

IF hot flashes are an issue can consider low carb diet
 luciferase



SEX: Female
 AGE: 50 + Inflammatory Pathway Cap

279 Walkers Mills Rd
 Bethel, ME 04217 U.S.A.
 Recommendations for your consideration.
 As always, work with your Doctor.
 With love & hope, Dr. Amy

Toxic & Essential Elements; Hair

Defer to your doctor

TOXIC METALS			
Ultimate B + Aluminum (Al)	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE
			68 th 95 th
Aluminum (Al)	19	< 12	MTHFR Cap
Antimony (Sb)	0.020	< 0.060	
Arsenic (As)	0.062	< 0.090	
Barium (Ba)	1.1	< 2.0	PS/PE7PC + DNA + Allinone
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.019	< 2.0	Run DNA GT test
Cadmium (Cd)	0.033	< 0.050	
Lead (Pb)	0.82	< 1.0	Metal Away + EDTA soap
Mercury (Hg)	0.48	< 0.80	
Platinum (Pt)	0.004	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.035	< 0.060	
Nickel (Ni)	0.25	< 0.40	Riboflavin Sphos
Silver (Ag)	0.10	< 0.10	
Tin (Sn)	0.09	< 0.30	run a CSA ATP
Titanium (Ti)	0.73	< 1.3	+ Mitoforce
Total Toxic Representation	So + SDE + run a CSA		

ESSENTIAL AND OTHER ELEMENTS			
Defer to your doctor as always	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE
			2.5 th 16 th 50 th 84 th 97.5 th
Calcium (Ca)	366	475- 1500	
Magnesium (Mg)	47	45- 180	magnesium
Sodium (Na)	400	80- 450	
Potassium (K)	430	28- 160	+ ATP
Copper (Cu)	11	11- 30	
Zinc (Zn)	170	130- 200	low zinc
Manganese (Mn)	1.1	0.15- 0.65	
Chromium (Cr)	0.56	0.40- 0.65	
Vanadium (V)	0.17	0.018- 0.065	limit chromium + limit benzoate
Molybdenum (Mo)	0.040	0.040- 0.10	
Boron (B)	1.4	0.40- 4.0	
Iodine (I)	0.17	0.25- 1.8	Run urine iodine
Lithium (Li)	0.011	0.008- 0.030	
Phosphorus (P)	199	250- 500	ATP + Riboflavin Sphos
Selenium (Se)	0.91	0.80- 1.3	
Strontium (Sr)	2.3	1.0- 8.0	
Sulfur (S)	43200	42000- 48000	
Cobalt (Co)	0.018	0.006- 0.035	
Iron (Fe)	20	7.0- 16	Lechoferin
Germanium (Ge)	0.029	0.030- 0.040	
Rubidium (Rb)	0.46	0.030- 0.25	POTASSIUM + ATP
Zirconium (Zr)	0.029	0.040- 1.0	

SPECIMEN DATA		RATIOS		
COMMENTS: Also ok to add low dose hydroxy + adenosyl B12		ELEMENTS	RATIOS	RANGE
Date Collected: 01/29/2016	Sample Size: 0.2 g	Ca/Mg	7.79	4- 30
Date Received: 02/04/2016	Sample Type: Pubic	Ca/P	1.84	1- 12
Date Completed: 02/08/2016	Hair Color: Brown	Na/K	0.93	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	15.5	4- 20
	Shampoo: Mailbu	Zn/Cd	> 999	> 800

USE HEAD HAIR BUT methyl meta A+B

RERUN a HMT in 3 months to recheck level WITH HEAD HAIR

Health history for hair test 1168

Please Note:

The attached test results are on pubic hair.

Current symptoms:

CFS/ME mostly cognitive problems, fatigue, less than ideal sleep. I feel easily over-stimulated and wound up. I have to really work to relax and sleep. I especially have trouble initiating action, making decisions, planning and following through. Also have trouble remembering and will forget something as soon as it is out of sight—like a pot on the stove. I can have trouble following a conversation, even if I am very interested. (Before I got sick, I was a meticulous, analytical, detail type person who loved fitness, the outdoors and animals.)

Health History:

Healthy until around 2000, then developed shingles, chronic diarrhea, rashes, frequent urination, pressure point pain that made it difficult to sleep. I developed a myriad of symptoms after moving into a brand new house in 2003. At first I felt jittery and like I was on too much coffee, but soon I became severely fatigued and developed light sensitivity, muscle pain, weakness, joint pain, fevers, rashes, severe insomnia, twitching, mood swings, food sensitivities, chemical sensitivity, loose teeth. I was diagnosed with Fibro, CFS, and Lyme by various doctors. Treated for Lyme and co-infections with no lasting improvement.

Dental History:

12-year molars removed instead of wisdom teeth around the age of 12 or 13. No other extractions or root canals. Braces at 13. First amalgams placed in childhood. I probably had about 4. I had one of the early ones break and a very large hole drilled and filled with amalgam to fix (very close to root canal). I had some composites done in my late 20's/early 30's. About 6 years ago, I had all amalgams replaced by a biologic dentist familiar with mercury toxicity.

Current Dental Work:

I only have composites in place. No root canals or caps or crowns etc. I have some gum recession, but otherwise pretty healthy mouth.

Mother's Dentistry:

I know she had some metal in her mouth. I think she had some gold fillings and amalgams, but I'm not sure exactly what or when.

Vaccinations:

Standard childhood vaccines in the late 60's, then as required for school. Also, gamma globulin and whatever was standard for international travel in the 70's. Last vaccines were in my 20's—MMR, Rabies, Tetanus. I don't get flu shots etc.

Supplements/Medications:

My supplement routine varies a lot. But mostly consists of NAC (600 mg), Mg (350 mg), Malic Acid (400mg), L-theanine (200 mg), Acetyl L-carnitine (500 mg), B vit-esp Methyl B12 (100 mcg) but also activated folate (400 mcg) and activated B6 (50 mg) or a B-50 complex, vit D, fish oil, free-form amino acids (including L-tyrosine and L-tryptophan), L-glutamine (3 g), probiotics/kombucha.

Also currently on Valtrex (500 mg). Previously on Doxycycline and Plaquenil.

Age/height/weight:

50 years old, 5'2", 107lb

Other Info:

I am electromagnetically sensitive. I do worse around wi-fi or spending too much time on the computer or touching an iPad. I do better if we turn off all circuit breakers at night. I also have a small tattoo with pink and blue pigments.

Location:

I was in Sonoma County, CA when I got sick. In 2012, I moved to a rural property in Plumas County, CA to try to get better.