



‘Mad As A Hatter’

A true story of one man’s heroic struggle to save himself and his family from undiagnosed mercury toxicity.

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Everyone thought Fernando was crazy. He was depressed and having thoughts of suicide, he cried suddenly without apparent reason, he trembled, he was loosing his vision, loosing weight, loosing muscle mass and strength, his joints were starting to crackle, his upper and lower back were in constant pain, he was very cold all of the time, he was nauseous and bloated, and he had strange sensations of electricity surging through his body. He was photophobic and obsessed with his symptoms. By the time he had gone to the thirteenth doctor in his odyssey, who gave him a prescription for anti depressants and analgesics, his wife and family had given up hope for his sanity. He did not want to alarm his wife by telling her that one of the many doctors suspected MS. Another of them thought he was possessed. He kept his fear of cancer to himself.

His EEG, MRI, hepatitis, HIV and other standard tests all came back ‘normal’. The only remarkable laboratory finding was severely elevated liver enzymes and moderately high eosinophils.

Test	Pre: 9/11/03	Normal Value Range
Alk. Phos.	171	30 - 90
GGT	153	11 – 43
SGOT/AST	76	0 – 37
SGPT/ALT	154	0 – 40
Eosinophils	5.1	0.6 – 4.6

Fernando did not fit any known ‘disease’ model and so the conventional doctors dismissed him as crazy. The phrase ‘Mad as a Hatter’ derives from England in the late 1800’s, when hat makers used mercury to stiffen the inner rims of hats. The mercury would absorb through their skin, get into their brains and make them go ‘insane’. He was neurologically compromised at the time, but not for psychological or emotional reasons. His life in a ‘pain amplifier’ went on like this for 3 long years during which time he not only endured his worsening symptoms but also the escalating social stigma of being thought of as crazy. To this day there is no general medical consensus for the possibility of insanity having a physical cause such as heavy metal or chemical toxicity.

The fourteenth doctor he visited in his region of Portugal, who had attended several seminars about Biological Medicine in Germany, suspected heavy metal toxicity. This doctor told him to take chlorella and a multiple vitamin, which provided no relief and added to his bowel problems.

Fernando may have been crazy, but he was also smart and persistent. With the suggestion of metal toxicity in mind, he began researching the subject. He noticed that he was not ‘crazy’ or sick before he painted his apartment with paint from Morocco that contained

mercury as an anti-fungal preservative. He also noticed that his son and daughter, who looked very much like him, had developed similar symptoms during the same time, including deviated eyes, memory loss, insomnia and slurred speech.

His wife had no symptoms, and she had lived in the same house at the same time. She was his greatest challenge as she saw her relatively good health as living proof that it could not possibly be the mercury in the paint. She thought he was spending all of the money she was earning, as he could not work, on doctors for an ‘imaginary’ health problem. They did not yet know that some people have a gene that allows them to excrete heavy metals whereas others do not¹. Fernando spent most of his days in miserable hopelessness and confusion believing the general consensus that he was indeed crazy, convinced he was dying of an unnamed disease. He was.

He searched the web and found my website: www.healthdetox.org. He printed out all 198 pages and studied them three times. His family and in-laws then accused him of being obsessed with a heretic new ‘bible’ and thought him crazier than ever.

He would not prove the metal toxicity to his wife because he was afraid of the serious consequences a DMPS challenge might have on his and his children’s nervous systems. Smart man. In spite of her lack of belief, he sold the apartment and moved his family to a ‘clean’ house. He was thoughtful enough to put three coats of plastic based sealant paint into the old apartment so the next family would not also become ill. I can imagine that his behavior at that point looked like that of a lunatic.

From the healthdetox.org website he learned how to ramp the dose of NDF² up to his ‘maximum tolerated dose’ of 5 drops twice a day, and regulated his urine pH with LiverLife³ at 2 droppersfull 3 times a day. He did the same for his son and daughter. He used the above remedies exclusively for three months and then retested his liver enzymes: they had returned to normal. By December of 2003 his children were well again, and he was feeling substantially better. (original labs on file)

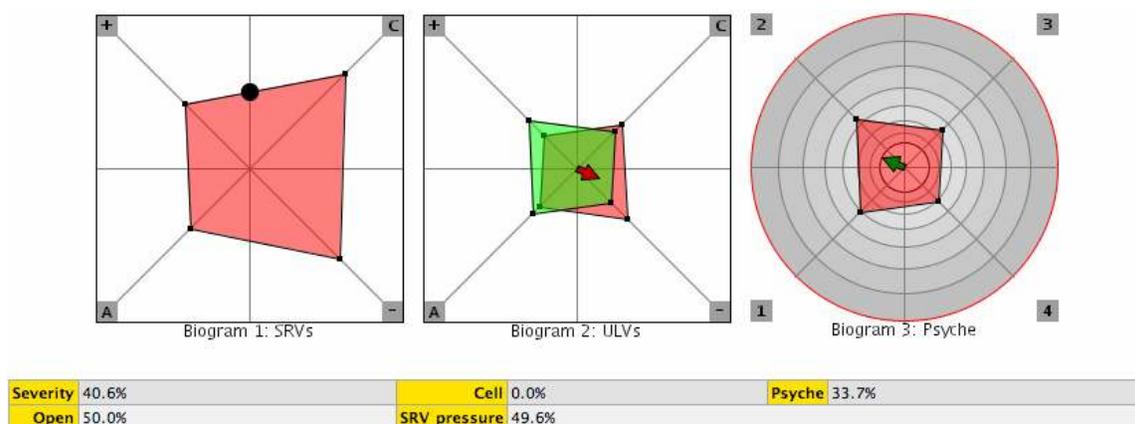
Test	Post: 12/22/03	Normal Value Range	Pre: 9/11/03
Alk. Phos.	69	30 - 90	171
GGT	48	11 - 43	153
SGOT/AST	24	0 - 37	76
SGPT/ALT	41	0 - 40	154
Eosinophils	1.9	0.6 - 4.6	5.1

In January of 2004 I was in Switzerland teaching a 4 day intensive BTM: Cell & Psyche Seminar⁴ to physicians with Dr. Mick MacKenzie DC⁵, who specializes in the ‘Psyche’ aspect of the course. Dr. MacKenzie answered the phone one morning and it was Fernando, who had managed to find me in Switzerland. He wanted an appointment but said “I have a problem with my wife”. Dr. MacKenzie quickly replied, “I do too!” and got him laughing. He wanted me to convince his wife that he wasn’t crazy, that he could indeed have mercury toxicity, and that mercury was extremely toxic to the nervous

system. I told him I didn't make it my job to convince anybody of anything, but that she could go to the website and read the "Resources" section that included links to extensive scientific literature on the subject. I said she was welcome to talk to me after she did some reading. She did it! She wasn't convinced, but she was now curious.

The next I heard, he had set up five consecutive appointments with both me and Dr. MacKenzie, managed to get a difficult to get visa, would be showing up in Switzerland 2 days later, and had managed to borrow the money for the adventure from his mother in law (who also thought he was crazy). His wife came with him.

Let's take a brief look at his first BTM panel (calculated from measurements of urine and saliva ammonium, nitrate, sugar, conductivity and pH) from left to right, top to bottom:



Biogram 1 shows a severe toxic body burden, especially high ammonium backing into the system causing mental and metabolic confusion.

Biogram 2 shows low metabolic efficiency in dealing with the toxicity; and parasitic, viral and fungal problems. The overlap of the two shapes shows him in a 'locked zone', ie. unable to make progress in the physical body at this time.

Biogram 3 shows the issue in the Psyche is related to a lack of discipline and appreciation.

Severity 40.6% gives an overall measure of the deviation from normal values.

Cell 0.0% tells us the physical issues cannot be addressed at this time.

Psyche 33.7% tells us that the Psyche must be addressed before the body.

Open 50% tells us that he is half willing to utilize the intervention.

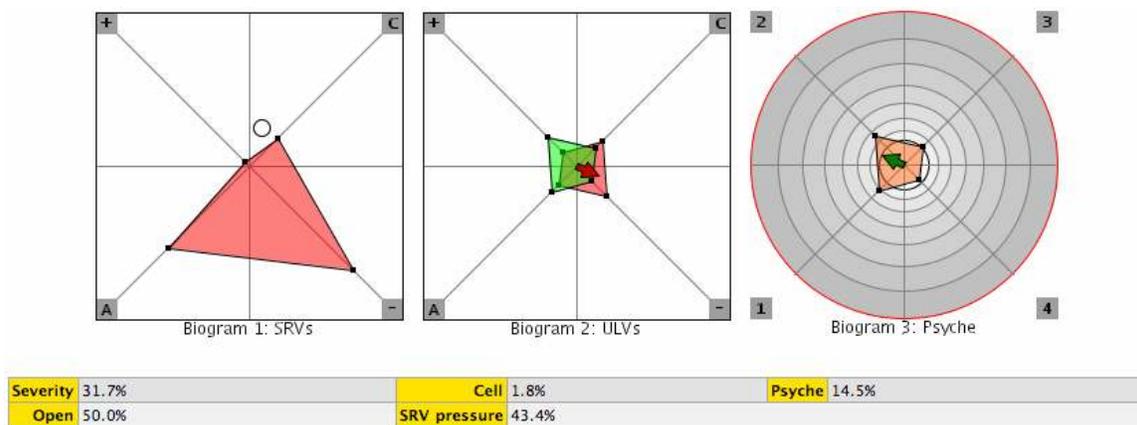
SRV pressure 49.6% tells us to what degree the toxic body burden is aggravating the issue at hand and is represented graphically in Biogram 1.

Fernando had done most of the difficult part of initial Detox on his own. His remaining symptoms included constipation, toe fungus, thoracic and lumbar pain, muscle wasting, photosensitivity and some weakness. We know that metal toxicity compromises the immune system and is a predisposing factor in stubborn infections. However, his BTM Panel showed that the current issue requiring attention was in the Psyche. We have found that the Cell heals in step with the Psyche, and that if one is left behind it prevents the other from gaining further ground. We have also seen that a 'happy' person excretes

heavy metals up to three times faster than normal⁶. He sought me out instinctively because he had reached this impasse in his recovery.

Dr. MacKenzie did a brief ‘strategic intervention’ with him. This involves an ‘intentional conversation’ during which one elicits a persons strength and applies it to the correction of a weakness. The process has the direct effect of increasing both metabolic efficiency and emotional maturity. Fernando was given the task of only *appreciating* everything he saw or did during the next 24 hours, including his wife. In the Swiss Alps this is quite easy to do. His wife turned out to be a strong, supportive, funny and highly intelligent person who simply needed the correct information about mercury toxicity in order to frame him differently. I can imagine the moment when it dawned on her that he probably *was* dealing with mercury toxicity.

The next morning, 24 hours later, his BTM Panel looked like this:



Biogram 1 shows a decrease in toxic body burden (the red shape is smaller).
 Biogram 2 is no longer ‘locked’; metabolic efficiency has increased (shapes are smaller).
 Biogram 3 shows a decrease in the tendency to dwell on the negative.
 Severity has dropped by 8.9 points.
 Cell at 1.8% shows we now have some access to the physical body.
 Psyche at 14.5% shows a 19.2-point improvement.
 Open is still at 50%. This translates to ‘small doses’.
 SRV pressure has decreased by 5.9 points.

It was my turn as the physical body could now be approached. I had him increase his NDF dose by one drop a day (the goal being to reach 52 drops twice a day for 2 months), continue the LiverLife⁷ at 2 droppers 3 times a day, add in 20 drops of EM1⁸ orally and apply it topically to his toe fungus, Silver & Clove⁹ 2 tpsps. 3 times a day, take 5 Oxcoxy¹⁰ at bedtime, and apply the NDF poultice¹¹ to his thoracic and lumbar areas of pain. I double-checked the BTM protocol recommendations with D. Klinghardt’s ART method of Applied Kinesiology¹² and it was a match. He was given a diet including extra protein, restricting sugar, and the instruction to chew thoroughly.

We continued to monitor his progress with BTM Panels every morning, allowing us to fine tune his protocol. He gained ground on a daily basis and all symptoms began to improve. As the Terrain (or Mental-Metabolic Environment) becomes more efficient the speed of Detox can accelerate. We treated his wife at no charge, which they very much appreciated.

What began as a dubious and expensive trek filled with misgivings became a spectacular vacation in the Swiss Alps that invigorated both their health and marriage. Fernando followed his intuition, did what he had to do in spite of tremendous family resistance, the lack of a timely diagnosis, his own neurological chaos, and has brought himself, his children and his family unit back from the nightmare of heavy metal toxicity. Not so crazy after all!

¹ Research conducted by Boyd Haley PhD. See www.altcorp.com.

² NDF (Nanocolloidal Detox Factors), a natural heavy metal and chemical chelator, can be read about at www.healthydeto.org and purchased from BioRay, Inc (310-473-1813) or through one of their many distributors.

³ Please read ‘The pH Management of Heavy Metal Detox’ on the healthydeto.org site.

⁴ BTM stands for Biological Terrain Management. Please read the article in ‘Explore for the Professional’, or on the healthydeto.org website, “Real-Time Functional Medicine and the Terrain” for more information.

⁵ Information about Dr. MacKenzie’s courses can be found at www.micpeakperformance.com.

⁶ See the article published in ‘Explore for the Professional’, or on the healthydeto.org website, “Peak Performance Training – Parts One and Two”.

⁷ LiverLife is an herbal liver restorative and drainage formula rich in beta 1-3 glucans from agaricus blazei, a medicinal mushroom. It is available through BioRay, Inc.

⁸ EM1 stands for Effective Microorganisms. Search the web for EMRO USA. Or, go to www.rawpaleodiet.org/em/. This remedy has many uses, one of them as an anti fungal.

⁹ Silver & Clove is a broad spectrum anti parasite herbal formula available from BioRay, Inc. It is gentle on the Terrain and proven with over 40 pre and post stool tests to kill all parasites.

¹⁰ A magnesium peroxide based bowel cleanser. www.healingedge.com.

¹¹ Instructions on how to make the NDF poultice are available on the healthydeto.org website.

¹² Information about Dr. Klinghardt’s methods can be found at www.neuraltherapy.com.