



SEX: Male
AGE: 42

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	0.4	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.13	< 0.080	
Barium (Ba)	< 0.04	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.004	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.12	< 0.80	
Mercury (Hg)	0.09	< 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)	0.03	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	< 0.02	< 0.30	
Titanium (Ti)	0.25	< 0.60	
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)	456	200- 750			
Magnesium (Mg)	29	25- 75			
Sodium (Na)	15	20- 180			
Potassium (K)	5	9- 80			
Copper (Cu)	40	11- 30			
Zinc (Zn)	180	130- 200			
Manganese (Mn)	0.03	0.08- 0.50			
Chromium (Cr)	0.36	0.40- 0.70			
Vanadium (V)	0.020	0.018- 0.065			
Molybdenum (Mo)	0.036	0.025- 0.060			
Boron (B)	0.41	0.40- 3.0			
Iodine (I)	0.18	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	158	150- 220			
Selenium (Se)	0.80	0.70- 1.2			
Strontium (Sr)	1.3	0.30- 3.5			
Sulfur (S)	48200	44000- 50000			
Cobalt (Co)	0.004	0.004- 0.020			
Iron (Fe)	5.8	7.0- 16			
Germanium (Ge)	0.030	0.030- 0.040			
Rubidium (Rb)	0.004	0.011- 0.12			
Zirconium (Zr)	0.009	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 03/18/2015		Ca/Mg	15.7
Date Received: 04/03/2015		Ca/P	2.89
Date Completed: 04/06/2015		Na/K	3
Methodology: ICP/MS		Zn/Cu	4.5
Sample Size: 0.197 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment:		
Shampoo: Pns Normal			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

Hair Test 1075

1. What are your current symptoms and health history?

For over 25 years (since puberty) I've had skin problems (very dry, unhealthy looking skin, acne) which led sometimes to social isolation. Later on I got more problems: rosacea (sensitive to warm/cold transitions, heat, sun), often a running nose, sleeping problems, backpain (lower back), bad concentration (short term memory), pelvic pain, muscle/joint pain, anxiety, restless legs, headache, neckpain, very light-sensitive, dry, teary, red eyes, sensitive to stress, fatigue, heart pounding, eczema, cold hand and feet (low thyroid), thin (often underweight), often sinusitis, digestion problems (lots of air in stomach), sensitive to wifi, sensitive to certain smells > my eyes will get teary from certain perfumes, scented candles, etc., flapping arms and walking on toes (like autistic people do), very bad breath, no hair-growth on lower part of legs.

So something is definitely going on ;-)

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

Before the age of 10, my dentist put already quite some amalgam in my mouth. I also got a number of fluor-treatments from him during that time, supposedly to strengthen my teeth.

I only have an exact dental history since 2004. In 2004, 1 amalgam filling broke off which got replaced 1.5 months later by another amalgam filling.

In 2007 another amalgam filling was replaced, but now with composite. Same thing happened in 2008 (and possibly also in 2005).

Until this time, all amalgam fillings were removed and placed in an unsafe manner.

End of 2014, my remaining 10 amalgam fillings were replaced by a biological dentist in a safe(r) manner.

My wisdom teeth were removed around the year 2000. I don't believe I had any root canal operation.

For a few months I tried a myobrace to straighten my teeth a couple of years back, but I couldn't sleep with it, so I stopped with that.

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

All amalgams are out and replaced by composite.

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

I don't know and she passed away, so I can't ask anymore.

She didn't have a healthy set of teeth and had dentures.

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

Can't remember. I do remember getting water-pocks and mumps, so I guess I didn't have these vaccins then.

I didn't get travel shots.

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

Daily dosages:

Adrenal Cortex 250 mg (Nutri-Meds)
Great Lakes Gelatin 2 tbs
Betaine HCL (648 mg) with pepsine (150 mg) (Now) 2 x
Hyperisan (A. Vogel) for 'winterfeet' (homeopathic)
Chromium Picolinate 200 mg (Country Life) (starting just 2 weeks before hairsample was taken)
Vitamin E (22 IU Vitamine E + full spectrum tocotrienol complex for better bio-availability) (Healthy Origin) 2 x
Vitamin C as DSM ascorbic acid: around 1-2 grams
Magnesium: as citrate powder around 340 mg, as magnesium oil spray: around 200 mg. Total 540 mg. Also sometimes magnesium foot baths.
Q10 (Healthy Origin): 100 mg
taken only for 3 weeks: astaxanthine 2 x 2 mg. Gave heart pounding.
Selenium Complex (Life Extension): 200 mcg. Also contains 30 IU Vitamin E.
Since january 2015: Zinc picolinate (Now) 50 mg
Since february 2015: Vitamin B-50 complex
Tried for over a month: l-lysine (Now) 1 g (disaster to swallow)
Butter oil/Cod liver oil: 1 tsp
On and off: Vitamin D3 (Healthy Origin): 2400 IU
DPP-IV (+ probiotics) Optimum Gold (Extendo), just started 2 weeks before hair sample was taken.

I changed some things now, but this was what I took before the hair test.

7. What is your age, height and weight?

Age: 42
height: 1.81 m
weight: 63 kg

8. Other information you feel may be relevant?

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

Breda, The Netherlands