

Suggestions just  
As always, work with you  
With love & hope, Dr. Amy

as always

MTHFR Liver Caps  
Toxic & Essential Elements; Hair

+ Inflammatory Pathway Cap

|                            |                 |  | TOXIC METALS   |                       | PERCENTILE       |                  |
|----------------------------|-----------------|--|----------------|-----------------------|------------------|------------------|
|                            |                 |  | RESULT<br>µg/g | REFERENCE<br>INTERVAL | 68 <sup>th</sup> | 95 <sup>th</sup> |
| Aluminum                   | ATP + (Al)      |  | 21             | < 7.0                 |                  | Run 2            |
| Antimony                   | MTHFR (Sb)      |  | 0.017          | < 0.050               |                  | CSA +            |
| Arsenic                    | Liver Caps (As) |  | 0.10           | < 0.060               |                  | DNA              |
| Barium                     | (Ba)            |  | 0.33           | < 2.0                 |                  | GT 25            |
| Beryllium                  | (Be)            |  | < 0.01         | < 0.020               |                  |                  |
| Bismuth                    | (Bi)            |  | < 0.002        | < 2.0                 |                  |                  |
| Cadmium                    | (Cd)            |  | < 0.009        | < 0.050               |                  |                  |
| Lead                       | (Pb)            |  | 0.32           | < 0.60                |                  |                  |
| Mercury                    | (Hg)            |  | 0.50           | < 0.80                |                  |                  |
| Platinum                   | (Pt)            |  | < 0.003        | < 0.005               |                  |                  |
| Thallium                   | (Tl)            |  | < 0.001        | < 0.002               |                  |                  |
| Thorium                    | MitoFara (Th)   |  | 0.001          | < 0.002               |                  |                  |
| Uranium                    | (U)             |  | 0.004          | < 0.060               |                  |                  |
| Nickel                     | ATP + (Ni)      |  | 0.10           | < 0.30                |                  |                  |
| Silver                     | (Ag)            |  | 0.14           | < 0.15                |                  |                  |
| Tin                        | Ribos (Sn)      |  | 0.08           | < 0.30                |                  |                  |
| Titanium                   | phos (Ti)       |  | 1.3            | < 0.70                |                  |                  |
| Total Toxic Representation |                 |  |                |                       |                  |                  |

|            |                 |  | ESSENTIAL AND OTHER ELEMENTS |                       | PERCENTILE        |                  |                  |                  |                    |
|------------|-----------------|--|------------------------------|-----------------------|-------------------|------------------|------------------|------------------|--------------------|
|            |                 |  | RESULT<br>µg/g               | REFERENCE<br>INTERVAL | 2.5 <sup>th</sup> | 16 <sup>th</sup> | 50 <sup>th</sup> | 84 <sup>th</sup> | 97.5 <sup>th</sup> |
| Calcium    | (Ca)            |  | 176                          | 300- 1200             |                   |                  |                  |                  |                    |
| Magnesium  | (Mg)            |  | 24                           | 35- 120               |                   |                  |                  |                  |                    |
| Sodium     | (Na)            |  | 11                           | 20- 250               |                   |                  |                  |                  |                    |
| Potassium  | (K)             |  | 7                            | 8- 75                 |                   |                  |                  |                  |                    |
| Copper     | (Cu)            |  | 15                           | 11- 37                |                   |                  |                  |                  |                    |
| Zinc       | (Zn)            |  | 200                          | 140- 220              |                   |                  |                  |                  |                    |
| Manganese  | (Mn)            |  | 0.35                         | 0.08- 0.60            |                   |                  |                  |                  |                    |
| Chromium   | (Cr)            |  | 0.43                         | 0.40- 0.65            |                   |                  |                  |                  |                    |
| Vanadium   | (V)             |  | 0.031                        | 0.018- 0.065          |                   |                  |                  |                  |                    |
| Molybdenum | (Mo)            |  | 0.019                        | 0.020- 0.050          |                   |                  |                  |                  |                    |
| Boron      | (B)             |  | 0.83                         | 0.25- 1.5             |                   |                  |                  |                  |                    |
| Iodine     | (I)             |  | 0.42                         | 0.25- 1.8             |                   |                  |                  |                  |                    |
| Lithium    | (Li)            |  | 0.006                        | 0.007- 0.020          |                   |                  |                  |                  |                    |
| Phosphorus | (P)             |  | 173                          | 150- 220              |                   |                  |                  |                  |                    |
| Selenium   | (Se)            |  | 6.5                          | 0.55- 1.1             |                   |                  |                  |                  |                    |
| Strontium  | MTR Cap (Sr)    |  | 0.19                         | 0.50- 7.6             |                   |                  |                  |                  |                    |
| Sulfur     | TOO HIGH (S)    |  | 51400                        | 44000- 50000          |                   |                  |                  |                  |                    |
| Cobalt     | Hydroxy + (Co)  |  | 0.006                        | 0.005- 0.040          |                   |                  |                  |                  |                    |
| Iron       | O Adenosyl (Fe) |  | 8.3                          | 7.0- 16               |                   |                  |                  |                  |                    |
| Germanium  | BD (Ge)         |  | 0.033                        | 0.030- 0.040          |                   |                  |                  |                  |                    |
| Rubidium   | (Rb)            |  | 0.010                        | 0.007- 0.096          |                   |                  |                  |                  |                    |
| Zirconium  | (Zr)            |  | 0.016                        | 0.020- 0.42           |                   |                  |                  |                  |                    |

| SPECIMEN DATA   |                   | RATIOS   |        |         |
|---|-------------------|----------|--------|---------|
| <p>COMMENTS: work on long route is short cut especially as you need methylation</p> <p>Date Collected: 06/23/2016</p> <p>Date Received: 07/05/2016</p> <p>Date Completed: 07/06/2016</p> <p>Methodology: ICP/MS</p> |                   | ELEMENTS | RATIOS | RANGE   |
| Sample Size: 0.205 g  | Sample Type: Head | Ca/Mg    | 7.33   | 4- 30   |
| Hair Color: excess selenium   | Treatment:        | Ca/P     | 1.02   | 1- 12   |
| Shampoo: so it is not toxic.  |                   | Na/K     | 1.57   | 0.5- 10 |
|   |                   | Zn/Cu    | 13.3   | 4- 20   |
|   |                   | Zn/Cd    | > 999  | > 800   |

HMT in 3-4 months to recheck levels.  
DEFER TO YOUR DOCTOR AS ALWAYS

## Hair Test 1206

1. **What are your current symptoms and health history?** Tinnitus, hemiplegic migraines, hair loss, psoriasis, gall bladder attacks, poor sleep pattern, exhaustion, MTHFR, anxiety, depression, stressed easily, brain fog, no sex drive, occasional heart palpitations when resting, joint pain, negative thoughts, negative Pyroluria but above average Pyrrole levels. Ear infections as an infant, developed an eye squint at approx age 8, menstruating at age 10. appendix removed at age 20. Gave birth at ages 21 and 29. Cyst the size of a 50cent piece removed from cervix at age 22.
2. **Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)** Wisdom teeth removed at age 23, 2 other extractions that may have had amalgam, amalgams placed in my teeth at approx 9 years of age.
3. **What dental work do you currently have in place? What part of the dental clean-up have you completed?** 2 weeks ago i had 3 amalgams safely removed and will be going back to have 1 hidden amalgam removed. Approx 2 years ago i had an amalgam filling break, this was covered unsafely with composite (hidden amalgam).
4. **What dentistry did your mother have at any time before or during pregnancy?** My Mother has many amalgams that were put in as a child.
5. **What vaccinations have you had and when (including flu and especially travel shots)?** I received all childhood vaccinations (Australia), i remember fainting at age 10 after receiving Rubella shot. No flu or travel shots. I may have received a Tetanus shot in my 20's.
6. **Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?** Andy Cutler core 4 at base doses, lysine 500mg per day, tyrosine 500mg per day, milk thistle 175mg twice a day. I was taking selenium but have now ceased.
7. **What is your age, height and weight?** 37 female, 5feet 4 inches, 67kg.
8. **Other information you feel may be relevant?** i remember smashing up a long fluro light bulbs as a child.
9. **What is your location – city & country (so that we can learn where certain toxins are more prevalent).** Wynyard, Tasmania, Australia