





1. What are your current symptoms and health history?

My symptoms as of the first test involved: chronic inflammation of the tendons and joints in my hands; cold in my hands, forearms, feet, calves, and thighs; stiff and brittle sensations in my hand and feet bones and tendons; fatigue; headaches; poor memory; hypoglycemia; tinnitus; variable light sensitivity; over stimulation in crowds; insomnia; anxiety; stiffness in my neck and jaw region.

My symptoms as of April 29, 2015: Basically the same as in the prior statement; however, certain things have lessened in intensity. It's still sufficient to make life miserable.

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

5 mercury amalgams. 1 in each wisdom tooth and an extra filling in one of the same wisdom teeth. My amalgams were removed approximately 2 weeks after this first hair test. I estimate that the fillings were put in when I was about 12-13 years old. I was 35 when I got them all taken out by a dentist who is in the specialty field for doing this and who used excellent precautions.

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

Composite fillings. All metal was removed just shy of a year ago.

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

No clue. She's being evasive. Perhaps not sharing makes her feel less guilty that one of her son's is leading a bit of a wrecked life. That's nice for her, but it still doesn't help me. Oh well.

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

I've avoided vaccinations for years. I had the tetanus shot in 2013 though as a result of a dog bite, being in shock, and my ignorant medically trained wife failing to state for me that I do not do shots. Prior to that I had to do the Hep shots for college, DTP-DtaP-DT 1/29/79, 3/26/79, 8/13/79, 9/8/80, 5/9/83; Polio 1/29/79, 3/26/79, 9/8/80, 5/9/83; MMR 3/30/80, 7/13/90; Td 8/1/93. Thankfully my childhood doctor had these records so I have some clue of what was done to me.

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

Supplements: Liposomal Vitamin C ~3Tbspoons a day, Vit E ~1000-2000IUs, Vit b5 ~1200mgs/day, vit b12 ~5000IUs or mgs (forget the unit), astragalus 2tsps a day, mullein 2 tsps a day, Duo Huo (TCM formula for arthritic/tendon problems), Norco ~2 5mg pills/day, Trazadone 50mg/day (insomnia), Clonazepam .5mg/day (insomnia), Arnica as needed topical for inflammation, Dit Da Jow (TCM topical for pain/inflammation/trauma injuries to my tendons).

7. What is your age, height and weight?

36, 5'11, 170lbs

8. Other information you feel may be relevant?

I have had chronic, severe tendon injuries in my upper hamstrings and groin. I think this exacerbated the stress on my adrenal glands to put out cortisol and on my liver to process the inflammatory response of the body. I avoided pain meds largely from the date of injury in 2003 to 2009 when I severely reinjured the area. I have lived with daily severe pain for about 13 years. I think my body stopped clearing metals as well as it could have due to this injury.

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

I lived in the Washington DC, USA region for ~25 years, then northern California for 5 years, then Southern California for 4 years and now Hawaii for a few months.