

HAIR ELEMENTS



PATIENT: Number 287
SEX: Female
AGE: 39
LOCATION: Ruckersville / Charlottesville VA USA

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	9.0	< 7.0		
Antimony	0.049	< 0.050		
Arsenic	0.059	< 0.060		
Barium	0.21	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.039	< 2.0		
Cadmium	0.035	< 0.050		
Lead	0.16	< 0.60		
Mercury	< 0.03	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.003	< 0.060		
Nickel	0.05	< 0.30		
Silver	0.02	< 0.15		
Tin	1.4	< 0.30		
Titanium	0.63	< 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	213	300- 1200					
Magnesium	17	35- 120					
Sodium	120	20- 250					
Potassium	75	8- 75					
Copper	10	11- 37					
Zinc	170	140- 220					
Manganese	0.08	0.08- 0.60					
Chromium	0.41	0.40- 0.65					
Vanadium	0.039	0.018- 0.065					
Molybdenum	0.044	0.020- 0.050					
Boron	3.3	0.25- 1.5					
Iodine	0.50	0.25- 1.8					
Lithium	0.007	0.007- 0.020					
Phosphorus	188	150- 220					
Selenium	1.3	0.55- 1.1					
Strontium	0.35	0.50- 7.6					
Sulfur	44500	44000- 50000					
Cobalt	0.003	0.005- 0.040					
Iron	11	7.0- 16					
Germanium	0.033	0.030- 0.040					
Rubidium	0.069	0.007- 0.096					
Zirconium	0.34	0.020- 0.42					

SPECIMEN DATA				RATIOS		
COMMENTS:				ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 5/6/2009	Sample Size: 0.202 g			Ca/Mg	12.5	4- 30
Date Received: 5/9/2009	Sample Type: Head			Ca/P	1.13	1- 12
Date Completed: 5/12/2009	Hair Color: Brown			Na/K	1.6	0.5- 10
Client Reference:	Treatment:			Zn/Cu	17	4- 20
Methodology: ICP-MS	Shampoo: Redken			Zn/Cd	> 999	> 800

V010.08

Health history for hair test 287

My apologies for the length, but I tend to be thorough. Please let me know if it is just too much to ask.

I do have both books, and have helped my son and mother with their tests, and felt like I could go through the HTI book and understand what I was seeing pretty well. When I finally got around to my own test (collected my sample hair the same week I had my last quadrant of amalgams removed) I expected to meet counting rules the same as both my mom and son did. Not so. I don't seem to meet any counting rules. I do understand that I may still be mercury toxic, and there are a few things on my test that pique my curiosity in that direction.

1st curiosity: Tin in the red zone. Per HTI p105-106, since my mineral transport appears orderly, tin levels should be accurate, but Andy says trying to reduce tin directly is useless, it comes out as the mercury is cleared. Then it says sometimes mineral transport is deranged even if no counting rules are met, and to consider mercury if both tin and (in my case) aluminum is elevated for no apparent reason. Between mom's Alzheimer's diagnosis, and my son's borderline-red-zone aluminum in his hair test a year ago, we have gone to significant lengths to avoid all sources of aluminum, yet mine is somewhat elevated. Pertinent?

2nd curiosity (given that mineral transport appears normal) is my low copper. I have lost my page reference, but do have it noted that this is odd w/ adrenal fatigue. Pg 113 does say high K relative to Na can indicate low copper. It also talks here about thyroid, but I get lost in the low/high thyroid levels. My most recent (April) thyroid labs:

TSH 2.762 (limits .350 - 5.5)

Thyroxine (T4) 7.3 (limits 4.5 -12.0)

Free Thyroxine index 2.1 (limits 1.2 -4.9)

Thyroxine (T4) Free, Direct, S T4, Free (direct) 0.95 (limits 0.61 - 1.76)

Triiodothyronine (T3) 137 (limits 85 -205)

I have started on Armour since these labs, and not until after the hair test was done. Still tweaking dosage, but feeling a little better.

Curiosity 3 - high Boron per pg 124, I don't seem to have symptoms of toxicity, nor do I have any known exposure other than occasional use of Borax in diaper laundry, which ended more than 6 months prior to hair test. Reading the Boron section made me wonder further (in conjunction with the tin section) if I am one of those weirdos who have deranged mineral transport without meeting counting rules?

Curiosity 4 - that my hair test shows no mercury excretion. (Neither did my son's test, and he met counting rules), making me wonder if I could be a "non-excreter" like him?

As I go through the HTI book pg 81- 85, where he describes the symptoms indicative of Hg poisoning, there is SO much highlighted that I am at a loss for what explains it all if not Hg.

Questions from the FDC group files:

1) What are your current symptoms and health history?

mild hypothyroid symptoms (w/ labs up and down and various meds/combos) x 5-6 years
self diagnosed adrenal fatigue, supported by K & Na to Ca & Mg in hair test
anxiety/panic (less frequent/severe since amalgam removal and beginning some adrenal support)

chronic, systemic yeast

brain fog (I know this can be yeast as easily as it can be Hg)

slightly elevated autoimmune markers in blood work

multiple chemical sensitivities - noticeable but not severe

fatigue

sleep issues (insomnia, waking in the middle of the night only to catnap the rest of the night, daytime sleepiness)

auditory processing delays - onset in last few years

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

1st amalgam placed at age 10 (I am now almost 40) about a dozen total. Removed one quadrant at a time since New Years this year. The Holistic dentist I used is in the process of getting her IAOMT certification. Good protocol followed as best as I can tell.

All 4 Wisdom teeth out at age 19. 2 dry sockets after.

One and only root canal placed 5 years ago. Has not been "right" since. Dentist went back in and made sure everything looked "right" about 3-4 years ago (there was a pregnancy in between, hence the wait).

No braces.

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

All amalgams recently replaced with composite.

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

Mom was a Registered Dental Hygenist (breathing fumes) for 40 years. Had a mouth full of amalgams and assorted crowns. Retired a few years ago after an Alzheimer's diagnosis. After figuring out my son's vax injury and mercury poisoning (he does meet counting rules) I came to wonder about her. She meets counting rules too. (Now has amalgams out and has begun AC chelating protocol.)

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

I would have had whatever was recommended for a child born in the US in 1969. MMR booster in college (early 1990s). No travel shots. Probably 2 or 3 flu shots in adulthood.

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

Suspecting poisoning, and in solidarity with the chelating child, I have been taking a supplement regimen similar to my son's for the last year (when he began chelating). What I took, and in what doses varied some as we learned, and when \$ was tight I went without so kiddo got his. What follows are the pretty consistent basics. These were broken into smaller doses 2-3 times a day.

Vit C 1-2 grams/ day

selenium 400 mcg/day

B Complex

Calcium citrate (600 mg) with D (400 IU)

A (10,000) and D (another 400 IU)

kelp

zinc 60 mg / day (tried several forms)

Omega 3 fish oils and Omega 3-6-9 plant oils.

Mixed Vitamin E (400 IU)

7) Other information you feel may be relevant?

Starting the week after my amalgam removal was complete, I have been chelating with 25 mg DMSA only 3 days on/4 off when my son does his weekend rounds. I take 500 mg C and a cap of Adrenal Cortex extract with each dose. I wish I could afford to take the C and ACE every 3 hours all the time, because I notice a big difference. I think my hair test shows adrenal fatigue, and I feel this confirms it.

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

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