



PATIENT: Number 777
 SEX: Female
 AGE: 42

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	5.9	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.044	< 0.060	
Barium (Ba)	0.38	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.013	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.14	< 0.60	
Mercury (Hg)	0.80	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.015	< 0.060	
Nickel (Ni)	0.06	< 0.30	
Silver (Ag)	0.04	< 0.15	
Tin (Sn)	0.23	< 0.30	
Titanium (Ti)	0.20	< 0.70	
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)	349	300- 1200			
Magnesium (Mg)	64	35- 120			
Sodium (Na)	72	20- 250			
Potassium (K)	130	8- 75			
Copper (Cu)	15	11- 37			
Zinc (Zn)	250	140- 220			
Manganese (Mn)	0.09	0.08- 0.60			
Chromium (Cr)	0.40	0.40- 0.65			
Vanadium (V)	0.050	0.018- 0.065			
Molybdenum (Mo)	0.031	0.020- 0.050			
Boron (B)	0.90	0.25- 1.5			
Iodine (I)	3.0	0.25- 1.8			
Lithium (Li)	0.018	0.007- 0.020			
Phosphorus (P)	133	150- 220			
Selenium (Se)	0.74	0.55- 1.1			
Strontium (Sr)	1.5	0.50- 7.6			
Sulfur (S)	50300	44000- 50000			
Cobalt (Co)	0.002	0.005- 0.040			
Iron (Fe)	5.5	7.0- 16			
Germanium (Ge)	0.030	0.030- 0.040			
Rubidium (Rb)	0.20	0.007- 0.096			
Zirconium (Zr)	< 0.007	0.020- 0.42			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 04/28/2013	Sample Size: 0.199 g	Ca/Mg	5.45	4- 30
Date Received: 05/07/2013	Sample Type: Head	Ca/P	2.62	1- 12
Date Completed: 05/09/2013	Hair Color: BLond	Na/K	0.554	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	16.7	4- 20
	Shampoo: Dr Rons	Zn/Cd	> 999	> 800



PATIENT: Number 77 Follow-up test
 SEX: Female
 AGE: 43

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.2	< 12	
Antimony (Sb)	< 0.01	< 0.060	
Arsenic (As)	0.023	< 0.090	
Barium (Ba)	0.54	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.015	< 2.0	
Cadmium (Cd)	0.014	< 0.050	
Lead (Pb)	0.15	< 1.0	
Mercury (Hg)	0.34	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.013	< 0.060	
Nickel (Ni)	0.13	< 0.40	
Silver (Ag)	0.02	< 0.10	
Tin (Sn)	0.06	< 0.30	
Titanium (Ti)	0.43	< 1.3	
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)	505	475- 1500	
Magnesium (Mg)	33	45- 180	
Sodium (Na)	11	80- 450	
Potassium (K)	5	28- 160	
Copper (Cu)	8.5	11- 30	
Zinc (Zn)	190	130- 200	
Manganese (Mn)	0.21	0.15- 0.65	
Chromium (Cr)	0.34	0.40- 0.65	
Vanadium (V)	0.024	0.018- 0.065	
Molybdenum (Mo)	0.060	0.040- 0.10	
Boron (B)	0.89	0.40- 4.0	
Iodine (I)	1.0	0.25- 1.8	
Lithium (Li)	0.043	0.008- 0.030	
Phosphorus (P)	194	250- 500	
Selenium (Se)	1.1	0.80- 1.3	
Strontium (Sr)	1.2	1.0- 8.0	
Sulfur (S)	47100	42000- 48000	
Cobalt (Co)	0.038	0.006- 0.035	
Iron (Fe)	6.1	7.0- 16	
Germanium (Ge)	0.028	0.030- 0.040	
Rubidium (Rb)	0.005	0.030- 0.25	
Zirconium (Zr)	0.040	0.040- 1.0	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 02/01/2014	Sample Size: 0.204 g	Ca/Mg	15.3
Date Received: 02/08/2014	Sample Type: Pubic	Ca/P	2.6
Date Completed: 02/12/2014	Hair Color: Blond	Na/K	2.2
Methodology: ICP/MS	Treatment:	Zn/Cu	22.4
	Shampoo: Castille	Zn/Cd	> 999
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

Health history for hair test 777

1) What are your current symptoms and health history?

Current symptoms include:

- peripheral neuropathy, both stocking and glove as well as left sided numbness that comes and goes (left arm, left leg, facial numbness)
- fatigue (for a long, long time)
- very painful and heavy periods
- irritable bowel, though I can largely control this via diet and massive amounts of probiotics
- brain fog
- headaches
- nausea
- worsening vision (could be age)
- significantly reduced endurance (legs hurt after climbing stairs some days)
- chronic insomnia (can't fall asleep, can't stay asleep, can't get back to sleep)
- chronic sinus problems (big infections about 1x per year, drip and congestion most of the rest of the year)
- mild depression
- moderate anxiety, occasional panic attacks (racing heart, sweats, etc)
- significantly worsening ST memory
- have many thyroid cysts, including a large one (~2cm). thyroid tests (TSH, T3) have always been 'within range', though.
- very low DHEA (and all the symptoms that come with that)
- intolerant to gluten, dairy.

Health history:

- ovarian cysts, dx age 18
- endometriosis, dx age 17
- iritis (autoimmune eye condition), during 20s
- irritable bowel, since a teenager
- alternating depression and anxiety, sometimes quite significant, starting in teens
- cervical lesions (pre-cancerous)
- always quite tired (can't wake in AM), often cold as adult
- took birth control pills since was about 18 to control menstrual pain until age 34.
- started going significantly gray in early 20s.
- tons of ear infections as a child (burst ear drum, etc), with lots of antibiotics for them.

2) Dental history (wisdom teeth removed? First root canal placed? Braces? First amalgam etc...)

First and only dental amalgam age 16. Replaced with composite (incorrectly) at age 40.

Wisdom teeth removed at age 22 (all 4), under general anaesthetic.

3) What dental work do you currently have in place? What part of the dental cleanup have you completed?

I have 2 composite fillings. My only amalgam was removed by a conventional dentist 2.5 years ago.

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

Mouth full of amalgam. Not sure how many, but probably in the order of 10-15.

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

Fully vaccinated as a child in the 70's. I don't have full records, but this would have included polio, MMR, DPT, etc.

Have had travel shots as an adult, starting in 2003. Yellow fever, hepatitis A & B, and typhoid.

Flu shots for about 4 years starting in 2005.

Tetanus booster 10 years ago & DTAP about 2 years ago.

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

Vit C 1000mg/day
B complex (mixed dosages)
Vit E 500iu/day
probiotics (lots)
iodine 3mg/day
coQ10 100mg/day
alpha lipoic acid 100mg/day (ugh!)
NAC 200mg/day
astaxanthin 4mg/day
vit D3 2000-4000iu/day
vit K2 5mg/day
methyl B12 1000mcg/day
Magnesium, about 300mg/day
Fish oils daily, including 2 capsules cod liver oil and 2 capsules of salmon oil (~220DHA & 240EPA)

7) Other information you feel may be relevant?

I lived in a big old house growing up for about 10 years. Definitely would have had lead in the water and had other nasties like asbestos insulation. I have not felt well for a very long time, really since my late teens. I have felt some improvements with diet and supplementation in recent years.

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

Born and grew up in midwest, US. Have lived mostly on the East coast of the US, including New York, Philadelphia and DC. Have also lived in Australia as a child for about 10 years.