



PATIENT: Number 772
 SEX: Male
 AGE: 36

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.7	< 7.0	
Antimony (Sb)	0.011	< 0.066	
Arsenic (As)	0.048	< 0.080	
Barium (Ba)	0.26	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.038	< 2.0	
Cadmium (Cd)	0.027	< 0.065	
Lead (Pb)	0.17	< 0.80	
Mercury (Hg)	1.3	< 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)	0.14	< 0.20	
Silver (Ag)	0.10	< 0.08	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.20	< 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)	303	200- 750			
Magnesium (Mg)	190	25- 75			
Sodium (Na)	120	20- 180			
Potassium (K)	19	9- 80			
Copper (Cu)	11	11- 30			
Zinc (Zn)	230	130- 200			
Manganese (Mn)	1.1	0.08- 0.50			
Chromium (Cr)	0.44	0.40- 0.70			
Vanadium (V)	0.029	0.018- 0.065			
Molybdenum (Mo)	0.16	0.025- 0.060			
Boron (B)	2.0	0.40- 3.0			
Iodine (I)	2.9	0.25- 1.8			
Lithium (Li)	0.004	0.007- 0.020			
Phosphorus (P)	138	150- 220			
Selenium (Se)	2.2	0.70- 1.2			
Strontium (Sr)	0.89	0.30- 3.5			
Sulfur (S)	45500	44000- 50000			
Cobalt (Co)	0.010	0.004- 0.020			
Iron (Fe)	7.9	7.0- 16			
Germanium (Ge)	0.027	0.030- 0.040			
Rubidium (Rb)	0.025	0.011- 0.12			
Zirconium (Zr)	0.015	0.020- 0.44			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 03/18/2013	Sample Size: 0.203 g	Ca/Mg	1.59
Date Received: 03/26/2013	Sample Type: Head	Ca/P	2.2
Date Completed: 03/28/2013	Hair Color:	Na/K	6.32
Methodology: ICP/MS	Treatment:	Zn/Cu	20.9
	Shampoo: Pantene	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

Health history for hair test 772

1. What are your current symptoms and health history?

I have been unwell since June 2012, following a virus during a family holiday. My symptoms have been varied over the last year.

Initially I had crushing headaches, dizziness, difficulty breathing, forgetting what I was talking about mid sentence, difficulty concentrating and struggling to find correct words to use. This was combined with horrible fatigue, I couldn't walk up a flight of stairs or even into another room without my heart pounding and being out of breath. Standing up too quickly would cause dizziness and a rapid heartbeat.

I stopped sleeping, I would wake up multiple times a night and then I couldn't get to sleep in the first place. This went on for around 6 months

I was tested by Dr Myhill in the UK who diagnosed hypoglycemia a fermenting gut and mitochondrial disfunction. I've had an adrenal stress profile, which showed very low/normal cortisol levels. I had thyroid tests done which showed low/normal T3. It was Dr Myhill who suggested the supplementation that I am now on as well as a low carb/high protein and fat diet

This has helped somewhat. I still suffer from the fatigue and sleeplessness, and continuing weight loss. Its been a long time since I slept soundly. I wake to go to the bathroom at least one a night. Concentrating and word choice are still a problem, brain fog is the best description for it.

I had been using a lot of garlic/onions/broccoli etc up until January this year when I found out about amalgam illness and free thiols. I excluded all sulfur/thiols from my diet and the result was amazing. I went from being at 30% to around 70% function, I have tried adding things like eggs back in a few times always with disastrous results.

I've always had digestive issues, I had IBS for many years and a duodenal ulcer as a child. In the years leading up to this I would frequently get trapped wind, like stabbing chest pains, always after food, for hours on end. Causing prolonged belching and wind.

There are probably more things that I've forgot but this will give you a general picture.

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

I had one wisdom tooth removed in January 2010. This was my first extraction for many years. I have 2 or 3 root canals and two temporary crowns fitted.

I had root treatment done in Jan 2010, the same time as the extraction, this was complicated and kept getting infected I had to return many times to get it fixed.

The last temporary crown (amalgam) was fitted in June 2011, I started getting headaches around 4 weeks later

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

I have just had two fillings replaced by a holistic dentist

I have 9 amalgam fillings, the oldest maybe 20 years or more!

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

Many fillings, unsure how many.

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

I've has TB and polio as a child maybe 1989

The next set were in 2006/2007 prior to a prolonged backpacking trip.

These included Hepatitis A and B, Tetanus, Typhoid.

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

I have been supplementing with the following for around 6 months prior to the hair test;

Vitamin C 8-10 grams daily

Co Q10 300mg daily

NAD 1500mg daily

Igenus fish oil-EFA/DHA 2000mg a day

Acetyl I carnitine 4 Grams daily

Epsom salt baths every other day

Betaine HCL varies/upto 1500mg a day

B12 transdermal spray

Magnesium Transdermal spray (contains DMSO stopped using)

Multivitamin and mineral transdermal spray

7. What is your age, height and weight?

I am 36, 180cm and 62kg (I was 85kg prior to my illness)

8. Other information you feel may be relevant?

I do eat fish frequently, now mostly sardines, salmon and fresh water fish when possible. (maybe 4 times a week) I've now decided to stop altogether

In the past I ate a lot of tuna.

Since the hair test I have tried digestive enzymes, which upset my stomach.

I have been using milk Thistle for a few weeks now, but have developed a pain under my right shoulder blade (not sure if this is linked) so I've stopped for the moment.

During my high thiol diet I had a short period of passing blood in my urine, I had a CAT scan, ultrasound and cystoscopy! All of which were clear. I'm now worried I may have inadvertently dumped a load of mercury into my kidneys.

I have read both Andy's books and although my mineral transport is not too deranged, I think I meet 1 counting rule. My mercury level is relatively high compared to everything else.

I'd really appreciate some second opinions or thoughts.

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

I am in Glasgow, Scotland