2mg every 6 or 2 hours.

I will perhaps half the ALA dose as i still get effects from these doses.

Mostly wish to improve energy and recovery but my biggest thing to improve would be mind clarity and the ability to think and act without brain fog and indecisive sluggish thoughts.

I currently live in Geelong, relatively big town in Australia.

Health history for hair test 1010

1. Symptoms include fatigue, headache, brainfog, migrating muscle and joint pain, IBS, drunken vision, sensitive hearing, rashes and scratch like marks over body, occasional speech difficulty and uncoordinated. Symptoms ongoing since August 2011. Have had rashes and uncomfortable burning face at night since teenager.
2. Had one big filling when a kid in baby teeth, not sure if amalgam or porcelain.
3. Undergoing no dental work.
4. Mother had 4+ large Amalgams at the time of my birth.
5. Never had vaccinations
6. Supplements taken at the time of testing were: Milk Thistle, Vitamin C, Vitamin D, Magnesium, Eleuthero, L-Carnitine, CoQ10 and fish oil (all at recommended doses).
7. I live in Australia Anglesea, roughly 1km away from the Anglesea Alcoa power station. The power station is very outdated and the dust from the smoke stack (which settles in the town) has been tested and shown the following elements present: Antimony, Beryllium, Cadmium, Lead, Mercury, Nickel, Silver, Thallium, Thorium, Tungsten and Uranium.
I have been a lawn mower/gardener for 5 years and was constantly exposed to large amounts of dust in the air.