

# HAIR ELEMENTS



**PATIENT:** Number 375 Test 1  
**SEX:** Female  
**AGE:** 44  
**LOCATION:** New Cany, Tx, USA

## POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	0.8	< 12		
Antimony	0.017	< 0.060		
Arsenic	0.21	< 0.090		
Barium	12	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.030	< 2.0		
Cadmium	0.043	< 0.050		
Lead	0.58	< 1.0		
Mercury	0.19	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.003	< 0.060		
Nickel	0.09	< 0.40		
Silver	0.05	< 0.10		
Tin	0.12	< 0.30		
Titanium	0.53	< 1.3		
Total Toxic Representation				

## 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	1070	475- 1500					
Magnesium	140	45- 180					
Sodium	510	80- 450					
Potassium	220	28- 160					
Copper	14	11- 30					
Zinc	150	130- 200					
Manganese	1.3	0.15- 0.65					
Chromium	0.39	0.40- 0.65					
Vanadium	0.027	0.018- 0.065					
Molybdenum	0.11	0.040- 0.10					
Boron	5.6	0.40- 4.0					
Iodine	9.9	0.25- 1.8					
Lithium	0.043	0.008- 0.030					
Phosphorus	415	250- 500					
Selenium	1.6	0.80- 1.3					
Strontium	13	1.0- 8.0					
Sulfur	47400	42000- 48000					
Cobalt	0.010	0.006- 0.035					
Iron	17	7.0- 16					
Germanium	0.036	0.030- 0.040					
Rubidium	0.32	0.030- 0.25					
Zirconium	0.13	0.040- 1.0					

### SPECIMEN DATA

**COMMENTS:**  
 Date Collected: 5/17/2010      Sample Size: 0.196 g  
 Date Received: 5/19/2010      Sample Type: Pubic  
 Date Completed: 5/23/2010      Hair Color: Brown  
 Client Reference: 1232198      Treatment:  
 Methodology: ICP-MS      Shampoo: Avalon Organics  
V010.08

### RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	7.64	4- 30
Ca/P	2.58	1- 12
Na/K	2.32	0.5- 10
Zn/Cu	10.7	4- 20
Zn/Cd	> 999	> 800

# HAIR ELEMENTS



**PATIENT:** Number 375- follow-up test

**SEX:** Female

**AGE:** 45

**LOCATION:** New Cany, Tx, USA

## POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	0.5	< 12	█	
Antimony	0.014	< 0.060	█	
Arsenic	0.32	< 0.090	████████████████████	
Barium	11	< 2.0	████████████████████	
Beryllium	< 0.01	< 0.020		
Bismuth	0.20	< 2.0	█	
Cadmium	0.014	< 0.050	█	
Lead	0.29	< 1.0	██	
Mercury	0.03	< 0.80	●	
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.001	< 0.060	●	
Nickel	0.13	< 0.40	██	
Silver	0.02	< 0.10	█	
Tin	0.05	< 0.30	█	
Titanium	0.59	< 1.3	██	
Total Toxic Representation			██████████	

## ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT µg/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	882	475- 1500			█		
Magnesium	130	45- 180			██		
Sodium	310	80- 450			████		
Potassium	140	28- 160			██████		
Copper	13	11- 30			████		
Zinc	170	130- 200			██		
Manganese	1.1	0.15- 0.65			██████████		
Chromium	0.37	0.40- 0.65		██	████		
Vanadium	0.017	0.018- 0.065		██	████		
Molybdenum	0.080	0.040- 0.10			████		
Boron	130	0.40- 4.0			████████████████		
Iodine	0.87	0.25- 1.8			██		
Lithium	0.026	0.008- 0.030			██████		
Phosphorus	333	250- 500			██		
Selenium	2.1	0.80- 1.3			████████████████		
Strontium	15	1.0- 8.0			██████████		
Sulfur	43700	42000- 48000			████		
Cobalt	0.007	0.006- 0.035		██	████		
Iron	8.8	7.0- 16			██		
Germanium	0.040	0.030- 0.040			██████████		
Rubidium	0.20	0.030- 0.25			████		
Zirconium	0.053	0.040- 1.0		██	████		

### SPECIMEN DATA

**COMMENTS:**  
 Date Collected: 6/3/2011      Sample Size: 0.201 g  
 Date Received: 6/6/2011      Sample Type: Pubic  
 Date Completed: 6/8/2011      Hair Color: Brown  
 Client Reference: 1280397      Treatment:  
 Methodology: ICP-MS      Shampoo: Green Mountain

### RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	6.78	4- 30
Ca/P	2.65	1- 12
Na/K	2.21	0.5- 10
Zn/Cu	13.1	4- 20
Zn/Cd	> 999	> 800



PATIENT: Number 375 - chelating for two years now, finished 112 rounds when this test was done.  
 SEX: Female  
 AGE: 46

### Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	1.0	< 12	
Antimony (Sb)	0.010	< 0.060	
Arsenic (As)	0.24	< 0.090	
Barium (Ba)	9.6	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.066	< 2.0	
Cadmium (Cd)	0.020	< 0.050	
Lead (Pb)	0.45	< 1.0	
Mercury (Hg)	0.04	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.001	< 0.060	
Nickel (Ni)	0.11	< 0.40	
Silver (Ag)	0.02	< 0.10	
Tin (Sn)	0.06	< 0.30	
Titanium (Ti)	0.50	< 1.3	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	1260	475- 1500			
Magnesium (Mg)	91	45- 180			
Sodium (Na)	240	80- 450			
Potassium (K)	66	28- 160			
Copper (Cu)	11	11- 30			
Zinc (Zn)	150	130- 200			
Manganese (Mn)	1.0	0.15- 0.65			
Chromium (Cr)	0.43	0.40- 0.65			
Vanadium (V)	0.018	0.018- 0.065			
Molybdenum (Mo)	0.078	0.040- 0.10			
Boron (B)	4.5	0.40- 4.0			
Iodine (I)	7.2	0.25- 1.8			
Lithium (Li)	0.023	0.008- 0.030			
Phosphorus (P)	320	250- 500			
Selenium (Se)	1.6	0.80- 1.3			
Strontium (Sr)	13	1.0- 8.0			
Sulfur (S)	44400	42000- 48000			
Cobalt (Co)	0.011	0.006- 0.035			
Iron (Fe)	9.2	7.0- 16			
Germanium (Ge)	0.032	0.030- 0.040			
Rubidium (Rb)	0.14	0.030- 0.25			
Zirconium (Zr)	0.060	0.040- 1.0			

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 8/3/2012	Sample Size: 0.201 g	Ca/Mg	13.8	4- 30
Date Received: 8/6/2012	Sample Type: Pubic	Ca/P	3.94	1- 12
Date Completed: 8/8/2012	Hair Color: Brown	Na/K	3.64	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	13.6	4- 20
	Shampoo: Green Mountain	Zn/Cd	> 999	> 800

## **Health history for hair test 375**

### **1. What are your current symptoms and health history?**

Current

Adrenal Fatigue - Diagnosed at Stage 5 - Cortisol Burden 11

Hypothyroidism - High RT3

History

Childhood allergies – food and environment – seemed to outgrow them.

MVP – Mitral Valve Prolapse – Diagnosed when 14

PCOS – Polycystic Ovarian Disease – Total hysterectomy at 29 yrs old.

### **2. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)**

First amalgam placed in mouth when I was about 19 years old, around 1985.

Wisdom teeth removed when I was about 26 years old.

Wore braces when I was about 27 years old for about two years.

Three more amalgams placed in mouth when I was about 32 years old.

### **3. What dental work do you currently have in place? What part of the dental clean-up have you completed?**

Removed all amalgams (4) around October 2008 by trained biological dentist.

### **4. What dentistry did your mother have at any time before or during pregnancy?**

Mother had 8 amalgams when pregnant with me.

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

Never had flu shots, but had almost everything else. Father was in the Navy so being in military and traveling had to endure many vaccinations.

All primary vaccinations 1966-1974 – Diphtheria, Tetanus, Pertussis, Polio, Smallpox, Typhoid, Measles, T.B. Tine

1976 – PPD

1982 – Diph-Tet, Mono-Vac

1983 – PPD

1985 – PPD

1986 – TBMV

1988 – Small pox, Tetanus Toxoid and Diphth Tox Comb, Yellow Fever

1988 – Meningococcal, Influenza, Oral Polio 1 and 2, Adeno virus 4 & 7, Rubella, Bicillin

2002 – Heb B #1 & #2, Heb A #1 & #2, Td

2003 – Heb B #3, Heb A #2

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

#### **Medications**

Compounded cortisol, 10, 10, 7.5, 7.5, 5 at bedtime. Stress dose when needed.

Cytomel T3 – 65mcg now. Increasing a little at a time to clear the RT3.

Bio-identical hormones.

#### **Supplements**

Magnesium Citrate 200mg – 3xs a day (During AC rounds)

Chelated Magnesium 200mg – 3xs a day

Super Vitamin B Complex – 4xs a day

Biotin 5,000mcg – 2xs a day

NAC 600mg – at night

Thorne B-Complex #5 – 4xs a day

Unique E 400mg – Morning

Thorne Copper Picolinate 2mg – Once a day, but last few weeks not been taking it.

Drenatrophin PMG – 3xs a day

Thorne CO-10 – 2xs a day  
Ultra Odorless Garlic – 1,000mg – At night  
Bio-tech D3-5 – 5,000 iu – at night  
Selenium 200mcg – Morning  
Thorne Pantethine 250mg – 4xs a day  
Thorne Adrenal Cortex – 3xs a day  
Pyridoxine P5P 275mg – Morning  
Jarrow's Milk Thistle – 150mg – Twice a day. I think I react to it if I take more than this.  
Lactoferrin 250mg – When I think of it.  
Bio-C Complex with Bioflavonoids – 500mg – 8xs a day  
Ashwagandha – 450mg – 4xs a day  
Perque Adrenao Distress Guard – 3xs a day  
Wild Oil of Oregano – 3 drops morning and night  
Candex Yeast Mgmt System – 2 pills – morning and night  
Mega b-12 dots – 5,000mcg – 2xs, morning and night  
Chromium Picolinate 200mcg – With meals - Just started for a week.  
Super Enzyme Caps – 2pills after every meal  
Iodoral 12.5mg Iodine – 1 pill – morning  
Iron Picolinate 25mg – Take 150 mg elemental total = 3xs a day on empty stomach  
Zinc 25mg – once a day. Can't take more or it will lower my cortisol too much.  
Betaine HCl 648mg – Take 2 pills with each meal.  
Flax seed oil, coconut oil, borage oil, primrose oil

#### **7.What is your age, height and weight?**

I am 44 years old, 5'9", and weigh 135 lbs. I should weigh about 125-127 but thyroid is still sluggish.

#### **8.Other information you feel may be relevant?**

Before my first symptoms appeared I was very active, didn't take vitamins, only meds I took was HRT. Then around the end of 2003 I had this weird tired feeling that would never leave me. Then I urinated a lot, feeling thirsty, and my hair, eyes, skin was getting dry. I then developed Rosacea. I went to my ob/gyn and did some blood work and everything came back normal. A year later the symptoms were getting worse. Hair would barely grow, was falling out. More dry, and more tired. Went back to ob/gyn and all blood work was normal again.

Year after year I was getting sicker, and spending money with doctors trying to figure out what was wrong with me. Doctors had me taking T4. Never felt good on it. By the time it was 2008 I weighed 113lbs, and was very sick. I thought I was dying. By this time I was taking matters into my own hands and began combing the Internet for answers. I took an adrenal stress test and discovered I was severe adrenal fatigue. Began to treat them, but I still felt it wasn't the root cause, something else was. Felt I was poisoned by something but not sure what. How can an active woman just begin to fall apart? Came across mercury symptoms which matched what I had. Had my amalgams removed immediately. Began chelation, the wrong way for 10 months, and had to stop because I was starting to feel bad from it. Four months later decided to discover a better way to chelate and came across AC protocol.

#### **9.What is your location – city & country (so that we can learn where certain toxins are more prevalent).**

New Caney, Texas - USA

Follow-up hair test May 2011

I have been chelating for a year now, finished 53 rounds when this second test was done.