



SEX: Male
AGE: 29

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.0	< 7.0	
Antimony (Sb)	< 0.01	< 0.066	
Arsenic (As)	0.044	< 0.080	
Barium (Ba)	0.07	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.02	< 0.80	
Mercury (Hg)	0.52	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.007	< 0.060	
Nickel (Ni)	0.01	< 0.20	
Silver (Ag)	0.01	< 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)	181	200- 750	
Magnesium (Mg)	20	25- 75	
Sodium (Na)	8	20- 180	
Potassium (K)	4	9- 80	
Copper (Cu)	8.4	11- 30	
Zinc (Zn)	170	130- 200	
Manganese (Mn)	0.04	0.08- 0.50	
Chromium (Cr)	0.29	0.40- 0.70	
Vanadium (V)	0.025	0.018- 0.065	
Molybdenum (Mo)	0.022	0.025- 0.060	
Boron (B)	0.15	0.40- 3.0	
Iodine (I)	0.14	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	153	150- 220	
Selenium (Se)	0.73	0.70- 1.2	
Strontium (Sr)	0.12	0.30- 3.5	
Sulfur (S)	42300	44000- 50000	
Cobalt (Co)	0.003	0.004- 0.020	
Iron (Fe)	5.0	7.0- 16	
Germanium (Ge)	0.019	0.030- 0.040	
Rubidium (Rb)	0.003	0.011- 0.12	
Zirconium (Zr)	0.008	0.020- 0.44	

SPECIMEN DATA	RATIOS		
COMMENTS: Results checked.	ELEMENTS	RATIOS	RANGE
Date Collected: 12/20/2012	Ca/Mg	9.05	4- 30
Date Received: 12/27/2012	Ca/P	1.18	0.8- 8
Date Completed: 01/03/2013	Na/K	2	0.5- 10
Methodology: ICP/MS	Zn/Cu	20.2	4- 20
Sample Size: 0.201 g	Zn/Cd	> 999	> 800
Sample Type: Head			
Hair Color: Brown			
Treatment:			
Shampoo:			



SEX: Male
AGE: 31

DOCTOR: , MD
Neurological Research Institute Llc
279 Walkers Mills Rd
Bethel, ME 04217 U.S.A.

Does to your doctor always

Toxic & Essential Elements; Hair

TOXIC METALS			
		RESULT µg/g	REFERENCE INTERVAL
Aluminum (Al)		2.2	< 7.0
Antimony (Sb)		< 0.01	< 0.066
Arsenic (As)		0.057	< 0.080
Barium (Ba)		< 0.04	< 1.0
Beryllium (Be)		< 0.01	< 0.020
Bismuth (Bi)		0.002	< 2.0
Cadmium (Cd)		< 0.009	< 0.065
Lead (Pb)		0.03	< 0.80
Mercury (Hg)		0.19	< 0.80
Platinum (Pt)		< 0.003	< 0.005
Thallium (Tl)		< 0.001	< 0.002
Thorium (Th)		< 0.001	< 0.002
Uranium (U)		0.008	< 0.060
Nickel (Ni)		0.03	< 0.20
Silver (Ag)		< 0.006	< 0.08
Tin (Sn)		0.02	< 0.30
Titanium (Ti)		0.42	< 0.60
Total Toxic Representation			

PERCENTILE 68th 95th

Al 2.28C opt. Methyl

As/Pb/PbPC + DHA

+ All in One

+ Ba Calm E

EDTA soap

dirty?

consider MTR cap

ESSENTIAL AND OTHER ELEMENTS			
		RESULT µg/g	REFERENCE INTERVAL
Calcium (Ca)		200	200- 750
Magnesium (Mg)		27	25- 75
Sodium (Na)		20	20- 180
Potassium (K)		10	9- 80
Copper (Cu)		11	11- 30
Zinc (Zn)		210	130- 200
Manganese (Mn)		0.06	0.08- 0.50
Chromium (Cr)		0.43	0.40- 0.70
Vanadium (V)		0.046	0.018- 0.065
Molybdenum (Mo)		0.034	0.025- 0.060
Boron (B)		0.18	0.40- 3.0
Iodine (I)		0.23	0.25- 1.8
Lithium (Li)		< 0.004	0.007- 0.020
Phosphorus (P)		206	150- 220
Selenium (Se)		1.0	0.70- 1.2
Strontium (Sr)		0.14	0.30- 3.5
Sulfur (S)		49600	44000- 50000
Cobalt (Co)		0.005	0.004- 0.020
Iron (Fe)		8.1	7.0- 16
Germanium (Ge)		0.032	0.030- 0.040
Rubidium (Rb)		0.012	0.011- 0.12
Zirconium (Zr)		0.032	0.020- 0.44

PERCENTILE 2.5th 16th 50th 84th 97.5th

inc. magnesium

inc. potassium

inc. zinc

All in One

MTR cap

+ All in one + Ba Calm + Lithium + MTR cap

+ molybdenum

cap of MTR cap

Potassium

SPECIMEN DATA

COMMENTS: *wait to work on extra hydroxy*

Date Collected: 01/02/2015 Sample Size: 0.173 g *adrenoxyl*

Date Received: 01/14/2015 Sample Type: Head *B12 on*

Date Completed: 01/16/2015 Hair Color: Brown *Black Bear*

Methodology: ICP/MS Treatment: Shampoo: *untail*

RATIOS		
ELEMENTS	RATIOS	RANGE
Ca/Mg	7.41	4- 30
Ca/P	0.971	0.8- 8
Na/K	2	0.5- 10
Zn/Cu	19.1	4- 20
Zn/Cd	> 999	> 800

Lithium is in better balance

As always, work with your Doctor. With love & hope, Dr. Amy

Health history for hair test 713 follow-up / Progress report

2 years since previous test which was in January 2013.

Chelation

Summer 2014: about 10 rounds DMPS (6 hours)

1) 5 mg: no any side-effects on/off round

2) 10 mg: no any side-effects on/off round

3) 15 mg: in the end of the 1st day massive headache, in the end of the 2nd day stopped round.

Headache continued 1 day off round, but then it was an **improvement with fatigue 1st time ever for 3 days**

4) 10 mg: no any side-effects on/off round

5) 12,5 mg: no any side-effects on/off round.

Then I did few more rounds with 12,5 and 15 mg with no any reaction. Then had to stop chelation for a few month due to work situation.

In January I did 1 round 12,5 mg DMPS and another round 10 mg DMPS + 6,25 mg ALA 2h without much reaction as well. Still not completely sure that mercury is my problem.

Update for health problems and symptoms:

Though I have been taking lots of supplements, not much changed:

- constant fatigue, orthostatic hypotension, dizziness – no difference (ND)
- low blood pressure (90x60 to 80x50) increased on massive adrenal support to 105x58 average (HC 20 mg, DHEA 45mg, pregnenolone 50mg – but it all didn't give much difference in how I feel)
- cold sensitivity, cold hands and feet – improved on thyroid support (2-4,5 grains NDT)
- absent-mindedness, memory problems, forgetfulness – ND
- allergic rhinitis, seborrhea dermatitis, dandruff, itchy head – ND
- hay fever is completely gone (maybe because of gluten/milk free diet)
- headaches, stiff spine and joints, constant tension in the body – ND
- pains in back and neck – little improvement due to regular visits to of manual therapist/chiropractor
- dry eyes – improved, no need for artificial tears, though still occasionally red

Supplements and medications taken for the 3-6 months before the hair test

Thyroid-S Sriprasit Pharma **1-0,5-0,5-0** (60mg 38mcg T4 & 9mcg T3) from 24.04.13

Bovine Thyroid Tissue Nutri-Meds (130 mg) **1-0**

Thyrocsin Thorne **1-0-1-0** (contains 110mcg iodine, 2,5mg zinc, 50 mcg selenium, 250 mcg copper)

HC 10mg – 5mg – 5mg (from 14.06.14)

Pregnenolone MRM (50 mg) **0,5-0,5**

DHEA Life Extension (15mg) **1-1-1-0**

Cortol ACE Cardiovascular Research (ABgland Adrenal Bovine **350 mg**) **1-1-0-0**

Magnesium Oil (magnesium chloride) Health and Wisdom Inc. **spray mixed with water**

Zinc Status Helhetshälsa (Zn sulfathydrat, 1 tb sp./15ml = 18,5 mg Zn) **1 table spoon x 2**

Chelated Molybdenum (as molybdenum amino acid chelate **150mcg**) **Solgar 0-0-1-0**

GABA Now Foods **1-0-0-1**

L-glutamine powder Jarrow Formulas **1,5 – 1,5 tea sp.**

Glycine Source Naturals (500 mg) **0-0-0-1**

Taurine Now Foods (500 mg) **0-1-0-1**

D,L-Phenylalanine Life Extension (500 mg) **0-1-0-0**

Acetyl-L Carnitine Now Foods (500 mg) **0-1**

C-plus citrus bioflavonoid Twinlab (500mg asc.acid + 325mg bioflavonoids, 25 rutin) **0-2-1-1**

Vitamin C crystals Now Foods (asc.acid powder) 1/2 tea spoon (2,25 g) x 2 (from 1.08) **1-0-0-1**

Vitamin E Solgar (200 IU as d-alpha tocopherol) **1-0-0-1**

Stress B-complex Thorne 0-1-0-0

Methyl B-12 Jarrow Formulas (5000 mcg) 0,5-0,5-0,5-0

Best Fully Active Folate Featuring Quatrefolic Doctor's Best (400mcg) 0-1-0-0

Mega PC-35 Jarrow Formulas (Lecithin 1200mg, Phosphatidylcholine 420mg) 0-1-0-0

Omega 3 (1g fish oil, EPA 180mg, DHA 120mg) Madre Lab 1-0-0-1

Undecyn Thorne 1-0-1-1 (anti-candida)

Para-Rizol Zeta 5 drops - 5 drops (against parasites, candida, etc)

At some time earlier also taken per advice of naturopath/kinesiologist:

Prostate optimizer Jarrow Formulas, **Apo-Hepat** Pekana (liver homeopathy), **Milk Thistle powder**, **Tribulus** Now Foods, **Ultraclear Plus pH** Metagenics powder, **Magnesium citrate** Now Foods powder, **Vitamin A** Bluebonnet Nutrition (currently Beta Carotene Country Life), **L-tyrosine** Now Foods, **L-methionine** Now Foods

Some lab tests

DHEA-S serum 3,9 (ref. 3,2-9,8 µmol/l) on 45 mg DHEA a day

Cobalamine 2711 (ref. 150-800 pmol/l) on 7,5-15 mg a day methylB12

Folate serum 38 nmol/l (ref. 7-40) on 600 mcg a day – methyl-form

Homocysteine 4,7 µmol/l (ref. 5,9-15)

Potassium 3,7 mmol/l (ref. 3,6-5,0)

Sodium 139 mmol/l (ref. 137-145)

HbA1c 32 mmol/mol (ref. 27-42)

ACTH (before HC) 3,6 (ref. 1,6-13,9 pmol/l)

Neutrophiles 1,6 (ref. 1,7-6,8 10E9/l)

Saliva test before starting HC, without any adrenal support (August 2013):

Cortisol:

8 am (just after rising): 6875 pg/ml (ref 1800-14500) lowish

10 am 2098 pg/ml (ref 1300-10300) on the lower edge

1 pm 3119 pg/ml (ref 700-5700)

4 pm 3063 pg/ml (600-4700)

8 pm 213 pg/ml (ref 300-3300) too low

DHEA:

8 am (just after rising): 609 pg/ml (ref. 140-570) a bit too high

8 pm: 59 pg/ml(ref. 140-570) too low

Cortisol/DHEA ratio 8 am: 11,3 (ref. 3-100)

Cortisol/DHEA ratio 8 pm: 3,6 (ref. 1-33)

Saliva test with HC 20 mg, DHEA 45mg, pregnenolone 50mg taken after the sample in taken (January 2015):

Cortisol:

9-10:30 am (just after waking up, 30 min and 60 min after mixed): **4223** pg/ml (ref 1850-14570)

11:30 am **155690** pg/ml (ref 1300-10300) more than 10 times higher than a ref. range

2 pm **5836** pg/ml (ref 760-5690) too high

5 pm **245650** pg/ml (650- 4380) more than 10 times higher than a ref. range

10 pm **4515** pg/ml (ref 330-3330) too high

DHEA:

10 am (just after rising): **207** pg/ml (ref. 140-570)

10 pm: **120** pg/ml(ref. 140-570) too low

Cortisol/DHEA ratio 10 am: 20,4 (ref. 3-100)

Cortisol/DHEA ratio 10 pm: 37,7 (ref. 1-33)

1. What are your current symptoms and health history?

Current health problems, diagnoses and symptoms:

- constant fatigue, low blood pressure (90x60 to 80x50), orthostatic hypotension, dizziness,
- hypoglycemia, cold sensitivity, cold hands and feet,
- absent-mindedness, memory problems, forgetfulness, bad time management,
- hay fever, chronically stuffed nose (allergic rhinitis), seborrhea dermatitis, dandruff, itchy head,
- headaches, stiff spine and joints, pains in back and neck, constant tension in the body,
- keratoconus, dry eyes and astigmatism; stretch-marks ...

Health conditions which are not confirmed by “official medicine” (which says I am perfectly healthy) but they are treated by naturopath: **hypothyroidism** (TSH < 2), **adrenal fatigue**, **candida**.

I don't have (or feel?) digestion problems. My bowel movements are excellent. I have been taking within last half a year: homeopathic against candida, for stomach and liver, and also pro-biotics prescribed by naturopath (kinesiologist).

I don't have any reaction to any supplements I am taking – let it be amino acids, any vitamins or minerals, adrenal extract, etc. – don't feel any good or bad effect. I am not sensitive not only to supplements but also to foods (but I stopped a year ago eating gluten, dairy, sugar and fruits, maybe it helped a bit against hay fever).

I cannot wake up in the morning, have to force myself to get out of bed, and if not awoken, I can easily sleep 24 hours even if I slept enough in previous days. I can sleep whole day and wake up 7 o'clock in the evening the same broken as would be at 7 o'clock in the morning. I feel tired all the time (indeed, always!) and have to force myself to function. But fatigue is not to such an extent to make me even partly disabled.

Fatigue is bodily, in whole body, not mentally. It is accompanied by body tension and spiky feeling in head/brain, constant needles/pressure. Also I have trouble with my bearing (keeping my shoulders straight). Also I noticed I move my feet when sitting still, keep my body busy (walk fast, etc) just to not feel tired. When I am active, I feel tiredness less. When I lay down during the day, even shortly, I get up much more exhausted. Don't know how to help to this fatigue and tension.

Health history

I was prematurely born by a cesarean section a couple of months earlier the term together with a twin brother. In childhood I had eczema and much worse hay fever. The brother had asthma/bronchitis and eczema.

Most of the health problems I probably have from early childhood. But I got used to them and just was living my life trying to ignore them. My brother has similar health problems as me.

Most of my life I was living in a city close to a big airport.
I was a *vegetarian* for 7 years (2003-2010).

After I came back from Africa in 2005, where I spent half a year, I noticed very high cold sensitivity which I didn't have before. I have to sleep in woolen socks even in summer. Now I think that maybe mercury from the *vaccinations* I did before going to Africa knocked down my thyroid. I think I vaccinated against cholera, yellow fever, DTP (Diphtheria, Tetanus and Polio), hepatitis A and B.

July 2012 hair minerals test shown severe deficiency of Manganese, Magnesium, Molybdenum; medium deficiency Calcium, Cobalt, Chromium, Potassium, and Sulfur. In total: 8 elements deficient, 3 border low (Fe, Ni, Au). Copper in the hair test was within norm, and even ratio Cu/Zn was ok.

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

I never had amalgam fillings. Wisdom teeth are in place. No extractions or root canals. Braces from teenage years.

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

Now I have 2 or 3 composite tooth fillings.

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

Maybe some amalgams, not many. Not sure though...

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

Standard for a kid in the 80s.

In 2004: standard travel set for person going to African jungle (cholera, yellow fever, DTP (Diphtheria, Tetanus and Polio), hepatitis A and B, and maybe against tuberculosis, rabies, meningitis and typhoid.

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

A hair sample is taken in the end of November 2012.

I take Artelac (**artificial tears**) against dry eyes for the last few years.

Within half a year prior to the hair test (most from April 2012)

L-tyrosine Throne (500mg) – 1x2, from December instead Thyrocsin Thorne – 1x2

Cortine and **Cortrex** Thorne – 1x2 (adrenal support)

B-complex Basic, #6 or #5 Thorne, B-stress – 1x2 (with breaks last half a year)

Wild Yam gel - on arms x 2

Mukan spag Pekana – 20 drops x 2 (homeopathic against candida)

Apo-Hepat Pekana – 20 drops x 2 (homeopathic liver support) – 3 months

Apo-Stom Pekana – 20 drops x 2 (homeopathic stomach support) – 2 months

Lactovital Holistic – 1 (pre- and probiotics) – 6 months

Herbs for digestion and other functions support

Vitamin E Thorne (500mg) – 1 (2 months in spring)

L-methionine Solgar (500mg) – 1 (2 months in spring)

Phosphadityl Choline Thorne (420mg) – 1x2 (2 months in spring)

From the 1 of August 2012

Zinc picolinate Thorne (30mg) – 1 (+ 20-30mg more in other supplements)

Magnesium citrate-malate Thorne (150mg) – 2x2 or Magnesium citrate in powder

Potassium citrate Thorne (99mg) – 2

Manganese picolinate Thorne (15mg) – 1 with lunch (2 months)
Selenium picolinate Thorne (200mcg) – 1 with dinner (2 months)
Molybdenum picolinate Thorne (1mg) – 1 (1month)
Calcium citrate-malate Thorne (160mg) – 1 with dinner (2 months)
Biotin (8mg) – 1 (3 months)
Vitamin B6 Thorne (as Pyridoxal 5'-Phosphate 33.8 mg) – 1 (2 months)
Vitamin B12 Thorne (as methyl-cobalamine 1 mg) – 1 (2 months)
Ultra clear + Hp Metagenics – 1 scoop in the morning (2 months)
Taurine Solgar (500mg) – 1x2 (4 months)

From beginning of December 2012

Vitamin D Thorne – 3 drops x 2
L-arginine Solgar – 1
L-glutamine Solgar – 1x2
GABA Solgar – 1x2

7. What is your age, height and weight?

29 years old, height 185cm, weight 61kg

8. Other information you feel may be relevant?

Father has hypothyroidism (+ Hashimoto) and is on levoxine. Mother has diabetes I. Father has a lot of amalgam fillings.

Blood tests:

Homocystein - 8 micromol/l (5,9-15 micromol/l)
B-Folate - 490 (330-870 nmol/l)
S-B12 - 310 (150-650 pmol/l)
Ferritin - 58 (30-350 microg/L)
Hemoglobin – 150 (134-170 g/L)
MCV - 89 (82-98 fl)
MCH - 30 (27-33 pg)
HbA1c - 32 (27-42 mmol/mol) - hypoglycemia
ALP - 1,6 (0,6-1,8 microkat/L)
K – 3,6 (3,6-5 mmol/l)
Na – 141 (137-145 mmol/l)
Zinc – 15 (12-18 micromol/l)
Vitamin D – grown with supplementation from 14 to 77 nmol/L (75-250 nmol/l)
TSH – grown within last half a year from 1,06 to 2,03 mE/L (0,20-4.00 mE/L) and sensitivity to cold decreased a bit.
Morning Cortisol – 283 nmol/L
Testosteron – 30 nmol/L

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

Most of my life I was living in a small town next to a huge international airport.
Currently I live in Sweden.