

# HAIR ELEMENTS



**PATIENT: Number 199**  
**SEX: Female**  
**AGE: 47**  
**Location: Grand Mound, Iowa, USA**

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	1.1	< 7.0		
Antimony	< 0.01	< 0.050		
Arsenic	0.033	< 0.060		
Beryllium	< 0.01	< 0.020		
Bismuth	0.002	< 2.0		
Cadmium	0.067	< 0.10		
Lead	0.16	< 1.0		
Mercury	0.04	< 1.1		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	< 0.001	< 0.005		
Uranium	0.009	< 0.060		
Nickel	0.12	< 0.40		
Silver	0.01	< 0.15		
Tin	0.06	< 0.30		
Titanium	0.37	< 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	1950	300- 1200					
Magnesium	150	35- 120					
Sodium	360	12- 90					
Potassium	76	8- 38					
Copper	12	12- 35					
Zinc	200	140- 220					
Manganese	0.19	0.15- 0.65					
Chromium	0.37	0.20- 0.40					
Vanadium	0.027	0.018- 0.065					
Molybdenum	0.029	0.028- 0.056					
Boron	0.30	0.30- 2.0					
Iodine	0.14	0.25- 1.3					
Lithium	0.005	0.007- 0.023					
Phosphorus	139	160- 250					
Selenium	0.71	0.95- 1.7					
Strontium	1.4	0.50- 7.6					
Sulfur	45000	44500- 52000					
Barium	2.1	0.26- 3.0					
Cobalt	0.009	0.013- 0.050					
Iron	9.5	5.4- 14					
Germanium	0.031	0.045- 0.065					
Rubidium	0.057	0.007- 0.096					
Zirconium	0.11	0.020- 0.42					

SPECIMEN DATA				RATIOS		
<b>COMMENTS:</b>				<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected: 7/31/2008	Sample Size: 0.199 g			Ca/Mg	13	4- 30
Date Received: 8/4/2008	Sample Type: Head			Ca/P	14	1- 12
Date Completed: 8/5/2008	Hair Color: Blond			Na/K	4.74	0.5- 10
	Treatment:			Zn/Cu	16.7	4- 20
Methodology: ICP-MS	Shampoo: Equate Vitamin C			Zn/Cd	> 999	> 800
	V06.99					

## **Health history for hair test 199**

**Health history and current symptoms**—I have some skin problems, almost daily I break out in hives on my forearms. They are very itchy and swell up, then leave somewhat of a small sore there. At other times I've had in my hands and feet terrible itching and burning, that only rubbing my hands/ feet together will cause any relief. They swell up during these times as well.

I have fibroid tumors and a lump in my breast. This has been since at least March 2004. The Drs. say the lump is benign. These are things that are being monitored. Infertility because of damaged fallopian tubes, had surgery in 1991 to open tubes and remove scar tissue from them.

I have mood swings where I am irritated with everything. There are also times when I'm extremely quiet, introverted and withdrawn. Lately I've noticed it takes me longer to think through problem solving strategies at work, and longer to grasp new material.

I struggle maintaining a reasonable weight. It's not that I overeat, it seems that I gain weight just by looking at food. I have AI and see a lot of mention of mercury being a symptom of weight loss. Can mercury related endocrine problems cause weight gain?

**Dental history**—I can't remember when my first amalgams were put in. It seems like I've always had some. I've had some of them "filled again" or "added to" over the years because they needed repair. I have a total of 10 amalgams. I had braces for 4 years from grade 4-8. Before they started orthodontic work I had at least 2 permanent teeth removed because my mouth was too small to hold my teeth if they were going to be straight. My wisdom teeth were pulled when I was 24 years old. I haven't started any dental clean up yet but have found a dentist who will be able to do removal in an approved way.

**I don't know exactly what dentistry my mom had before my birth-** I know she had a mouthful of fillings and dental problems as I was growing up.

**Vaccinations**—1961(the year I was born) May-mumps, June -1<sup>st</sup> Polio, July- 1<sup>st</sup> WDT(Whooping cough, Diphtheria, Tetanus) Aug- 2<sup>nd</sup> WDT, Oct -smallpox  
1962 Sept-3<sup>rd</sup> WDT 1963 Nov oral Sabin Polio Vaccine 1964 Dec Oral Sabin Polio Vaccine  
1966 Feb measles vaccine June WDT Booster 1970 Rubella vaccine 1971 June smallpox booster, WDT booster, Polio booster 1975 WDT booster 1977 Rubella  
1981 WDT booster 1986 gamma globulin flu shots 2003 2004 2005

**No supplements taken at time of, or before hair test.**

I live in Grand Mound, Iowa and am the wife of person in hair test#193