



SEX: Female  
AGE: 44

## Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	1.5	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.020	< 0.060	
Barium (Ba)	0.84	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.11	< 2.0	
Cadmium (Cd)	0.009	< 0.050	
Lead (Pb)	0.31	< 0.60	
Mercury (Hg)	1.1	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.003	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.079	< 0.060	
Nickel (Ni)	0.09	< 0.30	
Silver (Ag)	0.05	< 0.15	
Tin (Sn)	0.02	< 0.30	
Titanium (Ti)	0.26	< 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)	903	300- 1200			
Magnesium (Mg)	87	35- 120			
Sodium (Na)	44	20- 250			
Potassium (K)	31	8- 75			
Copper (Cu)	17	11- 37			
Zinc (Zn)	250	140- 220			
Manganese (Mn)	0.21	0.08- 0.60			
Chromium (Cr)	0.32	0.40- 0.65			
Vanadium (V)	0.016	0.018- 0.065			
Molybdenum (Mo)	0.090	0.020- 0.050			
Boron (B)	1.3	0.25- 1.5			
Iodine (I)	0.20	0.25- 1.8			
Lithium (Li)	0.012	0.007- 0.020			
Phosphorus (P)	156	150- 220			
Selenium (Se)	1.3	0.55- 1.1			
Strontium (Sr)	2.8	0.50- 7.6			
Sulfur (S)	43700	44000- 50000			
Cobalt (Co)	0.036	0.005- 0.040			
Iron (Fe)	6.9	7.0- 16			
Germanium (Ge)	0.029	0.030- 0.040			
Rubidium (Rb)	0.048	0.007- 0.096			
Zirconium (Zr)	0.009	0.020- 0.42			

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>	<b>RANGE</b>
Date Collected: 03/11/2019	Sample Size: 0.199 g	Ca/Mg	10.4	4- 30
Date Received: 03/14/2019	Sample Type: Head	Ca/P	5.79	1- 12
Date Completed: 03/19/2019	Hair Color: Black	Na/K	1.42	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	14.7	4- 20
	Shampoo: Soapberry	Zn/Cd	> 999	> 800



DOB: 09/29/1974

AGE: 46

**Toxic & Essential Elements; Hair**

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	5.1	< 7.0	
Antimony (Sb)	< 0.01	< 0.050	
Arsenic (As)	0.030	< 0.060	
Barium (Ba)	1.2	< 2.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.14	< 2.0	
Cadmium (Cd)	< 0.009	< 0.050	
Lead (Pb)	0.05	< 0.60	
Mercury (Hg)	0.67	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.001	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.15	< 0.060	
Nickel (Ni)	0.06	< 0.30	
Silver (Ag)	0.02	< 0.15	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.60	< 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)	812	300- 1200			
Magnesium (Mg)	68	35- 120			
Sodium (Na)	46	20- 250			
Potassium (K)	41	8- 75			
Copper (Cu)	13	11- 37			
Zinc (Zn)	180	140- 220			
Manganese (Mn)	0.12	0.08- 0.60			
Chromium (Cr)	0.35	0.40- 0.65			
Vanadium (V)	0.018	0.018- 0.065			
Molybdenum (Mo)	0.12	0.020- 0.050			
Boron (B)	1.0	0.25- 1.5			
Iodine (I)	0.22	0.25- 1.8			
Lithium (Li)	0.051	0.007- 0.020			
Phosphorus (P)	145	150- 220			
Selenium (Se)	3.4	0.55- 1.1			
Strontium (Sr)	3.8	0.50- 7.6			
Sulfur (S)	42300	44000- 50000			
Cobalt (Co)	0.031	0.005- 0.040			
Iron (Fe)	7.0	7.0- 16			
Germanium (Ge)	0.031	0.030- 0.040			
Rubidium (Rb)	0.077	0.007- 0.096			
Zirconium (Zr)	0.018	0.020- 0.42			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 10/21/2020	Sample Size: 0.2 g	Ca/Mg	11.9
Date Received: 10/26/2020	Sample Type: Head	Ca/P	5.6
Date Reported: 10/27/2020	Hair Color:	Na/K	1.12
Methodology: ICP/MS	Treatment:	Zn/Cu	13.8
	Shampoo: Bare Living	Zn/Cd	> 999
		<b>RANGE</b>	
			4- 30
			1- 12
			0.5- 10
			4- 20
			> 800

## Series with #1390 (March 19, 2019)

### New Test: October 27, 2020

Female. Age 46. [not symptomatically pre-menopausal or menopausal]  
Asian-American.

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

**a) Symptoms [sx] – this was orig. typed out in March 2019 with test results #1390. Almost all of these have been the same; I've indicated with an \* any slight change as of now in October 2020 because I've not actively detoxed or chelated for a year.**

- Severe insomnia: inability to fall asleep, stay asleep, or feel rested.
- **\*Only a very tiny bit better in that I may be asleep for more short periods of time earlier than 6 A.M. now, but still awake numerous times and do not fall into deep sleep.** No wake-sleep homeostasis; disruption of Circadian Rhythm ("best" sleep may be 6 AM – 12PM if I do sleep).
- **\*Better since not having actively treated anything for 1 yr (so I'm not stirring up anything). I've been focusing on rebuilding...** Escalation of sx upon very little exertion. Sx include: air hunger, elevated heart rate, blood pressure elevation, perception of heart pounding/racing in chest & head, palpitations, pressure into head/headache, chest tightness into neck and head, poor visual focus, feeling "wired"/sympathetic overload.
- **\*Slight better.** Fatigue and weakness: after doing a normal day of light errands, I feel fatigue/depleted into the next day. After an periods of escalated sx, I feel wiped out for a day or more.
- **\*Still present, but not as constant or scary-high, but still too high: on average 135/85-90.** High blood pressure: typical for the past 2 yrs or so: 135/90. I used to maintain a stead 90/60 (I'm only 5'1" and this was normal for me). At the highest reading when I hadn't known about HM toxicity, but had done ~5 mos of treatment for mycotoxicosis, was 145/110 or thereabouts. My bp can escalate quickly.
- **\*Neuropathy/numbness/tingling/nerve pain in limbs, chilblains in toes.** I mentioned these in 2019 under "other" but these have gotten worse.
- **\*Migraines.** Off/on still as in 2019; better when not chelating.
- **\*Better in that I've been trying to walk everyday vs being nearly homebound in 2019. But I tire too easily if I have to do things 2 days in a row.** Homebound: As a result of the above, I can only leave my home approximately 3/wk and avoid appointments 2-days in a row, for I need a day of rest in between. And doing too much makes me dizzy, in more pain, etc.
- **\* Visual convergence issues** that make it difficult to focus my eyes on text or use digital screens.
- **\* Auditory sensitivity.** I find that I'm sensitive to certain frequencies of sound. Perhaps this has been ongoing since I've been ill, but I seem to notice it more.
- As a result of the above, I have been unable to work (my own clinical practice) since mid-November. I am a single household with little support, trying to support myself w/o income. This has been stressful.
- No thermal regulation: I prefer cool and cannot tolerate heat since all this began, but I can't regulate my temperature well. If my whole body is cool or warm, I tolerate it a bit better; if one part of me is chilled or heated, it is uncomfortable.
- This is why I cannot tolerate sweating as a detox method for it leads to 3-hr long episodes of tremors/convulsing (at least in 2-15-2017). I have found that I can lightly sweat if my whole body is in a warmed room and I can stay in it for 20 min. If I only heat my body (e.g. portable infrared sauna, hot bath) and not my head, my heart races and I've nearly passed out.
- Paradoxical reactions to medications: I can often double (or safely triple) a dose w/o any benefit & few SE (side effects); or no benefit and all the SE. I don't take meds often at all (e.g. antibiotics taken after 20 yrs of not taking any).
- Interesting reaction to supplements: I tolerate high doses of herbal supplements, but with little benefit. I appear to tolerate high dose of supplements with benefits. But I cannot take multi-supplements for it 'confuses' my body; I must take all supplements in their singularly processed forms but can then take these multiple capsules/powders together.
- Other sx: loss of finding words at times, muscle weakness and tightness, hair loss, tinnitus (high pitch), hives, joint pain, heightened sensory perception (esp smell), night sweats, reactive hypoglycemia (for a long time).

**b) Health History [hx] – I am keeping my long history the same. I just added the update since chelating and not chelating.**

## **New info (Oct 2020):**

> May through Sept 2019: I tried to chelate. I took all the necessary supplements, & more that were good for me, at the high (or higher) dose recommended. But I got sicker & sicker, lowered my doses, allowed more time in between rounds, etc. The list that Joe/Brian have mentioned when “Chelation doesn’t work” doesn’t explain why. I surmised that I was so absolutely & cellularly exhausted – entire nervous system exhaustion beyond the adrenals, where I actually stayed in sympathetic overload, or crashed/collapsed/passed out, but couldn’t transition from sympathetic to parasympathetic on a daily basis. Without the ability to eat/digest, sleep, rest, I couldn’t handle chelation. So I stopped.

> My goal in stopping chelation was to rebuild my parasympathetic system so that I could actually sleep, eat, and rest.

>> It wasn’t just the massive non-stop life stressors from the previous 5+ years, but I realized, from my entire life of rarely sleeping, eating, or pausing for the sake of academics, work, business.

> I focused on eating in a balanced way: I’ve always eaten more Paleo with Chinese food proportions (not American proportions) and lots of veg, fewer carbs/starches/sugars. I had done therapeutic keto for a few yrs hoping to support the lipid metabolism & detoxification of toxins, but had to lessen the restrictions so that I could ‘just eat.’ I tried my best to find a more consistent sleep schedule. I gave myself permission to “not do” & rest.

> By June 2020, I began to feel more symptoms because I had ‘stirred up neurotoxins’ since treating mycotoxicosis in 2017 and then ultimately chelating in 2019, and by not actively detoxifying – except for my regular coffee enemas which I must do to survive – I noticed the ‘build up of symptoms.’ But I still wasn’t sleeping. Eating was easier, but I still only eat 1 meal per day [my habitual intermittent fasting that is my lifestyle].

> I waited as long as I could, but know I need to return to chelation and here I am.

## **Summary of when I tried to chelate: May-Sept 2019**

- I began w/ 5mg DMPS, 72 hrs. Over those months, I moved down to 2.5, then 1.25mg. I tried chelating for 96-120 hours at the lower doses and being off round for 9-10 days to only do a round every 2 wks. I could never get rid of the worsening on-round symptoms, but at that time, didn’t feel that I could wait forever to begin another round. So I kept trying to go back on-round even though my symptoms worsened on-round and didn’t recover off-round. I got worse and worse until I stopped.
- I continued to take the Core 4 (& much more) at the chelation doses for another 3-4 months after stopping.
- Then, I cut most of the doses by 50-60% (for financial reasons) and made sure I felt okay.
- I took 1.5 months {Sept-early Oct 2020} off taking nearly all supplements – except adrenal, Se, Zn, Mg, C – when I did 1.25 months of negative biofilm eradication via Mimosa Pudica (which helped me).
- I increased doses of the supplements back to chelation level doses in early Oct 2020 in preparation for returning to chelation in Nov 2020.

----- OLD history from record #1390 hair test listed here again -----

- Possible exposure to mycotoxin (toxic mold) in undergraduate [1992-1996 in wood dorms build in 1865 in Pennsylvania, USA] – I didn’t know it at that time and only figured this out in 2017. At that time in 1996-7: Very ill, but still functioned, w/ CFS/Fibromyalgia/IBS-like symptoms afterwards, but at that time, just thought it was just a reaction to immense stress for 4 yrs. Developed endometriosis suddenly. But I was able to get healthy by 1999.

- Stress-related adrenal/thyroid imbalance (?) in Grad School owing to how overly studious I am whilst in school; sx began appearing ~2004. I now realize it may have been stress >> bringing out mycotoxicosis sx again. I was in Austin, TX USA.

- I changed my diet to whole fat, whole foods, nutrient dense, no-to-low starch/grain carb/sugar; realized I tend to eat Blood Type B foods (and tested to find that I am B Blood Type); Chinese proportions (lots of green leafy veg, small portions of animal protein). I have maintained high-fat-Paleo as described above since about 2005. I moved into therapeutic ketogenic for the purposes of supporting the nervous system in 2018, but this way of eating is not new to me.

- 2005-2015: healthy. No complaints at all. No sx.

- Qtr 4 2015: [extremely high stress life events began occurring ~2013 to the present as well.] Sx: 3-hr long tremor/shaking/convulsion episodes – 7 episodes which ended 2/2017. Daily ice-pick migraines, right sided, face tingled, felt deep into the brain and right side of face; constant pain with flares. Insomnia: worsened and even worse into the present time. Fatigue, exhaustion.

- Dec 2015: sudden onset bilateral pneumonia [mass in right lung, fluid in left lobe.] Treated w/ antibiotics for a total of 30-d over 3 mos. I never felt as if I recovered afterwards: exhaustion, air hunger, couldn't take deep breaths, etc. My FxMed Physician thinks it was fungal/mold pneumonia, but we didn't think this until 2017.
- Ongoing stress (betrayals, dying parent, car accident, etc)...
- Aug 2017: began working w/ FxMed and Dx: mycotoxicosis. Also found h.pylori – treated and resolved by 3/2018 [stool tests].
- Dec 24, 2017: 8-hr immobilizing pain episode + acute cardiac/stroke-like symptoms. I live alone & couldn't move. I did my first coffee enema when I could start to move/crawl & began every 1-2d coffee enemas to protect my liver from toxicity. I have been relying on coffee enemas at this rate from this date to present so that I can avoid feeling poisoned.
- Qtr 1 2018: I could not regain strength, was very ill and had to take a month off of my own Practice/work or collapse.
- Apr 2018: first NutrEval OATS test that showed very high Hg & Pb [blood], but no known ongoing or acute exposure.
- I then realized that as I treated one neurotoxin (mycotoxin), I inadvertently mobilized other neurotoxins (Hg, Pb) to some degree and collapsed in an 'acute poisoning'-like episode in Dec 2017.
- May-July 2018: metabolic therapy – ketogenic, Intermittent fasting, supplements to support detox, and (unfortunately), cilantro tincture, fulvic acid; activated charcoal and other binders; while continuing coffee enemas.
- July-Sept 2018: I stupidly got ALA and glutathione I.V. upon recommendation from my Fx Med Doc and I didn't know any better then... :(
- Aug-Sept 2018: very ill. Hair began falling out (new sx for me), exhaustion, escalation of sx was off the charts, worsening insomnia, difficulty eating, constant nausea, etc. I was forced to take 2 wks off of work or collapse. In hindsight (as of Jan-Feb 2019), I realized that I re-distributed a lot of HM Tox as of May 2018.
- By mid-Nov: the level of sympathetic overload [work days] to complete passing-out-crashes [days off] was so difficult to recover from that I was forced to leave my Practice and take a couple of months off to stop detoxing and rebuild strength.
- Jan-Feb – to present 2019: instead of rebuilding, the nervous system dysfunction worsened (sleep, energy, escalation of sx). While I was less acutely toxic as I was not implementing any detox method, I wasn't getting health gains. I then found FLDC and planned to begin in Mar 2019.
- MARCoNS infection: as a result of (SE of) the antibiotics to tx pneumonia, then the mycotoxin protocol (no antibiotics, but this is a SE of treating biotoxin illness), MARCoNS in the right sinus flared. Initially in Oct 2018: I treated, but didn't test. In Jan 2019, the sx flared; I tested (+) for MARCoNS & 3+ (highest = bad) biofilm and am on the BEG Spray (Rx'd antibiotic nasal spray) for 6 weeks.
- I then plan to begin FLDC after resting from the Nasal Spray for ~2 wks, so hopefully begin mid-April 2019.
- I began May 2019 and stopped at the end of Sept 2019... see above "New Note."

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

- The only composite filling I have is to repair a chipped upper right molar and a shallow cavity in the lower right molar: both performed Jan 2018.
- Never any amalgam dental fillings. No root canal.
- Wisdom teeth removal: all 4 impacted were removed at once around 1995. Possible cavitation(s) but I don't have the finances or energy to investigate.
- A lot of dental work owing to significant over bite and slow teeth eruption as a child: all baby teeth were pulled (w/ use of novacaine, no gas).
- Retainers & braces from age 10-17. A lot of wire in my mouth for various reasons.

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

- composite filling to repair chipped upper right molar, shallow composite filling on lower right molar (shallow cavity): Jan 2018.

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

- Uncertain as she was born and raised in Hong Kong. I believe she had 1 amalgam filling that, I think, was done in HK and not after she moved to North America in 1965. If not in Hong Kong, it was done in N.America (Canada or USA) prior to my birth.
- Even if not from dental amalgams, I have now realized that growing up in Hong Kong (imagine the HM exposure in the plumbing, environment, paint in homes, colored China dishware, standard dishware glazes, fish, etc), my Mother was

most likely HM Toxic prior to my birth, and then significant manifestations after trauma in 1996. She just passed in Dec 2018 after a 13 yr battle with a neurodegenerative disease (called PSP that presents like ALS) and I believe, from my own journey/experience/research, it was heavily influenced by HM toxins that was never tested.

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

- All 'necessary' childhood vaccinations that were given in the US in 1974 and into childhood.
- Hep B series in 1996 because I was mandated to get it in order to work at the NIH (Nat'l Institutes of Health). I did work in laboratories for months over 2 summers whilst in high school, then for an entire year from 1996-7. I did 'safely' work with a lot of chemicals.
- No flu shots nor any other vaccinations since 1996.

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

**\*NOTE! These are lower than when I am chelating.** I've not been chelating for 1 yr, so my dose have been lower. I even stopped almost all supplements in Sept 2020 when doing a biofilm eradication, but then tried to increase most {not all yet} back to chelation level. I understand the higher doses needed for chelation & will get there!

#### Daily doses – often in divided doses

- Vit C: 3-4 gm because not chelating. Various types of C: food based, ascorbic acid, liposomal. [I can tolerate 8+ gm when chelating].
- Vit E: 1200 IU. Various forms: mixed tocopherols & tocotrienols. {no d-l-alpha.}
- Zn picolinate: 75mg
- Mg: ~400 mg. 300 mg food based; from Cal/Mg Butyrate, and in trace mineral liquid added to every glass of water. [I will increase this upon chelating again.]
- Chromium picolinate: 400 mcg.
- Molybdenum: 1000 mcg.
- Selenomethionine: 200 mcg. {taken w/ Vit E, but away from C for best absorption.}
- Taurine: 1000 mg. {I didn't test deficient in OAT test, but find this amino acid helpful for my sx.}
- I'm inconsistent with Glutamine & Glycine when not chelating: Glutamine: ~3 gm (in a scoop) approximately 3-4/wk at bedtime.
- Butyrate (Cal-Mag butyric acid = short chained fatty acid): 2.4 gm butyric acid. Includes 160 mg Mg hydroxide, 320 gm Ca hydroxide.
- CoQ10: 100 mg. {My goal is higher during chelation.}
- I haven't been, but will add back in: Omega-3: approximately 1250 mg EPA/DHA (from Blue Ice Fermented Cod Liver Oil [FLCO]).
- Vit A: 4500 mcg
- Vit D3 / K2: 3000-5000 IU D3 / 360-600 mcg K2. Liposomal. {Recent test for D3 = 85}
- Vit B's: coenzyme liposomal complex: 12.5 mg Benfotiamine (B1/thiamin), 12.5 mg Riboflavin 5'-phosphate/B2, 10 mg Niacin (B3 as inositol hexanicotinate), 10 mg VitB6 (as pyridoxial-5'phosphate, pyridoxine HCl), 450 mcg QuatrefolicTM (6S)-5-MethylTetraHydro-Folate (MTHF)(elemental, as 500 mcg (6S)-5-Methyltetrahydrofolic acid, 500 mcg MethylB12, 500 mcg Biotin, 10 mcg Pantothenic acid (as calcium d-pantothenate), 4 mg Mg orotate), 10 mg Choline bitartrate, 50 mg Artichoke leaf 4:1 Extract (Cynara scolymus), 25 mg Trimethyl-glycine (TMG: Betaine anhydrous), 10 mg Inositol, 1 mg NADH (nicotinamide adenine dinucleotide)
- MethylB12 / 5-MTHF / B6 / TMG: 400 mcg Folate (as QuatrefolicTM (6S)-5-Methyltetrahydrofolic acid glucosamine salt), 1000 mcg MethylB12 (as methylcobalamin), 2mg Vit B6, 200 mg Trimethylglycine (betaine). Liposomal spray. {Recent test for B12 = >1800}
- MethylB12 injection: 0.04 ml per injection at 25 mg/ml solution. Once per week.
- Benfotiamine/B1: 250 mg
- Biotin: 10 mg
- Niacinamide: I ran out of one in October 2020. Switched to Cataplex G {Standard Process} that has 12 mg Niacin, 7mg C, 1.3 mg Riboflavin, 20mg Choline, slight B6.
- Also began taking a NAD Synergizer Supplement in early Oct: 780 mcg Niacin (as cuprous niacin), 187 mcg copper (as cuprous niacin), with olive leaf extract, wasabit rhizome powder, theacrine. \*I don't plan to continue this into chelation, but just wanted to support NAD after the biofilm eradication. Perhaps my thinking to stop is because of the copper...?
- N-Acetyl-Cysteine: 600 mg
- Sunflower lecithin: 1200 mg

- Quercetin: ran out of 200 mg in early Oct, then switched to 100mg.
- Berberine HCl: 500 mg
- Digestive enzymes – various brands, take multiple types per day: pancreatic (porcine), proteolytic.
- Probiotics: ~40-80 billion units from bifido (non-histamine forming), bacillus, s.boulardii.
- Adrenal – as Drenamin {Standard Process glandular whole adrenal} in the A.M. and then Adrenal Cortex, 300mg in the afternoon. {I've tried Pregnenolone & DHEA off/on: both do not help me in any way.}
- At night: maybe 5-HTP, GABA ... none of the usual seem to help lower my cortisol and help me sleep.
- Not taking currently: Phosphatidyl-choline, ethanolamine, inositol, serine: 918 mg of blend.
- Does not help me at all, so not taking & haven't been right now. Phosphatidylserine: 150 mg at bedtime.
- Zyrtec: dissolvable tab before 4PM to control chronic hives/itchiness.

No Rx.

### **7) Other information you feel may be relevant?**

- **CORTISOL:** I've had the 7-sample Genova 24-hr Saliva Collection performed 2x in 2018-2019. My curve is a "V."

- > The CAR (Cortisol Awakening Response) is normal.
- > Morning: w/in range (surprisingly since I want to finally sleep at 6am).
- > Noon: w/in range, slight high end of.
- > 4PM: elevated
- > Before bed: more elevated to make a "V"
- > **Melatonin curve:** "normal" (includes a 2am sample). I don't know why it's normal b/c I can't sleep. Taking

Melatonin does not help me at all.

- **Methylation:** I have one allele (I think, out of the 4 mutations possible) mutation for MTHFR; one allele (not both) for COMT.

*Other:*

- Got an Austin Bedroom Model Air Filter a few months ago & run it 24/7 in my bedroom & may move it into my living room. [I only live in 1400sf.]
- I do not think I'm thiol/sulfur sensitive, but perhaps a little if in the raw form but cooked forms seem ok.
- I eat higher fat Paleo, clean (organic as I know to and can, non-GMO, glyphosate free as I am aware, pasture raised), whole foods: dairy (no issues w/ this), eggs, leafy green/cruciferous veg/fibrous veg, fibrous fruit, wild fresh salmon, sardines, use of herbs/spices, macadamia nuts or sprouted/soaked nuts/seeds (not a lot), some beef / beef heart / elk / bison, minimal use of vinegar [b/c of mycotoxicosis] or fermented foods, minimal carrots & beets, minimal use of erythritol or raw honey (less than 1.5 tsp per day).
- I seem to crave tortilla chips (the salt in them? Always non-GMO corn). Tortilla chips helps settle my stomach. I go in spurts eating them; I didn't eat any for >2 yrs.
- > I do drink breve lattes (two 6-oz cups per day, 2 shots organic espresso w/ half and half) that I make at home w/ organic coffee beans; I have never had reactions to caffeine.
- > I do not eat, nor have for >5-14 yrs (depending on the category): refined sugar, processed foods, grain, pre-made sauces/soups, starchy tubers or root veg, corn, soy (unless very small amounts as fermented soy), nightshades; and more recently w/ mycotoxicosis, no mushrooms/fungi or fermented foods, no sugary fruit.
- I hydrate with liquid trace minerals and sea salt (celtic or himalyan) added to my Berkey Filter water.

- Use of natural products for >8-15 yrs: natural toothpaste & mouth wash/rinses; natural skin care, lotions, shampoo/conditioners, soap; non-toxic cleaners (household, etc); stainless steel cookware. More recently, no glazed ceramics unless "lead-free." No plastics. *I'm not perfect at all this, but believe I regularly maintain 90% of this.*

- I am positive that my current environment is not causing acute & ongoing exposure, but was always puzzled by the high blood test #s. Then, I realized that the 2 blood tests showed elevated Hg & Pb in blood following active detoxification (mycotoxin treatment and then purposeful metabolic therapy to assist detox). After collapsing in Nov 2018, I stopped active detoxification [until I began chelation in May 2019], but still do eat ketogenic as part of my normal lifestyle (thus, low level & normal metabolism of detox pathways perhaps). I re-tested blood in Jan 2019 & the Hg & Pb were >3-4x lower than (no # was over 4 in the range). I do believe that this may confirm that the low #s in Jan

2019 show that there is no acute/ongoing exposure; the #s were high (18.87 Hg and 8.4 Pb in the very 1<sup>st</sup> blood test) as a result of the general neurotoxin mobilization into the blood.

- I have traveled to Hong Kong ~5x (last trip was 1997); China (Beijing, Chengdu) 2005; Belize; Panama; Western Europe (various countries at various times); Great Britain; Caribbean.

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

- Current location: Lone Tree, Colorado.

- Previous locations: Austin, TX; Baltimore, Maryland: lived downtown in an old apartment bldg.; Washington, D.C.: lived in the NW segment; Bryn Mawr, PA: 4 yrs of wooden dormitories build in 1865. I believe this is where I had toxic mold exposure & I didn't take care of myself for the pursuance of perfect academics; Columbia, M.D.: childhood.