



PATIENT: Number 645
 SEX: Female
 AGE: 40

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	5.7	< 7.0	
Antimony (Sb)	0.013	< 0.050	
Arsenic (As)	0.036	< 0.060	
Barium (Ba)	0.29	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.007	< 2.0	
Cadmium (Cd)	0.021	< 0.050	
Lead (Pb)	0.25	< 0.60	
Mercury (Hg)	0.84	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.025	< 0.060	
Nickel (Ni)	0.53	< 0.30	
Silver (Ag)	5.0	< 0.15	
Tin (Sn)	0.11	< 0.30	
Titanium (Ti)	0.35	< 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)	752	300- 1200			
Magnesium (Mg)	74	35- 120			
Sodium (Na)	180	20- 250			
Potassium (K)	29	8- 75			
Copper (Cu)	34	11- 37			
Zinc (Zn)	170	140- 220			
Manganese (Mn)	0.27	0.08- 0.60			
Chromium (Cr)	0.45	0.40- 0.65			
Vanadium (V)	0.027	0.018- 0.065			
Molybdenum (Mo)	0.043	0.020- 0.050			
Boron (B)	1.1	0.25- 1.5			
Iodine (I)	0.34	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	192	150- 220			
Selenium (Se)	0.68	0.55- 1.1			
Strontium (Sr)	1.3	0.50- 7.6			
Sulfur (S)	46400	44000- 50000			
Cobalt (Co)	0.006	0.005- 0.040			
Iron (Fe)	7.1	7.0- 16			
Germanium (Ge)	0.032	0.030- 0.040			
Rubidium (Rb)	0.029	0.007- 0.096			
Zirconium (Zr)	0.049	0.020- 0.42			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 8/12/2012		Ca/Mg	10.2
Date Received: 8/15/2012		Ca/P	3.92
Date Completed: 8/16/2012		Na/K	6.21
Methodology: ICP/MS		Zn/Cu	5
Sample Size: 0.2 g	Sample Type: Head	Zn/Cd	> 999
Hair Color:	Treatment:		
Shampoo:			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	

Health history for hair test 645

1. What are your current symptoms and health history?

Anxiety, need to take magnesium every day to calm my nerves, mental lack of focus/confusion. No significant health history, went to the doctor once 12 years ago for kidney stones.

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

Wisdom teeth removed when around age 10? One root canal age 29. Braces for almost 3 years as a teenager. First amalgam filling as a young child. Ended up with at least 8 amalgam fillings, many had to be redone as the cavities grew larger underneath them. Then in 2008 had all my amalgam fillings removed in India per the recommendation of a dentist there by a trusted source (I was there anyway). It was awful! The dentist just hacked away at them with NO precautions, vapors and pieces going everywhere, I swallowed many large and tiny chunks of filling. And many he did not completely take out but simply covered up with white filling.

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

Since being back in the US I have had 5 of the teeth redone with the white fillings and have hopefully just one more to go, where the metal is underneath the white filling. I will be getting a crown, and apparently I will need a few more crowns in the years to come.

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

Mom had 2 amalgam fillings prior to pregnancy.

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

Hepatitis A and B, tetanus, MMR. No flu or pneumonia shots.

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

No medications. Almost daily magnesium, or kava kava for nerves. Melatonin 1 mg most days. Daily astaxanthin, chlorella (1tsp), bluegreen algae (0.5 tsp), spirulina (1.5 tsp) Alive multivitamin, DHA, D3, turmeric (0.3 tsp).

7. What is your age, height and weight?

40 years old, height 67", weight 139 lb

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

Grew up in Campbellsport, WI, 4 years in Stevens Point, WI, 1 year Ashville, NC, one year Fort Collins, CO, 3 years Oakland, CA, 2 years Sebastopol, CA, 4 years Kerala, India, 1 year Santa Fe, NM, last year in Wausau, WI