

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	1.0	< 7.0	██████████	<p><i>nice, I think aluminum is an issue, work on aluminum support supp</i></p>
Antimony	< 0.01	< 0.050	██████████	
Arsenic	0.049	< 0.060	██████████	
Barium	1.8	< 2.0	██████████	
Beryllium	< 0.01	< 0.020	██████████	
Bismuth	0.006	< 2.0	██████████	
Cadmium	0.018	< 0.050	██████████	
Lead	0.11	< 0.60	██████████	
Mercury	0.12	< 0.80	██████████	
Platinum	< 0.003	< 0.005	██████████	
Thallium	< 0.001	< 0.002	██████████	<p><i>recall any lead excretion can cause tooth/jaw grinding</i></p>
Thorium	< 0.001	< 0.002	██████████	
Uranium	0.003	< 0.060	██████████	
Nickel	0.14	< 0.30	██████████	
Silver	0.01	< 0.15	██████████	
Tin	0.06	< 0.30	██████████	
Titanium	0.36	< 0.70	██████████	
Total Toxic Representation			██████████	

*Suggestions for your consideration. As always, work with your Doctor. With love & hope. Dr. Amy*

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE					
			2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>	
Calcium	1610	300- 1200	██████████	██████████	██████████	██████████	██████████	<p><i>watch not too high on increase</i></p>
Magnesium	390	35- 120	██████████	██████████	██████████	██████████	██████████	
Sodium	25	20- 250	██████████	██████████	██████████	██████████	██████████	
Potassium	13	8- 75	██████████	██████████	██████████	██████████	██████████	
Copper	11	11- 37	██████████	██████████	██████████	██████████	██████████	
Zinc	230	140- 220	██████████	██████████	██████████	██████████	██████████	
Manganese	0.07	0.08- 0.60	██████████	██████████	██████████	██████████	██████████	
Chromium	0.33	0.40- 0.65	██████████	██████████	██████████	██████████	██████████	
Vanadium	0.030	0.018- 0.065	██████████	██████████	██████████	██████████	██████████	
Molybdenum	0.046	0.020- 0.050	██████████	██████████	██████████	██████████	██████████	
Boron	0.99	0.25- 1.5	██████████	██████████	██████████	██████████	██████████	<p><i>Support OK on UFE but watch levels</i></p>
Iodine	0.44	0.25- 1.8	██████████	██████████	██████████	██████████	██████████	
Lithium	0.009	0.007- 0.020	██████████	██████████	██████████	██████████	██████████	
Phosphorus	180	150- 220	██████████	██████████	██████████	██████████	██████████	
Selenium	0.98	0.55- 1.1	██████████	██████████	██████████	██████████	██████████	
Strontium	8.8	0.50- 7.6	██████████	██████████	██████████	██████████	██████████	
Sulfur	47600	44000- 50000	██████████	██████████	██████████	██████████	██████████	
Cobalt	0.006	0.005- 0.040	██████████	██████████	██████████	██████████	██████████	
Iron	7.4	7.0- 16	██████████	██████████	██████████	██████████	██████████	
Germanium	0.035	0.030- 0.040	██████████	██████████	██████████	██████████	██████████	
Rubidium	0.010	0.007- 0.096	██████████	██████████	██████████	██████████	██████████	
Zirconium	0.048	0.020- 0.42	██████████	██████████	██████████	██████████	██████████	

SPECIMEN DATA

RATIOS

<b>COMMENTS: 2896</b>				<p>ELEMENTS</p> <p>Ca/Mg</p> <p>Ca/P</p> <p>Na/K</p> <p>Zn/Cu</p> <p>Zn/Cd</p>	<p>RATIOS</p> <p>4.13</p> <p>8.94</p> <p>1.92</p> <p>20.9</p> <p>&gt; 999</p>	<p>EXPECTED RANGE</p> <p>4- 30</p> <p>1- 12</p> <p>0.5- 10</p> <p>4- 20</p> <p>&gt; 800</p>
Date Collected: 10/7/2009	Sample Size: 0.2 g					
Date Received: 10/12/2009	Sample Type: Head					
Date Completed: 10/19/2009	Hair Color: Brown					
Client Reference: 2896	Treatment:					
Methodology: ICP-MS	Shampoo: Giovanni					

### 1) What are your current symptoms and health history?

"Diagnosed" with "CFS" based on low ATP & glutathione, candida, Active EBV titers (since become non-active)

Episodes of debilitating fatigue

Lack of stamina

Physical exertion results in a crash the next day

Exercise never results in feeling good, just crashing

Poor stress response/ HPA axis. During periods of stress:

Stress causes cortisol to skyrocket off the charts and not come down for weeks or months after stressor is removed.

(High cortisol results in low serotonin and reverse T3 syndrome)

Tendency towards anxiety and depression, nocturnal panic attacks

Sensory overload

Weakness/need to lie down as a result of emotional stressor

Insomnia with anxiety: Wired but tired

Normally overweight and like to eat, but during stress episodes, no appetite, rapid weight loss, nausea

Sometimes orthostatic intolerance

Brain fog

Glutamate sensitive: when glutamate high and/or GABA low, brain feels neurologically (not psychologically) crazy

Episodes of runaway detox where I feel simultaneously like I am going crazy and dying.

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

I've had a lot of dental work.

Childhood: amalgams, childhood temp (metal) crowns:

Starting at age 7 or 8, I had a lot of fillings. There were enough that I started to have crowns, even at that age. When they do crowns, they drill around the tooth/amalgams to create the area where the crowns go. The flakes of mercury hang out in your cheek and get swallowed. I had a lot of that kind of work. I remember pulling my finger along my inside cheek line to remove the flakes - they couldn't be bothered to rinse/suction completely - and also swallowing pieces of Hg.

Adult: more amalgams and crowns, plus replacement of temp/children's crowns:

Those crowns were temporary children's crowns and had to be replaced in adulthood. Whole process over again. 10 crowns total. So you can imagine the amount of amalgam placed (if you need a crown it's because the tooth is mostly amalgam), then drilled out for temp/child crown, then drilled out again for adult crown. 3 are being replaced due to decay/damage (by IAOMT dentist) but 7 intact crowns remain.

Root canal several years ago (as an adult).

Wisdom teeth recently removed

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

My 2 remaining (not crowned) amalgams were replaced 2-3 months ago by IAOMT dentist (with composite called Voco)  
 Have recently had all wisdom teeth removed (due to decay, avoiding root canal).  
 Currently having 2 crowns replaced by IAOMT dentist due to decay.  
 7 crowns (one on top of root canal remain, awaiting \$12,000 to fall from sky)

4) What dentistry did your mother have at any time before or during pregnancy?  
 Several amalgams, several crowns

5) What vaccinations have you had and when (including flu and especially travel shots)?  
 I grew up in the Foreign Service and had extra vax, more than typical for that time (born 1965)  
 but nothing as bad as the more recent vax schedule.  
 Also had extra vax up to age 21 due to travel, such as yellow fever, gamma globulin  
 Also flu shots for 10 years until that last 2 years when I learned better.

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

#### SUPPLEMENTS

Category	Supplement	Dose	When	Since
GABA/Glutamate balancing	GABA	500 mg	night	2008
	Grapeseed Extract	100 mg	morning	2008
CBS(699T) +/- , CBS(A360A) +/-	Amy Yasko's Ammonia RNA	0.5 ml x 2	morning & night	Feb 2009
	Ora-Kidney	1	morning	Feb 2009
	Molybdenum	500 mcg	morning	Feb 2009
	Vitamin K	2100 mcg	morning	? 2009
	Yucca	sprinkle	occasionally w/ hi protein meals	Feb 2009
Methylation	Multivitamin - Neurological Formula	1/4 pill	night	May 2009
	Phosphorolated Serine complex	1 pill	night	May 2009
	FolaPro	1/4 pill	night	May 2009
	Intrinsi (old formula w/ MTHF)	1/4 pill	night	May 2009
	Perque B-12 (hydroxycobalamin)	1 pill	night	May 2009

MAO +/-	St. John's Wort	225 mg x 2	morning & night	Spring 2009
	Niacinimide	500 mg	morning	Spring 2009
	NADH	5 mg	morning	Spring 2009
Misc	Fibroplex Magnesium, as Mg bis-glycinate	150 mg	night	Oct 2008
	also has manganese	5 mg	"	"
	B6	50 mg	"	"
	thiamine	50 mg	"	"
	Vit D (Xymogen liquid D3)	1000- 3000 IU	morning	2008
	SAM-e	200 mg	morning	Spring 2009
	bio-identical progesterine subl trochee	100 mg	night	Oct 2009

7) Other information you feel may be relevant?

Around age 7-8, I developed TMJ, chronic non-ear-infection ear pain, intense green crust in morning shutting over eyes (not pink eye) - took half an hour of warm water compresses to clear), but other than that was normal, healthy child, although very emotionally sensitive (low endorphins I believe). I cant be sure where that fell relative to my first amalgams; it as about the same time.

TMJ could be due to dental dam being adult sized.

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

Born 1965  
Age 0-1: Rio de Janeiro  
Age 2-4: Brussels, Belgium  
Age 5: Ann Arbor, MI  
Age 6: Wash, DC  
Age 7-9: Bonn, Germany  
Age 10-13: Madrid, Spain  
Age 14-21: Wash, DC  
Aug 21-44: Austin, TX