


RECOMMENDED SUPPLEMENT PROGRAM

	A.M.	NOON	P.M.
METABOLIC PAK			
Megapan	1	1	1
GLANDULARS			
Endo-Dren	1	1	1
DIETARY AIDS			
GB-3	1	1	1
CHELATED MINERALS			
Paramin	1	1	1
Limcomin	1	1	1
Endo-Pan	1	0	1

Lab # 575301

September 21, 2015

Health history for hair test 1127

1. What are your current symptoms and health history?
2. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)
3. What dental work do you currently have in place? What part of the dental clean-up have you completed?
4. What dentistry did your mother have at any time before or during pregnancy?
5. What vaccinations have you had and when (including flu and especially 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?
7. What is your age, height and weight?
8. Other information you feel may be relevant?
9. What is your location – city & country (so that we can learn where certain toxins are more prevalent).

1.
Panic Attack (1) (I am a very stable person)
Feelings of a Panic Attack coming in (never had those before in my life)
Hair Loss
Anxiety
Low Testosterone
Bad thoughts (as is something is going to happen)
Skin issues (hang nails)
Dark circles under eyes
Chronic fatigue (despite sleeping 8 hours daily, eating Paleo for 3 years now, not consuming allergens, supplementing d3, k2, C,etc)
Difficulty waking up
Vertigo
Brain Fog
Loss of Memory
Depression

2.
Nothing. I never had anything done. My teeth are very good.

3.
Nothing

4.
She says she had metal amalgams before becoming pregnant with me, and porcelain after. She doesn't know if "metal" would be mercury.

5.
Unfortunately, I don't remember. But not vaccines for more than 5-6 years.

6. Supplements

MORNING			
Milk Thistle, Schisandra Berry, Reishi, Licorice, Burdock, Dandelion, Nettle			
Oregon Grape, Bupulerum, Red Clover			
HALF MORNING			
Cod Liver Oil		Carlson	
Buffalo Liver Freeze Dried		Carlson	
D3	5000 UI	michaels naturopathic	Subir a 7500
K2	90 MCG	michaels naturopathic	
VitC	500 MG	nature made	
HCL	1800 MG	Doctors Best	
LUNCH			
HCL	3250 MG	Doctors Best	
POST LUNCH (Detox Hepatico)			
Milk Thistle, Schisandra Berry, Reishi, Licorice, Burdock, Dandelion, Nettle			
Oregon Grape, Bupulerum, Red Clover			
INTRA GYM			
Protein Blend		Garden of Life	
Cretine Monohydrate		Iron Tek	
L Glutamine Micronizada			
POST DINNER			
Magnesium	500 MG	NOW Foods	Subir a 750

7.
29 Years Old
180 cms
70 kg

8.
Several months ago a mercury thermometer broke in my room. I cleaned the mercury as per recommendations of a youtube video, using gloves, paper that I discarded, and tape. But the floor has some cracks and it might have got lost between them. I used a flashlight and I found nothing. But maybe the heat makes the mercury vapors?
My girlfriend is having some depression issues as well, we both talked about it and we were having the same feelings.

9.
Buenos Aires,
Argentina