

HAIR ELEMENTS



PATIENT: Number 339
SEX: Female
AGE: 41
LOCATION: Nacogdoches, Texas, USA

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	9.2	< 12		
Antimony	0.040	< 0.060		
Arsenic	0.076	< 0.090		
Barium	1.4	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	1.5	< 2.0		
Cadmium	0.019	< 0.050		
Lead	0.09	< 1.0		
Mercury	0.61	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.001	< 0.060		
Nickel	0.09	< 0.40		
Silver	0.11	< 0.10		
Tin	0.04	< 0.30		
Titanium	1.0	< 1.3		
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	391	475- 1500					
Magnesium	72	45- 180					
Sodium	150	80- 450					
Potassium	66	28- 160					
Copper	52	11- 30					
Zinc	200	130- 200					
Manganese	0.17	0.15- 0.65					
Chromium	0.39	0.40- 0.65					
Vanadium	0.023	0.018- 0.065					
Molybdenum	0.052	0.040- 0.10					
Boron	1.3	0.40- 4.0					
Iodine	0.88	0.25- 1.8					
Lithium	0.015	0.008- 0.030					
Phosphorus	351	250- 500					
Selenium	1.2	0.80- 1.3					
Strontium	2.5	1.0- 8.0					
Sulfur	52500	42000- 48000					
Cobalt	0.004	0.006- 0.035					
Iron	7.5	7.0- 16					
Germanium	0.029	0.030- 0.040					
Rubidium	0.075	0.030- 0.25					
Zirconium	4.4	0.040- 1.0					

SPECIMEN DATA				RATIOS		
COMMENTS:				ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 2/23/2010	Sample Size: 0.199 g			Ca/Mg	5.43	4- 30
Date Received: 3/1/2010	Sample Type: Pubic			Ca/P	1.11	1- 12
Date Completed: 3/6/2010	Hair Color: Brown			Na/K	2.27	0.5- 10
Client Reference: 1222999	Treatment:			Zn/Cu	3.85	4- 20
Methodology: ICP-MS	Shampoo: Suave			Zn/Cd	> 999	> 800
V010.08						

Health history for hair test 339

1. **History** - 40 yr old female - hypothyroidism, thyroid antibodies, hypoglycemia, adrenal fatigue, food allergies (gluten & casein), hormone imbalance, constipation, candida, granuloma anulare (rash for 20 years that kept spreading), SEVERE insomnia, anxiety, joint pain, hair loss - this list could go on forever. Had 12 amalgams as a child & all removed 4 months ago, stopped birth control pill 2 years ago after 23 years non-stop, took allergy shots as a child, 2 years with braces as a teenager.

Current symptoms - candida just won't go away and still have some insomnia, and rash slowly fading after taking zinc for the last week or so (50mg/day). Have taken nystatin for candida (got worse), nizoral (helped) and diflucan (completely gone, but came back). Now yeast is diflucan resistant. Started taking Candex which helped, but didn't go away completely, and I didn't want it to get "resistant". Since amalgam removal - I've developed a little sore in the bottom inside of mouth along the gum line. My teeth hurt every now and then when I chew (just a hamburger patty for example). It doesn't happen often and I can't trace it to anything I've taken or eaten - just seems random. Also, randomly, a headache at the base of my skull. It's only happened a few times.

2. Had 12 amalgams as a child & all removed 4 months ago with proper damn around teeth and with "gas mask".
3. Don't know about mother's dental history prior to my birth.
4. Had all vaccinations as a child and travel shots to go to Europe when I was about 12.
5. Supplements taken 3-6 months prior to test - Solaray one a day multi, 1000 mg Vit C, Started RAW iron capsules about 1 month before, Vit D 1500 mg, HCL & Source Naturals enzymes about 1 month before.
6. 41 years old, 146 pounds 5ft 7"
7. Been gluten & casein free for 11 months now - has helped in many ways. Now my diet is alot of raw vegetables, cooked vegetables & organic meats, nuts, and veggie chips for when I get the munchies. The only sugar is a LARAbar fruit bar once or twice a week and sometimes not at all.
8. I've lived in Nacogdoches, Texas, but before then Las Vegas, Denver, Dallas. Grew up in Houston.