



SEX: Female  
AGE: 55

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	0.6	< 12	
Antimony (Sb)	0.019	< 0.060	
Arsenic (As)	0.028	< 0.090	
Barium (Ba)	6.4	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	3.6	< 2.0	
Cadmium (Cd)	0.010	< 0.050	
Lead (Pb)	0.40	< 1.0	
Mercury (Hg)	2.4	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.001	< 0.060	
Nickel (Ni)	0.18	< 0.40	
Silver (Ag)	0.02	< 0.10	
Tin (Sn)	0.05	< 0.30	
Titanium (Ti)	1.7	< 1.3	
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)	1720	475- 1500			
Magnesium (Mg)	240	45- 180			
Sodium (Na)	250	80- 450			
Potassium (K)	150	28- 160			
Copper (Cu)	15	11- 30			
Zinc (Zn)	230	130- 200			
Manganese (Mn)	0.32	0.15- 0.65			
Chromium (Cr)	0.35	0.40- 0.65			
Vanadium (V)	0.034	0.018- 0.065			
Molybdenum (Mo)	0.045	0.040- 0.10			
Boron (B)	2.3	0.40- 4.0			
Iodine (I)	2.3	0.25- 1.8			
Lithium (Li)	0.023	0.008- 0.030			
Phosphorus (P)	703	250- 500			
Selenium (Se)	1.1	0.80- 1.3			
Strontium (Sr)	7.4	1.0- 8.0			
Sulfur (S)	49900	42000- 48000			
Cobalt (Co)	0.009	0.006- 0.035			
Iron (Fe)	11	7.0- 16			
Germanium (Ge)	0.034	0.030- 0.040			
Rubidium (Rb)	0.12	0.030- 0.25			
Zirconium (Zr)	0.021	0.040- 1.0			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		ELEMENTS	RATIOS
Date Collected: 07/30/2015	Sample Size: 0.203 g	Ca/Mg	7.17
Date Received: 08/06/2015	Sample Type: Pubic	Ca/P	2.45
Date Completed: 08/07/2015	Hair Color: Brown	Na/K	1.67
Methodology: ICP/MS	Treatment:	Zn/Cu	15.3
	Shampoo: Organic Miessence	Zn/Cd	> 999
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

## 1. Current symptoms and health history:

Current Symptoms: fatigue, emotional instability (fearful, fragile, afraid of interaction with others, feeling like I'm going crazy), exercise intolerance, difficulty breathing, stiff muscles (I used to be very flexible- that stopped overnight), poor circulation in lower legs (reddish blue color), cold hands in the morning, sudden blurry vision started two months ago, resting tremor, extreme mold sensitivity (can't go into most public buildings), digestion completely stopped (chronic constipation, food just sits there) bloating, constant pain in right side abdomen, dizzy, uncoordinated, don't have control of my muscles, carpal tunnel, difficulty concentrating or completing tasks, brain fog comes and goes.

Health History: For as long as I can remember (including childhood), always tired, listless, feeling separate from the rest of the world. Major fatigue episodes corresponded with moving into new environments as an adult. First major episode was in 1990—bedridden for one year, sitting up for following year, 2 years of fever and swollen glands. Bells palsey with weakened right arm. Difficulty writing. After altering diet, etc. it took 14 years to feel 'back to normal,' but still couldn't handle as much activity as a normal person.

Felt normal for 6 years. Then I moved into the moldy house from hell (7 years ago). I lived there for 1.5 years and became very sick. Genetic tests indicated that I am susceptible to mold and cannot clear it from my body. After wandering aimlessly for 4 years in a brain fog stupor, I started the Shoemaker protocol to work on the mold issue. Today, three years later, I am on the last step of the Shoemaker protocol which is taking longer than it usually takes. I think it is because heavy metals are the next thing to be addressed.

I did a urine challenge test 5 years ago and lead and mercury were all the way to the right. Although I have made great strides with cleaning up the mold issue, at the same time I feel like I am getting worse some how. My current symptoms listed above represent both mycotoxin and heavy metal symptoms. Somehow in the last year, they seem to have intensified, even though I have been working the mold protocol for 3 years now.

## 2. Dental History:

No wisdom teeth ever grew in. No teeth have ever been pulled. No root canals, although one tooth became sensitive 4 years ago and my dentist said it needed a root canal. I refused. Instead I did a round of ozone injections and the tooth calmed down for a few years. It started to become sensitive again in the past few months, so I am doing some more ozone injections. It is less sensitive now.

First mercury fillings were when I was around 7 or 8? Over the years I had 10-15 mercury fillings, all in the back teeth. They weren't huge fillings

covering the entire tooth, just spots, with a few larger pieces. I had all mercury removed (I think) around 1997 (age 38). A dental dam was used, no oxygen mask, no elephant vacuum (perhaps it wasn't customary to use it then?). My dentist was very meticulous in removing all mercury; he even pointed out that a composite filling from a different dentist wasn't done correctly because there was a bit of mercury left underneath. All mercury fillings were replaced with composite. I don't recall any sudden change in health due to mercury removal. Same level of fatigue. Nothing drastic changed.

I got braces about 7 years ago (age 48).

3. Current Dental Work: After braces, I had crown work done on all the teeth (4 years ago, age 51). This entailed shaving off the surface of the teeth to place the crowns. If there was any trace of mercury, I believe it is gone, because of the shaving. The crowns are porcelain (with zirconia). I have two bridges due to two teeth that never grew in. First bridges were installed around age 23. The latest replacement bridges were placed 4 years ago with crowns. There is some metal on the interior of the bridges. I don't know what it is.

I don't believe I have any mercury in my mouth any more. I had the same dentist (who removed the mercury and placed the crowns) for 20 years. He was meticulous and clearly communicated everything before proceeding. I asked him what the ingredients were in everything before any work was done. He just retired, but since reading about chelation in the past few months, I called his office and asked the new dentist who took over his practice to look at my chart to confirm that no mercury was used in the latest crown work. The front desk person replied that they are crowns; there is no mercury in crowns. I asked if there was mercury in the glue. She said no. I am going to give a call back and talk to the dentist to be sure, and to ask what the metal is in my bridges.

4. I don't know what dentistry work my mother had during my pregnancy. For my entire life, I knew her as having dentures. She had all of her teeth pulled at an early age, I believe in her teens. I don't know why. I believe that she had no original teeth and only dentures while she was pregnant with me.

5. I had the usual vaccines that were passed out in the early 1960's. I don't know exactly what I got—measles, mumps, chicken pox? Around age 8, somehow it was determined that I was allergic to bees and I went for allergy shots (I don't know if it was weekly or monthly, but amounted to around 10 shots). About 20 years ago I did a series of allergy shots (around 10?) called enzyme potentiated desensitization. It was supposed to be all natural, but who knows. I have had 2 tetanus shots that I am

aware of (last one around 25 years ago). No flu shots, no travel shots ever.

6. Supplements and medications at time of hair test:

Medication: vasoactive intestinal polypeptide, 8 nasal sprays every other day (a hormone the body makes, but is low in mold exposed people. What I am taking is synthetically derived). Welchol, taken sporadically upon mold exposure, usually 300 mg. twice a week.

Supplements: trace minerals, activated B-6, zinc, B-12, fish oils, probiotics (including GcMAF), evening primrose oil, sporadic doses of iodine, betaine HCL, vitamin D, broccoli sprouts, Thorne methyl guard, magnesium, Standard Process hepatrophin, neurotrophin, zymex, enzymcore, horse chestnut, hawthorn, chlorophyll (not much)

7. 55 years old, 5'3", 138 pounds

8. The town I grew up in, Naugatuck, CT, was very industrial. It had a rubber factory that polluted the river and the smoke stacks gave off a foul smell. I lived about 5 miles from the factory and didn't smell it at home, but was exposed to it when I went into town. The town adjacent to mine, Waterbury, CT, had brass factories. There was a chrome plating business about an 1/8 of a mile from where I lived. I used to cut through their yard on my way to my friend's house. There were steaming piles of saw dust lying on the ground. I remember stepping in it at least once. I remember always seeing liquid dumped in the dirt that had a rainbow-ish, greasy halo effect.

I went to a saw mill a year ago in Belgium to watch a mahogany log be cut. The log was from Camaroon. The next day I was very sick, three weeks later, I was extremely sick, burning lungs for three months, bed ridden, a mess. It's been a year and still feel like I am being held down by that episode. Anybody know about heavy metals in logs from Camaroon?

9. I currently live in the northern San Francisco Bay Area, CA. I have lived in the San Francisco Bay Area since 1981, having moved here from CT. I have lived in San Jose, Cupertino, Redwood City, Tiburon and now north of San Francisco. From 1983-1990, I worked in Silicon Valley for chip manufacturers. I never worked in the fab facility. For one year, I worked in a building that contained a fab, but I worked on the office side, separate from the fab. For the rest of the time, I worked in separate buildings, sometimes miles from the fabs.