



< 5 F H9 GH. %% (')
 SEX: Female
 AGE: 53

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.5	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.023	< 0.060	
Barium (Ba)	0.41	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	1.7	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.10	< 0.60	
Mercury (Hg)	0.12	< 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)	0.04	< 0.30	
Silver (Ag)	0.02	< 0.15	
Tin (Sn)	0.13	< 0.30	
Titanium (Ti)	0.33	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 th 16 th 50 th 84 th 97.5 th
Calcium (Ca)	546	300- 1200	
Magnesium (Mg)	34	35- 120	
Sodium (Na)	69	20- 250	
Potassium (K)	15	8- 75	
Copper (Cu)	11	11- 37	
Zinc (Zn)	180	140- 220	
Manganese (Mn)	0.14	0.08- 0.60	
Chromium (Cr)	0.35	0.40- 0.65	
Vanadium (V)	0.034	0.018- 0.065	
Molybdenum (Mo)	0.011	0.020- 0.050	
Boron (B)	0.24	0.25- 1.5	
Iodine (I)	1.1	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	144	150- 220	
Selenium (Se)	0.48	0.55- 1.1	
Strontium (Sr)	0.90	0.50- 7.6	
Sulfur (S)	46200	44000- 50000	
Cobalt (Co)	0.004	0.005- 0.040	
Iron (Fe)	5.6	7.0- 16	
Germanium (Ge)	0.034	0.030- 0.040	
Rubidium (Rb)	0.019	0.007- 0.096	
Zirconium (Zr)	0.052	0.020- 0.42	

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 04/19/2016	Sample Size: 0.204 g	Ca/Mg	16.1	4- 30
Date Received: 04/23/2016	Sample Type: Head	Ca/P	3.79	1- 12
Date Completed: 04/27/2016	Hair Color:	Na/K	4.6	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	16.4	4- 20
	Shampoo: Pantene	Zn/Cd	> 999	> 800

Health history for hair test 1194

1. What are your current symptoms and health history? **I developed Hashimoto very soon following a filling replacement 11 years ago. I now know that the dentist did not remove it correctly. It took about 4-5 years to figure all of that out and 6 years ago I had all of my amalgams removed (I had 3 left) properly after my MD gave me a urine (DMPS?) challenge test (I know-bad!) and it revealed I was very toxic. I was very sensitive to any noise, forgetful, lethargic and sleepy, depressed, angry, and many times felt almost crazy. Many of my symptoms that I was experiencing went away soon after removal, so I did not chelate because I was not ready to go through the process. I just wanted to feel better for awhile. Now, I am forgetting so many things, have trouble recalling information, and am very distracted. I am 53 years old and am worried that it will only get worse if I do not get the mercury out of my brain.**
2. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...) **I think I was in my mid-teens when I had my wisdom teeth removed,. I don't really remember what age. I has under 10 when I had my first of 4 silver fillings. No extractions or root canals. I recently had a crown put on by the same dentist who removed my amalgams. He is very good and I trust him.**
3. What dental work do you currently have in place? What part of the dental clean-up have you completed? **Recent crown and all composite fillings now. All amalgams removed 6 years ago.**
4. What dentistry did your mother have at any time before or during pregnancy? **I have no idea and she has passed on.**
5. What vaccinations have you had and when (including flu and especially travel shots)? **I had all of the childhood vaccines at the time they were given 50 some years ago. I've had about 8-10 flu shots in my life and no longer get them. Before I traveled to Northern Thailand I got Hep A & B vaccine and Typhoid.**
6. Supplements and medications taken at time of hair test, or for the 3-6 months before the sample was taken? **4 grains Naturethroid/day, 50mg zinc, 1 ounce of Synergy whole food vitamins & minerals a day; 300 mg magnesium a day.**
7. What is your age, height and weight? **53 years; 5'8"; 170 lbs**
8. What is your location – city & country **Currently, Nashville, TN; I grew up near the steel mills outside of Gary, IN and lived in Los Angeles, CA for 30 years.**