

# Toxic & Essential Elements; Hair

TOXIC METALS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum	(Al)	8.2	< 7.0	
Antimony	(Sb)	0.031	< 0.050	
Arsenic	(As)	0.084	< 0.060	
Barium	(Ba)	1.0	< 2.0	
Beryllium	(Be)	< 0.01	< 0.020	
Bismuth	(Bi)	< 0.002	< 2.0	
Cadmium	(Cd)	0.045	< 0.050	
Lead	(Pb)	1.6	< 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)	0.050	< 0.060	
Nickel	(Ni)	0.11	< 0.30	
Silver	(Ag)	1.8	< 0.15	
Tin	(Sn)	0.22	< 0.30	
Titanium	(Ti)	0.22	< 0.70	
Total Toxic Representation				

ESSENTIAL AND OTHER ELEMENTS				
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>
Calcium	(Ca)	796	300- 1200	
Magnesium	(Mg)	62	35- 120	
Sodium	(Na)	41	20- 250	
Potassium	(K)	23	8- 75	
Copper	(Cu)	34	11- 37	
Zinc	(Zn)	140	140- 220	
Manganese	(Mn)	1.1	0.08- 0.60	
Chromium	(Cr)	0.40	0.40- 0.65	
Vanadium	(V)	0.040	0.018- 0.065	
Molybdenum	(Mo)	0.047	0.020- 0.050	
Boron	(B)	1.2	0.25- 1.5	
Iodine	(I)	0.43	0.25- 1.8	
Lithium	(Li)	0.006	0.007- 0.020	
Phosphorus	(P)	151	150- 220	
Selenium	(Se)	0.54	0.55- 1.1	
Strontium	(Sr)	5.5	0.50- 7.6	
Sulfur	(S)	49500	44000- 50000	
Cobalt	(Co)	0.025	0.005- 0.040	
Iron	(Fe)	12	7.0- 16	
Germanium	(Ge)	0.031	0.030- 0.040	
Rubidium	(Rb)	0.023	0.007- 0.096	
Zirconium	(Zr)	0.30	0.020- 0.42	

SPECIMEN DATA		RATIOS		
COMMENTS:		ELEMENTS	RATIOS	RANGE
Date Collected: 06/08/2014	Sample Size: 0.198 g	Ca/Mg	12.8	4- 30
Date Received: 07/02/2014	Sample Type: Head	Ca/P	5.27	1- 12
Date Completed: 07/03/2014	Hair Color: Brown	Na/K	1.78	0.5- 10
Methodology: ICP/MS	Treatment: Shampoo:	Zn/Cu	4.12	4- 20
		Zn/Cd	> 999	> 800

## **1. What are your current symptoms and health history?**

*Main diagnosis:* ankylosing spondylitis (autoimmune joint disease, alike rheumatoid arthritis). I have been taking prednisolone against it for about 10 years in high doses and different pain-killers and anti-inflammatory drugs

- as a consequence of an ankylosing spondylitis: an epiphyseal aseptic necrosis of the right hip bone and the left ankle bone, a two-sided sacroileitis
- pains in joints and spine
- scoliosis

*Earlier health problems:*

- 15,5 years ago I had antritis (maxillary sinusitis), currently rhinitis
- earlier I often had laryngitis, pharyngitis, and generally often a sore throat
- conjunctivitis
- ones tested positive for Epstein-Barr virus with inflamed lymph glands

*Current symptoms:*

- tinnitus
- a noise at the temples after a quick walk or climbing
- systemic candidiasis
- furunculosis (since childhood)
- rhinitis, permanently on naphthazoline nitrate to make my nose breath
- palpitations, excessive sweating, shortness of breath
- coughing with a deep sigh (gone on a gluten-free diet which I started 1,5 months ago).
- car sick, nausea from swings, fatigue, lack of sleep.
- gastritis
- cognitive problems: poor memory and concentration
- mood problems as a consequence of neurotransmitters imbalances: nervousness, irritability, depressions, tearfulness (improved on amino acids, 5HTP seems helping the most)
- bad anemia (iron was between 4 and 6 last year, about 1 month ago started iron supplementation which helped a lot against fatigue)
- cataract as a side-effect of the prednisolone

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

I have lots of fillings since childhood, not sure about the type. My mother says that they were not amalgam, but composite. I have at least 3 root canal teeth currebtlly. 1 tooth removed and 2 more should be gone.

In 2007/2008 I got a huge amalgam filling under the metal crown, this filling I still have.

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

I have 1 amalgam filling, plenty of composite fillings, no crowns.

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

She says she didn't have any. Though during pregnancy she has been working at the chemical lab of treatment facilities. She says reagents she was using were not toxic.

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

I got all standard vaccinations at birth and during the first years of my life: measles, tuberculosis (BCG), diphtheria, smallpox, chicken pox, Mantoux test, etc.

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

*Medications:*

Prednisolone (10 mg take or give), sulfasalozin, remicade, enbrel, nice, ketonal, naphthazoline nitrate, levomekol (ointment), chlorhexidine, iodine, betadine (ointment)

*Supplements:*

Iron, magnesium, D3, L-glutamine, valerian, motherwort, glycine, milgama (B-complex shots), hondroitin complex

**7) What is your age, height and weight?**

31 year old, 163 cm, 68 kg

**8) Other information you feel may be relevant?**

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

Russia