



SEX: Female
AGE: 37

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.4	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.029	< 0.060	
Barium (Ba)	3.0	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.15	< 0.60	
Mercury (Hg)	< 0.03	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.027	< 0.060	
Nickel (Ni)	0.09	< 0.30	
Silver (Ag)	< 0.006	< 0.15	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.33	< 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)	432	300- 1200			
Magnesium (Mg)	47	35- 120			
Sodium (Na)	29	20- 250			
Potassium (K)	32	8- 75			
Copper (Cu)	11	11- 37			
Zinc (Zn)	180	140- 220			
Manganese (Mn)	0.09	0.08- 0.60			
Chromium (Cr)	0.34	0.40- 0.65			
Vanadium (V)	0.020	0.018- 0.065			
Molybdenum (Mo)	0.039	0.020- 0.050			
Boron (B)	1.2	0.25- 1.5			
Iodine (I)	0.50	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	178	150- 220			
Selenium (Se)	0.98	0.55- 1.1			
Strontium (Sr)	0.92	0.50- 7.6			
Sulfur (S)	46000	44000- 50000			
Cobalt (Co)	0.009	0.005- 0.040			
Iron (Fe)	6.2	7.0- 16			
Germanium (Ge)	0.025	0.030- 0.040			
Rubidium (Rb)	0.071	0.007- 0.096			
Zirconium (Zr)	0.020	0.020- 0.42			

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 06/05/2014		Ca/Mg	9.19
Date Received: 06/09/2014		Ca/P	2.43
Date Completed: 06/11/2014		Na/K	0.906
Methodology: ICP/MS		Zn/Cu	16.4
Sample Size: 0.197 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Black	Treatment:		
Shampoo: Pantene			
		RANGE	
		4- 30	
		1- 12	
		0.5- 10	
		4- 20	
		> 800	



SEX: Female
AGE: 37

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	2.2	< 7.0	
Antimony (Sb)	0.011	< 0.050	
Arsenic (As)	0.053	< 0.060	
Barium (Ba)	8.0	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.12	< 0.60	
Mercury (Hg)	0.03	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.027	< 0.060	
Nickel (Ni)	0.06	< 0.30	
Silver (Ag)	0.01	< 0.15	
Tin (Sn)	0.05	< 0.30	
Titanium (Ti)	0.35	< 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)	311	300- 1200			
Magnesium (Mg)	28	35- 120			
Sodium (Na)	44	20- 250			
Potassium (K)	38	8- 75			
Copper (Cu)	10	11- 37			
Zinc (Zn)	170	140- 220			
Manganese (Mn)	0.09	0.08- 0.60			
Chromium (Cr)	0.41	0.40- 0.65			
Vanadium (V)	0.048	0.018- 0.065			
Molybdenum (Mo)	0.057	0.020- 0.050			
Boron (B)	6.5	0.25- 1.5			
Iodine (I)	1.1	0.25- 1.8			
Lithium (Li)	< 0.004	0.007- 0.020			
Phosphorus (P)	182	150- 220			
Selenium (Se)	0.97	0.55- 1.1			
Strontium (Sr)	0.54	0.50- 7.6			
Sulfur (S)	46700	44000- 50000			
Cobalt (Co)	0.005	0.005- 0.040			
Iron (Fe)	6.4	7.0- 16			
Germanium (Ge)	0.023	0.030- 0.040			
Rubidium (Rb)	0.070	0.007- 0.096			
Zirconium (Zr)	0.13	0.020- 0.42			

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 07/28/2013	Sample Size: 0.199 g	Ca/Mg	11.1	4- 30
Date Received: 08/01/2013	Sample Type: Head	Ca/P	1.71	1- 12
Date Completed: 08/03/2013	Hair Color: Black	Na/K	1.16	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	17	4- 20
	Shampoo: Pantene	Zn/Cd	> 999	> 800

1) **What are your current symptoms and health history?**

I believe I still have Candida. Mostly symptoms are relevant with my brain. My head feels numb and heavy. Sometimes it feels like my brain is swelling. My short term memory is very bad. I get depressed easily and have fatigue. I am tired all the time. I still have social anxiety.

My current age is 36 years. I had Jaundice when I was 15 year old, but I was able to recover from it in 2-3 months. I had pneumonia when I was 31 year old but I was able to recover from it within a week after taking antibiotics.

2) **Dental history (wisdom teeth removed? First root canal place? Braces? First amalgam etc?)**

I had all of my wisdom teeth removed when I was 18/19 years old. I am 36 year old now. I never had any root canals and braces. I got my first (2 or 3) amalgam fillings when I was 18 years old. Six years later, I got other 2-3 amalgam fillings which came out by themselves 2-3 weeks later. I may have swallowed some mercury but I don't clearly remember. I got them done again from other dentist and he drilled down to remove left over mercury without using safe protocol (no dams etc). Then one year later I got 2-3 more amalgam fillings. I had in total of 8 amalgam fillings.

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

I got my amalgam fillings removed in August of 2012 (11 months ago). I don't think the Dentist followed the safe protocol but she did use Dam but no oxygen. All of 8 amalgams got removed within a week. I don't have any other dental work done except mercury fillings, but I have got my teeth cleaned and polished 4-6 times throughout my life. Last time I got my teeth cleaned and polished right after my mercury fillings were removed.

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

My mother never had any mercury fillings. She was born and brought up in India.

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

BCG (Bacillus Calmette Guerin) at birth – 1 Vaccination

Polio at birth, at six weeks, at 14 weeks – 3 Vaccinations

DPT (Diphtheria, Pertusis, Tetanus) – at birth, at 2months, six months- 3 Vaccinations

Measles – at 1 year – 1 Vaccination

I might have got Mumps, Rubella, Hepatitis A and chickenpox Vaccination when I was child. My mom does not know which ones I got them.. All she told me that I have got lot of vaccinations when I was infant/child.

I definitely got the above listed vaccinations (BCG, Polio, DPT and Measles) when I was infant.

I had 9-12 flu shots throughout my life that includes SAR flu shot too.

I had 3 Hepatitis C Vaccination from age 18 to 29. I might have 1 Hepatitis A or B.

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

My mercury fillings were removed in August 2012. A week later I saw a retired dentist who put me on these things:

Infrared Sauna once in a week.

IV Vitamin C (25 g) once a week.

2-3 grams of Chlorella

750-1000 mg of Charcoal.

Cilantro 10-30 drops
2-3 Milk Thistle capsules
Bentonite Clay power
Leminine 1 capsule
Selenium 1 tablet (200mcg)
Magnesium 750 mg
Zinc 50 mg
Vitamin C 2-3 grams
Omega 3
Antifungal (Caprylic acid, coconut oil, garlic)

I took above tablets regularly for 5 months except cilantro. Cilantro I only took 10-30 drops once in a week for 3 months as it was making me sick. I stayed on this protocol for 5 months and then stopped seeing this doctor when I wasn't getting better.

7) Other information you feel may be relevant?

In January of this year, I tried to follow Andrew Cutler's protocol. I started with only ALA 5 mg. I did 72 hours of first round and got really sick. I was taking ALA every 3 hours during day and every 4 hours during night. Then I was bedridden for 2 weeks. After 2 weeks, I did the second 72 hours of round with ALA (6.25mg) and got sick again. I was bedridden for 2-3 weeks. I was taking basic supplements – Vit C (2-3 grams), Zinc 50 mg, Mg (750mg), Milk Thistle 2-3 caps, Selenium, Omega 3, B50. Then I thought this protocol would not work for me and I gave up at the end of Feb. I got this hair test done in March. I did research on the internet and I thought I have Candida issue which are giving me brain fog, and other nervous system issues. I decided to start on very strict candida diet for 3 months which helped me to control candida issue. I got Amalgam Illness by Andrew and read it. I did more research online, and found out that yeast issue won't go away until I get rid of mercury. Last 2 months I started AC protocol again. I started with DMSA 5 mg and did 72 hours of 3 rounds and felt better. Then I added ALA with DMSA and I was able tolerate ALA with DMSA. I took ALA (6.25mg) and DMSA (6.25 mg) every 3 hours during day and every 3 hour during night as well. So far I have done 4 rounds of ALA and DMSA. I will be starting the next round soon. First 3 rounds of ALA and DMSA , I felt better on rounds. But last round (4th), I did not feel better. Please have a look at my hair test and give me some advises.

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

I was born and brought up in India (City – Ludhiana, State -Punjab which is North side of India). I came to Canada when I was 17 years old. I lived 14 years in British Columbia, Canada – first 7 years in Prince George (North of British Columbia) and other 7 years in Vancouver (south of British Columbia). I have been living in Toronto, Ontario for last 5 years.