



SEX: Female
AGE: 56

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	16	< 12	
Antimony (Sb)	0.040	< 0.060	
Arsenic (As)	0.048	< 0.090	
Barium (Ba)	0.21	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.033	< 2.0	
Cadmium (Cd)	0.023	< 0.050	
Lead (Pb)	1.0	< 1.0	
Mercury (Hg)	0.34	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.014	< 0.060	
Nickel (Ni)	0.30	< 0.40	
Silver (Ag)	0.05	< 0.10	
Tin (Sn)	0.11	< 0.30	
Titanium (Ti)	0.46	< 1.3	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th		
Calcium (Ca)	621	475- 1500			
Magnesium (Mg)	20	45- 180			
Sodium (Na)	67	80- 450			
Potassium (K)	41	28- 160			
Copper (Cu)	10	11- 30			
Zinc (Zn)	190	130- 200			
Manganese (Mn)	0.16	0.15- 0.65			
Chromium (Cr)	0.40	0.40- 0.65			
Vanadium (V)	0.022	0.018- 0.065			
Molybdenum (Mo)	0.035	0.040- 0.10			
Boron (B)	7.1	0.40- 4.0			
Iodine (I)	18	0.25- 1.8			
Lithium (Li)	0.052	0.008- 0.030			
Phosphorus (P)	198	250- 500			
Selenium (Se)	1.0	0.80- 1.3			
Strontium (Sr)	0.92	1.0- 8.0			
Sulfur (S)	47100	42000- 48000			
Cobalt (Co)	0.008	0.006- 0.035			
Iron (Fe)	5.9	7.0- 16			
Germanium (Ge)	0.025	0.030- 0.040			
Rubidium (Rb)	0.045	0.030- 0.25			
Zirconium (Zr)	0.042	0.040- 1.0			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 12/22/2014	Sample Size: 0.201 g	Ca/Mg	31.1
Date Received: 12/30/2014	Sample Type: Pubic	Ca/P	3.14
Date Completed: 01/02/2015	Hair Color: Blond	Na/K	1.63
Methodology: ICP/MS	Treatment:	Zn/Cu	19
	Shampoo: Chagrun Valley Bar	Zn/Cd	> 999
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

Health history for hair test 1035

What are your current symptoms and health history?

Adrenal insufficiency, hypothyroid, impaired (sub-optimal) work capacity, idiopathic dilated cardiomyopathy (heart damage for unknown reasons). If I consume carbs, my body does not optimally manage blood sugar spikes. As a result, I follow a low-carb diet 99.99% of the time.

Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)

4 wisdom teeth pulled, no other extractions, no root canals, no braces, no amalgam

What dental work do you currently have in place? What part of the dental clean-up have you completed?

Composite fillings only; need to check for cavitations

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

I don't know. All I know is that she said she had good teeth until she got pregnant, didn't take and vitamins during pregnancy, and ended up with "bad teeth" and amalgam, I'm sure.

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

As an adult, I avoid all vaccinations and have for years, but as a child, my mother conscientiously took me in for all the shots the pediatrician told her I needed. No flu shots, no travel shots.

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

Metformin (absentmindedly; some days yes, some days no)
Magnesium (absentmindedly; some days yes, some days no)
MSM (absentmindedly; some days yes, some days no)
Fish Oil (absentmindedly; some days yes, some days no)
Lugol's iodine 5% (when sick, if I had a UTI or cold)
T3 (62.5 mcg per day, divided doses; faithfully, every day on schedule)
Hydrocortisone (27.5 mg per day, divided doses; faithfully, every day on schedule)

Note: My current nutritional protocol (the supplements I take) to support chelation does not at ALL resemble the above. All supps recommended by Cutler to support mercury detoxification are taken at the high end of the range.

What is your age, height and weight?

Age 56, height 5'6", weight 146 lbs.

Other information you feel may be relevant?

I took alpha lipoic acid (R isomer) incorrectly for a number of years to improve body composition and blood sugar management.

I have consumed large amounts of chicken breasts (high in arsenic) and canned tuna (high in mercury) for many, many years.

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

Tampa, Florida, USA. I've lived here, mostly, for the last 35 years.