

HAIR ELEMENTS



PATIENT: Number 112a
SEX: Male
AGE: 38
Location: London, UK

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	14	< 7.0		
Antimony	0.010	< 0.066		
Arsenic	0.046	< 0.080		
Beryllium	< 0.01	< 0.020		
Bismuth	0.032	< 2.0		
Cadmium	0.037	< 0.15		
Lead	0.28	< 2.0		
Mercury	4.1	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.002	< 0.060		
Nickel	0.20	< 0.40		
Silver	0.02	< 0.12		
Tin	0.03	< 0.30		
Titanium	32	< 1.0		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	1220	200- 750					
Magnesium	40	25- 75					
Sodium	12	12- 90					
Potassium	11	9- 40					
Copper	59	10- 28					
Zinc	180	130- 200					
Manganese	0.13	0.15- 0.65					
Chromium	0.33	0.20- 0.40					
Vanadium	0.041	0.018- 0.065					
Molybdenum	0.10	0.025- 0.064					
Boron	0.45	0.40- 3.0					
Iodine	0.13	0.25- 1.3					
Lithium	< 0.004	0.007- 0.023					
Phosphorus	193	160- 250					
Selenium	0.86	0.95- 1.7					
Strontium	2.0	0.30- 3.5					
Sulfur	48400	44500- 52000					
Barium	0.54	0.16- 1.6					
Cobalt	0.007	0.013- 0.035					
Iron	12	5.4- 13					
Germanium	0.032	0.045- 0.065					
Rubidium	0.008	0.011- 0.12					
Zirconium	0.075	0.020- 0.44					

SPECIMEN DATA

COMMENTS:

Date Collected: 9/5/2007 Sample Size: 0.202 g
 Date Received: 9/10/2007 Sample Type: Head
 Date Completed: 9/18/2007 Hair Color: Brown
 Treatment:
 Methodology: ICP-MS Shampoo: Organic

V06.99

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	30.5	4- 30
Ca/P	6.32	0.8- 8
Na/K	1.09	0.5- 10
Zn/Cu	3.05	4- 20
Zn/Cd	> 999	> 800

HAIR ELEMENTS



PATIENT: Number 112b
SEX: Male
AGE: 38
Location: London, UK

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	3.0	< 7.0		
Antimony	0.016	< 0.066		
Arsenic	0.049	< 0.080		
Beryllium	< 0.01	< 0.020		
Bismuth	0.011	< 2.0		
Cadmium	0.032	< 0.15		
Lead	0.32	< 2.0		
Mercury	1.8	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.006	< 0.060		
Nickel	0.16	< 0.40		
Silver	0.04	< 0.12		
Tin	0.07	< 0.30		
Titanium	0.70	< 1.0		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	1090	200- 750					
Magnesium	58	25- 75					
Sodium	80	12- 90					
Potassium	20	9- 40					
Copper	32	10- 28					
Zinc	190	130- 200					
Manganese	0.08	0.15- 0.65					
Chromium	0.27	0.20- 0.40					
Vanadium	0.032	0.018- 0.065					
Molybdenum	0.029	0.025- 0.064					
Boron	1.0	0.40- 3.0					
Iodine	0.27	0.25- 1.3					
Lithium	0.005	0.007- 0.023					
Phosphorus	208	160- 250					
Selenium	0.78	0.95- 1.7					
Strontium	1.9	0.30- 3.5					
Sulfur	48000	44500- 52000					
Barium	0.41	0.16- 1.6					
Cobalt	0.007	0.013- 0.035					
Iron	11	5.4- 13					
Germanium	0.035	0.045- 0.065					
Rubidium	0.010	0.011- 0.12					
Zirconium	0.038	0.020- 0.44					

SPECIMEN DATA

COMMENTS:
 Date Collected: 11/25/2007 Sample Size: 0.196 g
 Date Received: 11/30/2007 Sample Type: Head
 Date Completed: 12/5/2007 Hair Color: Brown
 Treatment:
 Methodology: ICP-MS Shampoo: Aloevera

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	18.8	4- 30
Ca/P	5.24	0.8- 8
Na/K	4	0.5- 10
Zn/Cu	5.94	4- 20
Zn/Cd	> 999	> 800

HAIR ELEMENTS



PATIENT: Number 112c
SEX: Male
AGE: 39
LOCATION: London, UK

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	3.2	< 7.0		
Antimony	0.013	< 0.066		
Arsenic	0.064	< 0.080		
Beryllium	< 0.01	< 0.020		
Bismuth	0.027	< 2.0		
Cadmium	0.010	< 0.15		
Lead	0.25	< 2.0		
Mercury	0.12	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.006	< 0.060		
Nickel	0.10	< 0.40		
Silver	0.02	< 0.12		
Tin	0.07	< 0.30		
Titanium	0.52	< 1.0		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	740	200- 750					
Magnesium	25	25- 75					
Sodium	47	12- 90					
Potassium	20	9- 40					
Copper	31	10- 28					
Zinc	180	130- 200					
Manganese	0.09	0.15- 0.65					
Chromium	0.37	0.20- 0.40					
Vanadium	0.047	0.018- 0.065					
Molybdenum	0.076	0.025- 0.064					
Boron	0.60	0.40- 3.0					
Iodine	0.38	0.25- 1.3					
Lithium	< 0.004	0.007- 0.023					
Phosphorus	174	160- 250					
Selenium	1.0	0.95- 1.7					
Strontium	1.3	0.30- 3.5					
Sulfur	46000	44500- 52000					
Barium	0.21	0.16- 1.6					
Cobalt	0.007	0.013- 0.035					
Iron	9.9	5.4- 13					
Germanium	0.029	0.045- 0.065					
Rubidium	0.012	0.011- 0.12					
Zirconium	0.11	0.020- 0.44					

SPECIMEN DATA

COMMENTS:

Date Collected: 8/18/2008
 Date Received: 8/25/2008
 Date Completed: 8/28/2008

Sample Size: 0.198 g
 Sample Type: Head
 Hair Color: Brown
 Treatment:
 Shampoo: Organic

V06.99

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	29.6	4- 30
Ca/P	4.25	0.8- 8
Na/K	2.35	0.5- 10
Zn/Cu	5.81	4- 20
Zn/Cd	> 999	> 800

HAIR ELEMENTS



PATIENT: Number 112d
SEX: Male
AGE: 40
LOCATION: London, UK

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	4.7	< 7.0		
Antimony	0.019	< 0.066		
Arsenic	0.041	< 0.080		
Barium	0.77	< 1.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.37	< 2.0		
Cadmium	0.042	< 0.065		
Lead	0.74	< 0.80		
Mercury	0.04	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	0.001	< 0.002		
Uranium	0.005	< 0.060		
Nickel	0.20	< 0.20		
Silver	0.04	< 0.08		
Tin	0.21	< 0.30		
Titanium	2.3	< 0.60		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	1600	200- 750					
Magnesium	43	25- 75					
Sodium	74	20- 180					
Potassium	33	9- 80					
Copper	23	11- 30					
Zinc	470	130- 200					
Manganese	0.11	0.08- 0.50					
Chromium	0.38	0.40- 0.70					
Vanadium	0.034	0.018- 0.065					
Molybdenum	0.079	0.025- 0.060					
Boron	0.58	0.40- 3.0					
Iodine	0.20	0.25- 1.8					
Lithium	0.008	0.007- 0.020					
Phosphorus	185	150- 220					
Selenium	0.75	0.70- 1.2					
Strontium	2.4	0.30- 3.5					
Sulfur	48700	44000- 50000					
Cobalt	0.008	0.004- 0.020					
Iron	17	7.0- 16					
Germanium	0.037	0.030- 0.040					
Rubidium	0.030	0.011- 0.12					
Zirconium	0.092	0.020- 0.44					

SPECIMEN DATA

COMMENTS:

Date Collected: 8/25/2009 Sample Size: 0.195 g
 Date Received: 8/29/2009 Sample Type: Head
 Date Completed: 9/1/2009 Hair Color: Brown
 Client Reference: Treatment:
 Methodology: ICP-MS Shampoo: Organic

V010.08

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	37.2	4- 30
Ca/P	8.65	0.8- 8
Na/K	2.24	0.5- 10
Zn/Cu	20.4	4- 20
Zn/Cd	> 999	> 800

HAIR ELEMENTS



PATIENT: Number 112e
SEX: Male
AGE: 41

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	2.7	< 7.0		
Antimony	< 0.01	< 0.066		
Arsenic	0.041	< 0.080		
Barium	0.34	< 1.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.010	< 2.0		
Cadmium	0.015	< 0.065		
Lead	0.13	< 0.80		
Mercury	0.06	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.042	< 0.060		
Nickel	0.18	< 0.20		
Silver	0.03	< 0.08		
Tin	0.06	< 0.30		
Titanium	0.34	< 0.60		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS							
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	969	200- 750					
Magnesium	40	25- 75					
Sodium	19	20- 180					
Potassium	6	9- 80					
Copper	24	11- 30					
Zinc	170	130- 200					
Manganese	0.07	0.08- 0.50					
Chromium	0.32	0.40- 0.70					
Vanadium	0.019	0.018- 0.065					
Molybdenum	0.033	0.025- 0.060					
Boron	0.29	0.40- 3.0					
Iodine	0.12	0.25- 1.8					
Lithium	0.004	0.007- 0.020					
Phosphorus	175	150- 220					
Selenium	0.61	0.70- 1.2					
Strontium	1.8	0.30- 3.5					
Sulfur	49600	44000- 50000					
Cobalt	0.006	0.004- 0.020					
Iron	9.7	7.0- 16					
Germanium	0.029	0.030- 0.040					
Rubidium	0.006	0.011- 0.12					
Zirconium	0.19	0.020- 0.44					

SPECIMEN DATA			RATIOS		
COMMENTS:			ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 4/7/2010	Sample Size: 0.196 g		Ca/Mg	24.2	4- 30
Date Received: 4/12/2010	Sample Type: Head		Ca/P	5.54	0.8- 8
Date Completed: 4/18/2010	Hair Color: Brown		Na/K	3.17	0.5- 10
Client Reference: 1225718	Treatment:		Zn/Cu	7.08	4- 20
Methodology: ICP-MS	Shampoo: Organic		Zn/Cd	> 999	> 800
V010.08					

This is my first hair test, collected 5th sept 2007.

Location : London, England

38 years old, Male.

1) Dental History.

I had metal braces when I was approx 14 years old, for about 2 years. I assume I had amalgam fillings at the time.

I have had a metal "Maryland bridge" for 15 years, when I definitely had amalgams in my mouth during that time.

9-10 years ago I had 8 amalgams put in my mouth in one sitting. Looking back in hindsight, that was when my troubles started.

This year, Jan 2007, I had the Maryland bridge replaced with a non-metallic bridge.

This year, Feb 2007, I had 1 large amalgam removed with no protection by a normal dentist. (All my symptoms detailed below then got considerably worse.)

This year, July +August 2007, I had 5 amalgams removed, (2 sittings, one quadrant at a time), with rubber dam + oxygen from mercury free dentist.

I still have 3 amalgams to remove from 2 quadrants.

2) symptoms:

Chronic back problems with chronic back pain in top, middle and lower spine, plus neck for 9-10 years. Gradually leading to inability to do any physical exercise, although I can still work in my office job.

Chronic heartburn, digestive problems and constipation with constant use of all types of antacids for 8-9 years.

Chronic food mal-absorption leading to massive weight loss, I am currently very underweight with almost zero body fat. (I weight;123 pounds, I am 6foot 1 inch tall)

Chronic fatigue just started to rear it ugly head this year.

Multiple food intolerances (dairy/wheat/nighshade/soya/sugar/all processed foods/caffeine/alcohol)

Multiple chemical sensitivities

Recently I have discovered I cannot handle sulphur foods

I feel Tired, weak, lacking in energy most of the time.

I was depressed in 2000-2003, but fine now.

In January 2007 I changed my diet, which resulted in much reduced symptoms, especially the heartburn which 95pct disappeared after 2 weeks of cleaned-up good diet.

Mental problems; have had problems with depression, but that's all gone now. Short term memory is doing strange things this year. I forget common words when talking. I say and type the wrong thing when I mean another.

3) Other relevant info;

This year I have dedicated to educating myself and getting better and I tried a lot of different health regaining activities, mostly successful which have all helped, but I still have declining health. The BIG error was the amalgam removal with no protection, that screwed me up.

I have done 9 liver flushes this year, but none since June. I have done 2 x kidney cleanses and 1 x parasite cleanse (with excellent results) plus some bowel cleanses. Oil Pulling 5-7 times per week for 5 months, dry skin brushing daily. Radical diet clean-up these last 8 months, ultra limited diet and a host of other special diets. I have done over 12 epsom salt baths these last 3 months.

This year I have stopped taking all OTC drugs, like aspirin, gaviscon, zantac, and stopped all prescription drugs too, for example Nexium.

I took some cysteine which really screwed me up. I will never take that again.

I have been on "The Watercure" for 8 months, drinking minimum 2 liters of water per day together with 1 tsp Himalayan rock salt.

4) supplements:

This year is the first year I have been taking supplements. It started with mega doses of magnesium, calcium, multi Vit B's, B12. Calcium has been totally stopped because I get constipated with calcium supplements now. I have reduced quantity down to the following after the early mega dosages.

magnesium citrate 1000 mg
betaine & pepsin 960mg + 20 mg
Vit E 400mg (600iu) (400pct RDA)
Vit C 368mg (600pct RDA) plus vit E 30mg
vit B12 100ug (10000pct RDA)
iron plus vit C 10mg plus Vit C 300mg
GTF chromium 120 ug
grapefruit seed extract 225mg
Oregon grape extract 400mg
2 x large Dosage Multi Vit B

5) Recent developments AFTER the hair test collected:

A major discovery/breakthrough has occurred since the hair test. I had a very successful parasite cleanse. Plus a very successful 7 day veg-juice only cleanse. But the biggest discovery was that I am allergic to my cats. Now I am no longer exposed to this cat toxin and suddenly the chronic bad back is 60pct better, my intolerances have 60pct disappeared, ditto MCS. I am at last starting to heal. I am at last gaining weight. I am still intolerant to dairy, some chemicals and sulphur foods.

6) mercury exposure; from 1999 to approx 2001 I was grinding my teeth very hard, day and especially in the night. Dentists look at my teeth in horror when they see my teeth all worn away. My 8 amalgam fillings are all shinny from the grinding. Serious grinding has been stopped, although I assume I still grind a little at night, but significantly less than before.

2nd Hair test dated 25th November 2007

The purpose of this second hair test was to see what has happened to my copper levels. My first hair test, just under 3 months previously, had high copper (in the red @ 59)

First test: hair test number 112 – 38yrs Male, London, UK
This message will list what has changed since then. A lot has changed.

Since then I have taken steps to reduce my copper levels by supplementing:
zinc 100mg, Molybdenum 1,000 mcg, milk thistle 800mg, taurine 2000mg.
I also massively increased my Vit C intake from below 500mg to 6-9 grams per day depending how I felt. When I felt real bad I moved up to bowel tolerance which for me is about 12-14 grams per day. I have had a lot of bad days.

I have also upped the rest of my supplements too
Vit D3 1000 IU, COQ10 200 mg, Boron - 2mg, 100ug Vit B12, 150mg Kelp, Magnesium citrate 1000 mg, Betaine & pepsin 960mg + 20 mg, Vit E 600mg, GTF chromium 120 ug, 2 c Multi Vit B large Dosage
flax oil – 1 table spoon, plus ¼ tsp each of sage, thyme, ginger, cinnamon, cloves, Plus 1-2 tsp himalayan rock salt per day

Most supplements have been split up and taken at breakfast, lunch and dinner.

This was a big change in my supplementation regime. It did not happen over night, one supplement at a time was introduced to make sure nothing bad happened, so I have not been

taking all these supplements for all the time between the different hair tests. But I did introduce zinc, molybdenum, milk thistle and taurine first.

I have religiously excluded all copper foods, and all sulphur foods for all the time inbetween tests.

Almost immediately after the first hair test (and before changing the supplements to the above) I had a big turn around in my health status. At the time of my first hair test I was really sick, chronically ill. My health was in perpetual decline, nothing helping me get better. My biggest problem then was my digestion. It was really bad. I could only eat salad (excluding sulphur foods) for breakfast lunch and dinner. Anything else gave me major symptoms lasting 5-10 days. I was malnourished, underweight and in serious serious trouble.

No need to specifically say how the turnaround happened as it will take too long,(it was nothing to do with the above supplements) but I reduced my toxic body burden significantly. One moment I was sick as a dog and fading away, the next my digestion was 60pct better, I put on 10kg in 1 month, 60pct of my food intolerances fell away overnight and I started healing at long last, slowly but surely getting better.

Although my diet is far from normal it is a million miles better than it was at the time of the first hair test. I am actually digesting my food now, whereas before I was not doing that very well. My BM's became much more normal, 2-3 time per day and color went from light tan to a much darker color. I know this is to do with bile from the liver, so I assume my liver is working better now. It certainly feels much better, although I still have gallstones giving me grief on a regular basis.

Symptoms:

Chronic back problems with chronic back pain in top, middle and lower spine for 9-10 years. Gradually leading to inability to do any physical exercise, although I can still work in my office job. This has got better recently, especially the muscle weakness has calmed right down. I hope to be able to do some exercise soon.

I am still very underweight. I weight; 62kg, I am 6foot 1 inch tall.

Chronic fatigue just started to rear it ugly head this year.

I feel Tired, weak, lacking in energy most of the time. I am stuck in second gear.

Multiple food intolerances are now much better, "only" dairy and sulphur and additives like MSG

Multiple chemical sensitivities – still remain but difficult to test.

Tingly arms, legs, head.....yes.....everyday.

What else has changed in-between hair tests?

I got the remainder of my amalgams removed. Two quadrants, with rubber dam and oxygen. Each removal caused much brain fog, pain and nastiness which repeated 7/14/21 days later. I went amalgam free on 1st November 2007.

I started chelation as per protocol 12.5mg every 4 hours for 3 days even dosing at night. At the time of the second test I had done two rounds. I have been getting symptoms on rounds which I think confirms my mercury toxicity. I have had to reduce my dosage times from 4 to 3 hours and will reduce dosage levels on the next rounds from 12.5 down to 6mg. my color vision is getting better as each round in completed.

Here I highlight the major differences between the two tests:

Aluminium is down from 14.0 to 3.0

Mercury is down from 4.1 to 1.8

Titanium to down from 32 to 0.7

Magnesium up from 40 to 58

Sodium up from 12 to 80

Potassium up from 11 to 20

Copper down from 59 to 32 – good news!

Molybdenum down from 0.10 to 0.029

Iodine up from 0.13 to 0.25

The first test did not meet the counting rules, but was pretty suspect.
The second hair test does not meet the counting rules.

I don't have any experience with these tests except for my own, but they look quite different to my eyes.

Looking at the two tests I would say they reflect what is happening in my life...I am slowly getting better, my problems remain but are less serious.

3rd Hair test dated 18/8/2008

1) What are your current symptoms and health history?

No major symptoms anymore. (see previous hair tests for all my nasty symptoms)
Sugar problems, completely managed by diet, but can now eat fruit 1 or 2 per day with no problem. I cannot eat carrots nor beetroot(which I assume is a sugar issue??). Everything else is fine. I never eat junk food, processed foods nor sugars so I have no idea if a problem or not. I expect ok in small doses, except maybe sugar.

Very mild tinnitus sometimes.

Only trouble I get is when I chelate. When I do not chelate I have no symptoms and lead a normal life. When I chelate it always gives me minor symptoms, digestive issues, maybe a bit of anger for a couple of hours, a little tired sometimes, low-ish energy. This is normal and has been same throughout my chelation but now that I am symptom free...I really notice feeling under the weather when I chelate...usually take 7-10 days after the round to feel symptoms free and pretty good again. But all symptoms are mild.

2) Dental history

I had metal braces when I was approx 14 years old, for about 2 years. I assume I had amalgam fillings at the time.

I have had a metal "Maryland bridge" for 15 years, when I definitely had amalgams in my mouth during that time.

10-11 years ago I had 8 amalgams put in my mouth in one sitting. Looking back in hindsight, that was when my troubles started.

Jan 2007, I had the Maryland bridge replaced with a non-metallic bridge.

Feb 2007, I had 1 large amalgam removed with no protection by a normal dentist. (All my troubles got considerably worse then.)

April - November 2007 – all amalgams removed per quadrant and amalgam free 1st Nov 2007

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

I assume amalgams. Her father, my grandfather, was a dentist and I frequently played in his dental practice as a kid.

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

All vaccinations. Lots of travel and flu spots.

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

COQ10 - 150mg

Molybdenum 1000ug

Vit B12 – 50ug

Vit C – 2-4grams

Vit B5 – 2000 mgs

Kelp – 4-5 caps

1 pinch at each breakfast + dinner – Epsom salt (this is instead of magnesium citrate)

Calcium 800mg (in the form of seaweed)

Betaine & pepsin 960mg + 20 mg

Multi Vit B
Taurin 2000mg
Zinc – 30mg per day
Niacaminde (Vit D3) 2000mg
ACE 1000mg (Bovine adrenal cortex extract)
Thyroid Glandular 6 caps – 840mg
Coconut oil. – a fingers dap

7) Other information you feel may be relevant?

All my symptoms and chronic pain have gone.....Hooray!
I have been hard at work cleaning my poor damaged body with every herbal cleanse I can fine. Bowel cleanses, kidney cleanses, liver cleanses (not liver flushes) and every conceivable health regaining activity I read about..... I tried. My life has been dedicated to getting better, with a constant flow of cleanses/actions almost every day for 18 months. Now I am better I can live a bit again.

At the time of the test I had done 19 chelation rounds in 8 months and probably 6-8 rounds in the last 4-5 months. Current dose and timing is 5mg DMSA only every 2.5 hours in the day and 3 hours at night. Minimum 2 weeks inbetween rounds.

1) What are your current symptoms and health history?

No symptoms anymore.

When I chelate it always gives me minor symptoms of generally feeling tired, slow, but all symptoms are mild and life is totally back to normal and has been for over 12 months. When I break from Chelation and cleansing I have zero symptoms, but I chelate or cleanse all of the time.

2) Dental history

I had metal braces when I was approx 14 years old, for about 2 years. I assume I had amalgam fillings at the time.

I have had a metal “Maryland bridge” for 15 years, when I definitely had amalgams in my mouth during that time.

10-11 years ago I had 8 amalgams put in my mouth in one sitting.

Jan 2007, I had the Maryland bridge replaced with a non-metallic bridge.

Feb 2007, I had 1 large amalgam removed with no protection by a normal dentist. (All my troubles got considerably worse then.)

April - November 2007 – all amalgams removed per quadrant and amalgam free 1st Nov 2007

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

I assume amalgams. Her father, my grandfather, was a dentist and I frequently played in his dental practice as a kid. I have many mercury exposures over the years including a broken thermometer.

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

All vaccinations. Lots of travel and flu spots.

6) Supplements and medications (including dosages) taken at time of hair test

Fish oil x caps, Calcium , Vit B12, Vit C, Milk thistle, Zinc 30mg, Molybdenum, Magnesium, chromium 1000mg, Multi Vit B, ACE 750mg , Armour 4.75 grains .

7) 6foot 1 inch tall. Weight : 145 pounds. Age 40

8) Other information you feel may be relevant?

I have been chelating for almost 2 years now. To date I have done 38 rounds on the Cutler protocol and currently at 4mg ALA every 2.5 hours in the day and 3 hours at night, 3 days on, minimum 7 days in-between rounds. I have also done multiple herbal cleanses repeatedly for the last 3 years. Adrenal and thyroid supports in place and working fantastically, but they essential to my well being.

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

London UK