



## **Health history for hair test 347**

1. **What are your current symptoms and health history?** brain fog, mental fatigue, upper body muscle pain, mental slowness, vision problems (near sightedness), neck strain, had a few lipomas that were removed when I was 15 and again when I was 32, inability to concentrate when reading books, feeling sleepy when driving long distance, hypoadrenalism (did the blood pressure test), feeling lightheaded when standing from a crouched position, feeling frustrated when challenged, fear eye contact (less so now), social anxiety.
2. **Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)** All 4 wisdom teeth removed 1997. No extraction. First amalgam while very young, maybe 8? I'm currently 34.
3. **What dental work do you currently have in place? What part of the dental clean-up have you completed?** removed all amalgams when I was 25 but did no chelation
4. **What dentistry did your mother have at any time before or during pregnancy?** I guess she would have amalgams as well. Not sure the extent.
5. **What vaccinations have you had and when (including flu and especially travel shots)?** No to flu and travel shots. Last vaccine taken in 1998 which triggered fatigue. Before that, the hep B vaccine when it was popular (can't remember the year - I'm guessing 92?)
6. **Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?** I have been doing chelation with 50mg DMSA, 50mg ALA, 100 mg Vitamin C for 2 months before hair test. krill oil, multivitamins, magnesium oil and ribose. I also took cilantro/chlorella (NDF) 4 months ago, immediately, I felt some relief, and more social.
7. **What is your age, height and weight?** 34, 5'8" and 170 lbs.
8. **Other information you feel may be relevant?** I am mostly vegetarian, only eating meat socially.
9. **What is your location – city & country (so that we can learn where certain toxins are more prevalent).** I was born and raised in the Manila, Philippines until the age of 18, I was near Sydney, Australia from 19-24 where I got my tetanus vaccination, in Vancouver, Canada from 25-now (34).