

# Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)		1.0	< 7.0	
Antimony (Sb)		0.019	< 0.066	
Arsenic (As)		0.034	< 0.080	
Barium (Ba)		0.21	< 1.0	
Beryllium (Be)		< 0.01	< 0.020	
Bismuth (Bi)		0.008	< 2.0	
Cadmium (Cd)		< 0.009	< 0.065	
Lead (Pb)		0.10	< 0.80	
Mercury (Hg)		0.25	< 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)		0.05	< 0.20	
Silver (Ag)		0.02	< 0.08	
Tin (Sn)		0.02	< 0.30	
Titanium (Ti)		0.36	< 0.60	
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)		223	200- 750			
Magnesium (Mg)		19	25- 75			
Sodium (Na)		19	20- 180			
Potassium (K)		22	9- 80			
Copper (Cu)		9.3	11- 30			
Zinc (Zn)		200	130- 200			
Manganese (Mn)		0.06	0.08- 0.50			
Chromium (Cr)		0.99	0.40- 0.70			
Vanadium (V)		0.027	0.018- 0.065			
Molybdenum (Mo)		0.11	0.025- 0.060			
Boron (B)		1.2	0.40- 3.0			
Iodine (I)		0.56	0.25- 1.8			
Lithium (Li)		< 0.004	0.007- 0.020			
Phosphorus (P)		163	150- 220			
Selenium (Se)		0.79	0.70- 1.2			
Strontium (Sr)		0.17	0.30- 3.5			
Sulfur (S)		48300	44000- 50000			
Cobalt (Co)		0.003	0.004- 0.020			
Iron (Fe)		5.8	7.0- 16			
Germanium (Ge)		0.029	0.030- 0.040			
Rubidium (Rb)		0.028	0.011- 0.12			
Zirconium (Zr)		0.097	0.020- 0.44			

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 01/15/2013	Sample Size: 0.196 g	Ca/Mg	11.7	4- 30
Date Received: 01/18/2013	Sample Type: Head	Ca/P	1.37	0.8- 8
Date Completed: 01/21/2013	Hair Color: Brown	Na/K	0.864	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	21.5	4- 20
	Shampoo: 365 Everyday Organic	Zn/Cd	> 999	> 800

## Hair Test 717

### 1) Current Symptoms & Health History

#### a. Mental

Racing thoughts, Depression, anxiety, panic attacks, mood swings, anger outburst, sleep apnea & insomnia, extreme irritability and confusion, poor memory, fast heart beat, loss of sex drive, ADD, dizziness, feeling of floating while typing at my desk. Indecisiveness, hyperactivity, poor coordination, vivid nightmares, brain fog, ringing in ears, headaches/migraines.

#### b. Digestive system

Bloating, abdominal pain, rectal itching, constipation, diarrhea, excessively thin, burning feeling in stomach, floating stools. Currently on a anti-candida diet, and noticed that any amount of sugar (even in fruit) causes depression and other symptoms to flare up.

#### c. Skin

Skin cancer (superficial basal cell carcinoma), Grover's Disease (autoimmune condition – rash on chest & back), eczema on hands, widespread dermatitis on forehead & neck. Jock itch. Red scrotum syndrome. Itchiness. Pale/yellow complexion.

#### d. Whole body

Numbness/tingling in hands, arms, & legs. Chronic fatigue, extreme joint pains, cold hands and feet, excessive sweating. Prostate gland infection. Urinary tract infection. Kidney cyst. Tooth decay. Bleeding gums. Oral thrush. Sensitivity to light. Itchy eyes & pain. Blurry vision. Weight loss. Hair loss. Premature gray hair. Scallops on tongue from pressing against inside of my mouth.

#### e. Length of symptoms

I've had ADD and mild anxiety/depression for my entire life, but I could function and was healthy otherwise until suddenly in 2010, after a vacation, I became very ill with all of the symptoms above, and they have not stopped since.

### 2) Dental History

a. Wisdom teeth have not been removed

b. Never had braces. Don't know when I had my first root canal, but guess it was in my 20s. I'm 34 now. My dentist says I have 2 porcelain fused to metal crowns.

- 3) I have had many dental procedures, especially in the last 2 years since becoming ill. I plan to have the metal crowns removed upon proper analysis of my hair test results in this email.
- 4) I'm not sure what dentistry my mother had during the pregnancy.
- 5) I do not get vaccinations anymore. Last one was a flu shot about 2 years ago.
- 6) Supplements – I'm currently **6 MONTHS** on a anti-candida protocol, which has helped manage some of my symptoms.
  - a. Antifungals – Nystatin (liquid nose drops, 3 drops in each nostril, 3-4x a day). Coconut Oil – 4 tablespoons a day.
  - b. Vitamins – A&D (5,000 IU), D3 (10,000 IU), E (400 IU), C (4,000 IU), Calcium & Magnesium (400mg & 1000mg), Zinc (50mg)
  - c. Minerals, etc. – Lactoferrin, Biotin, Iodine, Yucca Root, Ashwagandha, Digestive Swedish Bitters, Molybdenum, Milk Thistle
  - d. Probiotics – MegaFlora by MegaFood (100 billion), Kefir (homemade – 10 ounces)
  - e. Diet – Vegetables & Fruits are only avocado, asparagus, broccoli, celery, cucumber, green peppers, green beans, kale, lettuce, onions, spinach, & zucchini. Protein is from organic eggs (6-8 a day), and organic chicken twice a week. Bread is homemade coconut flour/oat bran mix. Cook eggs and sauté veggies with EVOO. Juice veggies once a day. Liquid is filtered or bottled water and nettle leaf tea.
- 7) Other relevant information – The things that led me to mercury toxicity research are that many of my symptoms and autoimmune conditions are linked to it. I notice a temporary relief of symptoms if I go to the sauna daily. If not, they return. After reading Andy Cutler's book, it seems I've been dealing with this my whole life. My life has progressed in fits and starts. I've always had ADD and mood swings, but 2 years ago after a vacation to the beach in Destin (during the BP oil spill), where I stepped on a few tar balls and swam in the ocean everyday...I became very very sick with night sweats, convulsions, arms and legs going numb, anxiety, malaise, etc. Ever since that date in 2010, I've developed digestive, mental, & skin issues/infections galore...and they have not stopped.
- 8) I live in Memphis, TN in The United States of America.