

# HAIR ELEMENTS



**PATIENT: Number 195**  
**SEX: Male**  
**AGE: 51**  
**LOCATION: Netherlands, near Amsterdam**

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	1.4	< 7.0		
Antimony	0.012	< 0.050		
Arsenic	0.042	< 0.060		
Beryllium	< 0.01	< 0.020		
Bismuth	0.028	< 2.0		
Cadmium	0.011	< 0.10		
Lead	0.23	< 1.0		
Mercury	< 0.03	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.029	< 0.060		
Nickel	0.08	< 0.40		
Silver	0.02	< 0.15		
Tin	0.05	< 0.30		
Titanium	0.40	< 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	501	300- 1200					
Magnesium	34	35- 120					
Sodium	20	12- 90					
Potassium	8	8- 38					
Copper	15	12- 35					
Zinc	170	140- 220					
Manganese	0.05	0.15- 0.65					
Chromium	0.34	0.20- 0.40					
Vanadium	0.032	0.018- 0.065					
Molybdenum	0.033	0.028- 0.056					
Boron	0.43	0.30- 2.0					
Iodine	0.22	0.25- 1.3					
Lithium	0.004	0.007- 0.023					
Phosphorus	207	160- 250					
Selenium	1.1	0.95- 1.7					
Strontium	1.9	0.50- 7.6					
Sulfur	49100	44500- 52000					
Barium	0.20	0.26- 3.0					
Cobalt	0.003	0.013- 0.050					
Iron	11	5.4- 14					
Germanium	0.031	0.045- 0.065					
Rubidium	0.008	0.007- 0.096					
Zirconium	0.038	0.020- 0.42					

SPECIMEN DATA				RATIOS		
<b>COMMENTS:</b>				<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected: 5/24/2008	Sample Size: 0.199 g			Ca/Mg	14.7	4- 30
Date Received: 7/2/2008	Sample Type: Head			Ca/P	2.42	1- 12
Date Completed: 7/3/2008	Hair Color: Blond			Na/K	2.5	0.5- 10
	Treatment:			Zn/Cu	11.3	4- 20
Methodology: ICP-MS	Shampoo: Urteleram Roses			Zn/Cd	> 999	> 800
	V06.99					

## **Health history of hair test of 195**

### **1) What are your current symptoms and health history?**

I have m.s. (multiple sclerosis). Diagnosed some 18 years ago.  
First symptom (28 years ago): neuritis retrobulbaris; second symptom (10 years later): nystagmus. About last 10 years more chronic.  
I have nystagmus, muscle weakness, balance-problems, itching (feet/soles), muscle-stiffness (legs), fatigue/tiredness.  
Walking with cane and wheelchair outside. In the house totally mobile.

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

2 wisdom teeth removed (surgery) about 32 years ago;  
1 wisdom teeth removed (extracted) about 31 years ago  
5 root canal (first probably about 42 years ago), the others I think about 35-25 years ago.  
First amalgam - I think - about 35 years ago.  
In total 11 amalgam-fillings; all removed 10 months ago.  
Very important to me: gold over amalgam in 2000 and 2003. One was a golden bridge.  
My deterioration went quick from 2004 !! I could do almost everything till then (except running).

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

All amalgam/gold/metal is out.  
I have in place a zirconium bridge (I was tested for that in case of allergy) and 4 porcelain crowns. And I believe porcelain and/or ceramic fillings.

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

I don't know.

### **5) What vaccinations have you had and when (including flu and especially travel shots)?**

I think all the "baby"-vaccinations, and 2 times hepatitis B-vaccination (for my work) 15 years ago. Travel shots: Mexico-city; student-games in 1979; I don't know which ones.

### **6) Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken.**

No medications (some nights in the week 2.5 mg. valium because of itching).  
Supplements: B3 (300mg.), multi-vitamins, zinc (25mg), multi- minerals, milk thistle, coq10, magnesium (600mg), potassium (180mg), calcium (400mg), B-total, flax oil (3 spoons), forskolin(100mg), taurine (2x50mg), c-vitamine (3x1000mg), combination a(450mcg)/c(90mg)/e(69mg)/selenium(200 mcg, chlorophyll, ant-oxidant (coq10/selenium/c/e/zinc), and 25 mg dmsa + 25 mg. ala (Cuttler-protocol).

### **7) Other information you feel may be relevant?**

No stress etc. Happily married, son (13 years); everything is beautiful, except that illness.

### **8) What is your location - city & country (so that we can learn where certain toxins are more prevalent).**

The Netherlands, near Amsterdam.