



PATIENT: Number 915
 SEX: Female
 AGE: 45

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	5.6	< 12	
Antimony (Sb)	0.011	< 0.060	
Arsenic (As)	0.087	< 0.090	
Barium (Ba)	0.23	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.003	< 2.0	
Cadmium (Cd)	0.016	< 0.050	
Lead (Pb)	0.65	< 1.0	
Mercury (Hg)	1.1	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.002	< 0.060	
Nickel (Ni)	0.11	< 0.40	
Silver (Ag)	0.03	< 0.10	
Tin (Sn)	0.03	< 0.30	
Titanium (Ti)	0.74	< 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)	806	475- 1500			
Magnesium (Mg)	59	45- 180			
Sodium (Na)	190	80- 450			
Potassium (K)	220	28- 160			
Copper (Cu)	14	11- 30			
Zinc (Zn)	210	130- 200			
Manganese (Mn)	0.11	0.15- 0.65			
Chromium (Cr)	0.40	0.40- 0.65			
Vanadium (V)	0.034	0.018- 0.065			
Molybdenum (Mo)	0.040	0.040- 0.10			
Boron (B)	1.5	0.40- 4.0			
Iodine (I)	0.40	0.25- 1.8			
Lithium (Li)	0.009	0.008- 0.030			
Phosphorus (P)	346	250- 500			
Selenium (Se)	1.0	0.80- 1.3			
Strontium (Sr)	1.6	1.0- 8.0			
Sulfur (S)	43100	42000- 48000			
Cobalt (Co)	0.005	0.006- 0.035			
Iron (Fe)	10	7.0- 16			
Germanium (Ge)	0.032	0.030- 0.040			
Rubidium (Rb)	0.19	0.030- 0.25			
Zirconium (Zr)	0.038	0.040- 1.0			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 01/21/2014	Sample Size: 0.111 g	Ca/Mg	13.7	4- 30
Date Received: 01/31/2014	Sample Type: Pubic	Ca/P	2.33	1- 12
Date Completed: 02/04/2014	Hair Color: Brown	Na/K	0.864	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	15	4- 20
	Shampoo: Aussie Frizz Miracle	Zn/Cd	> 999	> 800

Hair Test 915

Born 1968/I am 45 years old. I weigh 56.9 kg and I am 5ft 6 inches tall

1. What are your current symptoms and health history?

For a while now (it started in earnest around 2007) I have had recurring symptoms of the following: bouts of extreme tiredness accompanied by a penetrating headache, fogginess of mind and muscular aching. It's as though I'm just about to get a cold but it never comes to fruition. It feels very much as if my immune system is running at half-mast.

This collection of symptoms typically stay for around 4-5 days. At the point that they feel most intense, I will often wake up the next day and they will have completely gone – it's almost as if they were never there. It really does have a virus like quality. Around 2008 when it was at its worst (and I was freelancing which did make life more stressful as I was moving job a lot), it was almost one week on (with the virus) and one week off. At times, I would have to nap in the toilets at work as I could hardly keep my eyes open.

Slowly, with lots of dietary adaptations (and taking longer, more stable employment contracts), the symptoms have eased and are a lot more random i.e. they come for one day and are gone the next. I cut sugar down to a bare minimum. Ditto wheat. I do eat dairy but in moderation. I keep yeasty type things to a minimum (I have a history of thrush) and I drink very little alcohol but a lot more water and herbal teas.

Whilst things are undoubtedly better than they were, they still feel debilitating. And whilst I acknowledge that I have probably worked too hard over the last 7/8 years and balanced too many projects at the same time, I do feel that the symptoms are out of line with my lifestyle as I couldn't eat a healthier diet if I tried. I generally sleep well. I cycle, walk and do pilates.

In conclusion, the tiredness is better than it was but the headaches and the feeling of fogginess are as bad as ever. It really affects my mood as well which doesn't help. I also feel that my memory is suffering and increasingly over the last couple of years I find myself struggling with spelling and making decisions, things that used to feel a lot easier.

I realize that age and hormones could be affecting this. I'm not menopausal in so much as I have periods but I am what a doctor would call peri menopausal simply by dint of my age. But I just don't feel that my faculties, given the effort I put in with my health, should be this affected. I spent time seeing a nutritionist last summer as I really wanted to get to the bottom of this. I took the supplements and did the diet (sugar/wheat/dairy/alcohol free) for 10 weeks but no change in the headaches – although an improvement in fogginess. But the results were not commensurate with the effort that I put in.

I have also been tested for ADHD in the last year as I was getting so worried by my inability to focus, concentrate, organize myself and not take too much on (and thought perhaps this was what was causing my symptoms due to over-work) but the result was negative.

The other prominent health issue in my life has been anxiety. Historically this is understandable as we grew up with an unpredictable alcoholic father who died when I was six so it's no surprise that I should default to anxiety at times. But again, I have put in more than my time at the coal face of therapy and succeeded in many areas of my life as a result but still I battle with anxiety, specifically around relationships. In my early twenties and again in my early thirties I had episodes of anxiety disorder that lasted intensely for over 3 months each time. I've been really empowered by therapy and don't expect to go through two such dramatic episodes again (the second resulted in me taking Trazadone for 4 years) but I wonder if any of this has anything to do with my test results/mercury issues?

Other things that may offer clues...I've periodically had night sweats since my early twenties. These definitely got better after I gave up smoking at around 30 years old but I still get them from time to time. I often felt (and this is just a hunch) that when I smoked a lot, my body

sweated at night as a way of trying to get the poison out of my system. Because as much as I loved smoking, I did feel a like I was poisoning myself. I mentioned the night sweats to a doctor when I got admitted to hospital with a Quinsy in 1995 and they x-rayed my lungs and sent me to a specialist but no answer was ever found for it. Incidentally, I had a lot of issues with my tonsils over the years, hence the Quinsy (abcessed tonsils) but it all stopped when I gave up smoking.

Structural issues: I was a gymnast and athlete as a child/young teenager and as a result have spondylolisthesis i.e. a fracture in my L5 vertebrae. I had no idea of its existence until it was diagnosed in 2013 after a lot of discomfort in my lower back.

I have tendonitis in the ball of my left foot, largely due to overuse of a very heavy clutch on my old car.

I also have what I believe is called Scapulitus (?) in my right shoulder blade which I've had physio on and recurs occasionally (like now)

Other points: I've had a high metabolism nearly all my life. I could always eat what I liked and never put on a pound. That changed a little in my 30's/40's (and as I took jobs that involved more sitting down) but still I remain slim and as per my notes, I eat a really sensible diet anyway. Sugar (specifically chocolate) has always been my bête noir, the thing that I crave and the hardest thing to give up but I often attempt this feat. I always felt that it sped my metabolism up and made me want to eat more. At one point in my early 30's, I used to wake up in the night to snack because I was so hungry. I now make sure that I never ever consume sugar on an empty stomach and often have a high protein snack before bed.

It's hard to sum up one's health over 45 years and I'm not sure what is most significant but I hope this helps.

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

I still have all my wisdom teeth. I had quite a lot of teeth out as a young teenager to make room for them.

I have had one root canal aged about 24 years old and one gold tooth put in at around 30 years old

No braces.

First amalgam estimate around 1975, aged 7.

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

I have 12 amalgam fillings.

In the summer of 2011 I had four of those re-filled. I've had others re-filled over the years but I've never had 4 done in one go. I felt a bit like I'd been run over after that experience.

One of them was replaced with a white filling but it's a national health dentist, not a holistic one so I can't vouch for the safety of this (or any other for that matter) of the procedure.

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

From memory (she is now 80 years old so cannot really remember) she thinks she had less dentistry around the time I was born than her first 3 children. Which implies that yes, she had definitely had work done before me – and may have had a small amount done during her pregnancy with me.

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

I've never had a flu shot and the MMR wasn't given when I was at school.

I have had all the standard vaccinations that British women of my age had who were born in the late 60's in the UK and grew up in the 70's/80's. The ones I remember are polio (more than once, on a sugar lump), BCG (aged around 12) and Tetanus.

The one's I might have had but don't recall are Rubella and Measles.

The ones I have on record for the last 25 years are as follows:

Typhoid: injection given July 1990 (3 months) and another in 1995 (3 years)

Polio: I've had a 10 year polio booster....unhelpfully I didn't make a note of what year I had it in but it must be 20 years ago.

Tetanus: is marked down as March 1984 and 2005

Hepatitis A: July 1990 (6 months) and October 1995 (one year)

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

I was under the care of a nutritionist in the second half of 2013 and she put me on an 8 week programme of the following for July/August 2013:

Green Support Formula
Serrazyme 80,000iu
Zinc Picolinate
Rascal
Eskimo 3
Neurolactic Plus
Dibencozone
CT Plex
Culturelle

I then cut down to this for Sept:

Green Support
Zinc Picoinate
Pure Vitamin c
Eskimo 3
Dibencozone
Vitamin D3
Neurolactic Plus
Chlorella

And now this from January 2014: (partly because I couldn't afford the above on a regular basis)

Cod liver oil (3 per day)
Vitamin C
Vitamin D
Zinc
Plus a multi vitamin/mineral for good measure

7. What is your age, height and weight?

I am 45 years old. I weigh 56.9 kg and I am 5ft 6 inches tall

8. Other information you feel may be relevant?

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

London, UK