

HAIR ELEMENTS



PATIENT: Number 309
SEX: Female
AGE: 37
LOCATION: Burlington, NC, USA

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	51	< 7.0	[Bar chart showing result at 68th percentile]	
Antimony	0.041	< 0.050	[Bar chart showing result at 68th percentile]	
Arsenic	0.055	< 0.060	[Bar chart showing result at 68th percentile]	
Barium	2.7	< 2.0	[Bar chart showing result at 68th percentile]	
Beryllium	0.010	< 0.020	[Bar chart showing result at 68th percentile]	
Bismuth	0.12	< 2.0	[Bar chart showing result at 68th percentile]	
Cadmium	0.090	< 0.050	[Bar chart showing result at 68th percentile]	
Lead	3.4	< 0.60	[Bar chart showing result at 68th percentile]	
Mercury	0.03	< 0.80	[Bar chart showing result at 68th percentile]	
Platinum	< 0.003	< 0.005	[Bar chart showing result at 68th percentile]	
Thallium	< 0.001	< 0.002	[Bar chart showing result at 68th percentile]	
Thorium	0.001	< 0.002	[Bar chart showing result at 68th percentile]	
Uranium	1.0	< 0.060	[Bar chart showing result at 68th percentile]	
Nickel	0.13	< 0.30	[Bar chart showing result at 68th percentile]	
Silver	0.13	< 0.15	[Bar chart showing result at 68th percentile]	
Tin	0.29	< 0.30	[Bar chart showing result at 68th percentile]	
Titanium	0.52	< 0.70	[Bar chart showing result at 68th percentile]	
Total Toxic Representation			[Bar chart showing total toxic representation]	

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	1070	300- 1200	[Bar chart showing result between 16th and 84th percentiles]				
Magnesium	30	35- 120	[Bar chart showing result between 16th and 84th percentiles]				
Sodium	7	20- 250	[Bar chart showing result between 16th and 84th percentiles]				
Potassium	6	8- 75	[Bar chart showing result between 16th and 84th percentiles]				
Copper	110	11- 37	[Bar chart showing result between 16th and 84th percentiles]				
Zinc	170	140- 220	[Bar chart showing result between 16th and 84th percentiles]				
Manganese	0.38	0.08- 0.60	[Bar chart showing result between 16th and 84th percentiles]				
Chromium	0.42	0.40- 0.65	[Bar chart showing result between 16th and 84th percentiles]				
Vanadium	0.053	0.018- 0.065	[Bar chart showing result between 16th and 84th percentiles]				
Molybdenum	0.037	0.020- 0.050	[Bar chart showing result between 16th and 84th percentiles]				
Boron	0.72	0.25- 1.5	[Bar chart showing result between 16th and 84th percentiles]				
Iodine	0.23	0.25- 1.8	[Bar chart showing result between 16th and 84th percentiles]				
Lithium	< 0.004	0.007- 0.020	[Bar chart showing result between 16th and 84th percentiles]				
Phosphorus	187	150- 220	[Bar chart showing result between 16th and 84th percentiles]				
Selenium	0.74	0.55- 1.1	[Bar chart showing result between 16th and 84th percentiles]				
Strontium	2.2	0.50- 7.6	[Bar chart showing result between 16th and 84th percentiles]				
Sulfur	47700	44000- 50000	[Bar chart showing result between 16th and 84th percentiles]				
Cobalt	0.010	0.005- 0.040	[Bar chart showing result between 16th and 84th percentiles]				
Iron	16	7.0- 16	[Bar chart showing result between 16th and 84th percentiles]				
Germanium	0.031	0.030- 0.040	[Bar chart showing result between 16th and 84th percentiles]				
Rubidium	0.012	0.007- 0.096	[Bar chart showing result between 16th and 84th percentiles]				
Zirconium	0.030	0.020- 0.42	[Bar chart showing result between 16th and 84th percentiles]				

SPECIMEN DATA

COMMENTS: 1199556 Results checked.

Date Collected: 8/22/2009 Sample Size: 0.2 g
 Date Received: 8/25/2009 Sample Type: Head
 Date Completed: 8/28/2009 Hair Color: Brown
 Client Reference: Treatment:
 Methodology: ICP-MS Shampoo: Dr Bronners

V010.08

RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	35.7	4- 30
Ca/P	5.72	1- 12
Na/K	1.17	0.5- 10
Zn/Cu	1.55	4- 20
Zn/Cd	> 999	> 800

Health history for hair test 309

Current Symptoms: brain fog, fatigue, lack of energy and motivation, VERY cold hands and feet, irritability and some anxiety, low libido, difficulty getting up in the morning, sensitive to strong smells (perfume, candle stores, etc), frequent muscle aches, can't seem to handle stress, get light headed when I stand up, general blah.

Health History: I'm 37. Normal height and weight. Was very healthy as a child – never sick; no allergies or sensitivities. Started eating processed food and drinking soda around age 18. Have 2 kids, born 2002 and 2003, mild depression after 2nd child was born which lasted maybe 6 months. LOTS of stress from 1995 – 2008. Started having anxiety attacks around 2006. Had a handful of bouts of severe heartburn from 2006 - 2007 (usually waking me during the night, and I'd have to sleep sitting up). Went to a "whole foods" type diet 9/2007... cut out most processed foods, most soy, all MSG, all high fructose corn syrup, all "unpronounceable ingredients." Had a gallbladder attack 2/2009 (first and only so far). Cut out all sugar (except honey) from my diet 5/2009. Cut coffee a few weeks ago. Seems I get sick with a random fever & body aches every few months... I ALWAYS get sick after a major stressful event. Very rarely sick with congestion/cough, etc... just the fever and body aches.

Dental History: I have 3 very small amalgam fillings that I'm having removed 9/1/09. No braces, no root canals. Wisdom teeth removed in 1992.

Mom's dentistry: Mom has just a few amalgams. Don't know how many she had while pregnant.

Vaccinations: tetanus booster in 1997. Childhood vaccines 1972-1977. That's all I'm aware of.

Supplements (daily dosages given): Vit C (2.5 g); probiotics; zinc (125mg); selenium (100mcg); vit E (400IU); magnesium (800mg); vit K (90mcg); B-complex; B-12 (~1200mcg); vit d3 (5000IU when not out in the sun); CoQ10 (100mg); digestive enzymes 3x/day; kelp. I started ALL supplements 1 week before the hair test (in preparation for amalgam removal and subsequent chelation).

Other: saliva cortisol/hormone test + serum thyroid testing to be completed as soon as my testing kit arrives from ZRT.

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