



PATIENT: Number 699  
 SEX: Female  
 AGE: 42

## Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)		1.9	< 12	
Antimony (Sb)		0.016	< 0.060	
Arsenic (As)		0.12	< 0.090	
Barium (Ba)		0.60	< 2.0	
Beryllium (Be)		< 0.01	< 0.020	
Bismuth (Bi)		0.004	< 2.0	
Cadmium (Cd)		0.012	< 0.050	
Lead (Pb)		0.32	< 1.0	
Mercury (Hg)		1.1	< 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)		0.09	< 0.40	
Silver (Ag)		0.03	< 0.10	
Tin (Sn)		0.06	< 0.30	
Titanium (Ti)		0.34	< 1.3	
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS					
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>	
Calcium (Ca)		424	475- 1500		
Magnesium (Mg)		100	45- 180		
Sodium (Na)		140	80- 450		
Potassium (K)		88	28- 160		
Copper (Cu)		9.0	11- 30		
Zinc (Zn)		230	130- 200		
Manganese (Mn)		0.29	0.15- 0.65		
Chromium (Cr)		0.40	0.40- 0.65		
Vanadium (V)		0.030	0.018- 0.065		
Molybdenum (Mo)		0.076	0.040- 0.10		
Boron (B)		2.9	0.40- 4.0		
Iodine (I)		4.4	0.25- 1.8		
Lithium (Li)		0.008	0.008- 0.030		
Phosphorus (P)		216	250- 500		
Selenium (Se)		1.3	0.80- 1.3		
Strontium (Sr)		1.1	1.0- 8.0		
Sulfur (S)		45300	42000- 48000		
Cobalt (Co)		0.009	0.006- 0.035		
Iron (Fe)		5.7	7.0- 16		
Germanium (Ge)		0.029	0.030- 0.040		
Rubidium (Rb)		0.11	0.030- 0.25		
Zirconium (Zr)		0.024	0.040- 1.0		

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 11/29/2012	Sample Size: 0.197 g	Ca/Mg	4.24	4- 30
Date Received: 12/06/2012	Sample Type: Pubic	Ca/P	1.96	1- 12
Date Completed: 12/10/2012	Hair Color:	Na/K	1.59	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	25.6	4- 20
	Shampoo: Natural Soap	Zn/Cd	> 999	> 800

## **Health history for hair test 699**

I have attached the hair elements test above . I am reading Andy Cutlers book on interpreting the test but am foggy headed at the moment and find it confusing . I am not sure if i have deranged mineral transportation or not ? ( I think not ) I have elevated mercury levels but not sure how bad it is ? My level of copper is low , i am not sure if this means i am not excreting copper and it is really high ? Similarly my levels of zinc were high ? But Andy seems to suggest that means i am really zinc deficient .

Brief History I have severe chronic fatigue syndrome for 25 years . I was given a DMPS challenge test about 5 years ago . The doctor said my levels of mercury were the highest he had seen (I am currently trying to get a copy of that original test ) He treated me with monthly DMPS iv pushes for about 4 or 5 months before i had a bad reaction to one and got very jaundiced and sick and had to stop . I was tested about 14 months ago and my glutathione levels were very low , a doctor put me on a supplement programme to dramatically raise my levels of glutathione , he told me the glutathione would detox the mercury . Instead it made me the sickest i have ever been for about a year . I am on the Andy Cutler protocol for the past two months and very very slowly improving but its tough.

I am taking all the supplements he recommends for the past two months Vit C , b12 , vit e , adrenal cortex , B complex , selenium , dhea , curcumin , fish oils , borage oil , magnesium , ox bile , digestive enzymes . Recently i added Zinc also

Also taking DMSA every 8 hours, one week on and one week off.

I have never had any metal fillings or crowns or bridges . I got my wisdom teeth removed about 4 years ago.

I have had all the normal childhood vaccinations , i never have had a flu shot and minimal if any travel vaccinations . I dont know where i picked up so much mercury . I was eating fish about 3 times a week ( but not the very high mercury fish like Tuna )

I grew up in Ireland and only moved to the US 8 years ago . I had all the mercury problems before i came to the USA .

I am 42 years old and weigh 119 pounds , height 5, 5

Any help would be so greatly appreciated . I am too sick to work or function really and need all the good advice i can get .