



PATIENT: Number 658
 SEX: Male
 AGE: 38

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	0.9	< 7.0	
Antimony (Sb)	0.011	< 0.066	
Arsenic (As)	0.025	< 0.080	
Barium (Ba)	0.38	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.22	< 2.0	
Cadmium (Cd)	0.009	< 0.065	
Lead (Pb)	0.41	< 0.80	
Mercury (Hg)	0.86	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.001	< 0.060	
Nickel (Ni)	0.06	< 0.20	
Silver (Ag)	0.04	< 0.08	
Tin (Sn)	< 0.02	< 0.30	
Titanium (Ti)	0.28	< 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)	269	200- 750			
Magnesium (Mg)	25	25- 75			
Sodium (Na)	7	20- 180			
Potassium (K)	4	9- 80			
Copper (Cu)	8.8	11- 30			
Zinc (Zn)	190	130- 200			
Manganese (Mn)	0.06	0.08- 0.50			
Chromium (Cr)	0.40	0.40- 0.70			
Vanadium (V)	0.014	0.018- 0.065			
Molybdenum (Mo)	0.017	0.025- 0.060			
Boron (B)	0.61	0.40- 3.0			
Iodine (I)	0.39	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	191	150- 220			
Selenium (Se)	0.60	0.70- 1.2			
Strontium (Sr)	0.48	0.30- 3.5			
Sulfur (S)	47800	44000- 50000			
Cobalt (Co)	0.009	0.004- 0.020			
Iron (Fe)	5.4	7.0- 16			
Germanium (Ge)	0.034	0.030- 0.040			
Rubidium (Rb)	< 0.003	0.011- 0.12			
Zirconium (Zr)	0.007	0.020- 0.44			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 4/5/2012	Sample Size: 0.2 g	Ca/Mg	10.8	4- 30
Date Received: 4/9/2012	Sample Type: Head	Ca/P	1.41	0.8- 8
Date Completed: 4/13/2012	Hair Color: Brown	Na/K	1.75	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	21.6	4- 20
	Shampoo: Aubrey	Zn/Cd	> 999	> 800

Health history for hair test 658

- 1. What are your current symptoms and health history?** In my late 30s and have always been a nervous person. Have some weakness problems (mainly in my legs). My main problems are nervous problems like anxiety, phobias, panic attacks and agoraphobia. They're not as bad as a lot of people I read about on here but they're bad enough to mess up my social life and work life. Have heart palpitations, peeling lips, constipation (magnesium really helps), hypoglycemia and blood sugar problems, premature graying. Big one is I don't sweat when in the heat and will stay bone dry, also inability to handle the heat (cold is no problem). I AM able to sweat like when I'm hot in bed or get nervous, it's just the thermostat isn't working quite right to sweat when needed. That's the main stuff that is coming to mind.
- 2. Dental history (Wisdom teeth removed and when? Any other extractions. First root canal placed? Braces? First amalgam etc...)** I never had any mercury fillings or root canals or crowns or braces or retainers. Top two wisdom teeth have been removed. One bottom one needs to come out when I feel better able to handle the stress (the tooth is no immediate danger).
- 3. What dental work do you currently have in place? What part of the dental clean-up have you completed?** Only composite fillings made of plastic. That's it.
- 4. What dentistry did your mother have at any time before or during pregnancy?** My mother had a mouthful (literally) of mercury fillings placed when she was about 15 years-old or so. Her health went immediately downhill fast.
- 5. What vaccinations have you had and when (including flu and especially travel shots)?** Just standard vaccinations for school with the last one being in 1980. My mother never trusted the vaccinations. I was also really ill after getting one in the late 1970s so she made sure I only got what was absolutely needed and that was it. Never had any flu shots or anything. 32 years since I had my last vaccination/shot.
- 6. Supplements and medications (including dosages) taken at time of hair test, or for the 3-6 months before the sample was taken?** Only REGULAR supplement was Source Naturals magnesium malate. Off and on multivitamin, fish oil, b12, b-complex..
- 7. What is your age, height and weight?** 38 years-old, 6'1", 151 pounds or so.
- 8. Other information you feel may be relevant?** HEAVY tuna fish eater, have been since the early 1990s. The symptoms I have now aren't really new--just the same ones getting worse over time. I crashed pretty big summer of 2011 with the hot summer (no sweating) and I was working without air conditioning. all of which really stressed me out. I stopped eating all fish for good January 2012 when I decided that the mercury from the fish had to be my problem. Have more-or-less held my own with nothing getting worse since stopping the tuna fish.