

Hair Test 1228

My most bothersome symptoms currently are mental/emotional. Lots of irritability and very sensitive to noise, smells, activity around me, and touch. Also mood swings and brain fog. My memory has gotten bad. Physically, I've had blood sugar and pressure regulating issues, but they seem to have gotten better in the last few months. I have to eat regularly and get lots of salt. Bad adrenal symptoms have been around for over three years.

I've never had amalgams, just composite fillings. My mother had several amalgams before having me. I have two caps on front teeth (that were chipped) and I have a bridge that's silver underneath. I can't get in touch with the dentists to investigate the materials and haven't visited another dentist to check.

I had all regular immunizations during childhood (born in 80) and then got several before entering nursing school while pregnant in 2009. I'm not sure what all they were, but basic ones it seemed. I don't think I've ever had a flu shot.

My current supplements: All in One (dr. yasko's multi), Bcomplex, hydroxy & adenosol B12, folate & folic acid (I stopped using 2wks ago thinking it may have to do with the moods), magnesium malate, vitE, vitC, zinc, potassium, omegas, ACE, liver support (mostly milk thistle), 5-htp (doesn't seem to help moods), st john's wort, and herbs mainly for gut cleaning (viral, bacterial, parasites, etc). I rotate barberry, elderberry, GSE, oil of oregano, neem. I eat a 'clean' diet, most everything made from scratch, grass fed, organic, etc. I've not found any foods that disagree with me.

My hair test before this was in May (7mo prior) and everything was extremely similar to this one. I've done 5 rounds with ALA alone, probably only one or two rounds would have showed with this test hair. I'm 5'7", 115lb