

HAIR ELEMENTS



PATIENT: Number 560
SEX: Male
AGE: 73

POTENTIALLY TOXIC ELEMENTS				
TOXIC ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE	
			68 th	95 th
Aluminum	2.1	< 7.0		
Antimony	0.021	< 0.066		
Arsenic	0.028	< 0.080		
Barium	0.25	< 1.0		
Beryllium	< 0.01	< 0.020		
Bismuth	0.002	< 2.0		
Cadmium	0.026	< 0.065		
Lead	0.59	< 0.80		
Mercury	0.19	< 0.80		
Platinum	< 0.003	< 0.005		
Thallium	< 0.001	< 0.002		
Thorium	< 0.001	< 0.002		
Uranium	0.002	< 0.060		
Nickel	0.08	< 0.20		
Silver	0.05	< 0.08		
Tin	0.08	< 0.30		
Titanium	0.40	< 0.60		
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS							
ELEMENTS	RESULT $\mu\text{g/g}$	REFERENCE RANGE	PERCENTILE				
			2.5 th	16 th	50 th	84 th	97.5 th
Calcium	436	200- 750					
Magnesium	28	25- 75					
Sodium	27	20- 180					
Potassium	18	9- 80					
Copper	12	11- 30					
Zinc	170	130- 200					
Manganese	0.08	0.08- 0.50					
Chromium	0.33	0.40- 0.70					
Vanadium	0.019	0.018- 0.065					
Molybdenum	0.019	0.025- 0.060					
Boron	0.26	0.40- 3.0					
Iodine	0.61	0.25- 1.8					
Lithium	< 0.004	0.007- 0.020					
Phosphorus	184	150- 220					
Selenium	0.59	0.70- 1.2					
Strontium	0.71	0.30- 3.5					
Sulfur	47400	44000- 50000					
Cobalt	0.016	0.004- 0.020					
Iron	7.4	7.0- 16					
Germanium	0.030	0.030- 0.040					
Rubidium	0.017	0.011- 0.12					
Zirconium	0.037	0.020- 0.44					

SPECIMEN DATA			RATIOS		
COMMENTS:			ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 5/9/2011	Sample Size: 0.201 g		Ca/Mg	15.6	4- 30
Date Received: 5/13/2011	Sample Type: Head		Ca/P	2.37	0.8- 8
Date Completed: 5/15/2011	Hair Color: Gray		Na/K	1.5	0.5- 10
Client Reference: 1276845	Treatment:		Zn/Cu	14.2	4- 20
Methodology: ICP-MS	Shampoo: Pantene 2in1		Zn/Cd	> 999	> 800



PATIENT: Number 560
 SEX: Male
 AGE: 73

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	0.9	< 7.0	
Antimony (Sb)	0.010	< 0.066	
Arsenic (As)	0.027	< 0.080	
Barium (Ba)	0.15	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.005	< 2.0	
Cadmium (Cd)	0.026	< 0.065	
Lead (Pb)	0.15	< 0.80	
Mercury (Hg)	0.06	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.002	< 0.060	
Nickel (Ni)	0.07	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.34	< 0.60	
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)	406	200- 750			
Magnesium (Mg)	34	25- 75			
Sodium (Na)	22	20- 180			
Potassium (K)	13	9- 80			
Copper (Cu)	11	11- 30			
Zinc (Zn)	170	130- 200			
Manganese (Mn)	0.04	0.08- 0.50			
Chromium (Cr)	0.41	0.40- 0.70			
Vanadium (V)	0.020	0.018- 0.065			
Molybdenum (Mo)	0.019	0.025- 0.060			
Boron (B)	0.62	0.40- 3.0			
Iodine (I)	0.22	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	173	150- 220			
Selenium (Se)	0.85	0.70- 1.2			
Strontium (Sr)	0.79	0.30- 3.5			
Sulfur (S)	49000	44000- 50000			
Cobalt (Co)	0.005	0.004- 0.020			
Iron (Fe)	6.2	7.0- 16			
Germanium (Ge)	0.031	0.030- 0.040			
Rubidium (Rb)	0.015	0.011- 0.12			
Zirconium (Zr)	0.014	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 11/16/2011		Ca/Mg	11.9
Date Received: 11/19/2011		Ca/P	2.35
Date Completed: 11/21/2011		Na/K	1.69
Methodology: ICP/MS		Zn/Cu	15.5
Sample Size: 0.196 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Gray	Treatment:		
Shampoo: Pantene			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

POTENTIALLY TOXIC ELEMENTS

TOXIC ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE		
			95 th	50 th	5 th
Aluminum	0.8	< 1.0			
Antimony	0.015	< 0.05			
Arsenic	0.040	< 0.05			
Beryllium	0.18	< 1.0			
Boron	< 0.01	< 0.02			
Barium	0.002	< 1.0			
Cadmium	< 0.005	< 0.05			
Caesium	0.33	< 1.0			
Cerium	0.27	< 1.0			
Chromium	< 0.003	< 0.03			
Cobalt	< 0.003	< 0.03			
Copper	< 0.003	< 0.03			
Fluorine	< 0.003	< 0.03			
Iron	0.002	< 0.05			
Lead	0.13	< 1.0			
Lithium	0.01	< 1.0			
Li	0.08	< 1.0			
Manganese	0.34	< 1.0			

See Test Interpretation

ESSENTIAL AND OTHER ELEMENTS

ELEMENTS	RESULT µg/g	REFERENCE RANGE	PERCENTILE				
			2.5 th	10 th	50 th	90 th	97.5 th
Calcium	449	100- 300					
Magnesium	35	20- 70					
Sulfur	73	20- 200					
Zinc	8	5- 40					
Copper	52	10- 50					
Zinc	178	100- 200					
Manganese	0.05	0.05- 0.10					
Chromium	0.32	0.20- 0.30					
Niobium	0.043	0.034- 0.045					
Nickel	0.016	0.010- 0.020					
Bromine	0.30	0.20- 0.3					
Iodine	0.61	0.20- 1.8					
Lithium	< 0.004	0.003- 0.005					
Phosphorus	587	100- 200					
Aluminum	0.87	0.20- 1.0					
Selenium	1.2	0.20- 0.3					
Strontium	48400	44000- 50000					
Cobalt	0.007	0.004- 0.009					
Iron	7.8	1.0- 14					
Vanadium	0.009	0.005- 0.010					
Barium	0.008	0.004- 0.010					
Zirconium	0.025	0.005- 0.010					

SPECIMEN DATA

RATIOS

COMMENT:	SPECIMEN DATA		RATIOS		
			ELEMENTS	RATIOS	EXPECTED RANGE
Date Collected: 10/28/2010	Sample Size: 0.196 g	Ca/Sr	12.8	4- 20	
Date Received: 1/7/2011	Sample Type: Blood	Ca/P	3.88	1.0- 4	
Date Completed: 1/6/2011	Base Color: Grey	Sr/S	5.8	1.0- 10	
Client Reference:	Treatment:	Zn/Cr	14.2	4- 20	
Methodology: SOP-05	Skusor:	Zn/Cr	< 100	1- 100	

Health history for hair test 561

THE THREE TEST DATES ARE:

28 December 2010

Supplements: Ascorbic acid 8gm, Probiotics 112bn VSL#3 plus 50bn CP-1, Omega3 fish oil 3x1gm, HCL/pepsin 3x324 + 5mg, zinc 1 x 22mg, B6 (p5p) 3 x 5mg.

9 May 2011

Supplements: Ascorbic acid 6gm, Magnesium ascorbate 3gm, Probiotics - VSL#3 450bn + CP-1 50bn, Milk Thistle 3 x 500mg, Vit E (natural) 1x 400iu, B6 (p5p) 4 x 50mg.

16 November 2011

Supplements: Magnesium ascorbate 12gm, Probiotics - VSL#3 450bn + CP-1 50bn, Milk Thistle 3 x 500mg, Vit E (natural) 1x 400iu, B6 (p5p) 4 x 50mg. Niacinamide 3 x 500mg, Zinc 2 x 22mg, Chromium 2 x 400iu, Flax seed oil 3 x 1gm.

OTHER RELEVANT DATES:

11 February 2011

Started on Huggins supplement protocol

23 February 2011

Full 'all in one go' dentistry by Huggins trained and accredited dentists. All amalgam removed plus root canal teeth. Symptoms much worse following dentistry plus additional problems, especially severe dizziness and balance problems. mercury spill???

24 March 2011

Stopped Huggins detox protocol. Very bad reaction and it didn't seem to make sense anyway.

3 April 2011

Started DMSA 3 days fdc @ 12.5mg eventually building up to 25mg.

30 May 2011

Added ALA 3 days fdc @ 6mg.

5 October 2011

Stopped DMSA after having to progressively reduce to 3mg doses. Progressively increased (I think) liver related bad side effects. I had less redistribution after continuing ALA alone. Also increasing dose frequency helped.

26 October 2011

Taking rest from ALA following bad physical side effects and redistribution even after having reduced dosage to 0.75mg at 2 & 2.5 hourly intervals.

PRESENT AND RECENT SYMPTOMS:

Brain fog & mental lock-up

Severe tinnitus

Mental fatigue resulting in extreme drowsiness and severe pressure in front of head which in turn blurred vision.

Very slow interpretation of what I see hear or read,

Very good basic memory but inability to access or plant things in memory.

Poor short term memory - often unable to remember what I did a minute ago.

Before onset of problem I had been rated with extremely high IQ and was able to work very complex mathematical problems in my head. Since then and up until the present I cannot handle any but the simplest addition and subtraction.

Sleep problems - periods of drowsiness during the day especially after meals and difficulty sleeping at night due to severe and sometimes unbearable pressure in head. (some time ago test revealed fast liver phase one. Niacinamide and B6 have gone some way in relieving night time sleep problem)

Diet, high dosage probiotics and Cutler FDC have considerably reduced the symptoms but I still feel I have a long way to go.

In spite of these problems I have always to this day been able to maintain an exceptionally high level of physical fitness except for some serious dips caused by DMSA & ALA fdc.

Regular and frequent endurance exercise has always vital in helping to reduce symptoms.

I am 73 years of age, 1.8m tall and weigh 63kg. I was born in the UK and moved to CT with my parents at age 9. My wife and I moved to the UK 14 years ago and have been living in Hartland near the north Devon coast.

SOME MORE HISTORY;

Symptoms (very severe) originally occurred at age 14 or 15 when I was living in Camps Bay, Cape Town. I was unable to finish my schooling.

Possible contributory factors were:

Traumatic school experience due to extreme emotional abuse at hands of teaching brothers at Christian Brothers College. (I understand, from research I have found, that trauma can cause gut bacteria imbalances opening the way to pathogenic overgrowth. I guess it is difficult to establish what came first but could this have been a vulnerability that allowed the mercury to take hold? I would appreciate your comments on that.)

Vaccinations required for travel to UK and to northern parts of SA

Heavy orthodontistry involving braces and metal bands on ALL teeth.

Handling loose mercury in school lab.

From age 10 I developed a very high degree of physical fitness spending much of my time climbing Table Mountain and the Apostles. I guess that this has been a factor in protecting physical functions from mercury?

Over the first 15 years or so after onset and before I had my first amalgam fillings symptoms gradually eased but were still debilitating. Following amalgam dentistry my symptoms got much worse to the extent that eventually I was unable to hold down any formal employment.

Also, a while later I was persuaded to consult a psychiatrist. Psychiatric drugs did an enormous amount of damage. The worse things got the more drugs they added. I was also subjected to EEG treatment. Due to the effect of this treatment I was hospitalised in Groote Schuur psychiatric ward and Valkenburg for a total of about two and a half years. I eventually took myself off of the drugs and after very severe withdrawal symptoms returned to the state I was in prior to psychiatric treatment. Knowing what I know now I don't believe that I have ever had any basic psychiatric or psychological problems.

About five years ago, with the help of a local nutritionist, I embarked on the nutritional approach. Initial tests showed up pathogenic gut bacteria overgrowth and in particular extremely heavy clostridia. Also

yeast problems. Diet plus high dose probiotics and a garlic product AllicinMax eventually got those under control. Symptoms normally associated with the mental aspect of CFS were considerably eased and IBS symptoms completely fixed. I was soon able to get back to work for the first time for something like 25 years. It all came tumbling down again after the doctor gave me steroids for an inflammation problem.

I only discovered the mercury aspect about a year ago.

I hope you will find aspects of my story helpful for your research. I will always be happy to fill in any of the finer details.