



LAB #: H161019-2333-1

SEX: Female

CLIENT #: 24237

DOCTOR: Anna Davis, MD  
 Direct Laboratory Services  
 4040 Florida St Ste 101  
 Mandeville, LA 70448 U.S.A.

**Toxic & Essential Elements; Hair**

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum	(Al)	9.9	< 7.0	
Antimony	(Sb)	0.067	< 0.050	
Arsenic	(As)	0.23	< 0.060	
Barium	(Ba)	2.0	< 2.0	
Beryllium	(Be)	< 0.01	< 0.020	
Bismuth	(Bi)	0.30	< 2.0	
Cadmium	(Cd)	0.13	< 0.050	
Lead	(Pb)	0.31	< 0.60	
Mercury	(Hg)	0.34	< 0.80	
Platinum	(Pt)	< 0.003	< 0.005	
Thallium	(Tl)	< 0.001	< 0.002	
Thorium	(Th)	0.002	< 0.002	
Uranium	(U)	0.025	< 0.060	
Nickel	(Ni)	0.70	< 0.30	
Silver	(Ag)	2.9	< 0.15	
Tin	(Sn)	1.4	< 0.30	
Titanium	(Ti)	0.85	< 0.70	
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS						
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE		
				2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>
Calcium	(Ca)	2710	300- 1200			
Magnesium	(Mg)	260	35- 120			
Sodium	(Na)	280	20- 250			
Potassium	(K)	290	8- 75			
Copper	(Cu)	20	11- 37			
Zinc	(Zn)	320	140- 220			
Manganese	(Mn)	0.99	0.08- 0.60			
Chromium	(Cr)	0.41	0.40- 0.65			
Vanadium	(V)	0.039	0.018- 0.065			
Molybdenum	(Mo)	0.025	0.020- 0.050			
Boron	(B)	6.9	0.25- 1.5			
Iodine	(I)	83	0.25- 1.8			
Lithium	(Li)	0.060	0.007- 0.020			
Phosphorus	(P)	155	150- 220			
Selenium	(Se)	0.64	0.55- 1.1			
Strontium	(Sr)	5.1	0.50- 7.6			
Sulfur	(S)	45800	44000- 50000			
Cobalt	(Co)	0.043	0.005- 0.040			
Iron	(Fe)	13	7.0- 16			
Germanium	(Ge)	0.031	0.030- 0.040			
Rubidium	(Rb)	0.22	0.007- 0.096			
Zirconium	(Zr)	0.28	0.020- 0.42			

SPECIMEN DATA		RATIOS	
<b>COMMENTS: Mixed Hair Sample - Reference Ranges may not apply</b>			
Date Collected: 10/16/2016	Sample Size: 0.197 g	ELEMENTS	RATIOS RANGE
Date Received: 10/19/2016	Sample Type: Head	Ca/Mg	10.4 4- 30
Date Completed: 10/22/2016	Hair Color: Brown	Ca/P	17.5 1- 12
Methodology: ICP/MS	Treatment:	Na/K	0.966 0.5- 10
	Shampoo: Living Proof	Zn/Cu	16 4- 20
		Zn/Cd	> 999 > 800

My symptoms are : diagnosed with ADD, anxiety and mood issues. Fatigue, thyroid issues, Candida, constant breakouts and rashes, brain fog, eye issues such as dryness and light sensitivity. I am super sensitive to hormones; have never been able to take birth controls, have extreme pms that is more extreme than most females I know.

I have had every blood test done along with a MRI and CT scan, Nothing has come up medically that would explain why I feel like this way. Besides low iron and low magnesium, there has been nothing that has really offered a reason why I feel so abnormal especially compared to my husband.

Dental history: I have had constant teeth issues that I have always assumed is genetic as my fathers side has always had weak teeth.

My father had a mouth full off silver fillings. He also had ADHD and Bipolar. He self medicated with alcohol and drugs and passed away when I was younger.

My mom has some silver fillings too. I think she had them in place already when She was pregnant with us.

My younger brother also had silver fillings and he had a lot of issues. He was similar to my father with ADHD and Bipolar and he also self medicated with drugs and alcohol. He passed away this past year.

I have been on a constant search since college to figure out how to help my brother and father. I am no where close to them in terms of mental illness. I have slight mood issues and mild anxiety with ADD but I also made different choices then they did.

I have always been trying to make healthy choices. I don't drink alcohol or smoke cigarettes. From the outside I look very healthy and in shape. No one would probably guess that I have to be very diligent and always get enough sleep and make sure to eat well and avoid bad foods.

The thing I am battling with is if I am just genetically flawed... lol. Meaning will I just always have to deal with these things or is there something that can be fixed and balanced so that I don't have to work so hard to stay mentally balanced.

I feel like I have literally tried everything: nutrition, vitamins, medicine, working out, meditation, acupuncture, chiropractic, doctors after doctors, brain scans but nothing seems to fix things. Obviously there are things that help but I am always working so much harder than my husband to just feel normal.

Mercury for some reason always pops up in my head. Mainly Because At the age of 16, I had 10 teeth that were replaced with mercury. I fill like after that my moods did become worse. I don't know if that it just attributed to hormones, but as time went out my anxiety increased.

Furthermore, About six years ago, before my 2nd child, I had my regular dentist change out all my silver fillings. I just thought they looked horrible and I always thought something was not right about them. This was before I had information about mercury.

She did not use a safe protocol to remove them and I can literally remember feeling a chunk of mercury on my tongue when she removed them.... I literally stuck it out so she could suck it up with her Vacumm. 🤔🤔

In addition, I assumed that she had removed all the silver but when I was looking into chelation. I found out last year she left small fragments in 6 teeth. 😞😞.

Therefore, I had to have most of them redone ...but this time I used a safe dentist. I also had to have one of my root canals removed because I felt like there could be mercury under it.

I am finally mercury free and have been since March. I actually was about to start chelation and then my younger passed away suddenly. I am finally at a place where I can start to refocus on this and am looking for some support, knowledge, etc.

On a side note; I have had 3 root canals in my life: 2 of them have been pulled, one is an implant. I have only one root canal remaining but it is a tooth that never had mercury. I have only had one wisdoms tooth pulled.

My teeth have always been a constant upkeep and I constantly floss and brush my teeth. No matter how much I take care of them it doesn't seem to deter the process.

I have had all vaccinations and up until the last couple years I have had flu shots consistently. I also do have the Mthfr gene mutation. I take the core 4 and have experimented with other supplements. So far nothing seems to help that much or make such a difference that I feel like I have to incorporate it.

I do take B vitamins that work with my mutation, probiotics, cod liver oil, and I just started using the Iron fish. I am extremely low on iron and I can not seem to raise it.

When I took the hair test, I think I was also taking selenium and lithium. Lastly, I am located in the Midwest.

Sorry for the long email. Thank you so much for taking time to read it and offer any helpful input. I really appreciate it.