

Toxic & Essential Elements; Hair

| | | TOXIC ELEMENTS | | PERCENTILE | |
|----------------------------|------|----------------|-----------------------|------------------|------------------|
| | | RESULT µg/g | REFERENCE INTERVAL | 88 th | 95 th |
| Aluminum | (Al) | 5.4 | < 7.0 | | |
| Antimony | (Sb) | < 0.01 | < 0.050 | | |
| Arsenic | (As) | 0.026 | < 0.060 | | |
| Barium | (Ba) | 0.55 | < 2.0 | | |
| Beryllium | (Be) | < 0.01 | < 0.020 | | |
| Bismuth | (Bi) | 0.34 | < 2.0 | | |
| Cadmium | (Cd) | < 0.009 | < 0.080 | | |
| Lead | (Pb) | 0.13 | < 0.60 | | |
| 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) | 0.005 | < 0.060 | | |
| Nickel | (Ni) | 0.06 | < 0.30 | | |
| Silver | (Ag) | 0.02 | < 0.15 | | |
| Tin | (Sn) | 0.18 | < 0.30 | | |
| Titanium | (Ti) | 0.32 | < 0.70 | | |
| Total Toxic Representation | | | | | |

| | | ESSENTIAL AND OTHER ELEMENTS | | PERCENTILE | | | | |
|------------|------|------------------------------|-----------------------|-------------------|------------------|------------------|------------------|--------------------|
| | | RESULT µg/g | REFERENCE INTERVAL | 2.5 th | 16 th | 50 th | 84 th | 97.5 th |
| Calcium | (Ca) | 541 | 300- 1200 | | | | | |
| Magnesium | (Mg) | 44 | 35- 120 | | | | | |
| Sodium | (Na) | 350 | 20- 250 | | | | | |
| Potassium | (K) | 95 | 8- 75 | | | | | |
| Copper | (Cu) | 11 | 11- 37 | | | | | |
| Zinc | (Zn) | 190 | 140- 220 | | | | | |
| Manganese | (Mn) | 0.07 | 0.08- 0.60 | | | | | |
| Chromium | (Cr) | 0.37 | 0.40- 0.65 | | | | | |
| Vanadium | (V) | 0.025 | 0.018- 0.065 | | | | | |
| Molybdenum | (Mo) | 0.018 | 0.020- 0.050 | | | | | |
| Boron | (B) | 0.35 | 0.25- 1.5 | | | | | |
| Iodine | (I) | 1.2 | 0.25- 1.8 | | | | | |
| Lithium | (Li) | 0.004 | 0.007- 0.020 | | | | | |
| Phosphorus | (P) | 175 | 150- 220 | | | | | |
| Selenium | (Se) | 0.82 | 0.55- 1.1 | | | | | |
| Strontium | (Sr) | 0.55 | 0.50- 7.6 | | | | | |
| Sulfur | (S) | 48800 | 44000- 50000 | | | | | |
| Cobalt | (Co) | 0.010 | 0.005- 0.040 | | | | | |
| Iron | (Fe) | 6.8 | 7.0- 16 | | | | | |
| Germanium | (Ge) | 0.021 | 0.030- 0.040 | | | | | |
| Rubidium | (Rb) | 0.13 | 0.007- 0.096 | | | | | |
| Zirconium | (Zr) | 0.051 | 0.020- 0.42 | | | | | |

| COMMENTS: | | RATIOS | | |
|----------------------------|----------------------|----------|--------|---------|
| | | ELEMENTS | RATIOS | RANGE |
| Date Collected: 07/30/2013 | Sample Size: 0.197 g | Ca/Mg | 12.3 | 4- 30 |
| Date Received: 08/03/2013 | Sample Type: Head | Ca/P | 3.09 | 1- 12 |
| Date Completed: 08/07/2013 | Hair Color: Blond | Na/K | 3.68 | 0.5- 10 |
| Methodology: ICP/MS | Treatment: | Zn/Cu | 17.3 | 4- 20 |
| | Shampoo: Giovanni | Zn/Cd | > .999 | > 800 |

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Toxic & Essential Elements; Hair

| TOXIC METALS | | | |
|----------------------------|----------------|-----------------------|--|
| | RESULT µg/g | REFERENCE INTERVAL | 68 th PERCENTILE 95 th |
| Aluminum (Al) | 2.1 | < 12 | |
| Antimony (Sb) | < 0.01 | < 0.060 | |
| Arsenic (As) | 0.044 | < 0.090 | |
| Barium (Ba) | 0.65 | < 2.0 | |
| Beryllium (Be) | < 0.01 | < 0.020 | |
| Bismuth (Bi) | 0.081 | < 2.0 | |
| Cadmium (Cd) | 0.012 | < 0.050 | |
| Lead (Pb) | 0.29 | < 1.0 | |
| Mercury (Hg) | 0.95 | < 0.80 | |
| Platinum (Pt) | < 0.003 | < 0.005 | |
| Thallium (Tl) | 0.001 | < 0.002 | |
| Thorium (Th) | < 0.001 | < 0.002 | |
| Uranium (U) | 0.001 | < 0.060 | |
| Nickel (Ni) | 0.04 | < 0.40 | |
| Silver (Ag) | 0.02 | < 0.10 | |
| Tin (Sn) | 0.10 | < 0.30 | |
| Titanium (Ti) | 0.81 | < 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) | 579 | 475- 1500 | | | | | |
| Magnesium (Mg) | 61 | 45- 180 | | | | | |
| Sodium (Na) | 380 | 80- 450 | | | | | |
| Potassium (K) | 320 | 28- 160 | | | | | |
| Copper (Cu) | 7.6 | 11- 30 | | | | | |
| Zinc (Zn) | 160 | 130- 200 | | | | | |
| Manganese (Mn) | 0.26 | 0.15- 0.65 | | | | | |
| Chromium (Cr) | 0.32 | 0.40- 0.65 | | | | | |
| Vanadium (V) | 0.015 | 0.018- 0.065 | | | | | |
| Molybdenum (Mo) | 0.028 | 0.040- 0.10 | | | | | |
| Boron (B) | 1.6 | 0.40- 4.0 | | | | | |
| Iodine (I) | 2.4 | 0.25- 1.8 | | | | | |
| Lithium (Li) | 0.72 | 0.008- 0.030 | | | | | |
| Phosphorus (P) | 303 | 250- 500 | | | | | |
| Selenium (Se) | 1.4 | 0.80- 1.3 | | | | | |
| Strontium (Sr) | 0.63 | 1.0- 8.0 | | | | | |
| Sulfur (S) | 47500 | 42000- 48000 | | | | | |
| Cobalt (Co) | 0.006 | 0.006- 0.035 | | | | | |
| Iron (Fe) | 6.4 | 7.0- 16 | | | | | |
| Germanium (Ge) | 0.029 | 0.030- 0.040 | | | | | |
| Rubidium (Rb) | 0.39 | 0.030- 0.25 | | | | | |
| Zirconium (Zr) | 0.050 | 0.040- 1.0 | | | | | |

| SPECIMEN DATA | | RATIOS | | |
|----------------------------|----------------------|----------|--------|---------|
| COMMENTS: | | ELEMENTS | RATIOS | RANGE |
| Date Collected: 06/16/2014 | Sample Size: 0.198 g | Ca/Mg | 9.49 | 4- 30 |
| Date Received: 06/19/2014 | Sample Type: Pubic | Ca/P | 1.91 | 1- 12 |
| Date Completed: 06/21/2014 | Hair Color: Blond | Na/K | 1.19 | 0.5- 10 |
| Methodology: ICP/MS | Treatment: | Zn/Cu | 21.1 | 4- 20 |
| | Shampoo: Soap | Zn/Cd | > 999 | > 800 |

Health history for hair test 848

1) Current symptoms: fatigue, low energy and stamina (though improving some over last 2 years since I had to quit working)

Fibromyalgia, sleep: both improving recently after 9-12 year histories of problems

Treated for digestive Fungal infection for last 12 mos

CEBV & other high viral antibodies

Hyperthyroid in '03 & '07 treated each time for 1 year with antithyroid drugs

Hypothyroid since fall '08; using NP Thyroid and T3 now after Reverse T3 issues twice

Adrenal insufficiency treated for last 4 years; now on HC, aldosterone, pregnenolone, 7KETO

DHEA & herbs for adrenal support

2) Wisdom teeth (4) and eyeteeth (4) cut out when I was 15 ('72?)

No root canals

First amalgams when I was about 21 or 22 (around 1978 or '79)

Replaced all amalgams with more amalgams in 1989 L

3) Removed half amalgams in fall, '09; did a test for compatible material for my body; can look up what was used if needed

Removed other half in Jan, '10; don't know what was used but dentist was mercury aware and careful with procedures

Braces from age 9-17

I take high levels of anti-oxidants daily and have for 4-5 years

4) Don't know what mother had at time of pregnancy; she had gum disease later and dentures most of my life

5) All vaccinations typically given in '60's

Also, tetanus and maybe pneumonis in 1999

6) See attachments

7) I am 56, 5'3", 126 lbs

8) I have been Zinc Deficient since at least 2/09 and had low iron and ferritin levels from at least '08-'12. A year ago I was very tired of

Taking iron so an herbalist gave me Yellow Dock for a few months and my level zoomed up.

My iron panels don't seem very consistent though.

I have taken over 100mg of zinc daily for at least 8 months and my RBC level has slowly come up a little but is still a bit below bottom end of range.

I have taken ALA 400mg daily for a year or two and 100-200mg daily of ALA or RLA prior to that for 1-3 years. After reading the low levels recommended

In Cutler's protocol, I hope I haven't caused more damage.

9) Hoover, AL

I live in Shelby Co but understand Jeff. Co., AL has high levels of mercury emission and we are right next door

Supplements, Daily

June 9, 2013

First thing, a.m., empty stomach

Cortef, generic – 10 mg (between 7:30 & 8:00am)

Aldosterone- .125 mg compounded capsule
Atenolol – 25mg
Probiotics – larger dose for day
NP Thyroid – 1 grain (60mg)
Pregnenolone, LEF – 1 capsule, 100mg
Anti-Viral 2 capsules
Proboost thymic protein – 1 pack, 3-7 x week
Adrenal Support, Nature's Sunshine (NS) 1 capsule (Vitamin & Herbal blend)
Vitamin C – 500 mg, chelated Ester-C
Taurine – **500 mg**
L-Carnitine, Jarrow Propionyl form, 750 mg
NAC – Jarrow, 600mg

Breakfast(usually 9:30-11:00)

Nystatin – 2 tablets
Adrenal Support, (N S herbal blend) – 1 cap
Omega-3 Fish Oil (LEF) – 1 capsule contains 350mg EPA, 250 mg DHA plus
Digestive Enzymes (LEF) – 1 capsules containing Pancreatin Blend & Veg. Dig Enz Blend
Hi-Lipase, (NS)- 1 cap
A-Lipoic Acid – 1 capsule = 400 mg , Pure Encapsulations
B-Complex
Pantothenic Acid, 500 mg
CoQ10 (LEF) – 1 capsule = 100mg ubiquinol **4 X week**
Vitamin D3 – 1 sublingual = 5,000IU – **3 x week**
Multi-Vitamin/Mineral (LEF 2-per-day), 1 tablet
Vitamin E Complete (400IU) w/ Selenium (25mcg), (NS) 1 cap
Magnesium, Jigsaw SRT (+ B6, Folate, Malic Acid), 2 tabs = 250mg magnesium
Iodoral – 12.5 mg Iodine/Iodide
LIV.52 – 2 capsules (caper bush, chicory, black nightshade, arjuna, yarrow, cassia occid., tamarisk)
Hepatapro (LEF) – Polyenylphosphatidycholine, 900 mg – **AWESOME**
Milk Thistle (LEF) – 750mg
Mitobalance – 2 tablets
Cruciferous Veg Extract w/ Resver.(LEF) (I3C, DIM, etc) – **3 x week**
Optizinc (LEF) – 30 mg
Herbal Pumpkin (NS) – 1 cap
Astaxanthin, Jarrow, 4 mg – 1 cap
Kyolic Garlic, Formula 106 (Circulation) – 2 caps
Hydrangea (NS) – 2 caps (urinary function)
Alfalfa (NS) – 2 caps, **3 x week**
Slippery Elm (NS), 1 cap
Herbal CA (NS) 1 cap

10:30-11:00 a.m.

Cortef – 7.5- 10.0 mg

1:30-2:00

Cortef – 5mg
Aldosterone- .125 mg compounded capsule
NP Thyroid – ½ grain (30mg)

Lunch (usually 1:30-2:00)

Digestive Enzymes (LEF) – 1 capsule containing Pancreatin Blend & Veg. Dig Enz Blend

Hi-Lipase, (NS)- 1 cap

Adrenal Boost – 1 cap

Vitamin C – 500 mg, chelated Ester-C

Magnesium, Jigsaw SRT (+ B6, Folate, Malic Acid), 1 tab = 125mg magnesium

Hydrangea (NS) – 2 caps (urinary function)

Herbal CA (NS) 1 cap

3:00-4:00pm

Cortef - 2.5mg, if needed

4:00-6:00pm

Atenolol – 25mg

Dinner

Nystatin – 2 tablets

Digestive Enzymes (LEF) – 1 cap containing Pancreatin Blend & Veg. Dig Enz Blend

Hi-Lipase, (NS)- 1 cap

Multi-Vitamin/Mineral (LEF 2-per-day), 1 tablet

B-Complex

Omega-3 Fish Oil (LEF) – 1 capsule contains 350mg EPA, 250 mg DHA plus

LIV.52 – 2 capsules (caper bush, chicory, black nightshade, arjuna, yarrow, cassia occid., tamarisk)

Hepatapro (LEF) – Polyenylphosphatidycholine, 900 mg – AWESOME

Milk Thistle (LEF) – 750mg

A-Lipoic Acid – 1 capsule = 400 mg , Pure Encapsulations

Magnesium, Jigsaw SRT (+ B6, Folate, Malic Acid), 1 tab = 125mg magnesium

Optizinc (LEF) – 30 mg

Herbal Pumpkin (NS) – 1 cap

Kyolic Garlic, Formula 106 (Circulation) – 2 caps

Hydrangea (NS) – 2 caps (urinary function)

Herbal CA (NS) 1 cap

Bedtime

NP Thyroid – ½ grain (30mg)

Lunesta – 1 tab, 2 mg

Progesterone – 75mg – 225mg

Melatonin – 2.5mg sublingual

Probiotics – smaller dose, 2nd brand

Suntheanine – 200mg

Vitamin C – 500 mg, chelated Ester-C

Magnesium, Jigsaw SRT (+ B6, Folate, Malic Acid), 1 tab = 125mg magnesium

Anti-Viral 2 capsules

Zinc Lozenge (LEF) – 24mg

Other:

Estradiol – Vivelle Dot Patches, .125mg, 2 x/wk

Chlorella (after eating seafood)

Betaine HCL (rarely, but used if stomach bloating/food not moving)

Green Pills daily, depending on how many veggies I'm eating

Herbs vary and are rotated every 3 weeks

Costochondritis

Advil – 9-10/day

Boswellia Complex - (contains tumeric, celery seed, ginger) – 4 tabs/day

MSM – 1000mg, 3/day

Hydrocodone - 5mg, as needed, bad side effects so try to limit to 2 or 3 on worst days

Trazadone – 12.5-25mg when wake in pain at 4am

Allergies to medications or food: Sulf₂

→ See attached

List ALL Medications and Supplements (include dose and how you take):

| | | | |
|--|---|--------------------|---|
| Hydrocortisone | 10 mg | 7:30 - 8:00 am | Took about 22.5 mg/daily until 4/13. Went up 4/13 due to 2 boots of costochondritis |
| | 10 mg | 10:30 - 11:00 am | |
| | 5 mg | 1:30 - 2:00 pm | |
| | 5 mg | 4:00 - 5:00 pm | |
| | 30 mg | daily +/- | |
| Aldosterone (compounded bioequivalent) | .125 | 7:30 - 8:00 am | since 9/12 Florinef from 12-11 to 9/12 - lost K |
| | .125 | 12:30 - 2:00 pm | |
| | .125 | daily | |
| T3 (Cytomel or Cynomel) | 12.5 mcg | 7:30 - 8:00 am | Dropped too low during CC episodes; just got back up to 25mcg |
| | 6.25 | " 12:30-ish pm | |
| | 6.25 | " 5:00 - 6:00 pm | |
| | 25.0 mcg | daily +/- | |
| NP Thyroid | 90 mg | 7:30 - 8:00 am | 150 mg |
| | 30 mg | 12:30-ish pm | |
| | 30 mg | 10:30 pm (bedtime) | |
| Atenolol | 25 mg | 7:30 - 8:00 am | 37.5 mg daily |
| | 12.5 mg | 5:00 - 6:00 pm | |
| | 37.5 mg | daily | |
| Nystatin | 2 Tablets | w/ breakfast | ☑ |
| | 2 Tablets | w/ dinner | |
| Lunesta | 1 mg | 10:30 pm (bedtime) | Have been able to drop from 3mg → 2mg → 1mg |
| Vivelle Dot | Average .125 mg (.1 patch + .025 patch) | | (2 2 patches 2x/wk) |
| | vary from .075 - .125 or .15 | during 4 wk period | |
| Progesterone Compounded Capsules | Average 150 mg | | |
| | vary from 75 mg - 200 mg | during 4 wk period | |

Follow-up History for hair test 848 - July 2014

1) Current symptoms: fatigue, low energy and stamina (though improving slowly some over last 3 years since I had to quit working)

Fibromyalgia, sleep: both improving recently after 9-12 year histories of problems

Treated for digestive Fungal infection in last 12 mos

CEBV & other high viral antibodies

Hyperthyroid in '03 & '07 treated each time for 1 year with antithyroid drugs

Adrenal insufficiency treated for last 5 years; now on HC, aldosterone, pregnenolone, & ACE for adrenal support; NP Thyroid & T3 for thyroid

2) Wisdom teeth (4) and eyeteeth (4) cut out when I was 15 ('72?)

No root canals

First amalgams when I was about 21 or 22 (around 1978 or '79)

Replaced all amalgams with more amalgams in 1989



3) Removed half amalgams in fall, '09; did a test for compatible material for my body; can look up what was used if needed

Removed other half in Jan, '10; don't know what was used but dentist was mercury aware and careful with procedures

Braces from age 9-17

I take high levels of anti-oxidants daily and have for 4-5 years

4) Don't know what mother had at time of pregnancy; she had gum disease later and dentures most of my life

5) All vaccinations typically given in '60's

Also, tetanus and maybe pneumonia in 1999

6) See attachments

Was able to wean off Ambien and Lunesta in the last year as of 2/14

Rarely take Hydrocodone (I know) due to mercury redistribution severe chest pain in chest wall when I breathe

7) I am 1 week shy of 57, 5'3", 126 lbs

8) From 12/09 - spring '11, I did 3 or 4 Provocation tests with high dose (500mg, I think) DMSA & EDTA IV 1 time. Always, multiple heavy metals showed high with Mercury and Lead being off the chart. I did a year (2/10 - 1/11) DMSA chelation, 500mg, 3 x day, 3 days on, 11 days off. It was during this year that my adrenals crashed so badly I had to take a leave of absence from work (8/11) and have not been able to go back.

Unfortunately, I did another Provocation test with different doc 4/13 thinking it was time for me to address heavy metal issues again since I'd had a 2 year break. She gave me even higher doses of DMSA - I think I took 2000 or 2500mg - for the test. I had severe chest pain start 2 days later that was in my chest wall and/or costa(?). It was finally, tentatively, diagnosed as costochondritis (CC) for lack of anything better. 3 docs plus my chiro & an acupuncturist all had no idea what to do about it besides anti-inflammatories. It would last about a week, disappear for 2.5 weeks, come back for another week and so on. I had 4 awful bouts of it between mid-April and mid-July last year. There would be times it hurt so bad to breathe I would take a pain pill. Those have intolerable side effects for me so I took fewer and fewer.

I'm spending time on this (above) because ALA seems to be causing the same thing to happen.

Oh, and at least 1 day during the 5-7 days of CC I will run a fever of 100-101. Nothing else is going on, no cold symptoms, no tummy upset, nothing. Just aches, pain, worse fatigue and fever.

This has occurred now at least 3 times after ALA chelation since March. I went from 6.25mg to 12.5mg, no problem, then this started so I went back to 6.25, then to 3.0 and still had it happen.

I have been Zinc Deficient since at least 2/09 and had low iron and ferritin levels from at least '08-'12. Two years ago I was very tired of taking iron so an herbalist gave me Yellow Dock for a few months and my level zoomed up. My iron panels don't seem very consistent though.

I have taken over 100mg of zinc daily for at least 20 months and my RBC level comes up a little but then will drop & is always still a bit below bottom end of range.

I took ALA 400mg daily for a year or two and 100-200mg daily of ALA or RLA prior to that for 1-3 years. I discontinued about a year ago except for low chelation amounts starting in Jan.

Had Genetic testing done back in the winter... trying to figure that out slowly but concentrating on chelating mainly.

9) Hoover, AL

I live in Shelby Co but understand Jeff. Co., AL has high levels of mercury emission and we are right next door

Supplements, Daily

June 24, 2014

First thing, a.m., empty stomach

Cortef, generic – 10 mg (between 7:30 & 8:00am)
Aldosterone- .125 mg compounded capsule
Thorne ACE – 2 (starting 6-24, prev.1 for 1 week) = 100mg
Atenolol – 25 mg
NP Thyroid – 1.5 grain (90mg)
T3 – 12.5mcg
Pregnenolone, LEF – 1 capsule, 100mg
S.Boulardii, Jarrow, 2 = 10B
 +MOS = 400mg
Acidophilus, Solaray Non-Dairy, 2 = 6B
Fibrinix - 1
Vitamin C – 1000 mg, chelated Ester-C
Zinc Lozenge, LEF, 18.75mg
Powders – **D-Ribose, Jarrow**, 2 g
 Creatine, Source Naturals, 1.5g
 Mag. Citrate, CALM, 100mg

Breakfast(usually 9:30-11:00)

Wild Alaskan Salmon Oil (Omega Factors) – 1 capsule contains 107mg EPA, 93 mg DHA
Digestive Enzymes (LEF) – 2 capsules containing Pancreatin Blend & Veg. Dig Enz Blend
Hi-Lipase, (NS)- 1 cap
Ubiquinol (Doctor's Best, Kaneka QH) – 1 capsule = 50mg ubiquinol
Vitamin E (Unique E), 432 mg blend of natural Es
Beta-Carotene, Bluebonnet, 25,000IU
Magnesium, Jigsaw SRT (+ B6, Folate, Malic Acid), 1 tab = 120mg magnesium
Mag Citrate, Thorne, 135mg
Iodoral – 6.25 mg Iodine/Iodide
LIV.52 – 1 capsule (caper bush, chicory, black nightshade, arjuna, yarrow, cassia occid., tamarisk)
Milk Thistle (LEF) – 750mg
Cruciferous Veg Extract w/ Resver.(LEF) (I3C, DIM, etc)
Optizinc (LEF) – 30 mg
Lithium Orotate, KAL, 5mg
Selenium, Vitacost, 200mcg
Molybdenum, Douglas Lab, 250-500mcg
Mineral-Chi Tonic (NS) – 1 T
Master Gland Formula (NS) 2 caps
***Small Intestine Detox (NS) – 2 caps *** STOPPED 6-28-14: Lactose!!
Hawthorn Berries (NS) – 2 caps
Vinpocetine (LEF), 10mg
Sunflower Lecithin, Now, 2 softgels = 2400mg lecithin, 420mg Phosphatidyl Choline

Post-Breakfast

Activated B-Complex, High Potency, Swanson, 1 cap

Pantothenic Acid, LEF, 1 cap = 500mg

Mega Benfotiamine, LEF, 1 cap = 250mg + 10mg B1

B-2 Caps, twinlab, 1 cap = 100mg

10:30-11:00 a.m.

Cortef –10mg

12:30-1:00 p.m.

Cortef – 5mg

Aldosterone- .125 mg compounded capsule

NP Thyroid –1 grain (60mg)

T3 – 12.5mcg

Lunch (usually 1:30-2:00)

Digestive Enzymes (LEF) – 2 capsule containing Pancreatin Blend & Veg. Dig Enz Blend

Hi-Lipase, (NS)- 1 cap

Vitamin C – 1000 mg, chelated Ester-C

Magnesium, Jigsaw SRT (+ B6, Folate, Malic Acid), 1 tab = 125mg magnesium

Mag Citrate, Thorne, 135mg

Optizinc (LEF) – 30 mg

Milk Thistle, Jarrow, 2 caps = 300mg

Sunflower Lecithin, Now, 1-2 softgels = 1200-2400mg lecithin, 210-420mg Phosphatidyl Choline

Post-Lunch

B-Minus Complex, Seeking Health, 1 cap **OR**

Activated B-Complex, High Potency, Swanson, 1 cap

2:30-3:00pm

Cortef - 2.5mg

5:00-6:00pm

Atenolol – 12.5 mg

T3 – 12.5mcg

NP Thyroid –1/2 grain (30mg)

6:00-7:00

Powders **L-Glutamine, Source Nat**, 2g

Mag Glycinate, Kirkman, 997mg=179mg magnesium

L-Taurine, LEF, 375mg

Mag. Citrate, CALM, 100mg

Glycine, LEF, 1000mg

Acetyl-L-Carnitine, LEF, 500mg

Dinner

Digestive Enzymes (LEF) – 2 caps containing Pancreatin Blend & Veg. Dig Enz Blend
Hi-Lipase, (NS)- 1 cap
Borage Oil, Now, 1000mg
Wild Alaskan Salmon Oil (Omega Factors) – 1 capsule contains 107mg EPA, 93 mg DHA
Sunflower Lecithin, Now, 2 softgels = 2400mg lecithin, 420mg Phosphatidyl Choline
B-Minus Complex, Seeking Health, 1 cap
Pantothenic Acid, LEF, 1 cap = 500mg
Vitamin C – 1000 mg, chelated Ester-C
Vitamin E (Unique E), 432 mg blend of natural Es
LIV.52 – 2 capsules (caper bush, chicory, black nightshade, arjuna, yarrow, cassia occid., tamarisk)
Milk Thistle (LEF) – 750mg
Magnesium Malate, Jarrow, 100mg w/ 350mg Taurine
Optizinc (LEF) – 30 mg
Vitamin D3 – 1 sublingual = 10,000IU
Mineral-Chi Tonic (NS) – 1 T
Master Gland Formula (NS) 2 caps
*****Small Intestine Detox (NS)** – 2 caps *** STOPPED 6-28-14: Lactose!!
Hawthorn Berries (NS) – 2 caps

Bedtime

NP Thyroid – ½ grain (30mg)
Progesterone – 200mg
Melatonin – 3mg sublingual
Probiotics – larger dose, Ultimate Flora, 50B
Suntheanine – 200mg
Zinc Lozenge (LEF) – 18.75mg
Magnesium Malate, Jarrow, 100mg w/ 350mg Taurine
Glycine, LEF, 1000mg

Other:

Estradiol – Vivelle Dot Patches, .125mg, 2 x/wk
Betaine HCL (occasionally, but used if stomach bloating/food not moving)

Costochondritis

Boswellia Complex - (contains tumeric, celery seed, ginger) – 4 tabs/day
MSM – 1000mg, 3/day
Hydrocodone - 5mg, as needed, bad side effects so try to limit to 2 or 3 on worst days