



SEX: Female
AGE: 39

Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 th 95 th
Aluminum (Al)	1.3	< 7.0	
Antimony (Sb)	0.023	< 0.050	
Arsenic (As)	0.010	< 0.060	
Barium (Ba)	0.74	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.098	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.04	< 0.60	
Mercury (Hg)	0.23	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	< 0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.049	< 0.060	
Nickel (Ni)	0.06	< 0.30	
Silver (Ag)	0.05	< 0.15	
Tin (Sn)	0.08	< 0.30	
Titanium (Ti)	0.24	< 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)	1300	300- 1200	
Magnesium (Mg)	150	35- 120	
Sodium (Na)	29	20- 250	
Potassium (K)	13	8- 75	
Copper (Cu)	18	11- 37	
Zinc (Zn)	210	140- 220	
Manganese (Mn)	0.18	0.08- 0.60	
Chromium (Cr)	0.34	0.40- 0.65	
Vanadium (V)	0.009	0.018- 0.065	
Molybdenum (Mo)	0.023	0.020- 0.050	
Boron (B)	0.31	0.25- 1.5	
Iodine (I)	0.25	0.25- 1.8	
Lithium (Li)	0.028	0.007- 0.020	
Phosphorus (P)	136	150- 220	
Selenium (Se)	0.65	0.55- 1.1	
Strontium (Sr)	4.6	0.50- 7.6	
Sulfur (S)	45300	44000- 50000	
Cobalt (Co)	0.067	0.005- 0.040	
Iron (Fe)	6.6	7.0- 16	
Germanium (Ge)	0.033	0.030- 0.040	
Rubidium (Rb)	0.017	0.007- 0.096	
Zirconium (Zr)	0.015	0.020- 0.42	

SPECIMEN DATA		RATIOS	
COMMENTS:		ELEMENTS	RATIOS
Date Collected: 04/14/2014		Ca/Mg	8.67
Date Received: 04/19/2014		Ca/P	9.56
Date Completed: 04/22/2014		Na/K	2.23
Methodology: ICP/MS		Zn/Cu	11.7
Sample Size: 0.201 g	Sample Type: Head	Zn/Cd	> 999
Hair Color: Brown	Treatment:		
Shampoo: Aveda			
		RANGE	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

Health history for hair test 976

1. Symptoms and history

Used the list of mercury tox symptoms here as a reference: http://www.mercurylife.com/mercurylife/mercury_basics/index.html

Psychological symptoms:

Lifelong: Depression, irritability, loss of self confidence, indecision, shyness, timidity, easily embarrassed, lack of motivation, lethargy, withdrawal

Past 2-3 years: Lack of self control, short term memory loss, decline in intellect, exaggerated response to stimulation, moodiness, problems finding words

Oral cavity: bleeding gums (about 2 years), excessive salivation

GI: Food sensitivity, especially milk and coffee, last 2-3 years. Chronic diarrhea resolved after eliminating milk and coffee

Endocrine: Cold, clammy hands and feet, last 10 years. Low body temperature, infertility, diminished sex drive (last 5 years), excessive urination (5 years)

Immune: Allergies, 10 years. UTIs, BV, yeast infections, 10 years.

Cardio: tachycardia - whole life, bruise easily.

Head and eyes: Sinus problems - whole life, blurred distance vision - last 1-2 years

Skin, hair: Dry skin - 8 years, dull hair - 1 year, eczema on hands - 5 years, skin flushes easily and frequently - whole life. Malignant melanoma 2009; completely excised with no recurrences since. A few "atypical nevi", none more recent than 2011.

Bowel: Irritable/fussy bowel

2. Dental history

No amalgam fillings

Braces age 14-15

One crown placed in 2008, age 33

No root canals

3. One crown currently in place. White in color. Does this mean no mercury, or not necessarily?

4. Mother had several amalgams in place during pregnancy.

5. Vaccines

The normal childhood vaccines, late 1970s

Military immunization records:

1998 - DPT and MMR, polio, hepatitis B x2, hepatitis A, anthrax x3, flu shot x2

1999 - Anthrax x2, hep A and B

2000 - Anthrax

2001 - Flu x2

2002 - Typhoid, polio, meningitis, Hep A

2003 - Meningitis, flu

2004 - typhoid, flu, anthrax

2005 - flu

Flu shots most years since 2006. All mercury-free shots since 2009 (incidentally, due to an allergic reaction I had to epoxy resin. I found out through allergy testing at that time that I reacted severely to thimerosal).

That may not be all, but it is all I have records of.

6. Meds and supplements at time of test

Allegra 180 mg/day

DHEA 75 mg 2x/day

D3 4000 IU/day

Cranberry

Inositol 1000 mg 2x/day

CoQ10 400 mg 2x/day

Nature Made Prenatal Multi with DHA - 1/day

7. Other

Hair colored 1 month before test.

Played with mercury as a child. I'm sure it got in the carpeting.

8. Current location is Glenwood Springs, Colorado, USA