



SEX: Male  
AGE: 41

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	1.5	< 7.0	
Antimony (Sb)	0.029	< 0.066	
Arsenic (As)	0.13	< 0.080	
Barium (Ba)	0.07	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.010	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.42	< 0.80	
Mercury (Hg)	0.04	< 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)	0.07	< 0.20	
Silver (Ag)	0.05	< 0.08	
Tin (Sn)	0.06	< 0.30	
Titanium (Ti)	0.12	< 0.60	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>
Calcium (Ca)	222	200- 750	
Magnesium (Mg)	24	25- 75	
Sodium (Na)	390	20- 180	
Potassium (K)	630	9- 80	
Copper (Cu)	9.5	11- 30	
Zinc (Zn)	150	130- 200	
Manganese (Mn)	0.05	0.08- 0.50	
Chromium (Cr)	0.45	0.40- 0.70	
Vanadium (V)	0.041	0.018- 0.065	
Molybdenum (Mo)	0.034	0.025- 0.060	
Boron (B)	4.3	0.40- 3.0	
Iodine (I)	1.1	0.25- 1.8	
Lithium (Li)	0.026	0.007- 0.020	
Phosphorus (P)	197	150- 220	
Selenium (Se)	0.61	0.70- 1.2	
Strontium (Sr)	0.13	0.30- 3.5	
Sulfur (S)	51600	44000- 50000	
Cobalt (Co)	0.004	0.004- 0.020	
Iron (Fe)	6.4	7.0- 16	
Germanium (Ge)	0.027	0.030- 0.040	
Rubidium (Rb)	0.26	0.011- 0.12	
Zirconium (Zr)	0.018	0.020- 0.44	

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		ELEMENTS	RATIOS
Date Collected: 03/26/2015	Sample Size: 0.203 g	Ca/Mg	9.25
Date Received: 04/10/2015	Sample Type: Head	Ca/P	1.13
Date Completed: 04/13/2015	Hair Color:	Na/K	0.619
Methodology: ICP/MS	Treatment:	Zn/Cu	15.8
	Shampoo:	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

### 1) What are your current symptoms and health history?

19 years of chronic fatigue. Diagnosed with chronic fatigue in 2001.

Diagnosed with hypothyroidism in 2010. I have not started treating hormone replacement as I was not fully convinced the diagnosis was accurate as there were some symptoms I did not have such as constipation, hair loss and muscle pain. I thought that alternative treatment based on diet might work in correcting it even if it was accurate. I was and still am reluctant to start hormone replacement. Rind temperature test indicates hypothyroidism and adrenal weakness.

Dry-skin around one of my ankles.

Brain fog. Memory issues. Concentration and mental focus issues. Depression.

Pre-diabetes. Obesity.

Highly gluten intolerant and eat a gluten free diet. Possible celiac.

Cannot take most supplements as I am intolerant to the excipients.

Contracted Lyme disease in 2012.

I have suffered 2 episodes of gout, one in 2012 shortly after contracting Lyme and one in 2014.

### 2) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...)

Had mercury amalgams installed as a kid. I think around 8 or 10 amalgams in total.

### 3) What dental work do you currently have in place? What part of the dental cleanup have you completed?

Had my amalgams removed about 10 years ago when I read about the dangers of mercury but I did not chelate. I have 1 root canal from 2005. I have double-checked with my dentist and she assures me there is no mercury in my mouth including in the root canal. The base of the root canal consists of an alloy called PX extrapall 2 which contains mostly palladium (Pd):

<http://www.scientific-metal.co.uk/alloys.php?alloy=7151>

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

Don't know.

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

The usual vaccines for any kid growing up in France. One travel vaccine at 19 years old when going to India. I can't remember what they were for.

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

25,000iu of vitamin D per week. Vitamin B12 injection every 3 months.

7) Other information you feel may be relevant?

In the last few years I have spent a lot of effort experimenting with dietary changes. High carb vegan mostly. High carb raw vegan for 4 months total. Specific carbohydrate diet for 2 months (Not helpful, the meat gave me gout). Lots of green juices during the end of last year (this was helpful). Gluten free since 2008 (very helpful). I was grain free for almost 3 years (this was helpful at the time but I now seem OK with rice). I do feel I would be in even worse shape than I am if it were not for these dietary changes.

In 2013 I carried out a 13 day water fast. I feel this has been a major step backwards with my hypothyroid symptoms of fatigue and lethargy greatly increasing. I wonder if this water fast might have redistributed mercury.

The hair sample was taken 19 days after round 1 of chelation with 12.5mg of ALA. I made the mistake of not taking any of the antioxidants or supplements during the round. I experienced a bit of nausea and a slight headache during the round, which was no big deal. After the round I experienced total exhaustion that took about 6 weeks to recover from. Taking vitamin E about 2 weeks after the round greatly helped.

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

London, UK