

# HAIR ELEMENTS



PATIENT: Number 254  
 SEX: Female  
 AGE: 36  
 LOCATION: Charlotte, North Carolina USA

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	2.5	< 7.0		
Antimony	0.060	< 0.050		
Arsenic	0.068	< 0.060		
Barium	0.25	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.26	< 2.0		
Cadmium	0.022	< 0.050		
Lead	1.1	< 0.60		
Mercury	0.12	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.001	< 0.060		
Nickel	1.2	< 0.30		
Silver	0.06	< 0.15		
Tin	0.52	< 0.30		
Titanium	0.47	< 0.70		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS						
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE			97.5 <sup>th</sup>
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	
Calcium	148	300- 1200				
Magnesium	11	35- 120				
Sodium	180	20- 250				
Potassium	72	8- 75				
Copper	13	11- 37				
Zinc	120	140- 220				
Manganese	0.15	0.08- 0.60				
Chromium	0.63	0.40- 0.65				
Vanadium	0.069	0.018- 0.065				
Molybdenum	0.11	0.020- 0.050				
Boron	0.55	0.25- 1.5				
Iodine	2.1	0.25- 1.8				
Lithium	< 0.004	0.007- 0.020				
Phosphorus	138	150- 220				
Selenium	1.4	0.55- 1.1				
Strontium	0.21	0.50- 7.6				
Sulfur	42300	44000- 50000				
Cobalt	0.008	0.005- 0.040				
Iron	13	7.0- 16				
Germanium	0.030	0.030- 0.040				
Rubidium	0.19	0.007- 0.096				
Zirconium	0.12	0.020- 0.42				

SPECIMEN DATA			RATIOS		
<b>COMMENTS: 0170235</b>			<b>ELEMENTS</b>	<b>RATIOS</b>	<b>EXPECTED RANGE</b>
Date Collected: 1/23/2009	Sample Size: 0.2 g		Ca/Mg	13.5	4- 30
Date Received: 1/29/2009	Sample Type: Head		Ca/P	1.07	1- 12
Date Completed: 1/30/2009	Hair Color:		Na/K	2.5	0.5- 10
	Treatment:		Zn/Cu	9.23	4- 20
Methodology: ICP-MS	Shampoo:		Zn/Cd	> 999	> 800

V10.08

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## **Health history for hair test 254**

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

I have many but some are:

leaky gut

chemical sensitivities

had yeast and parasites - last test showed they are gone

test from late 2007 showed Phase I is too fast for Phase 2

I have lots of pain in joints/muscles like hips, shoulders, neck and back.

My neck is not structured right and my shoulders pull forward and chiropractic adjustments never help long term.

My head is very sensitive when it touches pillows etc.

I have many delayed food sensitivities.

Have problems with constipation and gas.

I did not tolerate probiotics in the past.

I do not think I have brain fog.

### **2) Dental history**

I only had two wisdom teeth and they have been pulled.

I had 6 teeth pulled then braces for 4 years (over 15 years ago).

I have a retainer that is pink colored that I have had ever since the braces.

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

I have some small amalgams on each side top and bottom. Maybe 8, not sure.

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

A few amalgams.

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

Normal childhood vaccinations. One flu shot maybe 7 years ago.

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

I take a lot of supplements for chemical sensitivities. Many are divided into 3 doses per day. I was taking 600mg ALA daily for the past year. Here are some of my supplements:

Calcium Carbonate 1000mg

Magnesium Malate 1000mg

Lysine and Proline some

Ascorbic Acid about 2-3g

Unique E 400 IU Vit E

Vitamin D3 1000iu (I've had levels checked)

Basic Nutrient V multiple

Molybdenum 1000mcg

Methyl B12/Folinic 1000mcg/800mcg

Hydroxo B12 - 5mg taken some days

Hydroxo B12 and Glutathione nasal spray used to stop reactions to chemicals

Manganese Gluconate 1.7mg

Selenium (sodium selenate) 200mcg

GTF Chromium 400mcg

Green Tea Extract 450mg

ALA 600mg

Biotin 3-5mg  
Inositol 1500mg  
Acetyl L Carnitine 2000mg  
TriMethylGlycine 500mg  
L-Carnosine 1000mg  
GSE 300mg  
CoQ10 120mg  
Pantethine was using 750mg now 420  
Bilberry 150mg  
Silymarin 200mg before each meal  
L-Glutamine 10-15g  
Taurine 500mg  
Glycine 500mg  
Carlson Fish Oil (1200 EPA/750 DHA)  
Body Bio Evening Primrose Oil  
Organic HEMP Oil  
Lactobacillus Sporogenes

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

I started having a lot of problems when I changed jobs. The building made me very sick. Now I am out of the building because I lost my job since not being able to tolerate the building.

Also have low estrogen and a lab test shows pesticides (cholinesterase). I've had many test including a fatty acid test and that is why I take certain supplements as well to get rid of bad/renegade fats my body has produced. I exercise at least 5 days/week.

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

Charlotte, North Carolina USA