

HAIR ELEMENTS



SEX: Female
AGE: 50

Ottway Herbalist
300 Danforth Avenue
Toronto, ON M4K 1N6 CANADA

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	8.8	< 7.0	████████████████████	
Antimony	0.13	< 0.050	████████████████████████████████████████	
Arsenic	0.086	< 0.060	████████████████████████████████████	
Beryllium	< 0.01	< 0.020		
Bismuth	0.026	< 2.0	●	
Cadmium	0.16	< 0.10	████████████████████████████████████	
Lead	1.6	< 1.0	████████████████████████████████████	
Mercury	2.6	< 1.1	████████████████████████████████████████	
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.010		
Thorium	0.001	< 0.005	●	
Uranium	0.035	< 0.060	████████████████████████████████████	
Nickel	0.10	< 0.40	████████████████████	
Silver	0.06	< 0.15	████████████████████	
Tin	0.31	< 0.30	████████████████████████████████████	
Titanium	0.46	< 1.0	████████████████████	
Total Toxic Representation			████████████████████████████████████████████████████████████████████████████████	

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	208	300- 1200		████████████████████████████████████████			
Magnesium	12	35- 120	████████████████████████████████████████				
Sodium	130	12- 90			████████████████████████████████████████		
Potassium	160	8- 38			████████████████████████████████████████		
Copper	13	12- 35		████████████████████████████████████			
Zinc	66	140- 220	████████████████████████████████████████				
Manganese	0.11	0.15- 0.65		████████████████████████████████████			
Chromium	0.43	0.20- 0.40			████████████████████████████████████		
Vanadium	0.065	0.018- 0.065			████████████████████████████████████		
Molybdenum	0.054	0.028- 0.056			████████████████████████████████████		
Boron	0.90	0.30- 2.0			████████████████████		
Iodine	0.94	0.25- 1.3			████████████████████████████████		
Lithium	0.004	0.007- 0.023	████████████████████████████████████████				
Phosphorus	150	160- 250		████████████████████████████████████			
Selenium	0.95	0.95- 1.7		████████████████████████████████			
Strontium	0.41	0.50- 7.6		████████████████████████████████			
Sulfur	49400	44500- 52000			████████████████████████████████		
Barium	0.23	0.26- 3.0		████████████████████████████████			
Cobalt	0.011	0.013- 0.050		████████████████████████████████			
Iron	13	5.4- 14			████████████████████████████████		
Germanium	0.038	0.045- 0.065		████████████████████████████████			
Rubidium	0.16	0.007- 0.096			████████████████████████████████		
Zirconium	0.091	0.020- 0.42			████████████████████		

SPECIMEN DATA

RATIOS

COMMENTS:				ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 11/16/2007	Sample Size: 0.198 g					
Date Received: 11/26/2007	Sample Type: Head			Ca/Mg	17.3	4- 30
Date Completed: 11/29/2007	Hair Color: Blond			Ca/P	1.39	1- 12
	Treatment:			Na/K	0.813	0.5- 10
Methodology: ICP-MS	Shampoo: Garnier			Zn/Cu	5.08	4- 20
(PRELIMINARY, 01/08/08, 17:23, rr 12, H071126-0130-1V0809-Sa)				Zn/Cd	413	> 800

Personal Info:

Female; fifty-one years old; married (thirty years) plus two kids; university education; work full-time; highly functional; exercise daily; non-smoker; live in Toronto, Canada (have lived in the Middle East and in the UK as a child/young-adult); have both of Andy's books.

History:

- Amalgams were first put in around age six. By age fourteen, I had at least a dozen teeth with one *or more* amalgam fillings, and more to come later.
- Even as a child, was very lethargic, and was often taken for testing, but nothing turned up positive.
- In the winter of 1984, I became so lethargic, that I was non-functional. It was as if I had been given a general anaesthetic and disappeared without the ability to fight it.
- I had some blood work done, and my family doctor called to tell me I had "Mono". It didn't go away after six months like mono is supposed to, and then I did the 80's diagnoses tour: "Mono" to "Epstein-Barr Virus" to "Chronic Fatigue Syndrome" to "Fibrositis" and finally to "Fibromyalgia" in 1987.
- After I had most of the amalgam *improperly* removed 5 years ago (mistake 1), my health began to deteriorate drastically.
- To make things even worse, since I believed my dentist when he said that he had removed all the amalgam fillings (mistake 2), I went ahead and took the urine challenge test (mistake 3), and followed up with intravenous DMPS chelation (mistake 4, and for more than the obvious reason – apart from being "bad chelation", I am severely allergic to "Sulpha", the drug, and since that is what the "S" in DMPS stands for, I almost died)

Symptoms:

- About 25 years of symptoms typical of fibromyalgia (painful muscles and eyes are my main woes, sensitivity to sound and light, insomnia, occasional joint pain etc. are some others).
- Typically low body temperature (ranges between 97.3 to 97.9)
- Food Antibody Assessment IgG (Great Smokie Labs, 2003) indicates "leaky gut".
- New symptoms appeared post amalgam removal:
 - Plantar Fasciitis (the bottoms of my feet hurt).
 - "Trigger finger" (for a year and a half I could not bend my thumbs; and now I can, albeit not painlessly).
 - Severe bloating of the upper digestive tract, incessant need to belch without achieving any sense of relief and always accompanied by tachycardia.
 - "Thyroid Hormone Resistance" accompanied by mostly HYPO-thyroid symptoms (early morning lethargy, weight gain, hair-loss, brittle/peeling nails, etc.), and some HYPER-thyroid symptoms including blood test results (although numbers deviate only slightly from normal, TPO is positive), tachycardia, overheating/sweats (day and night) etc.
Treatment - none (my choice).
 - Bone scan indicates some loss of bone density.

Meds and Supplements:

None at time just before hair test. I often respond adversely to supplements.

Vaccinations:

- I was born in 1957, so whatever childhood vaccinations were standard in those years.
- One round of Hep B in 1991 or 1992.
- At least two rounds of tetanus.
- No flu shots, no travel shots.

Major Medical Events:

- Gallbladder removed at age twenty-eight.
- A crash in 1991 resulted in compressed fractured of L1 (vertebrae just above waistline, 50% compression), severely reduced foramina between the C5 and C6 vertebrae (or in short a pain in the neck), and a near-drowning involving clinical death of approximately twenty minutes.

Mother's Dentistry:

- My mother had a number of amalgam fillings in place when she was pregnant with me.

Dental to Date:

- As previously mentioned, I have had most of my amalgams improperly removed and replaced with composite fillings five years ago.
- I have had two extractions:
- A wisdom tooth (1-8), which was loose and my old dentist recommended I remove.
- Tooth 2-7 which was a root canal that bled constantly, which I insisted be removed.
- Significant bone loss and gum recession.
- I clench (no grinding).
- I have recently switched to a holistic dentist, and:
 - I have had the Clifford Dental Material Biocompatibility test done.
 - I have Had the last two amalgams removed (properly) about a month ago.
 - I have had two non-metal onlays and one post-less, non-metal cap installed (as per Clifford materials).
- I have 3 root canals (see dental dilemma section below).

In Conclusion:

- There is no doubt in my mind that I suffer from "Mercury Toxicity" because:
 - The symptoms support this.
 - The hair analysis supports this.
 - Getting sicker right after improper amalgam removal and unsafe chelation is also suspicious at best.

Current Dental Dilemma:

- Two of the root canals date back to 1998 and are filled with gutta percha. I was thinking of having them redone, but I saw an Endodontist today, and he told me there are no good non-metal options for root canal fillers (even Biocalex has zinc-oxide, which is what most gutta Percha's are mixed with. In any case, he has stopped using Biocalex, because most of the root canals he did with it had to be pulled after a few years.
- The third root canal dates back to 2002, and was a porcelain cap on an alloy post on tooth 3-4 (front bottom left). I had the cap removed a couple of weeks ago, with the intent to remove the alloy post. The endodontist I saw today confirms that my options are as follows:

- *Lose the post and risk losing the tooth as well;*
- *Keep the post AND the tooth.*

The composition of the post I have is as follows:

- 59.5% Cobalt
 - 31.5% Chrome
 - 05.0% Molybdenum
 - 02.0% Silicon
 - 01.0% Manganese
 - 01.0% Unknown
- Clearly, I'd rather not lose these teeth, so I'm planning to do recap the posted tooth, leave the gutta percha as is, and try chelation before taking further, more drastic measures.

What Am I Looking For From The Group?

- I would like to begin chelation as soon as possible, which means I have to complete all necessary dental work first, and would appreciate any and all feedback regarding my dental plans as outlined above.
- I need help interpreting the hair analysis results (I got as far as identifying mercury toxicity via the counting rules, but I understand much more information can be gathered).
- I hope to find info/advice on all aspects of chelation in the near future, but for now I am eager to know:
 - How does one know if chelation is working (and how long does it take to know this)?
 - How does one know if it isn't working (and how long does that take)?
 - How many people consider themselves to be "cured" by chelation?
 - How many people feel chelation failed them?
 - How "cured" can you get? (I'm not sure I'd recognize wellness even if it "sat" on me! LOL)

If my questions are too "newbie" I apologize in advance. I will be pouring over the posts/books in the upcoming weeks (months? Years), but, since I'm already here, maybe I can get answers to some of those pesky questions.

Peace,
Sunny