



PATIENT: Number 566
 SEX: Male
 AGE: 44

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.1	< 7.0	
Antimony (Sb)	0.010	< 0.066	
Arsenic (As)	0.069	< 0.080	
Barium (Ba)	0.16	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.009	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.02	< 0.80	
Mercury (Hg)	0.17	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.029	< 0.060	
Nickel (Ni)	0.06	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.06	< 0.30	
Titanium (Ti)	0.18	< 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)	456	200- 750			
Magnesium (Mg)	44	25- 75			
Sodium (Na)	10	20- 180			
Potassium (K)	8	9- 80			
Copper (Cu)	13	11- 30			
Zinc (Zn)	210	130- 200			
Manganese (Mn)	0.05	0.08- 0.50			
Chromium (Cr)	0.47	0.40- 0.70			
Vanadium (V)	0.034	0.018- 0.065			
Molybdenum (Mo)	0.031	0.025- 0.060			
Boron (B)	2.3	0.40- 3.0			
Iodine (I)	0.23	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	174	150- 220			
Selenium (Se)	6.0	0.70- 1.2			
Strontium (Sr)	0.46	0.30- 3.5			
Sulfur (S)	47400	44000- 50000			
Cobalt (Co)	0.006	0.004- 0.020			
Iron (Fe)	6.2	7.0- 16			
Germanium (Ge)	0.032	0.030- 0.040			
Rubidium (Rb)	0.009	0.011- 0.12			
Zirconium (Zr)	0.072	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 11/13/2011		Ca/Mg	10.4
Date Received: 11/28/2011		Ca/P	2.62
Date Completed: 12/1/2011		Na/K	1.25
Methodology: ICP/MS		Zn/Cu	16.2
Sample Size: 0.136 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Black	Treatment:		
Shampoo: Amer Crew Moisture			
		RANGE	
		4- 30	
		0.8- 8	
		0.5- 10	
		4- 20	
		> 800	

Health history for hair test 566

What are your current symptoms and health history?

Currently: depression, tiredness, low energy, fatigued by late afternoon, lack of motivation, hard time focusing on tasks, hard time caring about tasks, sometimes disconnected spaciness, irritability, short fuse, anger, dark moods, thinking feels slow and labored, can't hold big picture in mind, fear of being found out as a phony, tend to get overwhelmed by high-energy enthusiastic people, cold hands/feet something to point of no feeling, can't get warm until lay down to sleep then hands go flush, distracted obsessive thinking, trouble with memory, undereat/underweight, muscle weakness, sciatica

Past: tonsils out as quite young child; appendix out in early teens; bouts of IBS from teens to early thirties; depression common but "low-grade"; functional, productive member of society hiding out in the open; not "sick" in any large sense, but far from thriving (is it in my head, or is it in head?!)

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

cavities and fillings began in early grade school; oral surgery to remove and make room for teeth in conjunction with braces as a pre-teen; wisdom teeth out in early 20's; root canal late 20's;

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

currently, from self inspection, it appears I have 3 molars with silver fillings and 2 crowns

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

unknown

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

standard childhood vaccines from late 60's through 70's; tetanus booster > 10yrs ago?; no flu shots! As an aside, I do remember playing with mercury, in class, in the 6th grade a couple times.

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

Vitamin D3 10,000-20,000 IU daily for about a month before the hair test [I tested low for vit. D so I'm megadosing now and have retest coming up soon]

What is your age, height and weight?

44, 5'6", 110lbs

Other information you feel may be relevant?

Stress is a major factor here. The past 4-5 years have been just intense with work stress, economic stress, relationship stress, family stress, etc. Even prior to that, in the high-tech startup world, stress was a given and even a badge of honor. But, again, these past years have been something else. In terms of being "sick", I'm not laid-out sick. But I'm feeling really taxed to hold life/work/family together and am trying to figure out if it's purely mental or is there a physiological piece to it before I go over the edge.

Since the hair test, just the past couple weeks actually, and in addition to the D3, I've been taking Histidine, Tyrosine, and 5HTP. Big help in terms of mood. Still have trouble concentrating/focusing (probably even moreso) and still peter out by end of day.

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

Sacramento, CA, USA (born in NYC, grew up in Los Angeles)