



PATIENT: 'Bi a VYf'-' )  
 SEX: Female  
 AGE: 39

| TOXIC METALS               |                |                       |   |
|----------------------------|----------------|-----------------------|---|
|                            | RESULT<br>µg/g | REFERENCE<br>INTERVAL | PERCENTILE<br>68 <sup>th</sup> 95 <sup>th</sup> |
| Aluminum (Al)              | 1.1            | < 12                  |   |
| Antimony (Sb)              | 0.011          | < 0.060               |   |
| Arsenic (As)               | 0.018          | < 0.090               |   |
| Barium (Ba)                | 2.0            | < 2.0                 |   |
| Beryllium (Be)             | < 0.01         | < 0.020               |   |
| Bismuth (Bi)               | 0.010          | < 2.0                 |   |
| Cadmium (Cd)               | 0.009          | < 0.050               |   |
| Lead (Pb)                  | 0.78           | < 1.0                 |   |
| Mercury (Hg)               | 0.09           | < 0.80                |   |
| Platinum (Pt)              | < 0.003        | < 0.005               |   |
| Thallium (Tl)              | < 0.001        | < 0.002               |   |
| Thorium (Th)               | < 0.001        | < 0.002               |   |
| Uranium (U)                | 0.003          | < 0.060               |   |
| Nickel (Ni)                | 0.13           | < 0.40                |   |
| Silver (Ag)                | 0.01           | < 0.10                |   |
| Tin (Sn)                   | 0.03           | < 0.30                |   |
| Titanium (Ti)              | 0.33           | < 1.3                 |   |
| Total Toxic Representation |                |                       |   |

| ESSENTIAL AND OTHER ELEMENTS |                |                       |   |  |  |
|------------------------------|----------------|-----------------------|---|--|--|
|                              | RESULT<br>µg/g | REFERENCE<br>INTERVAL | PERCENTILE<br>2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup> |  |  |
| Calcium (Ca)                 | 760            | 475- 1500             |   |  |  |
| Magnesium (Mg)               | 210            | 45- 180               |   |  |  |
| Sodium (Na)                  | 180            | 80- 450               |   |  |  |
| Potassium (K)                | 42             | 28- 160               |   |  |  |
| Copper (Cu)                  | 57             | 11- 30                |   |  |  |
| Zinc (Zn)                    | 400            | 130- 200              |   |  |  |
| Manganese (Mn)               | 1.2            | 0.15- 0.65            |   |  |  |
| Chromium (Cr)                | 0.39           | 0.40- 0.65            |   |  |  |
| Vanadium (V)                 | 0.015          | 0.018- 0.065          |   |  |  |
| Molybdenum (Mo)              | 0.019          | 0.040- 0.10           |   |  |  |
| Boron (B)                    | 1.3            | 0.40- 4.0             |   |  |  |
| Iodine (I)                   | 0.15           | 0.25- 1.8             |   |  |  |
| Lithium (Li)                 | 0.007          | 0.008- 0.030          |   |  |  |
| Phosphorus (P)               | 201            | 250- 500              |   |  |  |
| Selenium (Se)                | 1.5            | 0.80- 1.3             |   |  |  |
| Strontium (Sr)               | 1.8            | 1.0- 8.0              |   |  |  |
| Sulfur (S)                   | 45900          | 42000- 48000          |   |  |  |
| Cobalt (Co)                  | 0.018          | 0.006- 0.035          |   |  |  |
| Iron (Fe)                    | 9.8            | 7.0- 16               |   |  |  |
| Germanium (Ge)               | 0.028          | 0.030- 0.040          |   |  |  |
| Rubidium (Rb)                | 0.038          | 0.030- 0.25           |   |  |  |
| Zirconium (Zr)               | 0.017          | 0.040- 1.0            |   |  |  |

| SPECIMEN DATA              |                    | RATIOS   |         |
|----------------------------|--------------------|----------|---------|
| <b>COMMENTS:</b>           |                    | ELEMENTS | RATIOS  |
| Date Collected: 03/22/2014 | Sample Size: 0.2 g | Ca/Mg    | 3.62    |
| Date Received: 03/27/2014  | Sample Type: Pubic | Ca/P     | 3.78    |
| Date Completed: 03/28/2014 | Hair Color: Brown  | Na/K     | 4.29    |
| Methodology: ICP/MS        | Treatment:         | Zn/Cu    | 7.02    |
|                            | Shampoo: Weleda    | Zn/Cd    | > 999   |
|                            |                    | RANGE    |         |
|                            |                    |          | 4- 30   |
|                            |                    |          | 1- 12   |
|                            |                    |          | 0.5- 10 |
|                            |                    |          | 4- 20   |
|                            |                    |          | > 800   |

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

I believe I had mercury exposure in utero and had further exposure playing with a broken thermometer when I was around 5y.o. I was born in an industrial town in Spain; my grandparents went through a civil war and they suffered from (undiagnosed) metal toxicity. Probably due to this and bad medical practice I have had a life full of small nagging health issues, such as allergies, sore throat, depression, anger, mouth ulcers, cystitis, ingrown nails, nail fungus, acid stomach, nightmares, fears, eczema, skin moles, dry skin, memory and concentration issues, tiredness, not sweating, dilated pupils, headaches, fainting, vertigo, neck and shoulder pain, eyelid twitches, spider veins, enamel loss, etc. I match Al's symptoms nicely.

However, until my thirties I was able to more or less function, although with increased difficulty. I had to drop my PhD, which I never finished, quit jobs before getting fired, and feared to lose my relationships. At a certain point in my mid thirties, symptoms did not allow me to continue with my life. I was diagnosed celiac (marsh one, little intestinal damage but with the genes). I went gluten-free and quit my job, with no progress. I became critically ill since 2009, developing a very strong painful reflux and constant gallbladder attacks that went on for years and did not respond to therapies. My husband had to take care of me and I lost a lot of weight. In 2011, a doctor found high mercury and lead in my blood. Blood levels normalized in about a year. Then I chelated (improperly) for a couple months, which brought a worsening of mental symptoms, until I found the Cutler's protocol.

I am now in the stall phase at 2-3mg ALA, 25 mg DMSA. I chelate every weekend, from Friday morning to Sunday evening, every 2h during the day, 3h at night. My reflux is much better. I am not able to work but can take care of myself and don't live wanting to go to the ER every day anymore. All my childhood symptoms seem to be coming back though. My biggest current issues are persistent low weight, muscle weakness, poor liver function, occasional gallbladder attacks, MCS (fast phase 1/slow 2), very reduced diet, brain fog, low adrenal in the morning/high in the evening, allergies, PMS, emotional ups and downs, anxiety, yeast.

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

Two small caries as a child, cannot remember if they used amalgam or white fillings.

Removable braces as a child

Lower right wisdom tooth removed as a teenager

Fixed nickel sublingual retainer since childhood up until this year, when it was removed (I'm 39)

Used to wear a plastic nightguard for teeth grinding, for about 15 years

Now I wear a removable plastic retainer at night to keep teeth alignment  
One molar was partially sealed with plastic for tooth sensitivity (not an issue anymore)

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

Nothing else other than what was stated above. Everything is removable and there is no metal. My teeth with cavities were on primary teeth, and were lost growing up.

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

A small number of amalgams. She developed pregnancy anemia that did not respond to daily iron shots. I researched iron shots in Spain, around 1974, and did not find any evidence they contained thimerosal.

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

As a child, all the standard ones for Spain (don't know exactly which ones)  
At least one flu shot around 2001-2002

2/29/2003: Tetanus booster

10/20/2003: Hepatitis B 1 & flu shot.

12/1/2003: Hep B 2

4/19/2003 Hep B 3

I believe I saw a regression in health after them, but I wasn't very aware at the time.

2004: extra set of standard vaccinations for green card application (evidence from Spain was not accepted). MMR and varicella. Another health regression.

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

- 25mg DMSA
- 5 mg ALA (planning to lower to 2-3mg)
- Vit C as camu camu, 9 caps/meal eq 4g/day
- Magnesium (625-900g glycinate, plus skin oil) divided in 4 meals, and at night
- Zinc picolinate (30mg in-round)
- Selenomethionine 200mcg
- Glycine well rounded 1/4 tsp with meals (4xday)
- Taurine 1/4tsp with meals (4xday)
- D-Mannose 1/2 tsp/day
- Adrenal cortex extract, Thorne, 6 caps breakfast, 2 caps lunch
- Charcoal when not chelating, 2 scoops before bed
- Probiotics -human strains, 1 capsule after dinner
- Vit E, dermally, plus 4 drops of oral E 4xday (320 IU)

- Vit D, K2: occasionally, dermally
- Pancreatin, 1 capsule before food, 4xday
- Grapefruit peel, a small handful after each meal
- 1/4 artichoke before meals, 4xday
- Biotin, sublingual 5000mcg with lunch
- Potassium chloride, a sprinkle on food 4xday
- Pantethine, 1 cap 660mg w/breakfast
- Eleuthero, 1 cap w/breakfast
- Apex adrenal calm cream (1 pump late afternoon & before bed)

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

Another source of mercury was fish; I used to eat it several times a day when my digestive issues were so extreme that I could not digest meat, carbs, or fat at all. That's when I found mercury in my blood, in 2011. By elimination, lead must have come from our old set of dishes. These were the causes of my reflux.

Many maternal family members have had their gallbladders removed as well as depression or substance abuse issues; I suspect our livers don't process toxins well. There is also a history of ulcers, reflux, and digestive issues. I spent my 20's having an antacid similar to Tums (Almax, which I believe contained aluminum) after meals for acid stomach.

Have been eating home cooked organic foods for a few years, GAPS inspired diet of pork, turkey, zucchini, lettuce, escarole, bone broth, olive oil, artichokes. I now eat thiol free.

Since starting proper chelation at the beginning of August, 2013, I have much less digestive pain. I improperly chelated in June and July of 2013: one DMSA urine challenge test, high doses of DMSA (up to 2000mg), EDTA IV, "nourishing IV" with glutathione and 20 other nutrients, chlorella supplement, and cilantro in cooking.

I have had one consultation with Andy and have implemented many of his suggestions, but I have not been able to tolerate progesterone or hydrocortisone yet. I had an adrenal crash a couple months ago and had to stop going to my daily dry sauna. I was drinking salty water all day long and felt exhausted. For adrenals I take ACE, pantethine, eleuthero, vit C. I am considering pregnonolone after my saliva hormonal test result comes back or if I dare, try HC at 1 mg dermal dose, although heart and adrenaline symptoms were so difficult that I am not sure I will dare to try again.

Thyroid numbers used to be all over the place with no distinguishable pattern, slowly normalizing on their own.

Additional testing shows low homocysteine and methionine, high RBC Mg, folic acid, and CoQ10, mthfr A 1298C heterozygous, high IgE, IgG band 23 positive, low creatinine, low aminoacids and electrolytes, high cholesterol.

Considering lithium, it was high on whole blood test but low in hair test. Considering trying milk thistle and artichoke extract again (gave me diarrhea and digestive distress in the past).

Chelation therapy is under way, I am currently in the stall phase, working on optimizing my supplement regime. Very happy to have found this group and protocol.

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

Brooklyn, New York, but I lived in Barcelona and Tarragona, Spain, between Summer 2009- Fall 2011