

HAIR ELEMENTS



PATIENT: Number 285
SEX: Female
AGE: 54
LOCATION: Fort Walton Beach, FL, USA

POTENTIALLY TOXIC ELEMENTS

| TOXIC ELEMENTS | RESULT $\mu\text{g/g}$ | REFERENCE RANGE | PERCENTILE | |
|----------------------------|------------------------|-----------------|------------------|------------------|
| | | | 68 th | 95 th |
| Aluminum | 10 | < 7.0 | | |
| Antimony | 0.031 | < 0.050 | | |
| Arsenic | 0.039 | < 0.060 | | |
| Barium | 0.28 | < 2.0 | | |
| Beryllium | < 0.01 | < 0.020 | | |
| Bismuth | 0.025 | < 2.0 | | |
| Cadmium | 0.061 | < 0.050 | | |
| Lead | 0.09 | < 0.60 | | |
| Mercury | 0.92 | < 0.80 | | |
| Platinum | < 0.003 | < 0.005 | | |
| Thallium | < 0.001 | < 0.002 | | |
| Thorium | < 0.001 | < 0.002 | | |
| Uranium | < 0.001 | < 0.060 | | |
| Nickel | 0.04 | < 0.30 | | |
| Silver | 0.10 | < 0.15 | | |
| Tin | 0.23 | < 0.30 | | |
| Titanium | 0.83 | < 0.70 | | |
| 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 | 203 | 300- 1200 | | | | | |
| Magnesium | 79 | 35- 120 | | | | | |
| Sodium | 21 | 20- 250 | | | | | |
| Potassium | 34 | 8- 75 | | | | | |
| Copper | 11 | 11- 37 | | | | | |
| Zinc | 230 | 140- 220 | | | | | |
| Manganese | 0.06 | 0.08- 0.60 | | | | | |
| Chromium | 0.34 | 0.40- 0.65 | | | | | |
| Vanadium | 0.026 | 0.018- 0.065 | | | | | |
| Molybdenum | 0.027 | 0.020- 0.050 | | | | | |
| Boron | 3.7 | 0.25- 1.5 | | | | | |
| Iodine | 0.39 | 0.25- 1.8 | | | | | |
| Lithium | 0.013 | 0.007- 0.020 | | | | | |
| Phosphorus | 234 | 150- 220 | | | | | |
| Selenium | 1.6 | 0.55- 1.1 | | | | | |
| Strontium | 0.29 | 0.50- 7.6 | | | | | |
| Sulfur | 52900 | 44000- 50000 | | | | | |
| Cobalt | 0.003 | 0.005- 0.040 | | | | | |
| Iron | 7.1 | 7.0- 16 | | | | | |
| Germanium | 0.042 | 0.030- 0.040 | | | | | |
| Rubidium | 0.031 | 0.007- 0.096 | | | | | |
| Zirconium | 0.084 | 0.020- 0.42 | | | | | |

SPECIMEN DATA

COMMENTS:
 Date Collected: 3/26/2009 Sample Size: 0.2 g
 Date Received: 3/30/2009 Sample Type: Head
 Date Completed: 4/1/2009 Hair Color: Brown
 Client Reference: Treatment:
 Methodology: ICP-MS Shampoo: Dr Bronners

RATIOS

| ELEMENTS | RATIOS | EXPECTED RANGE |
|----------|--------|----------------|
| Ca/Mg | 2.57 | 4- 30 |
| Ca/P | 0.868 | 1- 12 |
| Na/K | 0.618 | 0.5- 10 |
| Zn/Cu | 20.9 | 4- 20 |
| Zn/Cd | > 999 | > 800 |

V010.08

Health history for hair test 285

1) **What are your current symptoms and health history?** Multiple problems with infections since early childhood. Currently: Chronic Epstein Barr with at least 6 activations proven by titer since 2000. Extreme chemical sensitivity, severe asthma, (both related to chemical exposures in the Air Force in the mid 70s) Adrenal insufficiency, possible diabetes insipidus, hypothyroid, genetic clotting disorder, CFIDS, diastolic dysfunction grade 1, "stiff" mitral valve, unable to lose weight, history of osteoporosis. Recent bone density scan shows completely reversed in hip, osteopenia in spine (reversed with diet and D3 only), L knee replaced in 2002 due to osteoarthritis, R hip replaced 2002 due to avascular necrosis. Herniated 4 discs in 2004 while lifting a patient along with complete separation of right shoulder joint.

I am 55 and have been sick for virtually my entire adult life. 2) **Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...)** Wisdom teeth removed at age 22 (1976), 3 fillings in 1969 and 1 in 1990. Have lost 4 molars due to loss of jaw bone but no bridges. Have one remaining filling.

3) **What dental work do you currently have in place? What part of the dental cleanup have you completed?** Am looking into removal of last amalgam

4) **What dentistry did your mother have at any time before or during pregnancy?** No idea

5) **What vaccinations have you had and when (including flu and especially travel shots)?** When I joined the Air Force, was forced to retake all childhood vaccinations, flu, swine flu, plus several others like typhoid, yellow fever and experimental ones like against adenovirus. I truly have no idea what we were given (1976-78) Had extreme reaction to flu shot in 1977, paralysis of arm, very high fever and have not had flu shot since. Similar reaction to typhoid resulting in hospitalization.

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

Hydrocortisone: 40mg QD in divided doses

Synthroid: 112.5mcg QD

Cytomel: 20mcg QD

Magnesium: 500mg to 1gram QD (elemental mag)

Methylselenocysteine: 200mcg QD

Zinc: 50mcg/day

Vitamin C: 3 to 6 grams QD

Vitamin D3: 5000 units QD

Vitamin A: 25,000 units 3X/week

B complex 50: 1x/day

P5P: 50mg TID

Garlic: 600mg BID

Fish Oil: 2 grams TID

Nattokinase: 200mg TID

L-Lysine: 1 gram QD

Methylcobalamin: 5000mcg 3X/week

Gamma E complex: 400mg QD

CoQ10: 30mg TID

Colloidal silver: 2 cups/day approx 16PPM (have own generator)

7) **What is your age, height and weight?** 55, female, 210lbs

8) **Other information you feel may be relevant?** In 2007, got off over 20 meds, got out of wheelchair through diet, supplements and chiropractic. In 2008, was able to work part time until chemical exposure during remodeling in workplace in 9/2008. Since that time, asthma has been out of control, have had pneumonia 3 times, activation of Epstein Barr, developed adrenal insufficiency and severe exacerbation of CFIDS symptoms. MSH (melanocyte stimulating hormone) is so low it can't be measured. I

am currently being evaluated for hypopituitarism. No known current exposure to mercury (other than one amalgam) except for many compact fluorescent lights in home. Should these be replaced with incandescent bulbs? I have no idea about the aluminum as I have never used aluminum cookware, don't use foil etc.

9) What is your location - city & country (so that we can learn where certain toxins are more prevalent). Summerville, SC. However, have been here only 4 years. Am from Fort Walton Beach, FL most of my life.