



PATIENT: Number 859
 SEX: Male
 AGE: 28

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	0.9	< 7.0	
Antimony (Sb)	0.019	< 0.066	
Arsenic (As)	0.019	< 0.080	
Barium (Ba)	3.0	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.006	< 2.0	
Cadmium (Cd)	< 0.009	< 0.065	
Lead (Pb)	0.17	< 0.80	
Mercury (Hg)	0.99	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.051	< 0.060	
Nickel (Ni)	0.05	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.06	< 0.30	
Titanium (Ti)	0.14	< 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)	758	200- 750	
Magnesium (Mg)	120	25- 75	
Sodium (Na)	27	20- 180	
Potassium (K)	8	9- 80	
Copper (Cu)	31	11- 30	
Zinc (Zn)	210	130- 200	
Manganese (Mn)	0.06	0.08- 0.50	
Chromium (Cr)	0.37	0.40- 0.70	
Vanadium (V)	0.040	0.018- 0.065	
Molybdenum (Mo)	0.017	0.025- 0.060	
Boron (B)	1.0	0.40- 3.0	
Iodine (I)	0.18	0.25- 1.8	
Lithium (Li)	< 0.004	0.007- 0.020	
Phosphorus (P)	129	150- 220	
Selenium (Se)	0.84	0.70- 1.2	
Strontium (Sr)	3.7	0.30- 3.5	
Sulfur (S)	44700	44000- 50000	
Cobalt (Co)	0.004	0.004- 0.020	
Iron (Fe)	6.5	7.0- 16	
Germanium (Ge)	0.023	0.030- 0.040	
Rubidium (Rb)	0.013	0.011- 0.12	
Zirconium (Zr)	0.093	0.020- 0.44	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 09/21/2013	Sample Size: 0.196 g	Ca/Mg	6.32
Date Received: 09/27/2013	Sample Type: Head	Ca/P	5.88
Date Completed: 10/01/2013	Hair Color: Brown	Na/K	3.38
Methodology: ICP/MS	Treatment:	Zn/Cu	6.77
	Shampoo: Nioxin	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800

Health history for hair test 859

1) health history: A long one, here's the short of it. I can't fully remember when or exactly how many amalgams I had, but they started when I was probably in 4th grade or earlier. I was born healthy and was a relatively happy kid. Over the few years as a kid I had somewhere around 8 amalgams (a guess), maybe more, maybe less, probably more. Not sure the age but when I was young I got bad stomach cramps. In fifth grade I got glasses as my distance vision got worse and worse. In sixth grade I went from no allergies to bad seasonal allergies, including slight food allergies. They were pretty bad and I had post nasal drip, couldn't breathe out of the nose etc. And stomach cramps quite a bit of the time. In 7th grade I had pain after urination, this came back later and I assume it was a yeast issue. Never successfully diagnosed, eventually went away. Very bad diet my whole life. Several rounds of antibiotics over the years. At 14 had all 4 wisdom teeth removed. By late high school depression set in. Afterwards it became bad and started seeing a psychiatrist, prescribed zoloft. At 24 was diagnosed with severe hyperactive thyroid. Lost 40 pounds, 120 resting heart rate, insomnia, sweating constantly etcetera. Vomiting after meals about once every other day. Then came the bad diarrhea. Occasional blood. Yeast infections in urethra. Diflucan helped. Then came the debilitating yeast problem, misdiagnosed as prostate infection. More antibiotics. Then I started the specific carbohydrate diet and started mineral supplements. Within a month yeast in urethra was gone, a few months later diarrhea was gone. Six months later terrible brain fog and short term memory. Can't focus. That's when I found the amalgam connection on a random message board about candida. 24 hour headache and bade migraines from exercise with vomiting. Back on SCD, without thiols, and some minerals. 6 feet tall, 165 pounds, 28 years old

2) All 4 wisdom teeth removed at 14. Braces either before or after, not sure, lasted for 2 years. First amalgam at (guessing) 3rd or 4th grade. Last removed 3 weeks ago (properly). Others were drilled out and replaced the bad way over the years.

3) clean mouth, X-rays showed no more amalgam. 3 weeks ago had last 2 replaced by the best amalgam free dentist in the area. Have been slightly off since, including fever, acid reflux, brain fog etc. but feeling significantly better now.

4) mother's dentistry: Mother's quote, "when you were born my mouth was filled with them". She's not sure how many but she had them for a long time. No dental work when she was pregnant with me.

5) Hepatitis A in 2000 and 2001, Varicella in 2001, TB test in 1999 and 2002, Polio, 4 doses in 1986, 1 dose in 1988, 1992, 1999, DTP, 3 doses in 1986, 1 in 1988, 1 in 1992, TD in 1999, HIB in 1988, MMR in 1986 and 1989, Hepatitis B, 3 doses in 1999

6) During hair test was off of specific carbohydrate diet, except for the fermented yogurt. Was eating a somewhat healthy diet with a bit of fast food in there. Using Nioxin shampoo about every other day. No mineral supplements until the last month before the hair test which were fulvic minerals. The last week I was on magnesium and vitamin C.

7) Staying off of thiol foods made the headache go away. I also deal with bad anxiety, stress and irritability. When I was younger I was in the gifted class, and still am smart but just felt more and more dumb. I am no longer the smartest one in the class which is frustrating. Also it's just hard to stay focused and remember simple things. I'm always leaving the burner on the stove on for example.

8) Grew up in Orange County, CA and have lived in the bay area, CA for 3 years.