

# HAIR ELEMENTS



**PATIENT: Number 173**  
**SEX: Female**  
**AGE: 41**  
**Location: Willow Springs, Illinois, USA**

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	5.1	< 7.0		
Antimony	0.027	< 0.050		
Arsenic	0.024	< 0.060		
Beryllium	< 0.01	< 0.020		
Bismuth	0.031	< 2.0		
Cadmium	0.040	< 0.10		
Lead	0.27	< 1.0		
Mercury	0.21	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	0.001	< 0.010		
Thorium	0.001	< 0.005		
Uranium	0.037	< 0.060		
Nickel	0.11	< 0.40		
Silver	0.18	< 0.15		
Tin	0.41	< 0.30		
Titanium	0.36	< 1.0		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS							
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium	1070	300- 1200					
Magnesium	100	35- 120					
Sodium	100	12- 90					
Potassium	35	8- 38					
Copper	24	12- 35					
Zinc	210	140- 220					
Manganese	0.18	0.15- 0.65					
Chromium	0.68	0.20- 0.40					
Vanadium	0.025	0.018- 0.065					
Molybdenum	0.032	0.028- 0.056					
Boron	0.62	0.30- 2.0					
Iodine	7.9	0.25- 1.3					
Lithium	0.005	0.007- 0.023					
Phosphorus	237	160- 250					
Selenium	1.0	0.95- 1.7					
Strontium	1.5	0.50- 7.6					
Sulfur	53600	44500- 52000					
Barium	0.51	0.26- 3.0					
Cobalt	0.006	0.013- 0.050					
Iron	11	5.4- 14					
Germanium	0.035	0.045- 0.065					
Rubidium	0.032	0.007- 0.096					
Zirconium	0.090	0.020- 0.42					

SPECIMEN DATA				RATIOS		
<b>COMMENTS:</b>				<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected: 2/23/2008	Sample Size: 0.198 g			Ca/Mg	10.7	4- 30
Date Received: 2/26/2008	Sample Type: Head			Ca/P	4.51	1- 12
Date Completed: 3/3/2008	Hair Color: Brown			Na/K	2.86	0.5- 10
	Treatment: Bleach			Zn/Cu	8.75	4- 20
Methodology: ICP-MS	Shampoo: Aubrey Organic			Zn/Cd	> 999	> 800
	V06.99					

### **CURRENT SYMPTOMS:**

- 1) Digestion problems,
- 2) Extreme supplement sensitivity,
- 3) Food sensitivities (gluten & dairy),
- 4) Adrenal fatigue & worsening of hypothyroid (even taking meds that were working 2 months ago),
- 5) Severe insomnia,
- 6) Hormonal issues - low DHEA & ferritin, thyroid & cortisol issues, high Thyroglobulin antibodies (Hashimotos?)
- 7) Air hunger - I think it's from worsening adrenal/hypoT problems

### **HEALTH HISTORY:**

- 1) 2/80: Got Insulin-dependent diabetes. Put on insulin shots in 1980, then pump in 1994. I wonder if I had amalgams placed right before this happened!!!
- 2) 1993: Diagnosed w/Graves Disease & hyperthyroid. Had one radioactive iodine treatment to treat hyperT.
- 3) 1993: Turned HYPOTHYROID from RAI - took Synthroid from 1993 - 2007
- 4) 2004 thru 11/06: Had itchy, crawly skin for 2 years. Removed grains & dairy from diet (especially glutens), which made the itch stop.
- 5) 12/06: First amalgam replaced.
- 6) 4/07: Tested at stage 7 out of 7 for Adrenal Fatigue, and worsening of hypothyroid (T4 not converting to T3).
- 7) 4/07: Started Hydrocortisone for Adrenal Fatigue
- 8) 5/07: Switched to Armour thyroid for HypoT.
- 10) 8/07: Stopped taking multivitamins. Vitamin C in them making my muscles ache constantly.
- 11) 1/08 thru 4/08: Remaining 6 amalgams replaced. Body started to feel good!!
- 12) 6/08: More health issues starting - digestion getting worse, adrenals & hypothyroid worsening. Dr. thinks I may have mitral valve prolapse (difficulty breathing), but I think it's adrenals/hypothyroid issues...

### **2) DENTAL HISTORY (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...)**

Late 70s: All wisdom teeth removed,  
1970s/80s: 7 amalgams placed,  
Early 80s: Veneers put on 2 front teeth,  
12/06: 1st amalgam replaced w/Cerec,  
1/08 thru 4/08: Remaining 6 amalgams replaced w/Cerec,  
4/08: Conventional crown removed & tooth underneath pulled (cracked root)

### **3) What dental work do you currently have in place? What part of the dental cleanup have you completed?**

#### **DENTAL WORK IN PLACE:**

7 Cerec fillings/crowns,  
1 temporary bridge,  
2 veneers on front teeth (done in the 1980s)

#### **DENTAL CLEANUP COMPLETED:**

One amalgam replaced 12/06, remaining amalgams replaced between 1/08 and 4/21/08.

Traditional crown removed 4/21/08 & crowned tooth pulled (tooth root cracked).

Severe adrenal problems started a few months after 1st amalgam was replaced.

**4) What dentistry did your mother have at any time before or during pregnancy?**

Unknown

**5) WHAT VACCINATIONS have you had and when (including flu and especially travel shots)?**

All kid's vaccinations (40ish years ago)

1 Flu shot each year in 2002, 2003 & 2004 (total of 3 shots)

No travel shots (thank God!)

**6) SUPPLEMENTS & MEDICATIONS (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken.**

1) Insulin via insulin pump: up to 35 units/day

2) Armour Thyroid: 2.5 grains/day

3) Hydrocortisone: 25 mg/day

4) Digestion supplements (one before each meal),

5) Cod Liver Oil - once in morning - every other day

6) Herbal homeopathic sublingual sleeping pills - before bed every night

7) Thorne Basic Nutrients multivitamins (stopped taking in 8/07 due to vitamin C sensitivity)

**7) OTHER RELEVANT INFORMATION:**

1) 3/07: MRI with contrast done - Dr. said this might be cause of high iodine in hair test.

2) 4/26/07: Saliva cortisol test results - stage 7 out of 7 adrenal fatigue.

3) Eating lots of celtic sea salts to help adrenals