



PATIENT: Number 540
 SEX: Female
 AGE: 58

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT μg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	18	< 7.0	
Antimony (Sb)	0.017	< 0.050	
Arsenic (As)	0.033	< 0.060	
Barium (Ba)	0.59	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.054	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.10	< 0.60	
Mercury (Hg)	0.05	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	2.4	< 0.060	
Nickel (Ni)	0.09	< 0.30	
Silver (Ag)	0.25	< 0.15	
Tin (Sn)	0.16	< 0.30	
Titanium (Ti)	0.27	< 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)	559	300- 1200	
Magnesium (Mg)	27	35- 120	
Sodium (Na)	350	20- 250	
Potassium (K)	20	8- 75	
Copper (Cu)	15	11- 37	
Zinc (Zn)	190	140- 220	
Manganese (Mn)	0.37	0.08- 0.60	
Chromium (Cr)	0.42	0.40- 0.65	
Vanadium (V)	0.15	0.018- 0.065	
Molybdenum (Mo)	0.065	0.020- 0.050	
Boron (B)	0.43	0.25- 1.5	
Iodine (I)	5.3	0.25- 1.8	
Lithium (Li)	0.017	0.007- 0.020	
Phosphorus (P)	141	150- 220	
Selenium (Se)	1.3	0.55- 1.1	
Strontium (Sr)	2.6	0.50- 7.6	
Sulfur (S)	45500	44000- 50000	
Cobalt (Co)	0.021	0.005- 0.040	
Iron (Fe)	7.3	7.0- 16	
Germanium (Ge)	0.037	0.030- 0.040	
Rubidium (Rb)	0.020	0.007- 0.096	
Zirconium (Zr)	0.34	0.020- 0.42	

COMMENTS:	SPECIMEN DATA		RATIOS	
	ELEMENTS	RATIOS	RANGE	
Date Collected: 10/1/2011 Date Received: 10/4/2011 Date Completed: 10/6/2011 Methodology: ICP/MS Sample Size: 0.204 g Sample Type: Head Hair Color: Brown Treatment: Shampoo: Nexus Therappe	Ca/Mg	20.7	4- 30	
	Ca/P	3.96	1- 12	
	Na/K	17.5	0.5- 10	
	Zn/Cu	12.7	4- 20	
	Zn/Cd	> 999	> 800	

Health History for hair test 540

1. **What are your current symptoms and health history?** My current symptoms are social anxiety, OCD, depression, irritability, mood swings, no motivation, fatigue, brain fog/memory loss, joint inflammation, and ringing in ears just to name a few. About 6 months ago finally tested for and diagnosed with hypothyroidism due to Hashimoto's Disease and started on Armour Thyroid. This seemed to help for a week or two and then the medication did not seem to make much difference. It started looking like the adrenals might be part of the problem. Currently waiting for test results of 24 hour saliva test.
2. **Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)** My wisdom teeth were impacted and removed at the same time when I was in my early 20's. I have not had any other extractions. The root canal was placed about 10 years ago. I never had braces. I had most of my dental work between 7-16 years of age and some fillings replaced, wisdom teeth out, etc. in my 20's and 30's. The last crown was a replacement 2 years ago.
3. **What dental work do you currently have in place? I currently have 7 crowns 1 filling and 1 or 2 root canals.** Prior to the dental cleanup which began about 3 weeks ago, 3 of these were amalgam fillings that were changed to crowns because the fillings were so large the dentist was not able to just fill them again. The 1 filling was amalgam and is now a new composite filling. One old crown had amalgam underneath and so far 2 did not. I will know about the last one in a few weeks.
4. **What part of the dental clean-up have you completed?** Six of the crowns are newly completed by a holistic dentist who followed proper procedures and the last one is scheduled to be checked for amalgam underneath and re-done in a couple weeks. If I am not already, I will be amalgam free then.
5. **What dentistry did your mother have at any time before or during pregnancy?** I am not sure and I can't find out because she has Alzheimer's Disease, but I know she still had some amalgam fillings. I did very recently learn through military records that I obtained that for the first 4 months she was pregnant with me she was training to be a dental technician. She was then discharged due to the pregnancy. (This was a long time ago!)
6. **What vaccinations have you had and when (including flu and especially travel shots)?** I had all of the normal childhood vaccinations that were required at the time.
7. **Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?** 90mg Armour Thyroid once a day and multi-vitamins.
8. **What is your age, height and weight?** 58 years old, 5'10" 165lbs.
9. **Other information you feel may be relevant?** I now suspect I have had this since I was very young. From elementary school on I was always very "shy" which I now recognize as the social anxiety typical of high functioning autism. I have a 15 year old nephew (sister's son) and an 11 year old grandson (daughter's son) both diagnosed with Asperger's Syndrome. I suspect my mother has always had mercury toxicity now that I understand it. She has always been very difficult to deal with and never could get along with ANYONE, suffered from depression but never had treatment and now has been diagnosed with Alzheimer's. Her mother had dementia as well. I suspect the high uranium finding is from a hair care product as I am not aware of anything else that may have caused it.
10. **What is your location – city & country (so that we can learn where certain toxins are more prevalent).** I have lived in Southern California - San Bernardino to San Diego most all of my life.