



Hair Test _____
 Number 512
 Male
 Age: 59

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	14	< 12	
Antimony (Sb)	0.030	< 0.080	
Arsenic (As)	0.39	< 0.12	
Barium (Ba)	1.6	< 1.5	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.014	< 2.0	
Cadmium (Cd)	0.043	< 0.065	
Lead (Pb)	2.1	< 1.5	
Mercury (Hg)	0.42	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.069	< 0.060	
Nickel (Ni)	0.13	< 0.40	
Silver (Ag)	0.32	< 0.10	
Tin (Sn)	0.11	< 0.30	
Titanium (Ti)	0.65	< 0.70	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS							
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium (Ca)	646	375- 1100					
Magnesium (Mg)	58	40- 140					
Sodium (Na)	240	60- 400					
Potassium (K)	130	28- 160					
Copper (Cu)	16	11- 32					
Zinc (Zn)	190	120- 200					
Manganese (Mn)	0.34	0.15- 0.65					
Chromium (Cr)	0.43	0.40- 0.70					
Vanadium (V)	0.084	0.018- 0.065					
Molybdenum (Mo)	0.046	0.040- 0.080					
Boron (B)	0.93	0.40- 2.5					
Iodine (I)	0.54	0.25- 1.8					
Lithium (Li)	< 0.004	0.008- 0.030					
Phosphorus (P)	263	200- 300					
Selenium (Se)	0.90	0.80- 1.3					
Strontium (Sr)	1.6	1.0- 6.0					
Sulfur (S)	47500	41000- 47000					
Cobalt (Co)	0.15	0.006- 0.035					
Iron (Fe)	10	7.0- 16					
Germanium (Ge)	0.037	0.030- 0.040					
Rubidium (Rb)	0.22	0.030- 0.25					
Zirconium (Zr)	0.083	0.040- 1.0					

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 7/27/2011	Sample Size: 0.198 g	Ca/Mg	11.1	4- 30
Date Received: 8/15/2011	Sample Type: Pubic	Ca/P	2.46	0.8- 8
Date Completed: 8/17/2011	Hair Color:	Na/K	1.85	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	11.9	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

Health history for hair test 512

What are your current symptoms and health history?

Low energy, anxiety, eye allergies, brainfog, high startle reflex, blackouts when standing, irritability, social phobic, teeth clenching, noise intolerance, eye floaters, cognition, concentration & memory problems. All have been there more subtly for a few years; with a recent sudden, high exacerbation.

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

Never had wisdoms. Amalgams from 8-45 y.o. Removed 15 years ago. One root canal, lasted 10 years - now removed.

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

None other than ~12 composite resin fillings. My amalgams were removed late-1990s by a very conscientious anti-amalgam dentist, with dams, oxygen, DMPS, etc.

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

Amalgam fillings.

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

Probably had the triple antigens as a kid; flu a few times in the 1980s. But nothing for 30 years. Never had travel shots.

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

Bs, C, fish oils, selenium, zinc, & quite a few more, for years before test. Vit. E, ashwaganda & silymarin for 2 weeks before test.

What is your age, height and weight?

59, 5' 10", 61kg.

Other information you feel may be relevant?

I tend to think my symptoms are endocrine, & am not yet convinced that mercury is key. My amalgams went 15 years ago, & I haven't seen evidence that mercury can remain in the brain that long. If mercury had remained post-removal, it should be reducing steadily ('half-life in brain of 1-18 years'), in

which case my symptoms should be reducing instead of increasing.

However I am chelating with DMPS 12.5mg, which gives me a little euphoria & certainly takes away more than half of my brainfog. Coincidence? DMPS side-effect? Another metal? Don't know.

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

Now Laos - but spent most of my life in various parts of urban Australia.