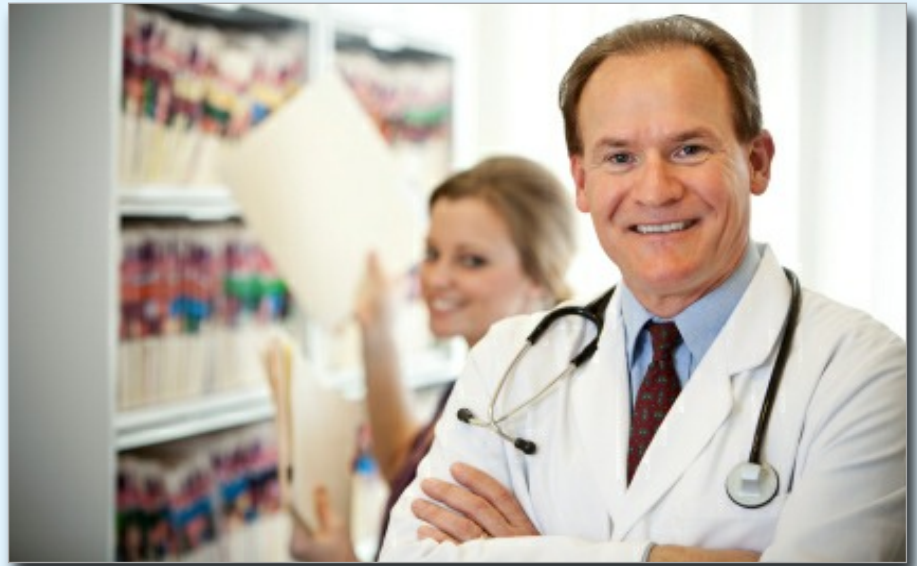


Heavy Metal Screening

"While using the Romberg test I tried a homeopathic heavy metal detox remedy and she stood like a statue for 18 seconds."

Even though I want the Tuesday Minute to be a source of encouragement and clinical protocols I also want to use this forum as a way to stimulate creative thinking and new options for diagnosis and treatment. In that light I want to share an experience that really made me sit up and take notice.

As you would agree, the longer you are in this field, the more convinced you are that heavy metals are an underlying factor in many chronic diseases. But the question always arises, when does "the body burden" of heavy metals impede normal function?" And when should we encourage patients to do heavy metal testing and begin treatment? Until now I would have said "whenever patients can afford it," or "when cases are not responding to standard therapies". But I had an experience that really made a big difference in one of my patients and I wanted to share it with you.



I was co-teaching a post graduate class with Dr. Greg Peterson called "Without-A-Doubt" and he made a statement describing how he uses the Romberg test to screen for heavy metals. Remember, in performing the Romberg test, patients are instructed to stand on one leg for 20 seconds. The exercise is repeated on the other leg. If the patient is able to stand on one leg for 20 seconds they pass part one.

As a side note, I always ask them to do each leg three or

even four times to make sure they understand the exercise, and I have a good baseline.

For step two, ask the patient to stand on one leg with their eyes open until they are stable and then close their eyes. The goal is 15 - 20 seconds. Repeat the same procedure with the other leg.

Dr. Wally Schmitt in his seminar "Better Results with Injury, Inflammation and Pain" taught how the Romberg test can be used to assess neurological func-

tion; and how by "neurolingual taste testing" we can identify nutrients that will enhance neurological performance and strengthen associated muscles. The result is better balance and hopefully preventing future falls.

With his background in neurology, he showed how this test could be used as way to assess B12, folic acid, B6, and niacin. Dr. Schmitt uses the Romberg test to screen for the one out of three patients that do not have the necessary gene to convert folic acid to its methylated form 5-MTHF. Interestingly, these nutrients are cofactors for several neurotransmitters like serotonin, melatonin, dopamine, GABA, epinephrine and norepinephrine.

In assessing one of my active elderly patients, I was surprised to find that her balance was very poor. She could barely stand on one leg for six seconds. The result was the same for both legs. Even though she practiced Tai Chi and swam at the YMCA weekly she failed the test. So, following Dr. Schmitt's suggestions, I had her try all the neurological nutrients that would normally strengthen her. It's pretty dramatic when you see someone who can barely stand on one leg eyes open or closed who repeatedly loses their balance. And when they taste the right nutrient immediately muscles strengthen, their balance stabilizes and they pass the test. But this time the nutrients did absolutely nothing.

Remembering my conversation with Dr. Peterson, I thought, "Let's try my favorite heavy metal chelators; Porphyrin-Zyme and Chlorella. Still, no change in balance.

Based on some insights Dr. Boven shared at his inflammation seminar, I tried some different homeopathic detox remedies to see if they would give me a clue on how to proceed. I put a few drops of 21st Century Heavy

Metal Detox in her mouth and she stood like a statue for 18 seconds.

21st Century Homeopathics makes a line of water-based remedies that are used in both diagnosing and treating. Products include Acute Stress, Chronic Stress, Detoxification, Heavy Metal Detox, Environmental Detox, Detox-Virus, Bacteria Detox, Fungal Yeast infection, Lymphatic Drainage and Parasite Detox.

If the Heavy Metal Detox did not strengthen her I would have tried a few drops of each of the other remedies until I found one that strengthened her.

Following the clue that the Heavy Metal Detox strengthened her, I tried another heavy metal chelator, Lipoic Acid and it dramatically strengthened her.

Next, I tried another chelator N-Acetyl-L-Cysteine (NAC) and it also strengthened her. So therapeutically, I gave her the Homeopathic Heavy Metal Detox, Lipoic Acid and NAC. The patient was very impressed and grateful that I took the time to test her.

You can see links to the Romberg test below as well as a brief discussion of Dr. Boven's work. But I want to encourage you to take the extra time to do this test and individualize nutrients with your senior patients. If we can prevent falls by enhancing neurological response time, we are truly giving them exactly what they want... quality of life as they age with dignity.

These are the kinds of services that endear you to your patients and bring your name up in conversation as they brag about what their doctor does to help them.

Thanks for reading this week's edition. I'll see you next Tuesday.