

# HAIR ELEMENTS



**PATIENT: Number 383**  
**SEX: Female**  
**AGE: 60**  
**LOCATION: Alexandria, VA, USA**

## POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE	
			68 <sup>th</sup>	95 <sup>th</sup>
Aluminum	6.6	< 7.0		
Antimony	< 0.01	< 0.050		
Arsenic	0.020	< 0.060		
Barium	1.1	< 2.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.14	< 2.0		
Cadmium	< 0.009	< 0.050		
Lead	0.08	< 0.60		
Mercury	0.08	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.010	< 0.060		
Nickel	0.10	< 0.30		
Silver	0.01	< 0.15		
Tin	0.10	< 0.30		
Titanium	0.66	< 0.70		
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	608	300- 1200					
Magnesium	44	35- 120					
Sodium	20	20- 250					
Potassium	16	8- 75					
Copper	11	11- 37					
Zinc	300	140- 220					
Manganese	0.58	0.08- 0.60					
Chromium	0.29	0.40- 0.65					
Vanadium	0.013	0.018- 0.065					
Molybdenum	0.014	0.020- 0.050					
Boron	0.29	0.25- 1.5					
Iodine	1.0	0.25- 1.8					
Lithium	< 0.004	0.007- 0.020					
Phosphorus	247	150- 220					
Selenium	0.64	0.55- 1.1					
Strontium	1.5	0.50- 7.6					
Sulfur	46400	44000- 50000					
Cobalt	0.006	0.005- 0.040					
Iron	6.4	7.0- 16					
Germanium	0.031	0.030- 0.040					
Rubidium	0.016	0.007- 0.096					
Zirconium	0.077	0.020- 0.42					

### SPECIMEN DATA

**COMMENTS:**  
 Date Collected: 5/13/2010      Sample Size: 0.203 g  
 Date Received: 5/21/2010      Sample Type: Head  
 Date Completed: 5/28/2010      Hair Color: Brown  
 Client Reference: 1230577      Treatment:  
 Methodology: ICP-MS      Shampoo: Brocato

### RATIOS

ELEMENTS	RATIOS	EXPECTED RANGE
Ca/Mg	13.8	4- 30
Ca/P	2.46	1- 12
Na/K	1.25	0.5- 10
Zn/Cu	27.3	4- 20
Zn/Cd	> 999	> 800

## Health history for hair test 383

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

Total hysterectomy at age 29 (1979)

Graves' disease since 1994; thyroid ablated with radioactive iodine in 1995, autoantibodies still very high

Thyroid eye disease since 1994; several surgeries 1999 – 2010

Carpal tunnel since 2003

Trigger fingers (3) since 2008

Current symptoms (Graves' related?): fatigue, poor memory, no energy, weight gain (30 lbs since Graves'), wrist and finger pain, insomnia, high thyroid auto-antibodies, adrenal fatigue, can't handle stress anymore, no sense of well-being, very high thyroid auto-antibodies after 16 years of treatment.

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

1957 – 1965 A lot of metal fillings as a kid, occasional filling as adult (not sure of dates)

1987 1<sup>st</sup> root canal

2004 2<sup>nd</sup> root canal

2004 All metal fillings removed (didn't chelate) - replaced with composite crowns, onlays, fillings

2007/8 Two root canals removed, titanium implants/crowns inserted

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

I currently have no metal fillings or crowns, but I have two titanium implants and several composite fillings, onlays, and crowns. I have never done a detox or chelation protocol.

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

I don't know (parents are deceased)

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

Immunizations			Flu shots
		Diphtheria-Tetanus-Whooping	
4/1/1956	DPT Booster	Cough	11/28/1978
5/9/1956	Polio	Polio	10/29/1980
7/19/1956	Polio	Polio	9/23/1981
1/10/1957	Polio	Polio	10/12/1982
		Diphtheria-Tetanus-Whooping	
10/15/1959	DPT Booster	Cough	11/1/1983
10/15/1959		Smallpox	10/22/1984
4/22/1960	Polio	Polio	10/16/1985
9/21/1963		Sabin Oral Polio, Type I	12/1/1987
11/2/1963		Sabin Oral Polio, Type III	10/19/1989
12/7/1963		Sabin Oral Polio, Type III	11/1/1990
7/17/1978		Smallpox?	10/18/1993
7/17/1978	PPD?	TINE TEST-neg	11/12/1999
7/17/1978	Td	TET & DIPTH 1	2000
7/17/1978		Typhoid 1	2001
8/9/1978	Td	TET & DIPTH 2	2002
8/9/1978		Typhoid (2?)	2003
11/28/1978	OPV#1	Oral polio	9/1/2004
1/5/1979	OPV#2	Oral polio	9/1/2005
8/17/1979	Td	TET & DIPTH 3	10/1/2006
6/18/1980	OPV S/C?	Oral polio	11/28/2007
4/18/1988		Typhoid	
8/25/1989	Td	TET & DIPTH 4	
9/28/1995	HBV-1	Hepatitis B	
12/7/1995	HBV-2	Hepatitis B	
5/16/1996	HBV-3	Hepatitis B	

11/4/1998	PPD	TB TINE
11/12/1999	Td	TET & DIPTH 5
12/20/2002	PPD	TB TINE
12/20/2002	Td	TET & DIPTH 6
12/30/2002		Typhoid VI

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

<b>Prescription</b>		<b>Daily dose</b>
T4/T3 thyroid	Compounded	40mg/80mg
BiEst (estradiol & estriol)	Compounded cream	1 mg? (1mg/gm, take 1 ml)
Progesterone, 100mg	Compounded pill	100mg
Testosterone, 1 ml	Compounded cream	1mg
Gabapentin, 300mg		300mg

  

<b>Supplement</b>	<b>Brand</b>	<b>Daily dose</b>
DHEA	Complementary Prescriptions	10 mg
T2 Guanidine PX	WTSMed	1 tab
MethylProtect	Xymogen	1 tab
Ashwagandha	Life Extension	3 tabs
iodine/iodide	Iodoral	5mg/7.5mg
L-theanine	Life Extension	100mg
Melatonin Plus L-theanine	Schiff	3mg melatonin, 25mg L-theanine
Relax Now	Herbalife	1 tab
Relora	Source Naturals	500mg
Vitamin D drops, 2000 IU	Bio-D-mulsion	4000-6000mg
Calcium/Magnesium	Herbalife Lifeline	334mg/134mg
Krill Oil for women	Mercola	1000mg
Ubiquinol	Mercola	100mg
Whole Food Multivitamin	Mercola	½ daily dose recommended
Digestive Enzymes Ultra	Pure Encapsulations	2 tabs
Biotin	Pure Encapsulations	8mg
Probiotics (jarrow eps)	Jarrow EPS	1 tab
Selenium	Megafood or Whole Foods	50-100mg
Soft iron	Solgar Gentle Iron	12.5mg
B-Complex Plus	Pure Encapsulations	1 tab
Zinc (sometimes)	?	?
Adrenal complex (neonatal bovine)	Biotics Research Cytozyme AD	80mg
MSM powder	Biotics Research	1-3g
Buffered Vitamin C	Pure Encapsulations	2000-3000mg
Melatonin Plus	Schiff	28mg

Theanine		
Magnesium	?	250mg
Calcium/Magnesium	Herbalife Lifeline	334mg/134mg
Whey protein isolate	NOW	25mg protein

**7) Other information you feel may be relevant?**

I grew up in Grand Rapids, MI, which was the first city to fluoridate the city drinking water.

I have used hair dye for the last 25 years.

I think most of my symptoms are from Graves' disease. With Graves' disease, metabolism is greatly affected, hence mineral and vitamin metabolism.

My "holistic" doc thinks heavy metal toxicity may be why my thyroid auto-antibodies have remained so high after 16 years of treatment for my Graves'. The doc does not use Andy's protocol, and ordered a provoked urine test which showed very high lead and some others as elevated (not mercury). I did not start chelation (detoxamin) with that doc, as I have since started reading about Andy's protocol.

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

I have lived in a lot of cities. The location where I've spent the most time is Grand Rapids MI (1955 -74, 1995-98, 2005-6). My most recent locations are:

Oct 2009 to present	Alexandria VA
Aug08 – Sep09	Grand Rapids MI (except Jan–Apr 09 in Kona HI)
Sep06 – Aug08	San Antonio TX
Aug05 – Aug06	Grand Rapids MI
Jun00 – Aug05	Albuquerque NM

I have also lived in Philadelphia and Baltimore (as baby and toddler), Fort Wayne IN, Phoenix AZ, Rome NY, Colorado Springs CO, Sacramento CA, Rosamond CA, and Dayton OH.