

Genetic Heavy Metal Toxicity?

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Explaining SIDS, Autism,
Tourette's, Alzheimer's and Other
Epidemics

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iUniverse, Inc.
New York Lincoln Shanghai

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Cover concept by Stephanie Morales.

Dedicated in Loving Memory of Asher

Contents

<i>Disclaimer</i>	<i>.xi</i>
Chapter 1 Heavy Metals	1
Chapter 2 Genetics	15
Chapter 3 Tourette Syndrome	18
Chapter 4 SIDS	30
Chapter 5 Autism and Asperger's Syndrome	56
Chapter 6 Alzheimer's Disease	72
Chapter 7 Obsessive-Compulsive Disorder	77
Chapter 8 Migraines	87
Chapter 9 ADHD/ADD and Learning Disorders	89
Chapter 10 Behavioral Disorders	94
Chapter 11 Diabetes and Hypoglycemia	111
Chapter 12 PUPPP	119
Chapter 13 Other Diseases, Disorders, and Miscellaneous	126
Chapter 14 Animal Behavior	151
Chapter 15 God's Laws, Detox, Prevention, and Natural Treatment Options	156

Afterword 169
Endnotes 173

Disclaimer

In this nation of the free, land of liberty, where freedom of speech reigns, I am not allowed by man's law to teach people how they can cure themselves the right way. I am not a medical doctor (or other medical worker, for that matter), so don't count on me for your health decisions, even if the material in this book inspires them. I have no god status in this society. See your medical doctor to hear his opinion before you do any of the suggestions contained within this book.

You and I don't have medical degrees, and you need to seek *permission* from your medical doctor before making lifestyle or dietary decisions. Without that medical degree, you are not capable of making wise decisions for yourself, or for your children, regarding your diets and lifestyles. After all, your medical doctor knows your bodies much better than you know your own body and those of your children's. Your medical doctor will probably assure you that I am teaching nonsense, and that it's impossible that diet and lifestyle could have any bearing on your health. He'll probably prescribe you some more drugs and give your children the latest vaccinations. Then, you can go home and be relieved you didn't have to make any decisions yourself and be even more relieved you don't have to change any of your ways of living. (Don't forget to stop at your local fast food restaurant on your way home to pick up a double-heart-attack with artery-scarring sticks on the side and an acidic sugar-rush to drink.)

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decisions. It is not my intention to diagnose, treat, or cure you of any disease or ailment you have.

1

Heavy Metals

What exactly is a heavy metal, you may ask? Well, besides the harmful music that goes by the same name, there are *other* heavy metals that can harm you. Concerning the definition for the purposes of this book, Wikipedia says, "... heavy metals are a group of elements between copper and lead on the periodic table of the elements—having atomic weights between 63.546 and 200.590 and specific gravities greater than 4.0."¹ Wikipedia further notes that living things need trace amounts of some heavy metals, including copper, manganese, molybdenum, zinc, and others; while taking in excessive amounts of essential heavy metals can have devastating effects. Other heavy metals are not vital to living things at all and can be very detrimental, sometimes even in small amounts.²

Essential metals are ones that are essential to our health, while non-essential metals are not required by our bodies. Essential metals that can be toxic in excess include iron, copper, and manganese. Non-essential metals that can poison us include arsenic, cadmium, lead, mercury, thallium, and antimony. Aluminum is also toxic, but I must note here that is not a heavy metal, based on atomic weight. There are other toxic metals, but the ones mentioned above will be the ones mostly discussed in this book.

Heavy metals and aluminum are neurotoxic, meaning they have toxic effects on neurons (nerve cells) and neurotransmitters. We have several different neurotransmitters, which are substances that

released when the axon terminal of a presynaptic neuron is excited.³ In nearly all, if not all, the diseases and disorders discussed in this book, low serotonin levels are found. Serotonin is a neurotransmitter that takes a crucial part in blood clotting, stimulating a strong heart beat, initiating sleep, fighting depression, causing migraine headache, and regulating the body's clock.⁴ Dopamine, another neurotransmitter, is also affected in many of the diseases I will discuss, especially the neurological disorders. Depending on where in the brain the imbalance is and whether there is too much or too little determines what symptoms or what disorders someone has. Dopamine is responsible for smooth and controlled movements, coherent thought and good memory, and for increasing pleasure and lessening pain.⁵ Other neurotransmitters, such as epinephrine, norepinephrine, and acetylcholine are also affected by heavy metals; but serotonin and dopamine will be the dominant ones discussed here.

The following is a brief analysis of each metal, including common sources of exposure and the effects they have on people.

Aluminum

Common sources include: antacids, antiperspirants, baking powders, beverage and food cans, buffered aspirin, canned foods, city water supplies, cookware and utensils, cosmetics, foil, lipstick, ore smelting plants, processed cheeses and others.⁶

Description and detrimental effects: Aluminum is not a true heavy metal, but since it's a harmful metal that contributes greatly to many problems, I've included it in this book. Aluminum is everywhere in today's society. It is absorbed mostly through the skin, lungs and intestines. It can affect the bones, possibly leading to osteoporosis; kidneys, stomach, and brain. Research shows a contribution of aluminum to Alzheimer's, Parkinson's, dementia, and other neurological disorders.⁷

Antimony

Common sources include: solder, sheet and pipe, bearing metals, castings, and type metal; as antimony trioxide in fire retardants for plastics, textiles, rubber, adhesives, pigments, and paper.⁸

Description and detrimental effects: Antimony is found at low levels in the environment; it is considered toxic. It can cause damage to the skin and eyes; to the lungs and respiratory system; to the circulatory system, including heart muscle damage and high blood pressure; damage to the blood, liver, and kidneys; central nervous system damage; reproductive damage including menstrual disturbances and miscarriage.⁹

Arsenic

Common sources include: chemical processing plants, cigarette smoke, unfiltered drinking water, fungicides, meats and seafood, metal foundries, ore smelting plants, pesticides, polluted air, specialty glass products, weed killers, wood preservatives, and others.¹⁰

Description and detrimental effects: Arsenic is colorless and odorless but very toxic. It can enter the body through the mouth, lungs, and skin. Its toxic effects extend to the skin, lungs, and gastrointestinal system. It may also cause nervous disorders, deteriorated motor coordination, respiratory diseases, kidney damage, and cancers of the skin, liver, bladder, and lungs.¹¹

Cadmium

Common sources include: air pollution, batteries, ceramic glazes/enamels, firsthand and secondhand cigarette smoke, tap and well water, food from cadmium-contaminated soil, fungicides, mines, paints, power and smelting plants, seafood, and others.¹²

Description and detrimental effects: Cadmium is absorbed mostly through inhalation and ingestion (mouth and lungs). Ciga-

rette smoke is the biggest source of cadmium toxicity. Damage can be caused to the lungs, kidneys, bones, and immune system. Cancers of the lungs and prostate cancer can result, as well as heart disease. It also causes yellow teeth and anemia. It possibly contributes to autoimmune thyroid disease.¹³

Lead

Common sources include: air pollution, ammunition, auto exhaust, batteries, containers for corrosives, contaminated soil, cosmetics, fertilizers, foods grown in contaminated soil, hair dyes, insecticides, lead-based paints, lead-glazed pottery, pesticides, solder, tobacco smoke, water transported through lead pipes, and more.¹⁴

Description and detrimental effects: Lead is a neurotoxin and was banned in many lead-containing products (such as gasoline and house paints) in the 1970s, most contamination still occurs today by drinking lead-contaminated water, breathing lead-polluted air, from old lead paint in older buildings, and some toxic industrial areas. Primary targets for lead poisoning are the nervous system, kidneys, bones, and the heart and blood. Lead is particularly hazardous for unborn children, infants, young children, and pregnant women. It can affect fetal development, delay growth, and may cause attention deficit disorder, learning disabilities, behavioral defects, and other developmental problems.¹⁵

Mercury

Common sources include: air pollution barometers, batteries, cosmetics, dental amalgam fillings, freshwater and saltwater fish, fungicides, insecticides, laxatives, paints, pesticides, shellfish, tap and well water, thermometers, thermostats, vaccines, and more.¹⁶

Description and detrimental effects: Mercury is a very toxic, dangerous metal and is found throughout our environment in various forms. It is found in many household items, and it is found in many

vaccines as a preservative. It is also used in dental fillings. Mercury causes serious damage to the nervous system, kidneys, and liver. It can cause autism and multiple sclerosis, among other things.¹⁷

Mercury is released naturally, but over two-thirds of worldwide mercury emission is due to human interference. Two of the biggest sources of mercury contamination are chlorine chemical plants and coal-fired power plants. These, together with auto scrap recycling facilities, dump well over a hundred tons of mercury each and every year.¹⁸ The three most common ways Americans are exposed to mercury are tuna fish (and other fish), dental amalgam fillings, and vaccines.

Essential Metals—Iron and Copper Overload

Iron and copper are both essential metals, meaning our bodies require *trace* amounts.

Iron Overload/Toxicity

There are two types of iron overload: the hereditary form known as hemochromatosis and the acquired form. Most people labeled “anemic” are more than likely iron-overloaded, rather than iron-deficient. *Anemia is not the same thing as iron-deficiency.* Anemia is simply when a person has low hemoglobin, which is more often caused by other deficiencies (usually one of the B vitamins). We only lose one milligram of iron a day through sweat, urine, and feces, so all the extra is stored and leads to toxicity. The only possible solutions are bleeding or chelation.¹⁹

Risk factors for iron overload are: excessive intake of red meat, iron supplements, iron-fortified foods, iron cookware, unfiltered tap water, excessive alcohol, cigarette smoking, oral contraceptives [birth-control pills], lack of exercise [lack of sweat], and blood transfusions.²⁰

Iron overload can contribute to many diseases and infections. Iron feeds on bacteria, viruses, and cancer cells. It actually causes cancer cells to metastasize. Up to 88 percent of breast cancer patients have elevated iron, and cancerous breasts have three times as much iron as normal breasts.²¹

High iron levels can also contribute to heart disease, mental problems, liver disease, rheumatoid arthritis, osteoporosis, Candida [yeast outbreak], fibromyalgia, Alzheimer's, Parkinson's, and infections and cancer in infants. An excess of iron could also contribute to SIDS. Baby formulas are enriched with iron, making them more susceptible for disease.²²

Copper Overload/Toxicity

Risk factors for copper toxicity are chocolate, peanuts, shellfish, mushrooms, wheatgerm, liver, citrus fruits, and dairy, as well as cigarettes, clothing dyes, copper pots, copper amalgam fillings, herbicides and pesticides. Also, grain-fed animals are fed copper to gain weight more quickly, which indicates it may be a factor in human weight gain.²³

Copper toxicity has been linked with high blood pressure, hair loss, PMS, insomnia, tinnitus, depression, schizophrenia, learning disabilities, autism, and hyperactivity. Nearly all autistic, learning disabled, hyperactive, and retarded children have elevated copper levels. Copper may be too high or too low in thyroid disease and too high or too low in osteoporosis. Most often, copper levels are too high in rheumatoid arthritis, but a small percentage of sufferers have low copper. Excess copper has also been associated with Candida, fibromyalgia, migraine headaches and post-partum depression.²⁴

Colloidal Silver

Colloidal silver is a silver colloid—silver particles suspended in water. Silver has been used for ages to kill harmful pathogens:

Silver was used medicinally as an antibiotic for thousands of years. In fact, it was used in ancient times, because it was known to prevent disease. It was said drinking from a silver cup or eating with silver ware could not transmit disease. Silver coins were commonly put into jars of milk and other drinks to prevent spoilage and silver containers were used to prolong freshness of foods in general. Silver was used very successfully until the early part of the 20th century as an antibiotic and prophylactic against disease. Your great grandparents probably put silver coins in milk to keep it from spoiling. However, with the introduction of antibiotics in the 1940's, the pharmaceutical companies stopped producing silver products for antibiotic use.²⁷

I always keep a bottle of colloidal silver on hand. It effectively killed the bacterium *Giardia*, when we unknowingly used our contaminated water supply to rinse out our mouths after brushing our teeth (we only drink filtered water, but our bathroom sink has no filter). However, silver is a metal, and I imagine it could be toxic. I've never heard of it causing neurological problems, but I believe it's unwise for people to consume colloidal silver on a regular basis, as some do, and should only be consumed in times of extreme need—serious bacterial infection. Colloidal silver is believed not to kill beneficial, aerobic bacteria that exists in our intestines.

Some toxic metals cause other metals to remain at high levels in the body, and imagine what wide variety of problems a mixed batch of heavy metals can cause! There's no wonder there's a vast array of neurological and endocrine disorders and diseases. Depending on one's genetics and the particular batch he or she is whipped up, a person can end up with anything from diabetes or autism to being manic-depressive or homosexual.

Here's a jaw-dropping statistic: the National Academy of Sciences recently released a study that said 50 percent of children born in the United States have birth defects, developmental disorders, or some other serious health problems.²⁵ That's one out of every two children that makes it to birth! Study after study continues to reveal that the majority of the neurological disorders are primarily caused by prenatal and neonatal exposures to toxic heavy metals.

The National Research Council has reported that 50 percent of pregnancies in the United States now result in prenatal or postnatal death, serious birth defects, developmental neurological disorders, immune problems, other significant health issues.²⁶ Combining this statistic with the former one, it appears that one out of two babies, if not cruelly murdered in the womb, either die in utero due to health problems of either the mother, the child, or both; or they die from a serious problem after birth or have a slightly more than one out of two chance of having serious lifelong health problems.

Mercury Contamination of Fish

A large quantity of mercury emissions enters the air, and within a year it comes back down and combines to carbon atoms by bacteria. This transforms elemental mercury into the highly dangerous methylmercury, which is what is in the contaminated fish that is eaten.²⁸

Sandra Steingraber, biologist and author of the book Having Faith: An Ecologist's Journey to Motherhood, explains in an article:

Fish are vulnerable to methylmercury contamination because watery environments enhance the ability of this organic metal to biomagnify—meaning that it concentrates as it is siphoned up the food chain. In water, toxic substances like methylmercury can reach higher levels because food chains are longer than they are on land. Terrestrial food chains rarely have more than three links. Aquatic ecosystems can easily support

*chains with six links, and some have as many as twelve. Thus, a top predatory fish, like a tuna, can easily have sequestered in its flesh methylmercury levels that are a million times higher than the water it swam in.*²⁹

Naturally, the mercury is even more concentrated when a person eats the tuna, and I'd imagine more concentrated still when a mother passes the mercury to her unborn child. Sadly, the mercury prefers the developing and growing child to the mother and travels straight to the child's brain once in his or her bloodstream.

Steingraber went on to say in the article that though, during a woman's pregnancy with a child, the placenta works wonderfully to keep out such things as viruses and bacteria, it "pumps mercury into the [baby's bloodstream] as though it were a precious molecule of calcium or iodine. This is why levels of mercury in the blood of a newborn typically exceed those of [his or her] mother by 70 percent."

The Food and Drug Administration (FDA) recommends that pregnant and nursing women (as well as young children) not eat more than 12 ounces of tuna a week. I, as well as others, believe this is extremely too lax. I knew this recommendation while pregnant with my oldest son William, and I ate my limit of tuna each week. I ate tuna on a regular basis while pregnant with my last son Asher, too. I really liked tuna, as well as other fish, and I knew that fish was good for me. It's an excellent source of protein, vitamin D, and important omega-3 fatty acids, which is particularly vital during pregnancy. I was eating extremely too much fish during both pregnancies, all the while eating within the FDA's limit. It was especially too much when my body weight is figured in, as I'm slender, and the less a person weighs, the less mercury he or she can safely consume. Of course, several years after my second pregnancy in which I

ate 12 ounces a week, I'm much more knowledgeable, and I don't trust what the FDA has to say about anything.

The FDA does also warn that pregnant and nursing women not eat *any* shark, swordfish, tilefish, or king mackerel, due to such high levels of mercury. Interestingly, the first three are unclean fish according to the bible and should not be eaten, anyway.

Based on studies, an estimated ten percent of American women have mercury levels *above* the dose that may cause an unborn child to have significant neurological damage.³⁰ The United States Environmental Protection Agency (EPA) has recently reported the estimate that *one in six babies are born each year with unsafe levels of methylmercury in their blood.*³¹ This is because one in six women have dangerous amounts of mercury in their bodies and pass it on to their children.

Ken Cook of the Environmental Working Group reports that the EPA's safe exposure estimate for methylmercury has dropped twice in the past 16 years, because it's becoming evident that lower and lower doses are enough to adversely affect unborn children.³²

Dr. Joseph Mercola, who operates a popular health website, took the Environmental Working Group's small list of nine "safe" fish (those contaminated least with methylmercury) and revised it further, removing the shellfish (shrimp) and the fish without fins and scales (both biblically designated unclean) and adding another "safe" fish. The list of "safe" fish that we are limited to today, according to Mercola, is as follows: summer flounder, wild Pacific salmon, croaker, sardines, haddock, and tilapia. These should be eaten wild, as opposed to farm-raised, and these, too, should be limited for eating to only a couple times a month.³³

My husband and I both grew up fishing and eating our catch. This is now of questionable safety, since at least thirty percent of United States' waterways are heavily contaminated with methylmercury, and many waterways have not been tested.³⁴ Rivers and lakes

are more likely to be contaminated than ponds and small streams and creeks. We've always preferred to fish in ponds and other smaller bodies of water, but I can't help but wonder whether we're even safe doing this.

Effects on Males Vs. Females

Mercury, as well as most other toxic heavy metals, is a neurotoxin, meaning it kills neurons (nerve cells) and causes neurotransmitter imbalances. Laboratory evaluations have indicated that approximately 70 percent of the population in this nation has some degree of neurotransmitter imbalance.³⁵

In addition to being neurotoxic, mercury and other metals can cause serious endocrine disorders, autoimmune diseases, and heart and circulatory problems; and it can contribute to cancer, as well as cause damage to other parts of the body, such as the kidneys and liver.

Mercury, as well as other heavy metals, travels to the weakest point in the body.³⁶ If a family's genetics are prone to Alzheimer's disease, then the mercury toxicity could affect you in that way. If there are several incidences of high blood pressure in your family, then the metals may also cause you to have high blood pressure.

Not only do heavy metals tend to affect different families in different way, they affect males differently than they affect females, as well as at a different rate. One in five women ages 16 to 49 years have high mercury levels, according to hair samples tested by Steven Patch of the University of North Carolina at Asheville.³⁷ Slightly more men, about 30 percent, in the same age group showed high levels.

Of the many epidemics of neurological disorders and diseases that plague our society today, most have a large male-to-female ratio. Notice these statistics:

Autism—3.8 m:1 f
 Tourette syndrome—3.5 m:1 f
 Delayed speech—4 m:1 f
 Stuttering—3.8 m:1 f
 Antisocial personality disorder—4 m:1f
 Dyslexia—3.5 m:1 f
 ADHD—4 m:1 f
 Behavioral disorder—6 m:1 f
 Parkinson's disease—1.5 m: 1 f
 SIDS—1.58 m: 1 f
 Sleep apnea (OSA)—2 m: 1 f^{38 39 40 41}

Schizophrenia, heart and circulatory problems, left-handedness, and many other problems are also more common in men. Alzheimer's seems to affect an equal number of men and women, although some studies show even a greater number of women affected. Perhaps this is simply because women tend to live longer than men, since Alzheimer's is typically considered a disease of the elderly. Multiple Sclerosis affects more women, but I have my own theory on that. Even though heavy metals contribute to this disorder, I must stress over and over that heavy metals are not the only neurotoxin. MS has been linked to aspartame toxicity, and most MS sufferers turn out to be drinkers of diet sodas, which contain the poison aspartame. Women tend to eat and drink the deceptive and toxic diet products much more than men do. Obsessive-compulsive disorder, bipolar disorder, and some other disorders seem to also affect an equal number of men and women, but still the majority of neurological disorders affect males more than females. On the other

hand, autoimmune disorders, often caused by heavy metal toxicity, affect more women than men.

In addition to heredity and gender, a person's health disorders are also determined by which heavy metals to which the person is exposed or has stored inside his or her body, the amounts of each metal, the age of the person, and dietary and lifestyle factors.

The following is an exhaustive, yet not all-inclusive list of dietary and lifestyle factors that can also contribute to or worsen heavy metal toxicity, as well as things that could simply lower the health of people, making them more susceptible to toxic damage: jobs working around metal pollution or other pollution; excessive dietary intake of meat, eating unclean meats, harmful preservatives, artificial colors, artificial flavors, artificial sweeteners, refined sugars, refined grain products, processed and/refined foods, genetically engineered food, lack of fruit intake, smoking cigarettes, lack of breastfeeding, wearing anti-perspirant or toxic deodorant, harmful cosmetics, toxic bath and body products, mainstream household cleaning products, microwaved food, hydrogenated oils, use of aluminum cookware and foil, pesticides and herbicides in food or use in yard, antibiotics and hormones in food, prescribed antibiotics and other prescribed pharmaceutical drugs, manufactured "street" drugs, over-the-counter (OTC) pharmaceutical drugs, lack of sunshine and fresh air, lack of exercise, lack of water or lack of clean filtered water, intake of caffeine, sodas, fluoride in toothpaste or water, copper pipes, supplemental iron, "silver" amalgam dental fillings, vaccine exposure, x-ray exposure, ultrasound exposure, blood transfusions, surgery, and more.

I believe the majority of the Western World is suffering to some extent from what I have termed Heavy Metal Neurotoxicity, or HMINT. I believe mercury-induced neurotoxicity (MINT) is perhaps the biggest culprit.

Again, the major factors in suffering HMINT are diet and lifestyle, the kinds of metals and the amounts of each to which one is exposed, gender, age, and heredity/genetics. This last factor is divided into two subcategories, genetic mutation and epigenetics.

2

Genetics

I've always been one to think that, for the most part, genes have very little to do with anyone's problems. During the years since I've entered adulthood, I've held the belief that lifestyle and environment were nearly sole factors for disease. For example, it seems to be common to hear a person excuse their overweight problem by blaming genetics. But, the main reason you see several overweight individuals in the same family is because they all eat the same way and live the same destructive lifestyles! My husband will attest to this. He was overweight for a great deal of his childhood, but he doesn't have this problem, anymore. He will be the first to tell you it's due to lifestyle choices. In his adult life, he has noticed that if he eats trash and a lot of it, he will start gaining weight, but if he stops eating the garbage often called "food" by others, he loses the weight again. What most people in our society eat now can hardly be called food. It's mostly just a combination of toxic chemicals added to what's left of real food after being stripped of most of its nutrients.

Now I realize that genetics *does* play a small role in disease and disorders, but that is only true because a person's parents and other ancestors are passing on their lifestyle and environment to their offspring. Though I'm certainly no fan of the late botanist and horticulturist Luther Burbank, I nevertheless agree with something he said: "Heredity is nothing but stored environment."

To clarify, lifestyle and environment really *are* the sole reasons for everyone's problems, but some of that lifestyle and environment is passed on through genes. The two main ways that problems are passed on through genetics are mutations and epigenetics.

A genetic mutation is a change in the genetic material, usually DNA or RNA, and can be caused in numerous ways.¹

Epigenetics, defined in my own words, is inherited environment and lifestyle, often without a genetic mutation.

Tim Montague, associate director of Environmental Research Foundation, gives an example. He says: "... the cancer you get today may have been caused by your grandmother's exposure to an industrial poison 50 years ago, even though your grandmother's genes were not changed by the exposure. Or the mercury you're eating today in fish may not harm you directly, but may harm your grandchildren."²

Genes are our blueprints or instruction manual that affect what we look like, how tall we are, what our personality is like, whether we are male or female, etc.

Whenever a cell divides, copies of its genetic material are made for both the resulting cells. Sometimes, a mistake is made, leading to a mutation.³ If this happens when an egg or sperm cell is forming that later participates in fertilization, the person who is created during that fertilization will have the mutant gene in all his or her cells.⁴

A mutation usually has negative consequences, ranging from mild problems to fatal ones. Diseases or disorders that result from these mutant genes are called "genetic disorders."⁵

In the case of epigenetics, rather than a mutation taking place during cell division, the toxic effects simply "ride" the cells without changing them, much like the way toxins can be carried to an unborn child in utero via the placenta and the way they can be transferred to a nursing child via breastmilk.

I think genetics has a minimal contribution to a person's health, probably between ten and fifteen percent. Of that, most health problems—or health benefits—result from stored environment.

I think someone at CureZone summed it up well:

Genes are always a factor of our health, but that is the only factor we can't do anything about. Genes only represent our predisposition and potential to encounter certain problem or disease. It is our life and our lifestyle as a whole that makes the final decision on whether we are going to experience certain problem or not. The truth is, no illness and no disorder or any health problem is caused by a single factor! There are virtually hundreds of cofactors/hundreds of causative agents that each have casual relationship to poor immunity, poor health, accumulation of toxins inside body, poor thoughts, and that promotes illness.⁶

Regarding heavy metals, a genetic flaw can occur, which damages metallothionein, the protein in our bodies responsible for metabolizing metals. This has been termed an “inborn error of metal metabolism.”⁷

So, what type of effects are heavy metals passing on to people through genetics? How big of a problem is it? Could many neurological, autoimmune, and endocrine disorders be caused primarily by heavy metal toxicity? Can people *inherit* this toxicity?

I believe the answer to the last two questions is a resounding yes. Mercury has even been documented to damage DNA,⁸ and I recently watched a video that showed exactly what mercury does to a neuron, in a lab. It was horrific.

The next several chapters discuss primarily neurological disorders but also endocrine and autoimmune diseases. Many of these disorders and diseases are increasing in epidemic proportions.

3

Tourette Syndrome

What is Tourette Syndrome?

Tourette syndrome (TS) is named after Gilles de la Tourette, a French neurologist who lived and worked in the 1800s. In 1885, he described patients who possessed muscle tics, vocal noises and coprolalia (swear words).¹

The diagnostic criteria, from the Diagnostic and Statistical manual (DSM) for Tourette syndrome are as follows:

*Both multiple motor and one or more vocal tics have been present some time during the illness, although not necessarily concurrently.

*The tics occur many times a day (usually in bouts), nearly every day or intermittently throughout a period of more than one year.

*The anatomic location, number, frequency, complexity, and severity of the tics change over time.

*Onset before age 21.

*Occurrence not exclusively during Psychoactive Substance Intoxication or known central nervous system disease, such as Huntington's chorea and postviral encephalitis.²

The most common motor tics seen in Tourette syndrome include: eye blinking, shoulder shrugging, eye rolling, arm extending, lip licking, squinting, flipping hair out of one's eyes with the hand, and opening the eyes wide; the most common vocal tics include: throat clearing, coughing, grunting, yelling, sniffing, spitting, and humming.

For a more exhaustive list, I highly recommend the list located at tourettes-disorder.com, put together by owner and editor Paul Marshall. Of all the lists I've seen, it's the best one.

Most people don't know very much about Tourette syndrome. Hollywood and the media have a tendency to focus mainly upon coprolalia, so many people seem to think TS is some "cussing disorder." Coprolalia is only present in the minority of TS cases, probably somewhere in the neighborhood of twenty percent.³

Other possible "symptoms" include mental coprolalia, which is obscene words in one's mind; copropraxia, defined as obscene movements and gestures; and coprographia, which is dirty writing or drawing.⁴

How Common Is Tourette Syndrome?

There are many who still teach that TS is a rare disorder, affecting only one in several thousand people. The American Academy of Family Physicians published an article in the journal *American Family Physician* about Tourette syndrome and other tic disorders just in 1999, which stated that TS occurred in one to ten people per ten thousand.⁵

However, TS is extremely common. I personally believe a great proportion of our nation's population has TS, most of them not realizing it. Though more doctors and others are now realizing it's much more common, Dr. David Comings, a geneticist and author of several books on Tourette's, was almost alone when, a decade and a half ago, stated his belief that approximately one in a hundred

male students have TS.⁶ Psychologist Leslie E. Packer cited on her website a study done in 2001 that showed 19 percent of children in regular classrooms have tics and that 4 percent meet diagnostic criteria for TS. The study indicated that 23 percent of special education children exhibited tics and that 7 percent met criteria for TS.⁷

Dr. Comings focuses on the genetics of Tourette syndrome. He refers to the “mutant” dominant gene for TS as the *Gts* gene and the “normal, non-mutant” gene as *gts*, lowercase.⁸ I do believe there is a genetic factor in Tourette syndrome and other related neurological disorders, but I believe it’s because people have damaged their genetic material—DNA and RNA—with toxins in the environment.

People have often used the study of twins in order to show a genetic factor for something. Comings cited a study done by the Shapiros that revealed 78 percent of identical twins were concordant for TS, while 25 percent of fraternal twins were concordant.⁹ In a far-reaching study done on TS and twins, Price and others found 30 pairs of identical twins and 13 pairs of same-sexed fraternal twins.¹⁰ 53 percent of the identical twins were concordant for TS, 77 percent for tics. The fraternal twins showed that 8 percent were concordant for Tourette syndrome and 23 percent for tics. In another study done by Price and his coworkers, 100% of the identical twins were concordant for tics.

Some think that a person can carry the so-called TS gene and not exhibit tics, and he or she can then pass it on to a child who will exhibit tics. Comings claims that many carry the TS gene and express it solely as other disorders, such as attention-deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), behavioral disorders, etc.¹¹ I believe this appears this way, because I believe different people simply express different symptoms of the same or similar toxicity and/or genetic damage.

It's clear that Dr. Comings realizes there is a link between Tourette syndrome and many other neurological disorders, even noting an overlap of symptoms between TS and other disorders, such as autism, Asperger's syndrome, OCD, and schizophrenia.

I personally discovered that I have Tourette syndrome just a few years ago. My son was ten or eleven months old, and my husband and I had noticed strange behaviors from him. I had this inner feeling that his behaviors were linked to whatever I had "wrong" with me, but I didn't know what was wrong with me, so there was nothing I could say.

I'd known nearly as far back as I could remember that I had some "problem." I remember as a very young child, my parents told me to, "Stop spazzing out."

I've always had a complex motor tic involving my arms, hands, and fingers. I'd consider myself to have mild TS, though, because I've programmed myself not to tic in others' presence. I learned that early on whatever my problem was, it wasn't welcome where others could see. So, besides trichotillomania (pulling out my hair and always fiddling with my hair) and my throat clearing, no one sees me tic now and wouldn't know that I have TS. Though it has significantly decreased, my complex tic involving my arms and hands has not disappeared. But, not even my husband of several years has ever witnessed it. I usually suppress it as soon as it comes on, and it only comes on when I'm in a room alone.

What my son had been doing as an infant was what we've referred to as "freezing," where he'd stiffen his body, including his facial muscles. He'd also flap his arms as if he was a bird.

One day, my husband confronted me and told me he thought I knew something—that I might know why our son was doing these things. So, I unleashed the only secret I'd ever kept from my husband. I tried to explain to him about my tic and told him I had no idea whether there was a name for it and whether anyone else had

the same problem. I had been upset so many times over the years before that, sometimes crying in the shower, because I felt so alone, as if I might be the only one in the world with such a strange problem. I had tried finding answers on the Internet before, but I struggled with the right search words and never came up with anything.

My husband came to the rescue. He asked whether it was Tourette's. I looked at him, puzzled. I remember saying something about thinking it was, "that disorder where people cuss all the time," something I didn't do.

Still, it was worth a try to read about it, and I went immediately to the computer to research it. That was the day I learned I had Tourette syndrome. I further learned that I had something called Asperger's syndrome and symptoms of obsessive-compulsive disorder. I lived twenty-one years before discovering all these things, not having the slightest clue there were names for my behaviors.

My kindergarten picture shows that I repetitively licked my lips, a common symptom in TS. My skin looked chafed. I remember how my skin felt, but I don't guess that deterred me from continuing to lick it. Quite the contrary, I remember wanting to lick my lips, hoping to make my chafed skin feel better! I'm sure my parents probably told me to stop, just as I told my son to stop when he started doing the same thing at the age of two.

I took speech therapy in kindergarten and the first grade. I still personally hate the way I talk. I don't like talking to people who don't know me well, out of fear they may think I'm a lot less intelligent than I really am. Most people just say I have a strong southern accent (dialect would be the correct term), but I wonder why I don't notice this from all the other southerners around me and why they don't receive the same comments. The speech classes *did* help in some way. I did have speech problems that were corrected, such as my inability to pronounce 'r's. More about speech, tone, and volume will be discussed in chapter five.

That was the only special class I ever had to help me with anything. All other special classes in which I participated were advanced classes, such as Gifted and Talented (GT). I was always in the advanced reading class each year, and I was in Honor's English every year of high school and was a member of the Beta Club. Though I may not have spoken very well, I could read before I started kindergarten, even though I was the youngest child in the class, entering when I was still four years of age. I also was an advanced speller and attended the county spelling bee for fifth through eighth graders every year, except the seventh grade. I came in third place in the county spelling bee during my eighth grade year, but as you may know, the spelling bee only awards first and second places. I was always the one to whom fellow students came, asking how to spell words.

I didn't sleep during naptime in kindergarten. I only remember sleeping once, and I remember that well, because I awoke hot and sweaty. I remember what I wore that day.

I never was held back in school. I excelled in academics. In the first grade, the teacher had us in groups, "learning" to read, and I was quite annoyed and bored at all the two-, three-, and four-letter words that were repeated over and over throughout the silly little stories. I wonder why it didn't occur to anyone to skip me a grade.

My second grade teacher must have been impressed that I could label the fifty states on a blank map and knew all the capitals. I remember she had me sit in front of the entire class while she asked me all fifty states' capitals. That wasn't taught in the public schools until fifth grade, but my dad had taught me when I was six. When my son was three, he could already place all the states on with a puzzle and could name most of them. He even knew some of the capitals by that age.

Likewise, I already knew all my presidents before the public school taught them in the fifth grade, as well as the scientific names

of all the bones in our body, and various other things. I loved to learn and memorize things. I made straight A's all through elementary school. I think I scored a 100% on every spelling test ever taken during those years, or at least nearly every test, since surely I must have goofed at some time.

I hated school. In high school, my hatred and anxiety was so strong that each morning while driving to school, I would get stomach and intestinal cramps. I didn't like dealing with all the people, and I didn't like wasting my time at a desk all day.

Of course, in my opinion, I wouldn't have to have a neurological problem to hate school. I'd question someone's health, if he or she actually liked today's public schools.

I made good grades; though it's a miracle I did so, since I rarely did my homework. In junior high and high school, my math grades went down, and I received an F the second semester of one year in my agricultural class. I had made a 100% on my report card for that class during the first semester, when we studied electricity and small engines. I enjoyed the shop work for those subjects. The next semester started well, too, because I did well at gas welding and a couple of other things, but I simply could not handle the smell associated with arc welding and the noise of that and everything else. I slept in the classroom for the remainder of that semester. I'm very sensitive to smells and sounds, both of which are common in Asperger's, which will be discussed in chapter five. But again, shouldn't anyone be bothered by toxic smells?

My average math grades and my failing grade in shop brought my overall high school grade point average to a 3.6, which still qualified me to graduate with honors, though not highest honors. I didn't really care. I was just glad to finally be finishing my prison sentence.

I was awarded two academic scholarships to college, but I quit college during the second semester. I don't care much about that,

either. My English professor inquired why I didn't "CLEP out of [English]." I had never heard of the CLEP exam, which enables a person to get credit for the class without having to take the class. Otherwise, I most surely would have done so.

To this day, I irritate many folks when I correct their grammar. Some appreciate it, but some cannot stand it. It's not uncommon for me to correct my own grammar immediately after I say something incorrect. Of course, if I had not corrected it, the other party usually would not have noticed. This makes me wonder why they waste so many years in school going over the same grammar rules, when no one uses it correctly. I would even correct English teachers! Correcting grammar is one of my obsessive-compulsive symptoms.

I love learning, and it's a wonder public school didn't ruin that for me. I hate to admit it, but I would rather read books most days than to go socialize.

I remember my mother telling me numerous times to come out of my room and spend time with them. She'd tell me it wasn't healthy to be in my room for hours at a time, reading books. But, I didn't care to watch television. On the other hand, if they agreed to play a trivia game, I would participate joyfully.

But, I guess people really thought it was strange for me not to be sociable. People thought it was odd that I didn't want to go to the prom or other events.

My life with Tourette syndrome hasn't been very bad. I've been able to suppress my more embarrassing tics, and my Asperger's has always been mild enough that my social skills have been good enough to live a somewhat normal life. I've always had friends. I've just never spent all my time with them like some would.

I did have mild difficulties in school. I didn't get along with some of my teachers, and sometimes I would burst out laughing in class for no apparent reason or would utter certain words out of the blue. I'd get a look from teachers, and my fellow students thought I

was strange. I was even a nominee for class clown my senior year, but I didn't win that vote. Instead, I was voted, "Most Likely to Succeed," which shows that Tourette syndrome doesn't always affect a person too negatively.

During the peak years when the tics were the worst, I'd get home from school and lock myself in my room and tic for hours sometimes. This is apparently common for TS sufferers.¹²

But, at least I was able to suppress my tics. At least my TS and Asperger's were mild enough to get by somewhat normally and was able to deal with people when it became necessary. Dr. Comings refers to three different levels of TS in his book Tourette Syndrome and Human Behavior. He calls them grade one, grade two, and grade three. I'd probably fall into grade one, which is the least severe.

According to one of Comings' studies, 26 percent of all people with TS flunked a grade, and 38 percent of grade 3 TS victim flunked a grade. Among controls, 8.5 percent of students flunked a grade.¹³ On the flip side of the coin, only 4.2 percent of controls skipped a grade, while 4.9 percent of all TS sufferers skipped a grade, and 7 percent of grade 1 TS patients skipped a grade.¹⁴

Some people don't live with TS as easily as other mild sufferers and I do. There are those with TS so severe that they cannot suppress their tics at all. Now that I know a great deal about Tourette's, I have thought about a lot of people I know and have known, and I realize a *lot* of people have mild TS. I've known a few people who had severe TS, including one person who lived a pretty normal and respectful life, despite his constant ticcing.

Sometimes, others are cruel and heartless to those who have severe Tourette's. Heavy metal toxicity can, at some times, wreak havoc in the nervous system in a way that there are advantages with the disadvantages, as in my case. But, other times, it can cause the sufferer so much anguish, as they are made laughing stocks by the

cruel and heartless. My heart goes out to those people who suffer in this way.

Only a few months after my son's death, my husband Nathan and I realized that he also has Tourette syndrome and obsessive-compulsive traits. He does not, however, exhibit Asperger's symptoms. He's extremely outgoing and really has a talent in dealing with people. He's a business owner, and he loves talking to others. He also does not have sensory integration problems.

Nathan has never suppressed his tics from the public. People have joked with him about it, including myself. Nathan has a hand-rubbing tic, and on a normal day he will rub his hands together an average of thirty times. If he's either stressed or excited, he will do it much more. I had always noticed it, but I don't guess I gave it much thought until a few months after our son's death. He also has a tic where he twitches his nose like a rabbit, and he often smoothes his hair. He blinks his eyes rapidly only when he's nervous. He told me that when he was a kid that he'd rock on the floor. He has a past of picking at his skin on a daily basis. I only did this to sores as a child, and our son went through a spell where he did this so severely that it'd take weeks before things healed, and I'd get nauseous dealing with all the blood. It's since improved drastically, after a heavy metal detox and increasing his diet with more essential fatty acids, as well as time passing after the stressful event of our other son dying. All of the aforementioned behaviors are associated with TS or related disorders.

Dr. David Comings remarked, "While it cannot be proven until a marker for the Gts gene is available, it is my impression that individuals with TS, or carrying the Gts gene, show a greater tendency to migrate to the extremes than those who do not carry the gene. Whether the extreme is to greater or lesser achievement depends upon which of the spectrum of symptoms occur."¹⁵ This is demonstrated by the many people who have below average IQs because of

their neurological disorders and the many others whom have above average IQs. My husband and I both have high IQs, in the upper 130s, and we both function well.

After studying TS and related neurological disorders, I can point it out easily, and I now realize I know a lot of people with these problems, whether they realize they have them or not. Once something I thought with which I might suffer alone, Tourette syndrome is now something I realize is extremely common in its mildest forms.

There are different causes of Tourette syndrome and other neurological disorders. Although I'm focusing on heavy metal toxicity, which I believe is one of the biggest causes of these disorders, I don't ignore the fact that other events can cause brain/neurological damage. Tourette syndrome can even be caused by neonatal anoxia (lack of oxygen as an infant). There is a case reported of a child who was born not breathing but was resuscitated and received oxygen. Later in life, he exhibited symptoms of attention-deficit disorder, learning disorders, and then tics.¹⁶ I now know someone personally who had lack of oxygen at birth and now has neurological disorders, such as ADD and possibly Tourette's.

Tourette's syndrome has even been recorded as being fatal in rare cases, and the autopsies showed abnormalities in the basal ganglia.¹⁷ But, I wonder how "rare" it really is. SIDS, Tourette's syndrome, and Alzheimer's all result most often from heavy metal toxicity, and if combined the death rate isn't so rare then.

There are many other substances aside from heavy metals that can also neurologically poison a person. But, for the purpose of this book, it needs to be known that toxic metals are probably the number one cause of the epidemic of neurological disorders our society is experiencing.

Everyone shows a different variety of symptoms caused by toxic heavy metals, resulting in different diseases and/or disorders and dif-

ferent severities. In all the neurological diseases caused by heavy metals, there are neurotransmitter imbalances. In TS, dopamine is found in excess in one part of the brain, while serotonin levels are low. The high levels of dopamine are what cause the tics. In other disorders, the neurotransmitter imbalances cause different symptoms.

4

SIDS

What is SIDS?

Basically, any unexplainable death of an infant under the age of one year is labeled Sudden Infant Death Syndrome, commonly known as SIDS.¹

I'm not alone in thinking the terminology is utterly ridiculous. The trustworthy Webster's dictionary defines a syndrome as: *a group of signs and symptoms that occur together and characterize a particular abnormality*. Death syndrome? Since when is death a syndrome? The signs of death are the same for anyone, regardless of age and the cause of death. In the majority of deaths labeled SIDS, some 90 to 95 percent, the infants die during their sleep, most silently.² So, in the majority of the deaths, there are no particular signs or symptoms even *before* death. The baby is just dead. There is no syndrome, no signs or symptoms. There's just death. Up to one half of SIDS victims had a mild infection, usually a respiratory infection, before death.³ This means the other half or more did not have any infection. And, it shouldn't really surprise anyone that some of the babies are found to have had mild respiratory infections. Babies have immature immune systems, and when they're not breastfed as God intended and instead fed a poor artificial substitute and subjected to germs by being unnecessarily handled by germ-ridden people other than their mothers, we ought to expect them to have infections! Since most SIDS victims are formula-fed and many live in smoking

homes, it's not surprising that up to half of them have mild respiratory infections. This does not mean, however, that the respiratory infection caused SIDS.

My son Asher seemed to be a healthy baby. Then, when he was twelve days old, he stopped breathing, and his heart stopped beating. I performed CPR and called for an ambulance. He was eventually resuscitated, but seventeen days later we realized he would never breathe on his own, and we took him off artificial life support.

Several hours before Asher stopped breathing that day, he'd stopped nursing and then later started breathing quickly. Even though I knew the signs of newborn respiratory distress, I didn't recognize his breathing as such. I had an overabundant milk supply and forceful letdown, so I assumed he was on a nursing strike. I had previously experienced the same supply and forceful letdown with my son William, but he kept up with the flow. Asher didn't do well keeping up with the flow, so I'd have to catch the initial flow in a prefold diaper or give the milk to my older son William. So, when Asher stopped nursing, I thought it was due to his frustration with the flow of milk. When he later started accelerated breathing (tachypnea), I thought it was because he'd weakened himself by not nursing. He had become mildly dehydrated; his urine input had decreased. I became concerned. I continued to try to get him to nurse. He would start nursing and quickly stop. My husband and I started dropper-feeding him breast milk, and we discussed whether to take him to the doctor. We avoid doctors and hospitals as much as we can due to our knowledge and experience of the harm they more frequently cause, rather than the help they less frequently give.

I knew I only had so long to get him to start nursing again before we'd have to seek medical assistance. I started having visions of Asher being hooked to IVs. I begged him to start nursing, because I didn't want him to have to go through that. But, I knew babies couldn't go long without many fluids. I prayed through all of this,

all the while not realizing there was a bigger reason for what was happening. I didn't realize *he wasn't nursing because of the breathing problem, rather than he had the breathing problem because he wasn't nursing*. The refusal to nurse started before the rapid breathing, but I now realize he must have had a difficult time breathing all along that wasn't noticed by anyone. It must have been so slight as to not be noticeable and didn't cause problems until it was time to nurse.

I remember the precious days during which Asher graced our lives that I would often check on him during his sleep, when he was not being held or carried in a sling. I remember thinking it was strange that I felt a need to frequently see whether he was breathing. I never did that with William when he was a newborn. There wasn't any obvious reason for my carrying out those observations with Asher. I realize it must have been instinct.

I did need to wake him on a few occasions during the first days to get him to nurse, because he was jaundiced. Jaundiced babies will sleep hours on end and won't wake to nurse on their own. William had been jaundiced, too. He'd had a much worse case than Asher did. William's lasted for nearly two weeks, whereas Asher's lasted three or four days and wasn't nearly as severe. Take note of this, as there will be discussion of it later.

While Asher was in the hospital, the doctors drew blood to be tested for viral and/or bacterial infections. They also had his blood tested for numerous genetic diseases. They kept telling us they suspected Asher had an "inborn error of metabolism."

The information we gave the geneticist did not offer any help. In addition, all of Asher's blood tests showed no bacterial or viral infections. He also did not test positive for any of the many genetic diseases for which they screened him.

Very soon into Asher's hospital stay, I realized I'd have to do my own research and find my own answers if I wanted to know what

happened to my child. Once again in my life, I realized I could not rely on medical people to give me any answers.

Nearly two weeks after Asher entered the hospital; my husband, our toddler son William, and I were in our room where we were staying, and I was lying on one of the beds, when I noticed William had developed a new tic. I shot up from the bed and said aloud to my husband, "Tourette's! I wonder whether that has anything to do with it."

I had forgotten all about William and myself having it when we'd talked to the geneticist, and it had never been something I volunteered to people, which probably explains why I didn't think about it.

My mind started spinning, and I wanted to do some research. We were about to go back to the hospital, though, so it had to wait. I decided to talk to the geneticist again, so we requested to do so, and months later I read in the medical records that it was noted I made the request. However, we never talked to the geneticist again, because no one ever made sure to let him know we wanted to talk again.

We did, however, bring up the possibility of Tourette's causing Asher's condition to two of his doctors. These were two separate occasions, one for each doctor. We didn't reveal that William and I had TS. We just wanted to see how the doctors reacted to our question. Each stared blankly, as if not knowing what to say. Afterward, they each said they didn't think that had anything to do with it.

I wasn't for a moment going to let the doctors' opinions stop me from researching. I've learned time and again that doctors are wrong more often than they're right.

So, I told my husband I would be using a computer to do some research once we left the hospital again. When I got to a computer, I had my instinctual thoughts answered.

I searched for a link between Tourette syndrome and SIDS. What I found shocked me, yet at the same time it was exactly what I instinctually expected to find. I discovered that a study had been done that revealed TS gene carriers have a higher risk of life-threatening apneas of infancy, and their families have an increased risk of SIDS, two to five times higher than the general population.⁴

In addition, I discovered that in many families, several cases of SIDS occurred, and siblings of SIDS victims have anywhere from three to ten times the chance of also dying from SIDS, when compared to the general population.⁵ This was quoted in a separate study than the one above, also linking TS to SIDS, so there in front of me I had two studies linking TS and SIDS together. This fact turned my stomach, just as I'm sure it would any loving parent's. This meant that I have a higher-than-the-general-population risk of losing another child. It's true, my child was not labeled "SIDS," but the "Apparent Life-Threatening Event," (ALTE) was once referred to as "Near SIDS," or "Near-miss SIDS."⁶ Besides, if no one had unnaturally rammed a tube down my child's trachea, he would not have been "revived." Anyone with any sense is going to question the wording of "delayed effects of ALTE." How is death the "delayed effects" of something only *life-threatening*? It would have made more sense to me to label his death certificate as delayed effects of apnea.

Over and over, SIDS has been linked to prolonged sleep apnea and other defective arousals, and studies done in sleep laboratories of adults with Tourette syndrome have revealed a shocking twenty-three percent have sleep apnea and twenty-nine percent having defective arousals!⁷ Only two to four percent of the general adult population under the age of sixty-five experiences sleep apnea.⁸

Just as is the case in TS, low levels of serotonin are found in those who have died of SIDS.⁹ Remember that serotonin regulates sleep and respiration.

I knew by that time that I had my questions answered. Despite our healthful lifestyles and doing everything we could the right way, our child still fell under the SIDS umbrella. But, now I knew why. I felt horrible, as if I was responsible for my child's death, for passing on defective genes.

I still had a lot of research left to do, however, because as I mentioned in chapter two I had been one to think that, for the most part, genes had very little to do with anyone's problems. I held the belief that lifestyle and environment were nearly sole factors for disease.

Whereas there are many doctors and scientists that prefer to blame genetics solely for many diseases, I was just not willing to do that in order to explain my son's death; it goes against my beliefs and knowledge. However, I knew that I lived a healthful lifestyle and created a safe and healthful environment for my family, something not normative in our current society. It was so difficult to understand why one of my children, of all children, could have died in such a manner.

I believe my son's death was contributed to by what I have termed Genetic Heavy Metal-Induced Neurotoxicity or HMINT. I believe his DNA was damaged from *our* being neurotoxic. I believe the genetic contribution did put him at higher risk, but I still believe environment had a bigger role. Particularly, I suspect he had high mercury levels, Mercury-Induced Neurotoxicity (MINT). I think I had a high volume of mercury crossing the placenta and going to him during my pregnancy. Afterward, the mercury would have been delivered via my breastmilk. I believe the reason he died is the same reason that causes most cases of Tourette syndrome, as well as many other diseases and disorders, including the outrageous Alzheimer's Disease and autism epidemics.

Before Asher died, I never had any worries at all that any child of mine would ever die of SIDS (which would include "near-miss

SIDS”). The vast majority of infants who die of SIDS are formula-fed babies, since artificially-fed infants are five times more likely to die than naturally breastfed infants.¹⁰ There is also a definite link between many SIDS deaths and vaccines, regardless of how often doctors and other “experts” try to get people to believe otherwise. Vaccines are linked to a sharp increase in SIDS.¹¹ Infants who sleep in cribs are much more likely to die of SIDS than babies co-sleeping with non-smoking, non-alcoholic, drug-free parents.¹² In addition, mothers who smoke during their pregnancies increase their babies’ risk of SIDS death three-fold, and infants’ exposures to second-hand smoke on a regular basis doubles their risk.¹³ Prematurity and low birth weight have both been considered two of the highest risk factors for SIDS, especially since premature babies exhibit more frequent episodes of apnea than other babies.¹⁴ Stomach-sleeping has also been linked to an increased risk of SIDS, as well as a lack of “attachment parenting,” including wearing one’s baby in a sling; according to Dr. William Sears, well-known pediatrician and author, as well as a father to eight grown children.¹⁵

Neither of my children would have met any of the aforementioned risk factors. Asher died, yet he was exclusively breastfed, non-vaccinated, co-slept (and didn’t die while sleeping, anyway), was never exposed to cigarette smoke (we do not smoke and avoid those who do), was full-term and weighed ten pounds at birth (far from low birth weight), slept on his side or back (again, irrelevant since he didn’t die in his sleep), and was often carried in a sling. As a matter of fact, I had him with me in a sling when he died!

Furthermore, I make the greatest efforts to feed my family only the best foods. Nearly all the food we consume is organic. We eat whole grains, whole natural sweeteners, and unrefined sea salt. We don’t use hydrogenated oils, and we eat a diet high in raw fruits and low in meat. We also eat according to biblical dietary guidelines,

refusing to eat unclean meats or products containing unclean animal parts.

My older son and I drink mostly filtered water and never any sodas. Snacks in our home consist mostly of fresh and dried fruits, nuts, seeds, yogurt, and sometimes organic tortilla chips with salsa.

My family's diet is not the only thing I care about. I clean my house with vinegar and baking soda, rather than highly toxic household cleaners. We use all-natural bath and skin products and natural dishwashing and laundry soaps. We don't use harmful pesticides or just about any other toxic substance you can think of existing in someone's home.

We don't visit doctors, except for emergencies. Doctors have their place, and if any of us were bleeding to death, had severely broken a bone(s), or were otherwise in *true* need of doctors' services for trauma care or other emergency or severe problem, we would seek their help and have in the recent past. In the years since my husband and I have improved our lifestyles, we have very rarely been sick, and when we have, we've treated ourselves naturally. We don't use medications, neither prescriptions nor over-the-counter ones. We see them for what they are—poisons. Remember the slogan, "Say 'no' to drugs?" I take it seriously.

I give birth to my children at home, drug- and intervention-free, which is the safest and most common sense thing to do. Homebirths are far safer statistically (among numerous other benefits) than hospital births.¹⁶ The only study done to deliberately attempt to show that hospitals are safer was a study that included miscarriages and unplanned extremely premature births at home!¹⁷

I have gone out of my way to do only the best things for my family to ensure their health, comfort, and overall well-being. We have seen many wonderful benefits, and I will never willingly go back to a destructive lifestyle.

But, despite our high living standards, our son nevertheless died. Why? One can imagine my utter confusion and denial. I would have never thought it would happen to us, yet even as I write this, I realize it could still happen to us again; we are not immune from losing another child to “SIDS,” or the so-called “delayed effects” of what would have been labeled as SIDS in Asher’s case, had he not been resuscitated. No one is immune.

It seems as if the only “risk factor” for SIDS that my son met was that he was a boy. Male infants outnumber female infants 1.5 to 1 in SIDS deaths.¹⁸ It seems as if the reason boys outnumber girls is a mystery to everyone. But, I believe I have the explanation, as well as explanations for several other medical “mysteries.”

Central Sleep Apnea

If you were to do research on sleep apnea, you’d read that central sleep apnea is extremely rare. The most common form of sleep apnea is obstructive sleep apnea, which can lead to snoring, since the trachea is partially blocked, which is commonly caused by fatty tissue in obese individuals.¹⁹

Central sleep apnea (CSA), however, occurs when the airway is open. The nervous system malfunctions, and the brain does not send the signal to breathe.²⁰ I had never heard of central sleep apnea until I started doing research after Asher’s death. When I read signs of it, I chillingly realized that my older son William exhibited signs of CSA. I don’t remember when we first started noticing it, but it was a fairly common occurrence—William would be sleeping, and all of a sudden, we’d hear him suck in a gasp, almost like a person may do after a major crying session in which it’s hard to catch one’s breath. We’d always turn our heads in his direction, but he was always okay, and we never thought much of it. Thankfully, *as far as we know*, it hasn’t happened since he was about two-and-a-half years

of age. He'd stopped exhibiting obvious signs of CSA before I even learned what it was.

Though the study I quoted earlier that showed that obstructive sleep apnea was extremely common in those with TS, I wonder how many cases are actually central sleep apneas, instead. Tourette syndrome is, after all, a nervous disorder. The geneticist David Comings talks about "diaphragm tics," such as inhaling, exhaling, and "gasping for breath."²¹ I have the inhaling and/or "gasping for breath" tics myself.

But, are the reasons for these tics being overlooked by the experts? The reason I have these "tics," is because I feel as if I'm not getting enough oxygen! I had never thought of my deep inhalations as tics, until I read Comings' label of them.

The frequency of gasping/inhaling increases for me when I eat or drink something. I have to be careful and take a deep breath *before* I chew and swallow. I often have food in my mouth and have to carefully suck in a deep breath *over* the food as not to inhale it. My guess as to why this increases while eating and drinking is because a person naturally breathes less while eating, and perhaps I do not easily cope with it, since perhaps *I must already breathe shallowly throughout the day or possibly even stop breathing at times*. I also tend to have the "diaphragm tics" more when I read aloud, I theorize due to the same reason for the increase during eating and drinking.

I suspect that perhaps Asher had severe recurrent CSA, though I'll never know whether my suspicions are correct. I never heard him gasp or choke, but I did instinctually check him frequently when he slept.

Kelly Manahan, who authored an article about SIDS, stated:

To this date, research has confirmed the following: 1) SIDS is due to a dysfunction of the cardiac and/or respiratory systems, and 2) the death of the infant is due to hypoventilation of the lungs and periods of complete cessation of breathing or apnea. Hypoventila-

tion and apnea cause hypo-perfusion of the tissues with necessary oxygen. Ischemia of the tissues results and eventually causes death. Research now centers around discovering the cause of infant hypoventilation and apnea.²²

Manahan explains that many SIDS victims have been found to have gliotic scars within the brain stem. Gliosis is caused by a neuronal injury or disease. Researchers believe that prolonged apneic spells present in SIDS victims lead to gliosis. Manahan says, “As those neural tissues are deprived of their oxygen supply, the neurons degenerate and are replaced by a gliotic scar.”²³

Manahan also addresses the issue of neurotransmitter imbalances—that high levels of dopamine and noradrenaline are common in SIDS victims.²⁴ She unfortunately doesn’t address the fact that most SIDS victims are found to have low serotonin levels.

Stomach-Sleeping

Who hasn’t heard the theory that babies sleeping on their stomachs are more prone to SIDS? Nearly everyone knows of the “Back to Sleep” campaign, urging parents to place their babies on their backs to sleep. So, how is stomach-sleeping related to an increase in SIDS deaths? How does it tie in with heavy metals?

Sadly, most babies in the western part of the world sleep in cribs. As if this isn’t bad enough, the mattresses on which they sleep are highly toxic. They contain the toxic antimony, a heavy metal. They also often contain another toxic heavy metal—arsenic—as a preservative.²⁵ Fungi growing on the mattress consume the toxic metals, creating neurotoxic gases. This is one of the ways a child can die of SIDS from heavy metal toxicity—a non-genetic factor, though any genetically transferred neurotoxicity will naturally increase a child’s susceptibility to death by the neurotoxic gases.

SIDS is virtually unheard of in nations that do not use toxic crib mattresses, which are usually nations that are not exposed to as

many other sources of heavy metal contamination as well, such as receiving vaccines.

If parents insist on their infants sleeping in cribs, they should at least buy natural materials and/or check for any obvious signs of fungal growth. There are several companies that sell crib mattresses made of organic natural materials. Any signs of mildew or similar stains indicate a need to trash the mattress. Even the bible has health regulations regarding fungal growths.

Artificial Feeding

Most statistics show that 80 percent of SIDS victims were formula-fed. Formula-feeding an infant puts the child in danger in endless ways. If a woman is able to breastfeed her child, then there is no reason why she should use inferior and unhealthful infant formula. Even those few mothers who have genuine reasons why they are unable to breastfeed should definitely first try to obtain another healthy woman's extra milk and/or get a milk goat. *Formula should be a last resort, and even then it should be organic.*

Anyone can do his or her own research on formula. For this book, I will only focus on the main reasons why formula feeding contributes to SIDS and how it's related to heavy metal toxicity.

Breast milk is now contaminated with a great amount of heavy metals, but formula is even more so. Infant formula has been found to have higher levels of mercury, lead, cadmium, aluminum, and other metals than in breast milk.²⁶ Soy-based formulas are especially high in cadmium and aluminum, being found to be twenty times higher in aluminum than breast milk. Soy formulas also have a highly excessive amount of manganese, which is an essential mineral but is toxic in high amounts.

Babies who drink formula mixed with tap water are at the highest risk of metal contamination.

What's worse is that formula manufacturers deliberately add an excessive amount of iron to infant formulas. A woman who took iron-containing prenatal vitamins during pregnancy already exposed her child to an outrageous amount of iron. The woman who feeds her child iron-fortified formula exacerbates the problem.

Formula contains 40 times the daily amount of iron than that of breast milk.²⁷ Iron is a trace element, but it's not treated that way in this nation. We live in an iron-overloaded society that would have us all believe we're iron-deficient.

Acute iron poisoning is one of the most common causes of poisoning deaths in children under six years of age.²⁸ It kills over 3,500 children in that age group each year in the United States. If everyone would discard their toxic iron-containing supplements, this number would drastically decrease.

God created human breast milk for human infants. It's the perfect food for babies, whom can thrive on this alone for an entire year or longer. Not only does it contain only .5 to 1.0 mg/l of iron, but breast milk also includes lactoferrin, which limits the iron availability in the intestines, so that harmful bacteria cannot feed off of the iron and multiply, and it alters which healthy bacteria will thrive.²⁹

As mentioned in chapter two, iron can cause or contribute to neurological problems, including SIDS. For those formula-fed babies who sleep in cribs, the risk of SIDS could also be increased due to sickness, since formula-fed infants often are sick. A fever could raise the temperature of the toxic crib mattress and, causing the fungi to become more active, thus increasing the generation of the toxic gases many times.³⁰

Vaccines

Doctors and pharmaceutical companies will become angry when someone questions the safety of vaccines. They will talk parents into

letting them vaccinate their children, against their God-given instincts and questioning.

Many responsible parents choose to educate themselves about vaccines and realize their lack of usefulness and the harm they cause—often death.

One study concluded that babies die at a rate of eight times more than normal within three days of being administered the DPT vaccine,³¹ a shot given at two, four, and six months of age. Eighty-five percent of SIDS cases occur between one and six months, with the peak incidence between two and four months of age.³² Dr. Viera Schiebner did a study in which she monitored infant breathing before and after DPT vaccinations. The vaccinations caused a huge increase in apnea. She states that, “vaccination is the single most prevalent and most preventable cause of infant deaths.”³³

Think Twice Global Vaccine Institute quotes a study that was done by Dr. William Torch, of the University of Nevada School of Medicine at Reno, of 103 babies who died of SIDS:

[He] found that more than two-thirds had been vaccinated with DPT prior to death. Of these, 6.5 percent died within 12 hours of vaccination; 13 percent within 24 hours; 26 percent within three days; and 37, 61, and 70 percent within one, two, and three weeks, respectively. He also found that SIDS frequencies have a bimodal-peak occurrence at two and four months — the same ages when initial doses of DPT are administered to infants.³⁴

There are many more such studies, all pointing toward an obvious link in vaccines and SIDS. I’ve read countless testimonies from people with their own personal experiences—parents and grandparents of SIDS victims, doctors and other medical professionals, and others. I’ve read many stories of mothers witnessing strange breathing and repetitive apnea in their infants after the vaccinations, some of the babies living and some of them eventually dying, sometimes not until a few hours after the next vaccine.

In Japan, when DPT vaccinations were given between three and five months of age during 1970-1974, people were paid for permanent severe damages due to vaccines in 57 cases and for 37 vaccine-induced deaths. During the years of 1975-1980, when Japan delayed the DPT vaccinations to the age of 2 years, there were eight severe reactions recorded and three deaths—an 85 to 90 percent reduction in severe damage and death.³⁵

SIDS dropped by fifty percent in Australia the same year that vaccines dropped by fifty percent when vaccines became optional that year.³⁶ Hmmm ...

I've never had any of my children vaccinated. I believe it to be immoral and very detrimental to one's health. God created us with immune systems that work very efficiently, if we nourish them properly. Many vaccines use unclean animal parts, which is in clear violation to God's perfect law. In addition, the bible lays out in the perfect law that we are to eat healthfully, work six days, and rest the seventh in order to live healthy lives. When a person does get sick, there are laws that mandate that he or she is to be isolated from the public, until the person recovers or is deemed safe to be around others. If everyone followed these laws, things would go smoothly, and diseases would stop spreading rapidly. Instead, people foolishly eat garbage, including unclean meats and plants, genetically-altered food, and allow themselves to be deliberately injected with diseases—all of which are in violation to God's laws.

That's not all. Many vaccines are created by being cultured using the bodies of aborted (murdered) unborn children, another violation of biblical law. Ask your doctor to see the ingredients for the DPT vaccine. You will see that there are two toxic metals included—mercury (part of the thimerosal) and aluminum—as well as formaldehyde, which is commonly known as embalming fluid. Blood products are included in some vaccines, including blood from humans and unclean animals. Eating blood (it can be reasoned

this would include injecting it) is also forbidden by God's laws, and it's for good reason—it can spread disease. Animal cruelty, yet another violation of God's laws, is an important part in the manufacture of some vaccines.

If the heavy metals don't kill your child right away, bank on the fact it will likely cause long-term problems, and that doesn't even take into consideration the problems that the remaining ingredients may cause. I can't stress enough the importance of parents researching before they make important decisions regarding their children's health.

More Boys Die of SIDS

I already mentioned the fact that boys outnumber girls in SIDS deaths 1.5 to 1. Is this also related to heavy metals? Remember, males have a much higher rate of many neurological disorders than women. The reason is easily explained. Testosterone, the dominant male sex hormone, enhances mercury's neurotoxicity.³⁷ In the cases of crib deaths, caused by the neurotoxic gases caused by the heavy metals arsenic and antimony, it's believed that a boy baby's slightly higher temperature causes fungi to generate the gases more rapidly, and that they inhale a greater volume of air than girls, due to having a higher metabolic rate.³⁸ So, there you have two reasons that explain why there are more boys whom die of so-called "SIDS."

More Winter Deaths

Again, babies who die from the toxic gases from their crib mattresses are at higher risk here, because the babies are usually dressed and/or covered more warmly in the winter, and the increased temperature generates more of the toxic metal gases.³⁹ I suspect also, that since many SIDS babies are found to have respiratory infections, something that is more common in winter months, when people stay inside more, trapped with germs and pollutants with all the doors

and windows closed; that the babies are more susceptible to death from vaccines, crib gases, or genetic central sleep apnea, since their bodily systems are weaker when sick. A fever due to an illness will also raise the child's body temperature, thus increasing the activity of the gas generation. Also, if a child is given antibiotics for an infection, they could increase the toxicity of mercury.⁴⁰

Vitamin C Deficiency

There are some well-meaning doctors and others, who rightly support natural health, and claim that SIDS is caused by scurvy, a sign of vitamin C deficiency. They point out that when an infant comes under significant stress—such as receiving vaccinations—his or her body stores of vitamin C are used up.⁴¹ It's true that stress uses up our vitamin C stores, so I believe they're on the right track, but I believe they're missing the biggest part of the puzzle.

Dr. Archie Kalokerinos treated Aboriginal women and their babies—a high-risk group for SIDS—with vitamin C, and none of his patients died of SIDS.⁴² Dr. Frederick Klenner of North Carolina had mothers take supplemental vitamin C during pregnancy and while they were nursing their babies, and none of the babies in his care died of SIDS, either.⁴³ While Dr. Kalokerinos was treating his patients with vitamin C, Aborigines treated by other doctors continued to die in large numbers—their infant mortality being nearly 50 percent.⁴⁴

Many of the vitamin C proponents are very angry with allopathic doctors—and rightly so—whom continue to push their medical philosophy and rack in money by renting out infant monitors to monitor a baby's breathing. They especially push these on parents who have had a previous baby die of SIDS. No matter that the monitors are worthless. Babies who are truly dying of "SIDS," parents realize, cannot be resuscitated. Joseph Hattersley notes, "Some SIDS have in fact been observed. Besides being blue, the babies had

cold hands and feet and appeared to be breathing with difficulty.”⁴⁵ He tells of a case where an observer was unable to save the baby with CPR, shaking, and “massive antibiotics.” That sounds so much like the scenario I experienced with my son. Right before he died, he looked dusky, though not blue; and he had breathing difficulty, right before he stopped breathing and turned white. He had also been cool. And, CPR did not save him (but CPR rarely saves anyone, anyway, and is almost completely worthless.) They only kept his body alive, and that was only achieved by intubation.

Vitamin C proponents tend to look at the fact that most SIDS deaths are babies who were vaccinated and usually formula-fed. In the small number of cases where neither applies, they simply say the mother had a poor diet and didn’t supplement with vitamin C. But, where does that leave very small percentage of people like myself, who eat an optimum diet, including plenty of fresh fruit and vegetables and who either supplement with C on a regular basis or when sick?

After reading the overwhelming evidence that vitamin C prevented SIDS (only briefly discussed here), I was ready to admit I must have had a vitamin C deficiency, despite my superb diet that includes a lot of fruit and other vitamin C sources like vegetables and my being a mild vitamin C fanatic. I encourage and practice large supplemental doses during illness, allergic reactions, allergy prevention, snakebites, etc. We have long had two relatives whom smoke in their homes and have un-bathed pets that are allowed to get on the furniture and carry around the worst dander, due to the pets’ extremely poor diets. I’ve always dosed my older son and myself with vitamin C before visiting, and it reduces—and sometimes prevents altogether—allergic reactions. Doctors nearly killed me a few years ago, after coercing me into taking an antibiotic pill that I did not need after much arguing between them and myself. A few hours later, I was in the emergency room in anaphylactic shock

caused by a severe allergic reaction. Ever since that iatrogenic incident, I seem to have problems with allergic reactions. I hadn't educated myself on vitamin C until several months after that incident, but now every time I have a bad allergic reaction—which seems to occur every few months—I take multiple doses of liquid vitamin C, which always takes care of the problem.

I halted my research and sat thinking over the course of many days about how absurd it seemed. It didn't make a lot of sense that my baby or I would have a deficiency of vitamin C. So, as my custom is, I reasoned and analyzed. Then, I followed my next intuition—to see whether vitamin C had a positive effect on heavy metal toxicity and on the nervous system.

Since my intuition is usually correct, I wasn't very surprised to find that vitamin C is sometimes called a neurotransmitter vitamin and protects against metal toxicity:

An antioxidant in its own right, protects nerve receptors from oxidative damage. Vitamin C helps to protect us from heavy metals, particularly lead and arsenic which can poison certain enzyme reactions in your body. Vitamin C has displacing and detoxifying actions on lead, mercury, and chemical poisons. Proper levels of vitamin C in the system is needed for the body to synthesize serotonin and other neurotransmitters. Vitamin C, vitamin B6, and calcium as a group should be known as the, "neurotransmitter vitamins". In studying the chemistry of neurotransmitter synthesis from DNA to the neurotransmitter these two vitamins and the mineral calcium are involved everywhere. Necessary for energy production, tyrosine metabolism, reduction and storage of iron, and the activation of folic acid. In this formula, Vitamin C plays an important role in

*the synthesis of neurotransmitters and proper brain hormone production.*⁴⁶

It has also helped many people tremendously with various neurological disorders, such as autism, TS, schizophrenia, and Alzheimer's.

But, even though heavy metals tax the body of vitamin C, and therefore vitamin C supplementation helps, the people who claim SIDS is due to scurvy are missing the root problem! Though I'm an advocate of using vitamin C supplementation for problems, their method of dealing with things reminds me of allopathic doctors throwing drugs at diseases. Detoxing one's body of heavy metals is the most important thing to do in order to rid, or at least improve, a problem caused by metal toxicity. Vitamin C supplementation would be a wise thing to do during the detoxification process, but it won't cure the problem. For those who have been severely brain-damaged with symptoms of TS, autism, Alzheimer's or any other number of neurological disorders, it may be necessary to supplement with extra vitamin C throughout life, even after metal detoxification, for the sheer fact that brain damage can't be completely reversed—it *can* be greatly helped and improved, though, by detoxing the body of the heavy metals and other neurologically damaging substances, such as drugs and toxic chemicals in processed foods.

Would vitamin C have saved my son Asher's life? It possibly could have been enough to do that, but we'll never know for sure. It may have only delayed it, as I suspect highly that he had gliotic scarring of his brainstem. It also may have done nothing at all. If I hadn't been out of liquid C, he definitely would have received it, even though at the time I'd never read about vitamin C and SIDS. But, if he'd have not died, this book also would never have been written, which I hope will prevent many would-be deaths and improve the health of many.

Cigarettes

It's well-known that cigarettes cause an endless number of health problems. Smoking cigarettes is one of the worst things a person can do to his or her health. It should be no surprise that a baby living with one or two smoking parents, especially with parents gross enough to smoke indoors, has a much-increased chance of falling victim to a "SIDS" death. I'll cover just three ways cigarette smoking can increase the death of a baby.

Cigarettes contain the heavy metals cadmium and lead. SIDS babies have shown higher concentrations of cadmium and lead in their bodily tissues than non-SIDS babies.⁴⁷

Cigarette smoke, including second-hand smoke, leads to many serious respiratory problems; children of smoking parents are more susceptible to getting asthma, bronchitis, RSV, and other respiratory diseases.

Vitamin C depletion is another important factor in why cigarette-smoking parents are at greater risk of losing a baby to SIDS. Children exposed to the most cigarette smoke have the lowest levels of vitamin C in their blood, regardless of how much fruit and vegetables they eat or how many vitamins they take.⁴⁸ Smokers themselves are robbed 25 mg. of vitamin C for *each cigarette* they smoke!⁴⁹

Some have tried to link smoking marijuana to an increase in SIDS risk. Based on one study, when the pregnant mother smoked marijuana, the babies were 15 times more likely to die of SIDS than the babies of mothers who did not smoke marijuana. The same study showed that the father's smoking the marijuana around the time of conception doubled the risk. But, when those who smoked tobacco cigarettes were removed from the equation, cannabis (marijuana) was not linked with any case of SIDS.⁵⁰ So, indeed, it was only proof of how dangerous toxic chemical-added tobacco cigarettes are.

Jaundice

My first son William developed jaundice on the second or third day after birth. Upon my midwife's advice, I took him out in the sunlight a bit every day. The ultraviolet rays from the sun break down jaundice, and it seems foolish to take a baby to the doctor to lay him under artificial UV lamps, when the natural sunlight shines outside. Though I took him outside every day, I didn't expose my son's bare skin too long, and didn't expose his whole body, to the southern summer sun for fear he'd burn.

About a week after his birth, we took him to the doctor (his only visit in his entire life) to get his foot examined, because it'd been malpositioned in the womb. The doctor said his foot would be fine, and he was right, but we also went ahead and had his bilirubin levels checked while we were there, since he still was jaundiced. Even his corneas were yellow. The levels came back fairly high, but I wasn't really worried. I knew they weren't too high, so I just kept exposing his bare skin to the sun a few minutes each day. After being jaundiced for nearly two weeks, it was completely gone.

When Asher was born, he too became jaundiced two or three days after birth. He received a lot more exposure to sunlight than William did. When the children and I would get up in the mornings, I'd nurse Asher, strip his clothes, and change his diaper. Then I'd lay him on the couch near the windows with the blinds open to let in the morning sunlight. I had him wearing only a diaper. William would climb on the couch with only his underwear and lie beside Asher to snuggle. They'd lie like that for twenty or thirty minutes, while I fixed breakfast for William and myself. Asher's jaundice lasted only three or four days, and it never looked nearly as bad as William's had.

At the time, I felt good about my success. Now, I look back and wonder whether breaking up the jaundice so quickly was really a good idea. Perhaps it was a fatal decision. Doctors promote a fear

factor concerning jaundice and want to make a speedy riddance of it. If bilirubin levels become too high, there *are* damaging results such as possible brain damage or deafness, but just as most of us now know that fever is a good thing during an infection, as long as doesn't get extremely high, it's important that people are educated to know that the same applies to jaundice. We shouldn't be so quick to get rid of it.

Jeanne Brohart, owner of autismhelpforyou.com quotes:

It is interesting to note that up to 80% of pre-term infants today are born with jaundice and up to 60% of those who are full term have jaundice ... Yet, clearly, bilirubin is only supposed to be found in cells in small amounts ... We need to ask, "Is it the bilirubin that is toxic or is it something else?" I quote:

"... So potent an antioxidant is bilirubin that it displaces glutathione, the molecule believed for 80 years to be the most important cellular antioxidant," says Solomon Snyder, director of Neuroscience at the Johns Hopkins School of Medicine ... and [bilirubin's] presence in excessive amounts in newborns is clearly a sign that these infants are dealing with oxidative stress. Note also that there are 4 types of jaundice. Indeed a child could be "born with" jaundice, or develop problems with jaundice believed to be associated with "breast-feeding" or "breastmilk" and jaundice tied to Rh Factor incompatibility. Jaundice can also be caused by damage to the liver. Excess iron in the liver has definitely been tied to liver damage ...

[M]ercury ... is known to pass to infants via breast milk and that it lodges in infants up to 8 times more readily than in the tissues of the mother.

Thus, again, we must ask: Is it the bilirubin that is killing babies (highly unlikely given it is the body's most powerful antioxidant) or is it perhaps metal toxicity?

Current recommendations include placing a child under special lamps or discontinuing breastfeeding for a short time period (a few days) ...

If bilirubin is helping fight oxidative stress, should we be "breaking it down" via "currently accepted practices for dealing with jaundice ..."

We won't even get into the absurdity of stopping breastfeeding as a means of "clearing up jaundice." Yes, the breast milk may have mercury in it ... [but] they are recommending that breastfeeding be stopped because they think that breast milk is part of the problem ...

Note that jaundice can also result from Rh factor incompatibility ...

How very interesting indeed given that women who have Rh Factor incompatibility are given 2 shots of Rhogam—laced with mercury ... mercury that would head right for the unborn child and/or newborn infant ... ⁵¹

It certainly sounds to me that jaundice is a sign of the body's way of getting rid of heavy metals, such as mercury and iron. I also want to make a note on the Rh factor and Rhogam shots. This is totally ridiculous, as a woman having a natural homebirth should not concern herself with Rh incompatibility. This is only a risk factor in the hospital, where quacks who don't know what they're doing (doctors) prematurely cut the umbilical cord and then prematurely yank on the placenta before it's ready to come out (which also drastically increases the risk of hemorrhage).

Is there more concrete evidence that shows that heavy metals are responsible for SIDS? In one study, the body tissues of crib death babies *and* the mattresses on which they died contained high concentrations of antimony, whereas babies who died from other causes and their mattresses showed little or no detectable antimony.⁵² The study also showed that the hair of living babies contains 10 to 100 times more antimony than their parents' hair, which makes sense if they're sleeping on toxic crib mattresses, and their parents are not.

In another study, mercury levels in kidneys and brain tissue was higher in SIDS infants than in adults of the same population.⁵³ In the same study, SIDS babies were also compared to infants whom died from other causes, such as heart defects, pneumonia, and blunt force. The brain tissue of the SIDS babies had more mercury than those whom died of other causes. In addition, three of the babies' kidneys, livers, and spleens were tested for mercury. One was a SIDS baby who died at two months of age, the second was a SIDS baby who died at three months of age, and the third baby was a baby who died of another cause at 10 months of age. All the organs of the SIDS babies contained more mercury than the child who did not die of SIDS. The only exception was that the infant who died of another cause, had higher kidney levels than the SIDS victim who was 2 months of age. The other baby was 10 months of age. It's interesting to note that between the two-month-old SIDS baby and

the three-month-old SIDS baby, the mercury levels were much higher in the three month old. He or she had more time to be exposed to more mercury, I theorize, probably in the form of more vaccinations. The mercury in the brain of the three month old more than doubled the amount in the child who didn't die of SIDS, the amount in the kidney was nearly quadrupled, and the liver amount in the SIDS baby was almost two and a half times the amount in the other baby. In the same study, the adults with amalgam fillings had substantially more mercury in their brain tissue and kidney tissue. The other tissues were not measured.

Several other studies measuring various toxic metals also show that SIDS babies contain higher levels in their tissues than babies who died of other causes. Mercury, antimony, lead, and iron have all four been repeatedly discovered in higher levels in SIDS babies. The studies are readily available for anyone willing to look for them.

SIDS caused by vaccines, toxic crib mattresses, formula-feeding, iron-containing prenatal vitamins, cigarettes and tuna-sourced mercury can be easily prevented. These things kill the majority of SIDS babies. The deaths caused by genetic heavy metal toxicity can eventually be wiped out, too, with an improvement in overall care over a few generations, but people have to do what it takes to avoid toxic heavy metals and aluminum, as well as non-metallic toxins, and improve their diets and lifestyle.

5

Autism and Asperger's Syndrome

I realized I had Asperger's syndrome just a few years ago, shortly after I discovered I had Tourette syndrome. There were two things, however, that I didn't know at the time. I didn't realize that Asperger's was related to autism, and I didn't have an understanding of what autism is. I'd heard about autism, how parents could cope with a special needs child and so on, but I never knew the symptoms. I didn't realize the two disorders were alike until maybe two months or so after Asher's death. I wasn't even looking to research either at the time. Rather, I was doing an Internet search on whether it was normal for my toddler to be reversing pronouns. He'd use "me" in place of "you," and he'd use "you" for "I" and "me."

So, imagine my utter confusion when a bunch of informational sites on autism came up as the dominant results. As I read more about autism, I realized it sounded like a severe variant of Asperger's. I'd never read about or researched autism before, so I was in a state where I was thinking, "So this is what autism is." Of course, since then I've seen autism and Asperger's discussed together on numerous websites and in many books and other publications. So, what is autism, and what is Asperger's syndrome? How are the two linked to heavy metal toxicity?

Autism

Autism is usually diagnosed by the age of three and often appears in the infant period. Very often, the child develops normally and then regresses around the age of two. Autism is a spectrum disorder, so the symptoms can range from mild to severe. According to Neurology Channel online, the symptoms of autism include the following:

- *Has overactive and/or underactive senses—smell, light, noise, touch
- *Appears indifferent to surroundings
- *Appears content to be alone, happier to play alone
- *Displays lack of interest in toys
- *Displays lack of response to others
- *Does not point out objects of interest to others
- *Marked reduction or increase in activity level
- *Resists cuddling
- *Impaired language development
- *Echolalia (repeating words or phrases)
- *Repeat actions, such as arm flapping
- *Self-mutilation, such as biting or scratching oneself
- *Frequent behavioral outbursts or tantrums
- *Inappropriate attachments to objects
- *Maintains little or no eye contact
- *Over- or undersensitivity to pain, no fear of danger
- *Sustained abnormal play

*Uneven motor skills

*Unresponsiveness to normal teaching methods and verbal clues¹

Autism has increased by 600 percent over the last decade:

Autism was a rare disease. Medical textbooks in the 1950s claimed that a pediatrician might never encounter a case of autism throughout an entire career. Twenty years ago the best estimates [were] that perhaps 2 to 5 children per 10,000 would be diagnosed with autism. Autism is now the leading disabling disease of children in the United States, afflicting about 1 in 150 children ... [it's] an out-of-control epidemic increasing at about 20 percent per year, and it's been growing at that rate for almost 20 years now.²

This doesn't even account for Asperger's, and I imagine most cases of Asperger's are never diagnosed by doctors.

Asperger's Syndrome

Asperger's syndrome is often considered to be part of what's commonly referred to as the "autistic spectrum." Depending on the source, it's sometimes called "high-functioning autism," and others split the spectrum into three categories—autism being on the low end, high-functioning autism in the middle, and Asperger's syndrome at the top. It can become quite confusing, though, because there are many other variations. I've even seen attention deficit hyperactivity disorder (ADHD) on the spectrum, so it all depends on whom you ask.

Those exhibiting symptoms of Asperger's exhibit many symptoms similar to those of people with autism. The main differences

are that those whom are considered to have AS have higher IQs than those with autism (ranging from average to well above average), eventually have normal or close-to-normal speech, and have milder social problems. Here are some of the symptoms of Asperger's, as written by Hans Asperger himself, the Austrian pediatrician after whom Asperger's syndrome was named:³

- *Usually diagnosed after the age of three, unlike the earlier diagnosis of autism
- *Walking may be delayed
- *Speech may develop normally, with proper grammar eventually developing, but there will probably be pronoun reversals
- *Language tending not to be used for communication purposes
- *Having limited gestures and limited facial expressions and limited understanding of others' gestures and facial expressions
- *Possessing abnormal vocal intonation
- *Lacking in understanding of social rules and behavior
- *Having clumsy and uncoordinated movements, which may affect printing and drawing skills
- *May have good rote memory abilities
- *May develop an obsessive interest in one or two topics
- *May be teased because of eccentricities
- *Maybe become aware that they are different than other people and may seek ways to become more normal-like

Here I've highlighted some important parts of one person's story of his life growing up with Asperger's:

Certainly I did not present as low-functioning, so I never would have been flagged as having been autistic ... As far as de facto autistics go, I am very much on the "mild" end of the spectrum. Still, as a child, my behaviors were pretty obviously autistic ... I never crawled; I rolled, right up until I began to walk in the fourteenth month. I still hadn't uttered any words ... until about the twenty-fourth month, at which time I began to speak ... in sentences. Many of them were echolalic, including instant and delayed parroting of TV commercials. As my ability to express myself grew, I began to do the pronoun reversals, and to call myself by my first name instead of "I" ... Through all of this, there were no worried visits to the doctor, or fears that I was some genetic freak ... I did all all sorts of stim behaviors like hand flapping. I still preferred to be alone. I would get obsessed with certain subjects, and I would want to talk about nothing else. I struck everyone as an amazingly bright little boy ... Had I not been hyperlexic, I am sure that my autistic behaviors would have been much more objectionable. I was never forced to make eye contact or to stop stimming (which my mother called 'fidgeting'). My mother gently suggested that I might want to stop hand-flapping, so that my peers would not give me a hard time ... Never underestimate the stress your child experiences in noisy, bright, crowded, or social environments. It can be brutal, and the tantrums that may result are beyond your child's control ... my early childhood was quite unusual, but I was accepted for the odd child I was ... special education was not necessary for me, as it is not for a lot of aspies, and a few high-functioning autistics like me ... Never allow the child to think that "different" is not a good

thing. This may even mean prohibiting exposure to certain relatives that do not understand that autism (including AS) is neurological, and not a sign of bad parenting. Some relatives may take it upon themselves to "correct" your child's behavior ... things like pulling the child's face to theirs and saying, "Look at people when they talk to you, or else they will not like you," or things like that.⁴

There are many similarities in that story and mine. I didn't crawl. Instead, I scooted on my butt. My oldest son rolled. My son and I both experience sensitivities to touch and sound. I experience sensitivities also to light and smells. My son is very picky about what he wears. If it doesn't feel just right, he will not want to wear it, nor do I force him to do so. I can't stand for my husband to wear a strong-scented deodorant, and any colognes or perfumes, regardless of whether they may be natural and pleasant-smelling. If it's too strong, it's pretty much banned from the home. I'm also very prone to gag at the slightest offensive smell.

I already mentioned in chapter three that I took speech classes. In addition, I am often unaware of the pitch, volume, and tone of my voice; which is apparently common in Asperger's. I remember in high school, one of my best friends would often tell me that I was getting loud and needed to tone it down. I never realized it. I also frequently am told that I'm not speaking loudly enough. And what's probably the worst is that I often get my feelings hurt for being misunderstood, because my tone didn't sound right many times, so something innocent has often been taken as something vicious or rude, which then causes the person to flare up at me.

My husband and I were both vaccinated as children, but we have never had a child of ours vaccinated. Our parents were also vaccinated before us. The toxic effects of the heavy metals cause neurological damage in people, and then they pass on neurological

problems genetically. In addition, women are passing heavy metals from their fat and organ stores to their unborn children via the placenta. Heavy metals and other toxins are stored primarily in fat. Since more than half of the brain's composition is fat, it's no wonder heavy metals attack this organ at the rate they do. When a woman has "silver" amalgam fillings (composed of 50% mercury), the toxic mercury is released from them and also passed to the developing unborn child. The more fillings a woman has, the more toxins are released. Unfortunately, I've had two amalgam fillings during all of my pregnancies. I need to have them removed.

A woman's diet is also important during pregnancy. Even though I ate tuna within FDA limits during my past pregnancies, the consumption was still extremely too high. The FDA does an extremely poor job of protecting the public. Many more women make additional mistakes by taking daily iron-containing prenatal vitamins, eating processed foods that contain aluminum and using aluminum-containing anti-perspirant, drinking toxic tap water, and doing a number of other things that expose them and their unborn babies to toxic metals and other toxic substances. Some pregnant women even allow themselves to be injected with mercury- and aluminum-containing flu vaccines, and some women smoke cigarettes and/or other drugs during pregnancy.

Is it any wonder why at least one out of two babies whom actually live through pregnancy, birth, and the following year have lifelong health problems? One out of two children that make it have lifelong health problems! This should be shocking, but considering all the toxins in the environment and people's neglectful lifestyles, it's really no wonder, is it?

Vaccines

If a child doesn't die of vaccine-induced "SIDS," he or she has a strong chance of developing autism or severe TS. If they're lucky

enough to avoid that, he or she may end up with mild TS or Asperger's, or maybe he or she will have ADHD/ADD or some learning disorder or behavioral disorder. Or, he or she may end up with childhood cancer. Remember, vaccines are extremely toxic and filthy. Among other toxins, they contain mercury and aluminum. Vaccines are especially traumatic to young infants. According to Boyd Haley, PhD.:

A single vaccine given to a six-pound newborn is the equivalent of giving a 180-pound adult 30 vaccinations on the same day. Include in this the toxic effects of high levels of aluminum and formaldehyde contained in some vaccines, and the synergist toxicity could be increased to unknown levels. Further, it is very well known that infants do not produce significant levels of bile or have adult renal capacity for several months after birth. Biliary transport is the major biochemical route by which mercury is removed from the body, and infants cannot do this very well. They also do not possess the renal (kidney) capacity to remove aluminum. Additionally, mercury is a well-known inhibitor of kidney function.⁵

James B. Adams PhD, a professor of chemical and materials engineering at Arizona State University and adjunct professor of basic medical sciences at Southwest College of Naturopathic Medicine, and his group did a study that found that the urine of children with autism contained three times as much mercury as non-autistic children, when both groups were given the metal chelator DMSA.⁶ Adams says that urine, blood, and hair analyses are not good tests to check levels of heavy metals, because they only test recent exposure. He says that testing urine for toxic metals after administering DMSA is an accurate way of testing levels of metal toxicity.

As a matter of fact, according to the article “Mad Child Disease,” by Michael Glueck and Robert Cihak, autistic children have low levels of mercury in their hair, “and the more severe the autism, the lower the level tends to be, even if the mother has many fillings.”⁷

They explain, quoting Dr. Boyd Haley, “The mercury that is not found in the hair or blood is retained in the tissues.”

Prenatal Vitamins

In chapter three, I focused on the iron in formula. But, the iron in prenatal vitamins is certainly a cause for concern, likely contributing to severe health damage in children.

Remember, in chapter three I mentioned that breast milk contains only .5mg to 1.0 mg/l of iron, regardless of how much iron the woman has available. It should also be noted again that we only absorb 1 mg of iron daily through the intestines and can only excrete 1 mg daily through our urine, feces, sweat, nails, and hair. Some sources claim we excrete closer to 4 mg of iron a day, but that’s still not much. It’s a trace element, so we only need a trace. All that extra iron is being stored dangerously in our fat and organs!

Not surprisingly, the RDA for pregnant women is about 30mg/day of iron.⁸ This alone is ridiculous and a terrible disservice. What’s worse is that prenatal vitamins usually have much more than that, ranging up to 90 mg, depending on the brand used.⁹

It definitely makes sense that pregnant women may need a couple extra milligrams of iron a day, since the baby needs a trace amount of iron, and the woman will need a small amount of iron in storage for what she will lose during postpartum bleeding. Women who are not pregnant or nursing should probably have 2 milligrams a day—or one extra milligram—to store for her time of menstruation, in which she will lose anywhere from 12 mg to 46 mg of iron.¹⁰

Even if the sources that claim we lose closer to 4 mg of iron a day through our feces, skin, urine, etc., there should surely be *no* trouble whatsoever in getting more than enough iron in a healthful diet. I have a harder time *not* taking in too much iron. I don't see how it's possible for someone who is eating to be iron deficient. Iron supplements should not exist.

To freshen your memory, iron overload is certainly more likely to be the cause of a pregnant woman's anemia than iron deficiency. Roberta Crawford, author of the book The Iron Elephant, explains:

Hemoglobin is not iron! Unfortunately physicians prescribe iron to anemic people who test with low hemoglobin. Yes, the patients are anemic, but the iron is collecting in storage instead of going into the hemoglobin. These people are iron-loaded. They need iron removed despite the anemia. The anemia should be treated with B vitamins, especially B12, B6, and folic acid. Many patients with anemia are dying of iron overload, and some are hastened to their death by their physicians who give iron. Blood banks seem to believe that hemoglobin and iron are the same. They have prepared lists of high iron foods to give out to donors with low hemoglobin. They invariably tell these people: "Your iron is low." Dangerous misinformation ... If you are not absorbing the one daily milligram, you are truly on a starvation diet, and low iron is the least of your worries.¹¹

Brohart rightly questioned whether there could be a valid reason for women craving such things as pickles and ice cream during pregnancy, since calcium decreases or inhibits iron absorption, vinegar is believed to be a natural iron chelator, and salt is known to impact iron binding properties of human transferrin.¹²

Many autistic individuals crave salt. My son, who like I exhibits Asperger's symptoms, will get our saltshaker and dump the sea salt and literally lick it up. Interesting indeed. I have to keep the saltshaker away from him when I'm cooking, or he'll try to lick the actual saltshaker where the salt comes out of the holes!

In case it needs reminding, "... 3 grams [of iron] is a lethal dose in a child under the age of 2, and 600 mg can [be enough for a lethal dose] to a small child."¹³ Over the course of a pregnancy, a woman can take in up to twenty extra grams of iron! Much of this travels to the unborn child. What does this do to those poor children?

Brohart checked out the iron levels of 3,000 autism patients and found that autistic children had higher serum iron levels than controls. The differences occurred in one third of the autistic population, however, with the other two thirds resembling the controls. "The high iron kids were extremely high," she said. I personally wonder whether iron was the main contributor of autism in that one third, and perhaps mercury was the main contributor in the other two thirds.

During a scientific review of vaccine safety in the year 2000, it was noted that, "the heavier babies in this cohort are more likely to have the outcome [autism], and that is statistically significant."¹⁴

Indeed, to me this is very significant. Both of my babies were nearly ten pounds. Could heavy metals be responsible for this?

Milk and Wheat Allergies

Children with autism often have allergies or sensitivities to milk and gluten, the latter especially being wheat gluten. Some have even suggested that milk and wheat allergies *cause* autism, though I believe they are not the root cause. Does withdrawing cow's milk and wheat products help autistic children? In most cases, it does help improve their condition, but again, I believe it's not the root cause.

Mercury inhibits the cellular enzymatic processes; it strongly inhibits the activity of xanthine oxidase and dipeptyl peptidase, which are required to digest the milk protein casein.¹⁵ Over 90 percent of both autistic and schizophrenic victims test with high levels of a milk protein in their blood and urine.¹⁶ The studies showed similar results for a gluten protein (found in wheat).

Artificial Ingredients

Artificial colors, flavors, and preservatives added to processed foods are harmful to *anyone*. So, it should be no surprise that children with autism, Tourette's, Asperger's, and ADHD have worsened symptoms by ingesting the toxic garbage the food industry adds to processed food.

MSG is perhaps the worst culprit, and some believe that monosodium glutamate is the cause of autism. Since MSG is a neurotoxin, there's no question that exposure to excessive amounts in the womb, breast milk, and food very well might be responsible for some cases of autism, or at least may be a large contributor. I still believe heavy metals, and especially mercury, is primarily responsible for the autism epidemic. Nevertheless, people should not ingest any neurotoxic substance, whether it be toxic heavy metals, artificial ingredients, or anything else. Autism, TS, and the majority of the other diseases discussed in this book are caused by neurotoxicity. The only way to prevent and stop these epidemics is to cease exposure to neurotoxic substances. Period.

Rhogam Shots

Infants whose mothers received a prenatal Rhogam shot had a much higher incidence of autism.¹⁷ Remember when I discussed the link between Rhogam and jaundice in Chapter 4?

Genetic Mutations and Epigenetics

Do disorders on the autistic spectrum have a genetic link like some cases of Tourette syndrome and SIDS? It seems to me as if a small number of cases may be partially genetic, but this seems to apply more to Asperger's than it does to full-blown autism. Most statistics show that autism from birth only occurs in around 1 out of 10,000 births. Since 1 out of 150 children have autism now, the vast majority of these cases are known as "regressive autism," and it's due mostly from heavy metal exposure in the womb, breast milk or formula, and vaccines. Doing five things would go a long way in scaling back on the number of autism cases: women need to avoid taking iron-containing prenatal vitamins, they need to avoid eating mercury-contaminated fish, they should breastfeed if at all possible and stay away from iron-fortified formula and especially soy formula which contains high levels of several heavy metals, they need to avoid feeding their families processed foods that contain artificial ingredients like MSG, and they need to not have their children (or themselves) vaccinated.

Clearly in the case of my son, his Asperger's symptoms may be partially caused by genetic damage carried on from my husband and myself. But, much of it could be due to the mercury from tuna crossing the placenta and contaminating my breast milk.

Autism and Asperger's have often been seen existing with Tourette syndrome, and families with members of one of the disorders often have other members possessing one of the other disorders.

Dr. Comings comments that there is, "a great deal of overlap between higher functioning, active, Asperger's type autism and Tourette syndrome."¹⁸

He also discusses a study of six cases of AS, in which three "developed into" TS. He noted another study consisting of people with autism or AS: "Those who developed TS were functioning at a

higher level than those who did not. They had higher IQ's and better development of speech.¹⁹

Genius and Neurological Disorders

Psychiatrist professor Michael Fitzgerald claims that genius cannot exist without a neurological disorder. He said, "Asperger's and creativity are two sides of the same coin - you can't get one without the other."²⁰

There are numerous geniuses that experts believe had Asperger's, Tourette's, Schizophrenia, or some other related neurological disorder, or a combination of disorders. Beethoven, Mozart, and Hans Christian Anderson are all thought to have had Asperger's. Many people believe Mozart had TS and OCD, too. Albert Einstein and Thomas Jefferson may have had Asperger's as well. Thomas Edison is thought to have had ADHD or Asperger's. Others who are believed to have had ADHD include Galileo, Leonardo da Vinci, Alexander Graham Bell, and Henry Ford. The movie, *A Beautiful Mind* portrayed math genius John Nash, played by Russell Crowe. Nash had suffered with schizophrenia. According to Temple Grandin, PhD., an assistant professor at Colorado State University, Bill Gates has many traits of Asperger's syndrome.²¹ Grandin believes that, "it is likely that genius in any field is an abnormality," noting that many geniuses whom are extremely strong in one subject area may be very poor in another.

There are certainly other things that have been known to cause brain damage or alter the brain's way of thinking that causes genius or genius discoveries or inventions. Just recently I read in the news:

Francis Crick the Nobel Prize-winning father of modern genetics was under the influence of LSD when he first deduced the double-helix structure of DNA nearly 50 years ago ... Crick ... later told a fellow scientist that he often used small doses of LSD, then an experimental drug used in psychotherapy, to boost his powers of

thought. He said it was LSD, not the Eagle's warm beer that helped him to unravel the structure of DNA, the discovery that won him the Nobel Prize.²²

While these things may be true, with what cost do they come? My husband and I both enjoy high intelligence, but we also suffer unwanted tics, obsession, and compulsions. I suffer mildly with going into public and being around people. We had one of our babies *die*. If I had the choice of having all my children alive and not having neurological glitches, by giving up some of the higher intelligence in some areas, I'd choose it in a heartbeat. I'd rather have all my babies and have excellent neurological health than super intelligence in a few areas of life.

For those deliberately altering their neurotransmitter functions with the use of dangerous manufactured drugs—pharmaceutical or street drugs—I suggest they stop. Why throw away your health and that of your children's for “boosted powers of thought?” There are much healthier ways to boost one's powers of thought, without all the dangerous side effects.

Autism Recovery

In the case of neurological damage, a person cannot expect to recover to perfection. We do not make new neurons, unlike how we make new cells in other parts of our body. Once brain/nerve cells die, they're gone and will never be replaced. However, by removing the heavy metals and other neurotoxins from our brain tissue, there is hope for great improvement, and it will prevent future damage of neuron death.

Many children with autism have made great progress and have gone on to live normal lives by undergoing metal detoxification, diet modification, and nutritional supplementation. Those with AS often live fairly normal lives, anyway, but they can also greatly benefit from detoxification and other measures, if needed.

Clathration therapy is one way to remove heavy metals from one's body. Clathration is a much safer form of chelation, which removes metals from the body without the risk of them reattaching elsewhere on the way out.

There are many testimonials out there. Clathration therapy, magnetic clay, diet changes, and vitamin and mineral supplementation have drastically improved many autistic children. I've even read some testimonials of people whom claim that after treatment, their children didn't even seem autistic; when before treatment they were severely autistic. There are many who have realized that their children have been poisoned by the neurotoxic effects of heavy metals and have decided to do something about it.

Note: Shortly before publication of this book, a new study came out revealing the new statistics on the frequency of autism. It dramatically jumped once again, and the 2007 statistics state that autism no longer affects 1 in 150 children, but rather it affects 1 in 67!²³ I predict it will continue to get worse, unless the entire population changes its ways.

6

Alzheimer's Disease

Many people are already familiar with Alzheimer's disease. Since AD has become such a growing epidemic, the majority of our population has probably had a family member or friend who has become and AD victim.

In the early stages of Alzheimer's, a person has general confusion—forgetting names and words, recent events, where things are located, etc. The person may repeat things several times in a conversation. The person may wander and get lost. The person may misplace things and have trouble with his or her daily routine.

As AD progresses, the person becomes more confused, more forgetful, more “spaced out,” and may start having delusions. He or she may be irritable, anxious, and tired all the time. AD victims often veer off of a normal schedule and may be up during parts of the night and sleep during the day. Some people with AD become violent. They will eventually need help with dressing, bathing, eating, toileting, and other basic tasks. The person will need to be supervised full-time.

Toward the very end of the person's battle with AD, he or she may have complete urinary and fecal incontinence, need to be fed, and will be bed-ridden with lack of motor control—including talking. The person won't even recognize their closest loved ones and have to have all of their needs met as an infant.

I've seen the debilitating effects of Alzheimer's disease firsthand. My husband's grandpa had the disease when he died just a month following our son. I also had a great-grandfather who died of the disease. I've known the link between heavy metals and Alzheimer's for several years, just as I'd known about the link between heavy metals and SIDS and autism. Alzheimer's has a strong link to mercury toxicity, but there is also a strong link between the toxic non-heavy metal aluminum and Alzheimer's. Flu vaccines are probably the number one contributor to this terrible degenerative neurological disease.

Dr. Hugh Fudenberg, the world's leading immunogeneticist performed a study and found that a person who received five consecutive flu shots have a ten times higher risk of developing AD than a person who received none, one, or two consecutive shots.¹

When mercury and aluminum are combined, the effects are far worse than when one or the other stands alone. In a study where a small dose of mercury killed 1 in 100 rats, and a dose of aluminum killed 1 in 100 rats, when the mercury and aluminum were combined, *all* the rats died.² Flu vaccines contain both mercury and aluminum. It's sad that the greedy pharmaceutical companies and doctors especially push the flu vaccine on the elderly—those at the age of AD onset.

Aluminum is hard to avoid. There are so many products that contain aluminum, and it takes a serious lifestyle change to remove most sources of it from one's daily life. Antiperspirants need to be tossed. I've personally seen acute aluminum poisoning from antiperspirants. My own husband was the victim. Before we were married and on into our first year or two of marriage, Nathan had yellow stains on his white t-shirts, at the armpits. Though he wore the antiperspirant, he'd still manage to sweat somewhat (thankfully), and the sweat would stain the shirts. I had no idea what caused it, until one day I read in Dr. Don Colbert's book, What You Don't Know

May Be Killing You that yellow sweat stains are the result of aluminum poisoning from antiperspirant use!³ Since discontinuing the use of antiperspirant, he has no longer had the staining problem. After years of staining his shirts, the problem was simply solved. He now uses natural deodorants.

Aluminum foil and cookware should be used sparingly, or better yet not at all. Canned sodas completely trash one's body in *numerous* ways. One hazard is the packaging! The aluminum leeches out into the sodas and finds its way into its victims' bodies. I advised the caretaker of one Alzheimer's victim to cease giving the person sodas, especially in the aluminum cans. Unfortunately, my advice was not heeded. Filtered water would have been nice, but just as a lung cancer victim continues to puff on his cancer sticks, the AD victim continued to take the very poisons into his body that caused the condition in the first place.

Antacids also contain aluminum, and many elderly people eat antacids as if they were candy. Buffered aspirin also contains aluminum. Most baking powder on supermarket shelves contains aluminum. Read the labels on your food! A person who hurriedly tosses things into his or her shopping cart without reading labels is being very foolish. Most foods in most modern grocery stores lack nutrition at the best and are toxic at worst. Do not buy food that contains artificial colors, flavors, and preservatives. Do not buy food that is stripped of all its nutrients. Do not buy food that has aluminum listed as an added ingredient! Buy the baking powder that is free of aluminum. It's the exact same thing, minus the aluminum. Who needs aluminum in their muffins? Aluminum will also be found in pre-mixed baking mixes that contain baking powder. You *must* read all labels, if you care anything for the health of your family and yourself. This goes for food labels, drug labels, and cosmetic labels. Many cosmetics contain aluminum, among many other

harmful ingredients, and I highly recommend a person only use organic cosmetics, if you must use them at all.

If you want to avoid getting AD, you need to avoid heavy metals and aluminum, avoid toxic “food” ingredients, avoid any other brain- and nervous system-damaging factors, and drink plenty of filtered water. The brain needs plenty of water to function properly, but the water needs to be filtered. Tap water is contaminated with chlorine, fluoride, heavy metals, aluminum, and other harmful materials. Vaccines, dental amalgam fillings, and cigarettes are huge hazards that need to be avoided to reduce the risk of AD.

And indeed, if Alzheimer’s disease “runs in your family,” then this most likely means that metal toxicity runs in your family! Usually, when something seems to “run in a person’s family,” it’s because all those family members make the same terrible lifestyle decisions! Unfortunately, genetic mutations and epigenetic toxicity is being passed on to people. This simply makes it all the more important to change your lifestyle now and start making good decisions, since you can’t change the fact that your genes are damaged. *Make up for it with a good diet and lifestyle.* This is not a guarantee, but it sure goes a long way and gives you a much better chance.

Autism-Schizophrenia-Alzheimer’s

Quoting Jeanne Brohart, “Autism used to be called ‘childhood schizophrenia’. Schizophrenia used to be called ‘dementia praecox.’ Schizophrenia was discovered by Emil Kraepelin. Alzheimer’s also used to be called ‘dementia praecox,’ (an apparently ‘early term’ to refer to ‘dementia’). Alzheimer’s was discovered by Alois Alzheimer—a man who worked with Emil Kraepelin and was considered his protégé.”

Brohart has spent countless hours researching the numerous similarities between these three disorders. For a complete chart she put together, which lists well over 100 similarities between the three dis-

orders, I recommend a person visit her website at www.autismhelpforyou.com.

More about the links between these three diseases will be discussed later. It seems they have many similarities—the main difference is the age of onset. Autism develops during early childhood. Schizophrenia typically comes on during early to middle adulthood. Alzheimer's is a disease associated mostly with the elderly population. They seem more or less like the same disease—just at different stages of life.

Just as with autism, heavy metal detoxification has significantly improved people suffering from Alzheimer's. I once read one testimony of an Alzheimer's patient that was at the very end of her life—couldn't speak, move, or even eat or drink—who radically transformed after chelation therapy. She began speaking, eating, drinking, reading, and recognizing her loved ones. She eventually was taken off all allopathic medicines as well. It's very unfortunate that there aren't many whom are not willing to actually cure the problem and instead opt to drug their loved ones with dangerous allopathic medicines that do nothing to help the sufferers of this disease. Heavy metal detox, diet change, and vitamin and mineral supplementation need to be implemented with all Alzheimer's patients.

7

Obsessive-Compulsive Disorder

What is Obsessive-Compulsive Disorder (OCD), and what are the symptoms? An obsession is an unwanted thought that a person cannot rid him- or herself of, and it persists. A compulsion is something someone does repetitively, because he or she cannot resist doing so. OCD symptoms are rather common compared to TS symptoms or autistic symptoms. Depending on the statistics you choose to go by, it's figured that 2 to 3 percent of Americans have OCD to some extent, or probably about 1 in 50 or more. I imagine, though, it's much higher in reality. The severity varies, just as in the other disorders. OCD is a very common comorbid disorder, which means it exists with another disorder, such as Tourette's or an autistic spectrum disorder. OCD has been reported in up to 90 percent of individuals with TS.¹

A brief list of some of the most common compulsions persons with this disorder may have: touching things just the right way or touching over and over things with certain textures or touching things a certain number of times; eating, whether eating or not eating certain textures or having an eating disorder or eating in a certain way; having to have things organized perfectly in a certain manner; having things perfectly lined, stacked, or symmetrically balanced; being obsessed with the way oneself dresses; doing things

over and over until satisfied it's perfect; having to touch something with both hands or having to have both sides of one's body touched the same way (evening up); trichotillomania; pulling on clothing; having to have both shoes tied at the exactly same tightness; checking and rechecking things over and over; smelling things; spending and/or gambling; touching things an exact number of times, washing food, utensils, or dishes before eating; frequent handwashing, echolalia (repeating something someone just said) and palilalia (repeating one's own words), repeating the same question several times. Out of this list of items, I myself currently have or have had several of these symptoms, some of them worse than others.

For example, if I get scratched or rubbed on one leg, I feel the need to have the same spot on the other leg done the same way. I've needed to straighten stacks of books or papers perfectly and evenly. As mentioned in the chapter on TS, I have mild trichotillomania where I spend a good portion of each day playing with my hair and pulling out several strands a day. I just "have to" smell certain things, sometimes over and over, such as books. I have to touch certain objects, and I have certain rituals where I have to do certain things. I have to kiss my son after I strap him in his car seat. If my husband straps him in, then when he's finished, I have to kiss my son then. That means rather than getting in my seat, I stand behind my husband and wait to kiss my son. I've strapped him in the seat before, sat down and buckled my seat belt and have started to drive away, when I've just had to get back out and go kiss him, feeling that if I miss doing it just that one time, we'll get in a car accident, and I'll never be able to kiss him and tell him I love him again. I also have a minor hand-washing compulsion. It's not nearly as bad as some with full-blown OCD. It is bad enough to keep my hands extremely dry, if I didn't happen to use coconut oil to keep my hands moist. I learned quite some time ago that plain water satisfies the compulsion, so only when my hands really *need* soap do I use it.

The other fifty times I wash my hands each day, I simply rinse them. That goes a long way in protecting my hands from what I'll term "soap abuse." I also have to rinse my forks, spoons, glasses, and bowls before I use them. I usually don't do this with plates. If I'm using dishes or utensils at someone's house of whom uses a dishwasher, I do a thorough rinse due to the toxic residue I know is on the utensils or dishes. With my own dishes and utensils, even though I know they're clean and non-toxic, I "have to" still do a quick rinse, or else I feel strange. I have no idea why I feel the need to do this.

Something else with which I suffer is that I have the need to "be on the right." Unless I'm driving, I need to be on the right side of the vehicle. So, if I am in a situation where I must ride in the backseat of a vehicle, I need to be on the right or else I feel very strange. It's not as bad now as it was as a child. I remember crying if I had to sit on the left in the backseat. When walking alongside someone else, I need to be on the right. I've recently made do with walking on the left side of my son much of the time, because I'll start out on the right, and he moves to the right. When I switch with him again, he switches. I have wondered whether he has the same issue. I also need to sleep on the right side of the bed (my being on the right when *in* the bed). Since my husband likes the outside of the bed, we always have our bed where the right side is against the wall. The only exception is during the last trimester of my pregnancies. I always deal with a disorder in my pregnancies known as Symphysis Pubis Dysfunction, where my pelvic ligaments stretch extensively, causing me pain in my pelvic area and hip(s). I have to keep my legs together and roll out of bed easily to get up in the middle of the night and in the mornings, so I deal with being on the left during those months.

I also have been known to be very obsessive with organizing certain things. I used to keep a list, much like an inventory, of all the

books I owned and how they were arranged on my bookcases. Early in our marriage, we moved several times, and I used the list to put my books back on the shelves. This has changed quite a bit since having a child. I simply don't have time to be that obsessive-compulsive with book arrangement, especially when my son loves books and takes several books from the shelves on a daily basis. I still keep them organized well and can remember basically how differing books are arranged, but I've dropped the need to have every single book in a certain order, so books of similarity (like in a series) stay together but not in a particular order themselves.

I also used to have a major problem folding socks. I used to hate folding laundry, period. That was the worst thing for me. I think it was mainly because I needed everything to be folded perfectly and hated the slightest wrinkles. I ironed all of my clothes each day, too, including t-shirts and jeans. I now rarely iron clothes. I get things out of the dryer before they wrinkle, and I wear clothes that aren't prone to wrinkle badly. Again, socks were the worst, because I had to have socks match so perfectly. If one was really stretched out, I needed to find one to match it that was equally stretched. The same goes for equally thin or thick, equally dirt-stained, and so on. For the longest time, I also just put two socks together and folded them over, rather than folding one into the other, because I hated that they looked "ugly" when not folded perfectly together square and flat, like you see many socks when bought brand new. Again, having a child has changed this. A person *can* overcome some symptoms enough if the person really needs to or desires to do so. I can either waste my time with compulsions, or I can give my time to my child and to my other duties. I have the busiest, most demanding job there is in the world. I don't have time to make sure my books are just so and our socks are matched and folded perfectly, etc. I chose to "get over it." Sometimes, I still give in to things, but most of the

time I force myself to ignore things and do something to take my mind off of them.

Since I have a better diet than I did a few years ago, I think this has also helped with the severity of some of my symptoms.

Obsessive thoughts have also been a problem for me, as well as for many OCD sufferers. Some examples of common obsessive thoughts are: about sex, about violence, counting things, mental palilalia (repeating words over and over in one's head) mental coprolalia (involuntary swearing/profanity), about death. I've had obsessive thoughts that someone I love would die. I used to worry all the time about my mother when I still lived at home, especially when she was running late. Now, it's my husband I worry about. I also repeat words over and over in my head. I also have mental palilalia.

Many with OCD have an obsession with numbers. I'm not so obsessed with numbers as I am with grammar and spelling. As I discussed in chapter three, it bothers me terribly when I hear others use incorrect grammar. I feel the overwhelming need to correct the person out loud. More recently, I've determined whom this bothers, and I usually just correct those particular persons in my head. If I notice an error that I make myself, I'll correct myself out loud. I can't stand to just let it go.

Nail biting, skin picking, and trichotillomania (hair pulling and/or twirling) are also common in OCD. I used to bite my nails as a child, though I can't stand the thought of doing such now. I was a mild skin-picker, picking at bug bites and such. I still struggle with trichotillomania.

My son often drives us crazy asking the same question repetitively, without even taking the time to listen to the answer we give. As soon as we're finished answering the question, he'll ask it again. And again. And *again*. He has echolalia and palilalia, but that's not so bothersome, except for the repetitive questions. I have mild

echolalia. I often repeat a word or sentence after someone says something, but I don't repeat it more than once.

So, what causes symptoms of "Obsessive-Compulsive Disorder?" Dr. Mary Reed, a naturopathic doctor in Pennsylvania explains that a thin myelin sheath causes the symptoms.²

Myelin is made of mostly fat and surrounds the axons of our neurons. It is important for the speed of nervous impulses and to keep the electric current flowing through our nerves.

Dr. Reed gives an illustration, using as an example those OCD sufferers who have the need to check things:

For instance, did they turn off the curling iron? They turned it off once, but have a strong need to double check to triple check or more. Often this compulsion comes from fear of not being able to trust their memory ... Let us take for example, deciding to lock the door. The brain releases an electrical impulse to lock the door. The impulse goes to the synapse, where a chemical (neurotransmitter) is released. The next nerve ganglia draws it up, which travels down the nerve chain until it gets to the muscle in the hand, and the hand locks the door. When the hand has locked the door, an impulse goes from the hand up the nerve chain to tell the brain the mission is accomplished. If the myelin is too thin it is not able to release enough of the neurotransmitters to get the "mission accomplished" impulse back to the brain. If the neurotransmitters are released less than 100% between each ganglia, the impulse may be dulled or fade away. Although consciously the person knows they have locked the door, their subconscious is not sure; so the brain sends out the signal again to lock the door. Since the brain is not getting all the input of what the body is doing,

it has a difficult time. [F]ears and uncertainties might develop.³

In an interview by freelance writer Sabrina Zamin, Dr. Reed said, “OCD is the most common problem I treat, but anorexia, Tourette’s syndrome, trichotillomania, dysmorphia, self-injury, and bipolarity are, in my opinion, all caused by a thin myelin.”⁴

Heavy metals can deteriorate and destroy myelin. It only takes small amounts of mercury to damage a person’s myelin sheaths.⁵ Lead has also been linked to myelin damage in studies that have shown that autopsies of Alzheimer’s victims revealed damaged myelin sheaths and lead toxicity.⁶ Other metals that may damage myelin include aluminum, cadmium, and thallium.

A person with myelin sheath damage needs to undergo a heavy metal detox, to increase their intake of essential fatty acids, and would also benefit from taking in more vitamin C and B vitamins.

Panic Attacks and Phobias

Part of OCD often includes multiple phobias. Since OCD symptoms are so common in Tourette syndrome, it should be no surprise that phobias are much more common in TS individuals than in the general population. While studies indicate around 7 percent of the general population has a serious phobia, three times or more that number of TS patients experience phobias, with the highest percentage of phobias among the most severe forms of TS.⁷ Also, females with TS tend to have more phobias than males with TS. In a study Comings conducted among TS patients, 55 percent of the females had more than three phobias, while only 28 percent of the males had more than three.⁸

Some people with phobias experience panic attacks. During a panic attack, a person may feel short of breath or feel as if they can’t breathe; become dizzy, light-headed, or faint; feel heaviness or tight-

ness in the chest, feel as if his or her windpipe is closing or as if he or she is choking; feel as if he or she is dying feel shaky; and may break into a sweat. I've started experiencing more phobias in recent years, and I started experiencing panic attacks when my oldest son was about a year-and-a-half of age. They mainly occur in two situations, in my case.

On occasion, I have a difficult time removing a contact lens before bed. It will be stuck to my eye. After several failed attempts to remove it, I start to panic. In addition to feeling nauseated and light-headed, I start shaking and hyperventilating and feeling as if I can't breathe. Those episodes are quite minor compared to the episodes I've had in a motor vehicle. I've had several very minor episodes while riding as a passenger in a vehicle, and I've had three moderate to severe episodes. One of these latter was particularly bad. I literally thought I was going to die. My husband went to pass another vehicle, and I thought he was going too fast and was a bad place to pass. I had nearly every symptom there is. I couldn't breathe well enough to talk. I wanted so badly to beg for my life, but I got to a point where I couldn't speak. My chest was tight, and I felt as if my windpipe was closing. I felt as if my head was going to explode. It was to the point where I was more afraid of dying from my panic attack than I was from my husband passing someone. Panic attacks are also more common in TS patients.⁹

Depression and Manic-Depression/Bipolar Disorder

Depression is more common in those with TS, OCD, and ADHD than in the general population. Comings wrote regarding a study he did:

Although 21 percent of the controls reported having 2 weeks or more of depression, this increased to 42 percent in all TS patients and 60 percent in grade 3 TS ... for two years or

*more ... only 6 percent of the controls responded yes compared to 22 percent of all TS patients and 41 percent of grade 3 TS.*¹⁰

Manic depression—also known as bipolar disorder—is different than ordinary depression, because the person has highs and lows. The highs are referred to as mania. The person is normally overly happy and perky. They just go back and forth from being excited, active, and happy to being very depressed. Manic-depressive disorder is also found in much higher numbers in those with TS and their families.¹¹ Twin adoption studies have found that there must be a large genetic factor, though environmental factors still play a large role, since identical twins do not have a 100 percent concordance rate.¹²

Compulsive Eating Disorders

Low serotonin levels—seen in all the neurological disorders discussed so far—have been proven to cause eating disorders such as overeating, bulimia, and anorexia.¹³ For those who aren't familiar with anorexia nervosa and bulimia nervosa, anorexia is when a person starves him- or herself in order to stay thin. A person with bulimia often binge eats but then throws up his or her food and sometimes uses laxatives. Both are very dangerous disorders, sometimes killing the individual. Both are much more common in females.

Comings noted that many of his patients have eating disorders. Compulsive overeating with obesity is seen the most, but also anorexia and bulimia are seen.¹⁴ Comings noticed that compulsive overeating and obesity was seen mainly in female family members of his TS patients, noting especially that the mothers of his patients were “often overweight.”¹⁵

According to the University of Maryland Medical Center, OCD is seen in up to two thirds of individuals with anorexia.¹⁶ UMMC also reports that phobias, depression, panic attacks, and other anxiety disorders are common in those with anorexia nervosa.¹⁷

Comings pointed out in his book that famous TS patient Dr. Samuel Johnson had bulimia. He further noted, “It is interesting that in addition to Tourette syndrome, one of Gilles de la Tourette’s major interests was anorexia nervosa. Studies of twins have provided evidence for the role of genetic factors in anorexia nervosa since 56 percent of 16 identical twins were concordant for the disorder compared to only 7 percent of 14 fraternal twins.”¹⁸

I imagine that eating disorders result largely from environmental factors, but it seems that when persons with low serotonin levels experience these environmental factors—perhaps abuse or pressure to lose weight—*these persons are more vulnerable to develop a disorder* than those with healthy neurotransmitter balances and a healthy myelin.

The way things are going, I wouldn’t be surprised if half or more of the children being born in the U.S. today develop symptoms of OCD, spawning both from damaged genes or genes affected by epigenetics and from environmental factors from the womb and beyond.

8

Migraines

Wikipedia has this to say about migraine:

Migraine is a neurological disease of which the most common symptom is an intense and disabling episodic headache. Migraine headaches are usually characterized by severe pain on one or both sides of the head. Absent serious head injuries, stroke, and tumors, the recurring severity of the pain indicates a vascular headache rather than a tension headache. Migraines are often accompanied by photophobia (hypersensitivity to light), phonophobia (hypersensitivity to sound) and nausea.¹

Researchers have found that migraines are triggered by low serotonin levels. When serotonin drops to very low levels, the blood vessels dilate, which in turn cause the migraine headache. These headaches have been relieved with serotonin injections.² Vomiting will often make a migraine vanish, and this is thought to be due to the intestines being stimulated, which raises blood serotonin.³

So, it shouldn't be surprising that, since TS and OCD sufferers have a low serotonin imbalance, they more commonly suffer migraines than the general population.

A study was conducted at Baylor College of Medicine Parkinson's Disease Center and Movement Disorders Clinic to investigate the possible association between TS and migraines.⁴ TS patients were administered a questionnaire. Of 100 patients with Tourette's, 25 percent (25 patients) fit the diagnostic criteria for migraine. Only 10 to 13 percent of the general adult population and 2 to 10 percent of the general children's population suffer migraine. Also worth noting in the study is the fact that a whopping 56 percent of the TS patients reported a family history of migraines, 44 percent of whom were first-degree relatives. The conclusion of the study was that individuals with Tourette syndrome and their family members have a nearly 4-fold frequency of migraines compared to the general population.

From personal experience, I've only so far suffered two migraine incidents in my life. Some women get them monthly during their menstrual cycle. This can be explained by a decrease in serotonin when estrogen levels drop.⁵

Food is often blamed for migraines, just as often as the menstrual cycle is, but we must remember, like in the case of autism and food sensitivities, it's not the food that causes the migraine disorder (except maybe artificial ingredients, such as MSG which cause neurological damage). It only triggers or exacerbates the problem, due to already-low serotonin levels—most often caused by direct metal toxicity or indirect metal toxicity through genetics (damaged genes from parents' toxicity). There are foods that will also *raise* serotonin levels—foods rich in tryptophan—but we must keep in mind that though this may help relieve or prevent migraines, it doesn't usually reach the root of the problem ... most often primarily heavy metals.

There have been studies and many documented personal testimonies by people that link migraines to mercury toxicity, often due to "silver" amalgam fillings.

9

ADHD/ADD and Learning Disorders

I believe there are many reasons why children are labeled with attention deficit hyperactivity disorder. There are many people who say that ADHD is a myth, that there is no such thing. In many cases, I agree, but there are indeed many children whom possess attention-deficit and hyperactive symptoms that are the result of genetic flaws—genetic toxicity, and many more experience symptoms from direct environmental toxins.

I'm sure a portion of children whom are labeled with ADHD are so for lack of proper parenting, but I believe the numbers are quite small for which poor parenting is the primary contributor. The purpose of this chapter is not to discuss unruly, inattentive children whom misbehave for lack of proper guidance/discipline. Rather, the focus will be on environmental and genetic factors that are the major contributors of a “disorder” that afflicts a large and growing percentage of our youth population.

Again, it's ridiculous that there are so many names made up for so many “disorders,” especially when so many of the disorders have overlapping symptoms and co-morbidity. It makes much more sense to simply say that a person has a certain list of symptoms of neurotoxicity.

I'm convinced that heavy metal toxicity plays a big role in ADD and ADHD. These so-called "disorders" often coexist with other "disorders," such as autism/Asperger's, Tourette's, and Obsessive-Compulsive Disorder.

At least half of the TS population has symptoms of attention-deficit disorder, with or without hyperactivity, with higher percentages among those with severe TS.¹

There's no doubt in my mind that a simple diet change can cure many children's "ADHD." With all the neurotoxic artificial flavors, colors, preservatives, sweeteners, and other downright trash that so many kids are fed, is it any wonder that they have a lack of attention and act like wild heathens?

But some parents feed their children only a diet of organic whole foods, yet their children still seem very hyper. As mentioned in an earlier chapter, four times more boys than girls are said to have "ADHD." Recall that the male hormone testosterone increases the toxicity of heavy metals like mercury. But, we must also keep in mind that much of the hyperactivity that many boys possess is simply a normal part of being a boy. It seems in this sickingly feminist society, we have lost respect for malehood. A certain degree of hyperactivity in boys, I believe, is completely normal. Now, I know this doesn't suit the public school system well, but let me make it very clear that having a child jailed up indoors in a desk all day expecting him to be quiet and still is *not* normal and is very unhealthy and against nature. Much of the time the more hyper and talkative children are among the smartest, and they're being limited in the prison school system. It is such abuse to force dangerous drugs upon our children, yet that is what is being done to millions of children labeled with "ADHD." It needs to stop.

Instead, their diets need to be evaluated, they need their bodies detoxed of heavy metals and other pollutants, and they do *not* need *more* toxins added to their already-polluted bodies—toxins such as

Ritalin and Clonidine, or in the case of TS, such drugs as Haldol. These are dangerous and do not cure any problem. People really need to start educating themselves. Anyone who passively listens to the pharmaceutical companies and doctors who are racking in big bucks off people's ignorance, and who gives these drugs to their kids, all the while taking them to get vaccinated and then to McDonald's for lunch, and giving them sodas and junk "food" poisoned with artificial ingredients, is being an irresponsible parent.

Sadly, many such parents honestly think they are doing all the right things for their children. There needs to be education. There needs to be change. Doctors ought to be educated in nutrition and giving out nutritional advice to parents, rather than handing out prescriptions for poison. There is a quote of which I'm fond. It's thought that Helen Keller may have been the one to coin, "Uneducated people do what they are told; educated people question what they are told." We need to question doctors, drugs, the food supply, vaccines, etc. Believe it or not, there are actually good doctors out there, but they're extremely hard to find.

If the parents are not at fault in how they discipline their children, and if the diet is not at fault (including possible allergies), and if the children have not been vaccinated and/or have had heavy metals removed from their bodies, yet the children are still hyper, then it may simply be normal for these children, or it may be at least due in part from genetic toxicity. Most of the time, with a good diet and detox, hyperactivity will drastically improve, especially if certain vitamin or herbal supplements are added to help with deficiencies. Also, a child should be taking in adequate amounts of essential fats. And not to be ignored is a child's need to spend adequate time outdoors playing and his need to get adequate rest every night.

Learning Disorders

Learning disorders are also very common now and are often co-morbid with ADHD, TS, and autism spectrum disorders. A person may have a learning disorder in one or more areas, such as writing, speaking, listening, reading, spelling, or math.

Though the majority of those with TS have a normal IQ, over thirty percent have one or more learning disorders.²

According to the results of a questionnaire to members of the Ohio Tourette Syndrome Association, the most frequent problems were paying attention (48.1%), trouble concentrating (49.5%), and trouble with timed tests (45.6%). The latter two are things with which I have trouble myself. I have trouble concentrating on tasks, and I get very uptight and sometimes panicky about timed tests. It increased in severity with age and has seemed to level out now.

These are usually referred to as symptoms of ADD. Also high on the list were behavior problems (26.7%), poor math skills (31.1%), and poor reading skills (26.2%). Comings did a study that showed 17 percent of his TS patients had severe test anxiety, compared to none of the controls.³

Stuttering, which is three times as common in males than females, occurs in 32 percent of all TS patients, compared to 6.4 percent of controls. When separating the most severe TS cases, nearly half stuttered. In those exhibiting only ADD symptoms and no tics, less than twenty percent stutter.⁴

Dyslexia is another common problem, where a person may reverse letters and words, omit or insert words, read slowly, exhibit poor comprehension, make spelling errors unrelated to phonetically attempting a word, and trouble putting words into sentences.⁵ It occurs in five to ten percent of children and is three to four times more prevalent in males.⁶ The concordance rate for dyslexia in identical twins was 90 percent, compared to 32 percent of fraternal twins, suggesting a genetic factor.⁷ I would say there's a genetic tox-

icity problem, but obviously the toxicity isn't one hundred percent genetic.

Just as I discussed in the chapter on TS, that both flunking *and* skipping grades are more frequent among those with TS, poor reading and above-average reading are both more prevalent in those with TS.

Comings wrote:

Significantly above-average performance in reading is called hyperlexia. Many children with hyperlexia may also have delayed onset of speech, echolalia, attention deficit disorder, hyperactivity, repetitive stereotyped movements, head banging, compulsive behaviors and a family history of dyslexia and learning disorders. It occurs predominantly in males. Some have eidetic word imagery. "A compulsive preoccupation with reading sharply differentiates hyperlexic children from precocious readers who otherwise are developing normally ... For hyperlexics, reading seems to have replaced other play activities." The presence of autistic-like behavior, TS and hyperlexia has been described in four patients. All of the above features, including the relationship between some high-functioning autistics and TS, suggest that many hyperlexics may in fact have Tourette syndrome.⁸

Learning disorders can be treated the same way as ADD and other problems are. Diet improvement, detox, and nutritional supplementation can incredibly improve these problems.

10

Behavioral Disorders

Lying, Stealing, Arson, Animal Cruelty, Violence, and Defiance

A study by Comings, using TS patients, ADD patients, ADD patients with tics or family history of TS, and controls evaluated fifteen behaviors, including lying, stealing, fighting, starting fires, hurting animals, and drug and alcohol use. Thirty-five percent of TS patients had scores greater than 13, compared to 2.1 percent (1 person) of the controls, and *that person had TS*. ADD, depression, and compulsive behavior were contributors in determining conduct.¹ In another study, Moldofsky reported that 66 percent of 15 TS patients had such conduct disorders as fighting, theft, and setting fires.²

I've read sad stories of cruel things adults with TS did to animals when the people were children. The stories are full of remorse and horror.

God instructs us to treat animals with respect, to treat them humanely; even the clean animals when needed for meat are to be killed humanely. So, animal cruelty is a sin.

All human beings, of course, are born with a sinful nature. We all at one point in time do something terrible. But, we now live in a very toxic world, which in more ways than one is bringing us to the time God will have to intervene before we destroy ourselves com-

pletely. People are so sinful now, and the world is so toxic, which has actually been brought on by the sinfulness of mankind. We are supposed to take care of the earth, but human beings are destroying it. They are destroying themselves. Ironically enough, the toxins that stem from sinfulness are actually making people even more evil. To clarify this, the toxins polluting this planet and the humans and animals on the planet are *causing even more behavioral problems*. These behavioral problems are evident in both humans and animals. Chapter 14 will go into more detail on the latter. Of course, regardless of how toxic we are, we're still responsible for our actions.

Lying now runs rampant in this evil society. If you were to ask me what character trait I most value in someone, I would answer that honesty is what I value most. I have always had a difficult time understanding those who compulsively lie. During my years of growing up, I had two different friends, and they were compulsive liars. It always seemed utterly ridiculous to me that they actually made up stories that were obviously false. Anyone with any sense at all could tell when either of them was telling one of their tales. Of course, lying is a sin. But during the course of my research, I've discovered that toxic people are more prone to engage in various sinful activities. But toxicity is no excuse. It's vital to detox oneself, but even without detoxification, people have brought themselves under better control.

Some time ago, I met a woman nearly my age whom admitted she had neurological disorders. She said she was obsessive-compulsive. She then stated that she "used to" lie compulsively as a teen but that she no longer does this, despite the fact she's done nothing nutritionally to improve herself. Others have had even greater successes when they've detoxified their bodies of heavy metals and other toxins and even greater successes still when combined with a spiritual improvement in which one starts obeying God's laws. I don't question the possibility that those who compulsively lie have a

problem with the temptation to do so due to a chemical imbalance in the brain, but it *can* be controlled with some work. The same goes for other behavioral problems.

Stealing is another common behavioral disorder, and a neurological balance will increase the chance of a person stealing. This is yet another sin, also considered a crime by man's laws. If a person struggles with the temptation to steal, then they have a spiritual/moral issue, a toxicity issue, or a combination of both.

Violent crimes can especially be linked to heavy metal toxicity, as well as toxicity from other toxins in people's bodies. From an article entitled "Mercury, the Root of Depression, Anger, Anxiety, and Violence":

According to the FBI, while the U.S. population increased by 40% from 1960 through 1991, violent crime increased 560%, murders increased 170%, rapes 520%, and aggravated assaults 600% ... almost half of Americans experience mental illness at some time in their lives, and almost one-third are afflicted in any one year ... in addition, alcoholism, sleeplessness, sexual deviance, firesetting, obesity and other impulse-control disorders have been laid at the doorstep of low serotonin ... In all these recent studies, the lowering of serotonin, a potent brain chemical, is the key factor that may trigger depression, anger, anxiety, aggression, violence, alcoholism, a need to smoke, insomnia, obesity, and other impulse disorders.³

In this same article, it is revealed, as in many other studies, some of which I've quoted, that, "... mercury [a]ffects the neurotransmitters' uptake of dopamine, serotonin, acetylcholine, and norepinephrine."

Just how much do heavy metals contribute to violent behavior and other crimes?

High lead, copper, manganese, or mercury levels have been found to be associated with attention deficit hyperactivity disorder (ADHD), impulsivity, anger, aggression, inability to inhibit inappropriate responding, juvenile delinquency, and criminality. It has been found that excess levels of copper can cause violent behavior in children. A study that investigated the effects of zinc and copper on the behavior of schizophrenic patients by comparing blood zinc and copper levels in criminal and non-criminal schizophrenic patients found criminal subjects have significantly lower zinc levels and significant higher copper levels than non-criminal subjects ... Likewise mercury has been found to be a factor in anger and mood disorders ... Manganese toxicity has long been known to be associated with impulsive and violent behavior. The most common significant source of high manganese neonatal exposure is from soy infant formulas, which typically have very high levels of manganese ... there is a significant association of lead body burden with aggressive behavior, crime, juvenile delinquency, behavioral problems ... three studies in the California prison system found those in prison for violent activity had significantly higher levels of hair manganese than controls ... in Australia with much higher levels of violence as well as autopsies of several mass murderers also found high levels of manganese to be a common factor ... other studies in the California prison and juvenile justice systems found that those with 5 or more essential mineral imbalances were 90% more likely to be violent 50% more likely to be violent for 2 or more

mineral imbalances. A study analyzing hair of 28 mass murderers found that all had high metals and abnormal essential mineral levels. Like several other studies, they found higher levels of such toxic metals in blacks than in Caucasian populations ... a group of violent criminals had significant higher levels of hair lead and cadmium levels than non-violent controls ... in seven different samples of prison inmates, violent offenders had significantly higher levels of lead, cadmium, or manganese in head hair than non-violent offenders or controls ... in two prospective studies, high lead levels at age 7 predicted juvenile delinquency and adult crime ... for the period 1977 to 1997, levels of violent crime and teenage homicide were significantly correlated with the probability of prenatal and infant exposure to leaded gasoline years earlier ... poor diet increases the effects of lead and manganese toxicity ... communities using silicofluorides also report higher rates of ... violent crime and [cocaine-using] criminals. The use of fluosilicic acid to fluoridate public water significantly increases the amounts of lead in the water ... lithium is an essential mineral that protects brain cells ... [it's] also important in Vit B12 transport ... studies have found low lithium levels common in ... incarcerated violent criminals ... lithium supplementation has been found ... effective [for] bipolar depression, autism, and schizophrenia where mania or extreme hyperactivity are seen ... in a large Texas study, incidence of suicide, homicide, rape, robbery, burglary, theft, and drug use were significantly higher in counties with low lithium levels in drinking water.⁴

Rage attacks are also becoming more common in people. A rage attack is a sudden and explosive rage of temper. These are sometimes referred to as “meltdowns” in autistic individuals. These attacks have been linked to TS, autism, Post Traumatic Stress Disorder, and other neurological disorders. These “rage attacks” can be quite dangerous and out-of-control in some cases. Think of those with road rage and some of the terrible outcomes that sometimes result. Also ponder upon the terrible domestic disputes that often end in injuries or death.

Arson and pyromania also have been seen comorbidly existing with neurological disorders along the lines of TS and OCD. It’s also been linked to hypoglycemia, which is addressed in Chapter 11.

Many inflict injuries upon themselves, mutilating parts of their bodies. These can be minor, such as picking at bug bites or wounds; or this can be more serious, such as head banging or cutting oneself. Then there are the eating disorders. And the ultimate abuse to oneself is suicide. I’d definitely say there must be some serious chemical imbalances in the brain among these individuals, wouldn’t you?

Isn’t it time to detoxify your bodies, as well as your minds and to teach your children to grow up as moral individuals? What is our society becoming?

Drugs and Alcohol Abuse

Stealing and violence aren’t the only widespread problems that have been linked to bodily toxicity, including heavy metal toxicity. Drugs and alcohol abuse also run rampant.

A quarter of the United States population smokes tobacco cigarettes. Over thirteen million smoke cigars, while over two million smoke tobacco in pipes. Nearly eight million people use smokeless tobacco.⁵ Even with overlaps, this shows that at least one out of four Americans (twelve and older) use tobacco products.

At least a quarter of the adult population has also smoked marijuana at some point in their lives. The highest statistics I've seen are that in America today, 26 million people use cannabis ("marijuana") daily, and another 30-40 million use it occasionally.⁶ This means at least one out of six people uses it occasionally or more. The lowest statistics I've seen claim that around four percent (1 out of 25) use it. Fortunately, very few people smoke cannabis in excess, to the point where they are psychologically addicted.

To smoke *anything* in excess is damaging, as we were not designed to deliberately inhale smoke in our lungs to excess. And, most cigarettes and smokeless tobacco have thousands of toxic chemicals added to them, making them extremely addictive and toxic. There's probably no harm whatsoever in smoking organic, additive-free tobacco occasionally, but this isn't the norm. Most smokers smoke at least twenty toxic chemical-laden cigarettes on a daily basis and are very addicted to them. It's an absolute shame that so many people are addicted to these harmful substances.

Around one fifth of the population aged twelve and older participate in binge drinking (five or more drinks on one occasion in the past month), and six to seven percent of the same population are heavy drinkers (five or more drinks on five or more days in the past month).⁷

Herbs like tobacco and cannabis (marijuana) have their places, and when utilized properly, they benefit people. Tobacco paste is my first choice for animal/insect stings. I've been familiar with this since childhood, and it works well. Cannabis has an unlimited number of uses, some of which will be discussed later. Alcohol also has benefits when used biblically. In moderation, drinking alcohol has been shown to produce health benefits, backing up what the bible says about it. Problems occur only when these things are abused.

Caffeine is also commonly abused, and sugar acts much like a drug as well, and its abuse is widespread. There is nothing wrong

with having some chocolate, tea, or coffee—in moderation. The same goes for organic sweets.

Cocaine and morphine derivatives are also abused, though not nearly as much as these other substances. Even cocaine and morphine both have, in my opinion, respectable uses. Derivatives of both are widely used legally. Cocaine anesthetics are used topically to numb a localized area, such as the use of lidocaine applied before giving a person stitches; and they're used for dental work (novocaine) and surgeries. The first epidural injection was given in 1885 by neurologist J. Leonard Corning. Cocaine was injected into the epidural space.⁸ Derivatives from the coca plant are still used today for epidural injections (mostly bupivacaine, chlorprocaine, or lidocaine). Epidurals are used by most pregnant laboring women in the U.S., one of the most common uses of the epidural injection.

I view labors for vaginal births as an improper utilization of cocaine derivatives. It's ludicrous that society degrades women who use cocaine at another point in pregnancy and yet hails it during labor. Both are wrong, in my opinion. The only difference is that when an anesthesiologist injects it, it's upheld by the law of the land. On the other hand, it's a Godsend for major surgery, sometimes of which is necessary to bring a child from its mother's womb, as well as for other surgeries. Morphine is also sometimes used in epidurals. Codeine is a commonly-used derivative of morphine, and heroin is a highly-addictive dangerous derivative of morphine. Cocaine and morphine, like the other aforementioned substances (caffeine, THC, etc.), are naturally-occurring substances (from the coca and poppy plants) created by God to be used *properly*. Unfortunately, some abuse these things, to their serious detriment. (Note that cocaine and its derivatives can be very dangerous, and the strongest ones should *only* be utilized in a controlled medical setting for serious circumstances. The same goes for morphine and its derivatives. I also hold the belief that it's better to use the natural

substance rather than play with chemistry and change it into other substances. Producing pharmaceuticals is sorcery. But those in the pharmaceutical and medical industries can't patent and cash in on herbs in their natural form.)

Abuse of all these God-given things is more likely when a person's neurotransmitters have a severe imbalance. A person may totally disregard proper moderate utilization of otherwise good substances when his or her neurological system is in disarray. Since the vast majority of the people in the United States have neurotransmitter imbalances, nearly everyone is at risk of substance abuse! Indeed, millions are physically addicted to *legal* substances, such as chemical-laden cigarettes and pharmaceutical drugs, not to mention all the addictive neurotoxic food additives, like MSG.

Again, mercury affects the uptake of several neurotransmitters, such as dopamine, serotonin, acetylcholine, and norepinephrine.

Studies have shown that low serotonin levels play a huge role in alcoholism and smoking addictions.⁹ Alcohol temporarily raises serotonin levels so that a person relaxes, but if continued, drinking causes a sharp drop in serotonin.¹⁰

Naturally rewarding experiences, such as food, sex, and drugs cause the release of dopamine. Problems with the dopamine pathways and/or with imbalances can trigger cravings for certain substances, such as drugs.¹¹

Since mercury, lead, and other toxic metals interfere with the proper functioning of neurotransmitters, and since substances such as nicotine, caffeine, THC, alcohol, and cocaine temporarily restore neurotransmitter functions, a person can easily become addicted to these substances as a result of the body "craving" them to "fix" things.

Remember how using fluosilicic acid to fluoridate water supplies (fluoride is toxic, anyway) increases lead in the water and how it's linked to more violent crime in areas where it's used? In those same

areas, criminals are more likely to consume alcohol or use cocaine at the time of their arrest.¹²

Several Swedish studies have shown a link between dental amalgams (mercury) and alcoholism. Some individuals have even reported less of a desire to drink alcohol after they've had amalgams removed.¹³

It's been discovered in at least one study that there is a link between Tourette syndrome and higher rates of drug abuse. One study showed that there were three times as many cocaine users in the TS group compared to controls and nearly six times as many in the TS group used psychedelic drugs (such as LSD) than the controls.¹⁴ The study revealed that over thirty percent of those with TS had used at least one of the illicit drugs every day for two weeks or more, while only four percent of the controls had done the same. Those with TS had bigger problems with dependence, withdrawal symptoms, and social problems surrounding their drug usage.

The same study revealed that those with alcohol problems had four and a half times more risk for abusing drugs, those with tics or ADHD both had two and a half times greater risk, and those with discipline problems or obsessive-compulsive issues had over three times the risk to abuse drugs as did the controls.¹⁵

Families with TS and/or ADHD have been shown to have higher rates of alcoholism and/or drug addiction than control families. In one study, of twenty TS families, nearly 19 percent of the relatives over 14 years of age had serious problems with alcohol and/or drugs. In the control group, only 4.2 percent had these problems, and that percentage went down to 1.3 percent when one family with a member who had TS and two families with a member who had ADHD were taken out of the control group.¹⁶

Alcoholism has been shown to be affected somewhat by genetics:

In a study of half-siblings ... if a biological parent was alcoholic and the child was raised by an alcoholic parent, 46 percent of the children became alcoholic, while if the child of an alcoholic was raised by non-alcoholic parents, 50 percent still became alcoholic. If neither biological parent was alcoholic and the child was raised by an alcoholic parent, 14 percent became alcoholic, while 8 percent of those raised by a non-alcoholic parent became alcoholic.¹⁷

There are several studies that show similar results. We'd be foolish to blame it all on genetics, though, as there's plenty of evidence that shows environmental factors play a huge role, such as the way a child is reared. Furthermore, I believe that where genetics does play a part, it's due to *stored environment and damaged DNA*. That must be repeated over and over. If we did everything we are supposed to do, then this would not be happening, because we wouldn't be damaging our genes.

Sex

This seems to be nearly everyone's favorite subject in our modern oversexed society. A person cannot get away from it, unless he or she moves to a remote island or deep into the forest. My household no longer even owns a television, and yet we're still bombarded by sex this and sex that.

Not all sex is bad, of course. Sex is good, a gift from God, if used properly within a marriage between a man and a woman. But, what is going on in our society now? Television forces ideas of sexual immorality upon viewers through the wicked sitcoms, and then during commercials the pharmaceutical companies try to pawn their latest sorcery batch upon men with erectile dysfunction (not bothering to mention, of course, that the man probably has clogged arter-

ies—the real cause of ED) upon people with “low sex drive,” and men whom feel they need their penises enlarged. People get the same ads in their email, in addition to getting emails trying to lure them into pornography addiction. Then people go into their grocery stores and see the magazines at the checkout line with all the sex titles (like the repetitive “how to please him in bed” and “10 amazing sex tips”) and pictures of half-naked women.

Thousands are raped in the United States each year. Nearly one of out three girls is sexually molested before the age of eighteen, and about fourteen percent of boys are, and it’s estimated that only thirty-five percent of sexual abuse is reported.¹⁸ Eighty-seven percent of those who molest girls and seventy-seven percent of those who molest boys admit imitating the sexual behavior they had seen in pornography.¹⁹

Internet pornography is definitely a problem. According to *Internet Filter Review*, the sex and porn industry in the U.S. brought in 13.3 billion dollars in 2006. Worldwide, it brought in 97 billion dollars! For the same year, Microsoft reported to bring in 44.8 billion dollars.

Alexa Research reported that the word “sex” is the number one search term typed into search engines, and porno/pornography was the fourth most popular search. So, it should be no surprise that sixty percent of website visits are related to sex.²⁰ What’s most devastating is the child pornography. The U.S. Customs Service estimates that there are more than 100,000 websites that offer illegal child pornography worldwide.²¹

Internet pornography isn’t the only thing heavily infecting our society. X-rated movies are still apparently very popular. In the year 2002, one in four adults admitted watching one in the past year.²²

Music (if you want to call it that) is also flooding people’s minds with sexual filth. In 1999, it was reported that of the top ten selling

CDs, 42 percent of the songs contained sexual content, 41 percent of which was considered “explicit.”²³

Fornication runs rampant these days, as does adultery. Homosexuality plagues our society and is touted as an “alternative lifestyle.” (What that really means is that there is an alternative to being sexually moral and healthy.) Immoral sex brings with it a host of physical and mental problems, such as heartbreak and depression, sexually transmitted diseases, cancers of the reproductive organs, out-of-wedlock pregnancy, abused children, homicide, suicide, divorce, sexually dysfunctional marriages, and in the case of homosexual men, such things as loss of bowel control and rectal tears.

What in the world is happening? These things are just as much sin as the violent crimes described above are and indeed used to be considered here in the United States as crimes as well, back before the nation started to be controlled by morons. And indeed this is one more area where people quickly jump to blame genetics for their wrongdoings. I’m surprised I haven’t heard someone excuse their actions by claiming that we evolved from animals and therefore cannot control themselves.

Before researching the subject, I always disbelieved anyone whom claimed that homosexuality was genetic, and I would have much more strongly argued with anyone whom theorized that rapists and child molesters had genetics to blame. My response would have been that those people were not reared properly and/or had taken a wrong turn in life. I would have insisted that God wouldn’t let someone be born that way, born with genes that caused a person to violate His perfect laws.

Well, indeed it is not God’s fault. Of that, I’m certain. Rather, because people have violated His other laws, specifically His health laws and have polluted the earth He created for us, those people have had their DNA damaged from the beginning and subsequently grew up polluting their bodies, further destroying their neurological

and endocrine systems. I've heard too many times professing Christians preach that we are to obey "only the moral laws," and they teach that laws such as the Sabbath and dietary laws are not moral. Who are they to speak in God's place? Are they the authors of the royal law? Who are they to label anything moral? God is the author of morality, and *all* His laws are moral. That's why they're there. They want to complain about people being homosexual, but they don't want to teach that God's law forbids sorcery (pharmaceuticals), unclean meats, and anything else terribly detrimental to our health. They don't really have a right to tell homosexuals they're wrong, when they're not living their own lives correctly.

So, as I've reiterated many times, genetics is simply stored environment. Before I go further, I must make it clear that genetic toxicity does not always play a role in sexually immoral behavior, and in most cases, it is not the largest contributor. There is more than enough evidence that a person's upbringing is the number one factor, but for the purpose of this book, we will focus on the subject of health as it pertains to one's upbringing, rather than other moral instruction.

Studies have been done involving animals that indicate when serotonin levels are low, the animals exhibited homosexual behavior.²⁴

The hypothalamus is different in homosexual men than in heterosexual men. The hypothalamus regulates the pituitary gland, which regulates sexual behavior.²⁵

One part of the hypothalamus has been discovered to be half the size in homosexual men than it is in heterosexual men. The size of it in the homosexual individuals is comparable to the size of it in females.²⁶

Differences have also been discovered in the way serotonin works in the hypothalamus of the brain of homosexual men compared to heterosexual men. Heterosexual men have a much stronger response

in the hypothalamus to Prozac (a serotonin reuptake inhibitor) than did the homosexual men in the study.²⁷

In the brain, mercury tends to take up residence in the hypothalamus.²⁸ It seems to me that a great deal of male homosexuals are probably very mercury toxic.

I'm not sure whether there is any evidence of metal toxicity contributing to female homosexuality, but there is plenty of evidence that hormonal drugs taken during their mothers' pregnancies contributes to female homosexuality in one third or more cases.²⁹

For *both* male and female homosexuals, there is substantial evidence that shows those individuals often had no father or other male role model while growing up, or they may have had a father who wasn't around much, did a terrible job as a father, or they may have had an abusive father.

Comings found that homosexuality occurred in families of those with Tourette syndrome and ADHD more than in the general population. For those with both TS and ADHD, ten percent preferred the same or both sexes (bisexuality).³⁰ In the same questionnaire, four percent of those with TS symptoms only said they preferred either the same or both sexes. Less than two percent of the controls in the questionnaire reported having homosexual or bisexual preference.³¹

A twin study revealed that 52 percent of identical twin men were homosexual when their twins were homosexual, compared to 22 percent of fraternal twins.³² In women, the figures were 48 percent and 16 percent respectively.³³ Obviously, genetics plays a role (remember, stored environment), but it is not the only factor, or there would be a 100 percent concordance rate among the identical twins. It also must be pointed out that in these two studies, adoptive brothers of homosexuals were also homosexual eleven percent of the time, and adoptive sisters of homosexual women were homosexual

six percent of the time. So again, genetics only plays a contributing role, and the role that it plays points at *stored environmental damage*.

Libido (sex drive) has been shown to be much greater than average among those with Tourette syndrome and ADHD. Whereas less than one percent of controls reported their libido to be a lot higher than average, eleven percent of those with TS reported a much higher than average sex drive, and nearly twenty percent of those with both TS and ADHD symptoms reported such.³⁴ Excessively recurrent thoughts about sex were reported by nearly 32 percent of those with TS plus ADHD, and 24 percent of those with only TS symptoms reported the same thing. This compares to only just over seven percent among controls.³⁵ On the other hand, in the same study, 28 percent of those with TS and ADHD reported an aversion to sex and about 15 percent of those with only TS symptoms reported a sexual aversion. Ten percent of the controls reported an aversion to sex. So, it seems those with neurological disorders are more likely to be at either extreme regarding sex drive. Most literature regarding mercury toxicity lists loss of libido. I imagine, though, it could cause either extreme.

There are also higher cases of masturbation, sexual aggression, child molestation, and exhibitionism among those with neurological disorders.³⁶ This is very disturbing, and it's no wonder sex crimes are escalating and that we have become a sex-saturated society. Nearly everyone is now being born with neurological damage, not to mention having sex shoved down their throats at earlier and earlier ages.

Gambling

Compulsive gambling has been linked with imbalances of serotonin, dopamine, and norepinephrine.³⁷ Gambling is seen at high rates in families of those with Tourette syndrome. ADHD, depression, and OCD are also linked.³⁸ There was also a study done that showed

that 41 percent of moderate pathological gamblers had a defect in the dopamine D2 receptor gene, nearly 65 percent of the severe pathological gamblers had a defect in that gene, and about 25 percent of the controls showed a defect in that gene.³⁹

If a person has a behavioral disorder, that person is still responsible for his or her actions. If the person is toxic, then detoxification is crucial and should help tremendously.

Diabetes and Hypoglycemia

You may be thinking, “Now what in the world does metal toxicity have to do with diabetes and hypoglycemia?” And you’re right to wonder this. Most cases of diabetes, I believe, are not caused solely by metal toxicity, and I don’t believe it’s the biggest contributor. However, I do believe it plays a role in at least some cases of diabetes, and it’s probably the main cause for diabetes in a few individuals. Hypoglycemia is also not always caused solely by heavy metal toxicity, but I do believe it plays a very large role in why many people suffer with hypoglycemic symptoms.

There are different types of diabetes and hypoglycemia. Some definitions are necessary at this point.

Hypoglycemia

Glucose (blood sugar) supplies our entire bodies with energy. When glucose levels drop below 50 mg/dl, a person is known to be hypoglycemic. Symptoms include drowsiness, lack of concentration, shakiness, dizziness and headache. Sudden excessive sweating, abdominal discomfort, and ringing in the ears also sometimes occur.

Hypoglycemia can be caused by a number of factors. In an insulin-dependent diabetic, insulin shock (insulin-injection-triggered

hypoglycemia) can occur by injecting too much insulin, missing a meal, not eating enough food to match the amount of insulin taken, exercising excessively, or drinking too much alcohol.¹

Other people experience “reactive hypoglycemia.” Ideopathic and postprandial are other names given to this same problem. There are a lot of theories why this happens. I’d imagine because there are many different genuine causes, but basically, these people often experience hypoglycemia shortly after they eat. I think it’s mainly due to poor diet. I used to suffer from reactive hypoglycemia, but since I’ve lived a healthful lifestyle, I have not had a problem with this.

Fasting hypoglycemia sometimes occurs when a person goes a long time without eating. This has happened a few times to me since I’ve stopped having problems with reactive hypoglycemia, and it has usually been due to going too many hours without eating during pregnancy.

Symptoms of serious and severe hypoglycemia include cold pale skin, heart palpitations, hand tremors, confusion, sweating, and fainting, among other things.²

Type I Diabetes

Type I diabetes or insulin-dependent diabetes, is also sometimes called juvenile diabetes, since it most often begins in childhood. Type I diabetics must have daily insulin injections in order to live, because their bodies produce inefficient quantities or no insulin. This type of diabetes comes on suddenly and only accounts for around ten percent of all diabetics. The insulin-producing cells in the pancreas of Type I diabetics have been destroyed.

Type II Diabetes

Type II diabetes, non-insulin dependent diabetes, or adult-onset diabetes make up over 90 percent of diabetes cases. It usually affects

the adult population, especially those who do not exercise. Usually, in type II diabetes, the problem isn't that the pancreas doesn't produce insulin, but rather the cells no longer recognize insulin, and the cells do not, therefore, take in glucose to supply the body with energy. Therefore, insulin injections are worthless for this condition.

In both types of diabetes, glucose does not enter cells, depriving the body of its primary source of energy. This is why diabetics often feel extremely tired and hungry. Glucose stays in the blood, causing the body to take water from cells in an attempt to dilute the blood sugar and pass it from the body through urine. This explains why diabetics are always thirsty and urinate frequently. And, of course, the body still doesn't have energy, so it seeks to break down proteins and fats for energy, since the breaking down of carbohydrates for glucose does not enter the cells for lack of insulin or for the lack of the cells' recognizing insulin.

The breaking down of proteins and fats results in the formation of acidic compounds known as ketones, in the blood. Ketoacidosis occurs during starvation or in untreated diabetes. Before death, the onset of symptoms includes vomiting, abdominal pain, tachypnea (rapid breathing), and severe lethargy.

Gestational Diabetes

Gestational diabetes is the onset of diabetes in a woman during pregnancy. It's usually temporary, but women who have GD will often develop T2 diabetes later in life. In gestational diabetes, the cells do not receive glucose, and so the glucose builds up in the blood. The woman's pancreas works hard producing insulin, but no matter how much insulin her pancreas produces, it will not lower blood glucose, since the glucose cannot enter the cells! But, the glucose *will* pass through the placenta, so high levels of glucose are passed on to the baby, whose pancreas works overtime to lower the

glucose levels, and the baby stores all the extra energy as fat. Very large babies (macrosomia) typically result. The babies of diabetic mothers also are at risk of suffering hypoglycemia (hyperinsulinism) at birth. Symptoms include listlessness, poor feeding, hypotonia (low muscle tone), shaking, apneic spells (cessation of breathing), tachypnea (rapid breathing), seizures, cyanosis (bluish skin due to hypoxia [lack of oxygen] in blood), and bradycardia (low pulse).^{3, 4}

The Serotonin Connection

Hypoglycemia and diabetes are commonly thought of as endocrine problems, but they can be brought on by problems with other bodily systems and can also affect other bodily systems. Diabetes can ultimately be the result of a neurotransmitter imbalance. Low serotonin levels can lead to hypoglycemia and diabetes.

Remember that the amino acid tryptophan is a precursor to serotonin. Since sugar accelerates tryptophan absorption, a person with low serotonin levels may crave a lot of sugar, which leads to sugar addiction, which then leads to insulin resistance, which escalates to hypoglycemia (hyperinsulinism), before transforming to a more serious condition known as reactive hypoglycemia, and it finally manifests as diabetes.⁵

Hypoglycemia causes the body to produce too much adrenaline. One of adrenaline's jobs is to convert glycogen into glucose in order to give the brain a stable supply of glucose. The problem with such an excessive amount of adrenaline production is that it can cause nervousness, panic attacks, anxiety, phobias, extreme mood swings, ADHD, and aggression, among other things.⁶

Depressants, such as alcohol, sometimes counteracts the effects of adrenaline, therefore hypoglycemia sometimes leads to alcohol or drug addiction. As a matter of fact, most drug addicts are hypoglycemic.⁷ Most arsonists and pyromaniacs are also hypoglycemic.

As if it's not bad enough that low serotonin levels can cause hypoglycemia, it's believed that hypoglycemia results in faulty dopamine metabolism. Remember that dopamine imbalances lead to many problems including substance abuse.

Symptoms of heavy metal poisoning and hypoglycemia are similar—hyperactivity, mood swings, manic-depressive behavior, poor concentration, and impulsive and unpredictable behavior.⁸

Neonatal hypoglycemia symptoms and warning symptoms of SIDS are eerily similar, just as hypoglycemic symptoms are similar to mercury poisoning. The symptoms of neonatal hypoglycemia, again, include lethargy, apnea (cessation of breathing), tachypnea (rapid breathing), hypothermia, poor suck or poor feeding, among others.⁹ Many of the symptoms are very descriptive of my son Asher's right before he died.

Hypoglycemia and diabetes can be caused by a wide variety of damaging dietary and other lifestyle choices. Too much sugar (especially refined sugars), refined grains and processed foods, a serious lack of activity (exercise), toxic intake of bad fats while at the same time being deficient in good fats, heavy metals, and even devastating viruses can lead to insulin problems. While there's no certainty how big a role heavy metals play in the diabetes epidemic, I believe it's important enough to discuss. Clearly, though, there's a much bigger picture with all the refined grains and sugars consumed in the Western diet, as well as the lack of exercise. The body requires less insulin production when a person exercises regularly. God created us to be very physically active. If we would live the lifestyle we were meant to live, we'd eat a diet high in complex carbohydrates (fruits, vegetables, and whole grains), and our bodies would use this for the energy we'd need. Most people aren't very active, and they eat a lot of deadly refined carbohydrates. This causes high insulin production and a high storage rate—the refined carbohydrates quickly turn into glucose and are stored as fat.

The Metal Connection

Higher iron stores have been linked to a greatly increased risk of Type 2 diabetes in otherwise healthy women.¹⁰ This makes sense, since insulin and iron modulate one another. I imagine since this study linked the increased risk in women, that prenatal vitamins might be a large factor of these women's iron toxicity. Donating blood, which lowers iron stores, has been shown to help prevent Type 2 diabetes. Mercury negatively impacts the endocrine system and affects insulin, so iron is not always the culprit.

Mercury bonds to the insulin molecule. Insulin, the molecule of question in diabetes, has three sulfur-binding sites. Should mercury attach to one of these, there will be an interference with normal biological function. In diabetics, the daily requirements for insulin usually drop to less than half of what they had been before dental revision.¹¹

Formula-fed infants are 40 percent more likely to end up with type 1 diabetes.¹² All that toxic iron added to infant formulas destroys the pancreatic beta cells. One of the other top menaces against our infants, vaccines, also contribute to type 1 diabetes.¹³

Diabetes is also frequently seen alongside the serious toxic-metal-induced neurological disorders Alzheimer's disease and schizophrenia. Remember that the main difference between autism, schizophrenia, and AD is the age of onset and/or diagnosis. Those with AD or schizophrenia have a much higher risk of having or developing type 2 diabetes (or vice versa). Diabetics have a 65 percent higher risk of being diagnosed with Alzheimer's disease¹⁴, and there is a 200 to 400 percent greater risk of type 2 diabetes among persons with schizophrenia.¹⁵ A study was also done that showed a possible link between autism and type 1 diabetes.¹⁶ Insulin used to be utilized in treating schizophrenia, and low brain insulin levels has recently been discovered in AD.¹⁷ The brain uses insulin as well, and when brain cells are deprived of insulin, the cells die.¹⁸

The capsaicin in peppers nearly cured type 1 diabetes in mice overnight, because it counteracted the effect of malfunctioning neurons in the pancreas.¹⁹ This is more proof that diabetes is often just as much a neurological disorder as it is an endocrine disorder. And mercury and other heavy metals are serious neurotoxins.

Vitamin B6

It was previously discussed that vitamin B6 deficiency can cause anemia, which is often mistakenly diagnosed as iron deficiency. Vitamin B6 actually helps excrete iron, so iron overload anemia and B6 deficiency anemia may be the same problem. Vitamin B6 deficiency is linked to diabetes. Interestingly, those with Alzheimer's or autism, as well as many of those with other neurological disorders, are usually deficient in B6. B6 also helps insulin production. In the Netherlands, women with gestational diabetes were given vitamin B6 supplementation. Two weeks after improved diet and B6 supplementation, all 14 women in the study had better glucose tolerance, and 12 of the 14 no longer had gestational diabetes.²⁰ One more key of evidence is that vitamin B6, along with magnesium, is required to convert tryptophan into serotonin!²¹ And, of course, magnesium is one of the most common mineral deficiencies seen in neurological disorders!

I've never been diagnosed with gestational diabetes in any of my pregnancies. I was tested negative when pregnant with my oldest son, and I never had glucose show up in my urine tests. I did not dump glucose into my urine with my other pregnancies, either, but I did not have the actual GD test. My first two sons—my oldest child and my deceased son—were nearly and right at 10 lbs. at birth, respectively. I've always been thin. Whether their size was related to a problem, I'll never know for sure. When I was a teenager, I was tested for diabetes. That was when I had reactive hypoglycemia. I tested negative for diabetes, and I no longer have

issues with reactive hypoglycemia, because I no longer trash my body with a lethal diet. Still, there's obviously something not completely right, or else I'd have absolutely no problems, and neither would any of my children. I strongly believe direct contact with mercury via the placenta and breast milk (especially from all the tuna I ate), as well as damaged genetics from mercury to be the strongest contributors of my son's death and our other problems.

12

PUPPP

Pruritic urticarial papules and plaques of pregnancy (PUPPP), also known as polymorphic eruption of pregnancy (PEP) is becoming increasingly common. It is a terrible rash that usually shows up in the third trimester of pregnancy in women, though it sometimes begins in the second trimester, and even more rarely it comes on after the birth of the baby. It most commonly affects first pregnancies and usually disappears shortly after birth.

There are three top theories of what causes PUPPP:

- 1) Maternal weight gain, large babies, and multiples—excess distention of skin, especially the abdomen.¹
- 2) 2:1 male-female ratio and discovery of male fetal DNA in maternal skin biopsy.²
- 3) Problems with liver function—the liver doesn't process toxins efficiently and so dumps them into the skin.

Some other facts include:

- 1) 0.5% of singleton pregnancies are affected by PUPPP
- 2) 2.9% of twin pregnancies are affected by PUPPP
- 3) 14% of triplet pregnancies are affected by PUPPP

- 4) Only 11.7% of PUPPP cases in multiparous women (the rest are first-time pregnancies)
- 5) Intense itching and rash usually begins in the 3rd trimester and usually starts on belly in stretch marks and spreads to limbs, back, etc. It rarely affects the face.

My Story

I started developing an itchy rash on my legs around 22 weeks of my third pregnancy, which resulted in the birth of my deceased son Asher. I had assumed the bumps were chigger bites, since I had recently worn shorts while picking berries from a tree and had brushed against weeds.

I itched badly and had a few nights where itching and furiously scratching my legs caused a lack of sleep. I think the bumps faded, but I don't remember whether they completely vanished. Either way, I did stop itching for a few weeks. Then, around 28 or 29 weeks, the bumps came back, and there were more than before. They also developed on my belly and sides, my thighs, neck, arms, buttocks, back—pretty much everywhere but my hands, feet, and face. Some places were worse than others.

I suddenly found myself in a terribly miserable predicament. I would wake up to find that I'd left long red scratches on my thighs, and I eventually had scratched myself raw in places, where I'd literally torn away flesh and made myself bleed. I'd cry, and I'd get out of bed, desperately wanting sleep, but finding that bedtime was the most miserable time, and I would lie there itching worse than you could imagine ... unless you've ever suffered with PUPPP.

Of course, I certainly am not one to suffer for long without starting some research. I thoroughly studied the various rashes and itching disorders that occur during pregnancy and realized, without a doubt, that I had PUPPP. I read the theories. I read the doctors'

comments on it, which basically amounted to no cure except birth, and they often prescribed dangerous medications, such as Prednisone and induced early labor. Thankfully, I found websites managed by midwives, and contrary to the self-proclaimed expert doctors, the midwives' sites all discussed a cure using dandelion root, which is a liver tonic to cleanse the liver and flax seed oil to nourish the skin. (Note: Flax oil is rich in essential fatty acids, which is not only excellent for healthy skin but is essential for healthy nerves.)

I then moved on to research various liver and blood cleansers and their safety of use during pregnancy. I then ordered flaxseed oil supplements (in addition to using the flaxseed oil I already had in my refrigerator), dandelion root, burdock, yellow dock, milk thistle, and beet root. At the time, we couldn't afford to buy all the needed supplements at our natural food store, so I had to order cheaper brands online, which meant I had to wait a few days.

While waiting for my supplements to arrive, I had my husband buy some Solarcaine and ice packs. I hesitated to use the Solarcaine, after reading the ingredients. After all, anything a person puts on his or her skin is absorbed and is processed by the liver. A person ideally should not put anything on his or her skin that he or she isn't willing to eat. But, I knew the stress I was enduring was no better for the baby or myself, and what the doctors prescribe was much worse, so I said a prayer that it wouldn't be too much of an additional load on my liver or harm the baby, and I used it daily on my worst areas. I chose to apply it after my shower, right before bed, which was when I suffered the most. I then would place ice packs under my left side and an ice pack between my right arm and upper side and one between my legs. I used the Solarcaine for a week, took a break for a couple of days and used it another week. It relieved my suffering just enough that I could go to sleep, if I fell asleep quickly. On really

bad days, I'd put some on my worst areas once more during the day or alternately during my midnight visit to the bathroom.

Before I started using Solarcaine, I'd wake up some mornings to the realization that I had clenched and/or ground my teeth together during sleep. That's how badly I was distressed. On one occasion, I woke up in the middle of the night, and I got up to go to the bathroom and discovered I couldn't fully open my mouth, and I recalled that I had just dreamt of clenching my teeth together tightly. Obviously, I literally had clenched together my teeth as I dreamt about it.

I was about 32 weeks pregnant when I started taking supplements for my liver and blood. Around 34 weeks, I noted improvement in the rash and itching when I updated my prenatal charts. By 37 weeks, the itching was completely gone, and the actual rash had improved drastically, with only a few bumps left. I was thankful I could finish the remainder of my pregnancy without that stress and misery. I took the supplements until they were gone, around 38 weeks.

(Note: When Asher was in the hospital, his doctors were made aware of everything I had done to treat my rash, and it was concluded I took nothing that contributed or caused his death.)

The Three Theories Combined

With regard to the three theories, all could have been applied to my case. My son weighed ten pounds at birth, though my weight gain couldn't be considered excessive at only 38 lbs. when I started the pregnancy at what the "experts" would consider underweight. However, since PUPPP is more common in first pregnancies, you would think I would have been more likely to have had it in my second pregnancy, which was my first full-term pregnancy—the first one to make it to the third trimester, when PUPPP most often develops. In that pregnancy, I started out five pounds heavier than my third pregnancy, and I gained five more pounds also, for a total gain of 43

pounds, putting my end-of-pregnancy weight that time ten pounds heavier than in my PUPPP-affected pregnancy. That baby was also nearly ten pounds. So, though “maternal gain” and “large baby” could apply to my PUPPP pregnancy, the reason given in the theory—excessive skin distention—isn’t a good one in my case, especially since PUPPP first surfaced in my 22nd week, before I’d gained much, and the fact that the rash appeared first on my legs, rather than my abdomen.

The second theory also proves true in my case, since my child was a boy—over two thirds of PUPPP pregnancies are boys. However, keep in mind that leaves thirty percent or more of PUPPP pregnancies being girl pregnancies, so both are affected. This simply shows that boys have a higher susceptibility to the root cause of PUPPP.

Clearly, the theory of the liver not effectively doing its job fits in my case as well. Over the course of a few weeks, my condition improved and completely vanished. I did not have to wait until birth, as doctors claim. It’s obvious to me that the liver purifiers took care of the problem for me, as it has for other women who took the responsibility for the health of their babies and themselves by doing their own research or by listening to the wisdom of midwives.

There is one other thing I would like to mention. It is believed by some that toxicoses in pregnancy could be related to fetal hypoxia.³ Could it be that some babies in the wombs of mothers with PUPPP are suffering a lack of oxygen?

Concerning mercury’s effect on oxygen transportation through the placenta:

Mercury reduces the blood’s ability to carry oxygen and, although fetal blood flow might be normal, the reduced oxygen content of the blood would parallel the hypoxic condition.

*Mercury may affect the balance or status of most of the body's essential nutrients. No scientific study has ever addressed the relationship between chronic mercury exposure and placental weight/birth weight. From the time of fertilization until birth, the offspring is dependent upon maternal sources for all nutrition.*⁴

There was also a case report written on a possible association between PUPPP and preeclampsia, ruptured placenta and death of the baby.⁵ Of course, I assume, as I'm sure anyone would, that the ruptured placenta caused the death of the baby. Both preeclampsia and ruptured placentas point to either a serious illness or serious dietary neglect. Perhaps heavy metal toxicity and dietary neglect played a part in that pregnancy. My heart goes out to the woman whom lost her child.

All three PUPPP theories can be combined to support my suspicion that PUPPP is indirectly caused by toxic metals. I believe the toxic metals that would otherwise, in part, be excreted from the body and in part would store inside the mother's body, instead are transported to the unborn baby via the placenta. The baby's liver cannot handle the entire overload, so the percentage of the metals that do not poison the child's brain and other organs are released back into the maternal blood system. Her liver cannot handle the entire overload, so toxins are dumped into her skin. Biopsies of PUPPP have been done in Israel. It has been assumed by dermatologists in Israel that the dermal fibroblasts of PUPPP (skin biopsy of the rash) were induced by deposits of a placental product that is released into the mother's circulation, so my theory is a likely possibility. We already know toxic metals affect males to a greater extent due to testosterone's enhancement of them, so it makes perfect sense that over two thirds of PUPPP pregnancies involve baby boys. It's also logical to suspect the increase in PUPPP in twin pregnancies

and the even greater increase of it in triplet pregnancies is due to the fact you have not only one baby rejecting the toxic metals, but you have two or three babies doing so. The liver function theory is self-explanatory—the liver-supporting herbs and blood-cleansing herbs help rid the body of the toxic metals.

Doctors would be wise to research this possibility, and people need to wake up and stop poisoning themselves and letting themselves and their children be poisoned.

13

Other Diseases, Disorders, and Miscellaneous

Parkinson's Disease

Parkinson's disease is a serious neurological disease that affects more than 1.5 million Americans, and men have a 50 percent higher risk of developing it than women do.¹ Signs and symptoms include involuntary tremors, limping or leg-dragging, numbness or tingling in the neck or limbs, and lack of blinking.²

Chemical engineer Bernard Windham, when discussing toxic exposure to mercury, reported:

Parkinson's disease involves the aggregation of alpha-synuclein to form fibrils, which are the major constituent of intracellular protein inclusions (Lewy bodies and Lewy neurites) in dopaminergic neurons of the substantia nigra. Occupational exposure to specific metals, especially manganese, copper, lead, iron, mercury, zinc, aluminum, appears to be a risk factor for Parkinson's disease based on epidemiological studies. Elevated levels of several of these metals have also been reported in the substantia nigra of Parkinson's disease subjects.³

He also reported that mercury and other heavy metals inhibit astrocyte function in the brain and central nervous system, which is a factor in Parkinson's.⁴ He reported that studies have shown that Parkinson's patients have had higher than average levels of mercury in their blood, urine, and hair. Other studies have shown PD patients to have high levels of other toxic metals, such as copper, manganese, and lead.⁵ High iron and aluminum are almost always existent.⁶

There are, however, other neurotoxins that cause or contribute to Parkinson's. Aspartame, a deadly excitotoxin, is very neurotoxic. It literally "excites" neurons until they die. There is overwhelming evidence that aspartame plays a big role in a large percentage of Parkinson's cases. The rich pharmaceutical companies that make money on toxic drugs used for Parkinson's and "food" companies that market aspartame-containing "foods" want Americans to remain ignorant and sick. If you have amalgam fillings, drink diet sodas, or take in other toxic chemicals, they hope you will continue to do so.

Multiple Sclerosis

MS is a neurological disease in which the myelin sheaths surrounding nerves in the brain and spinal cord are damaged, resulting in symptoms, which include ataxia (shaky movements of the limbs), rapid involuntary eye movements, defects pronouncing speech, weak spasticity, and optic neuritis.⁷ There are around 300,000 or more Americans with MS, and it's one neurological disorder that actually affects more women than men, except in older groups where there is not much difference. It mostly develops in people who are in their twenties to forties.⁸

MS is strongly connected to mercury dental work, such as amalgam fillings. MS patients who have had their fillings removed safely by natural dentists have demonstrated immediate and remarkable improvement in their muscle strength and coordination, as well as

decreased symptoms of migraine, depression, jaw pain, muscle cramps.⁹

MS was first recognized as an illness in France, in 1836, just ten years after amalgam fillings began to be commercially used there.¹⁰ Furthermore, pregnant women with MS have reduced MS symptoms during pregnancy. That makes sense, when you realize loads of the toxic mercury in a woman's body transfers to the baby via the placenta.¹¹ A person is 20 to 50 times more likely to develop MS if it's already affecting another family member¹², which fits in nicely with genetic toxicity, as well as placental transfer of toxicity and breastmilk transfer of toxicity.

As with other neurological disease, heavy metals aren't the only culprit, and anyone who wants to educate him- or herself can find that other neurotoxins such as aspartame and MSG can also land a diagnosis of MS.

Amyotrophic Lateral Sclerosis

Also known as Lou Gehrig's disease, ALS is another disease of the nervous system that causes nerve degeneration among the nerves that control muscular activity. It is more common in males and mostly affects people over fifty years of age.¹³ Basically, the disease first manifests as weakening muscles and then the wasting away of muscles in the hands and arms. Muscle spasms are common, and the disease eventually affects the throat muscles, making it difficult to talk and eat. Death usually occurs within five years of onset.¹⁴ Inhibited astrocyte function in the brain is a factor in ALS, just as in Parkinson's. Removal of dental mercury and other sources of heavy metals and introduction of a highly nutritional diet with vitamin supplementation is necessary for any hope of recovery.¹⁵

Rheumatoid Arthritis

Rheumatoid arthritis is an autoimmune disease in which a person's immune cells inflame the area surrounding the person's joints. The heart, lungs, and eyes are also sometimes affected. The person suffers with swollen, painful joints and loss of strength.¹⁶

Autoimmune disorders occur when the body's immune system attacks the own person's body. Seventy-five percent of autoimmune diseases affect women, mostly during childbearing years. I believe this is probably due to estrogen's role in autoimmune T cells.¹⁷ Rheumatoid arthritis occurs in women four times more than men.¹⁸

There is almost always excessive iron levels and high copper levels in persons with RA.¹⁹ There is, however a small percentage of RA sufferers that have low copper levels. These people can sometimes feel relief by wearing copper bracelets. Mercury toxicity can also cause RA.²⁰ Cadmium and lead have also been linked.²¹ Deficiency of essential fatty acids contribute heavily to this diseased state.

Lupus

Systemic Lupus Erythematosus is an autoimmune disorder that affects mostly women, with a nine to one woman-to-man ratio. The disease is an inflammation of a person's connective tissues, including symptoms such as hair loss, fatigue, symptoms of mental illness, and joint inflammation similar to RA.²² Lupus is usually caused by mercury toxicity²³ and deficiency of essential fatty acids.

Cancer

There are countless reasons for the cancer epidemic the Western world is now experiencing. A century ago, 1 in 20 persons developed cancer at some point in their lives. Now nearly 1 in 2 persons gets cancer.²⁴ Exciting, isn't it? Does this scare you? It should.

While some statistics have shocked me in the past, this one sure doesn't. It's absolutely no surprise, because people in the Western world show their ignorance, laziness, wastefulness, and carelessness by eating crap instead of real food, using toxic lotions on their skin rather than pure food oils, popping pills, smoking chemical-soaked tobacco cigarettes, feeding their infants toxic artificial milk (suspiciously called "formula"), spraying crops with poisons, spraying "deodorizers" in their homes, hiding from the sun as if it's bad (all the while the sunscreen they're wearing is poisoning them), getting themselves and their children vaccinated, zapping their "food" in microwave "ovens," chowing down Big Macs while watching the latest stupidity on television, and on and on. It should be no surprise that we're killing ourselves!

I can only pray that my household isn't affected by cancer if we continue to live a healthful lifestyle. Sadly, my husband and I entered the healthful way of living only after many years of poisoning ourselves and being poisoned. If either of us does develop cancer, we certainly will not take the doomed toxic route of chemicals, radiation, and surgery. Rather we'd get busy fasting, cleansing, and praying. A person cannot honestly expect to become healthy and truly cure cancer by further poisoning one's body.

In summary, nearly everything Americans do on a daily basis leads to cancer. Americans lead very toxic and hazardous lives.

Heavy metals often play a part in cancer. One of the biggest culprits is an essential trace metal—iron. Americans consume entirely too much iron: excessive meat-eating, refined grains, processed foods, iron supplements, and low fiber intake are the main sources of this problem.

Rebecca Lavie, author of *Iron: A Double Edged Sword*, says of a study in *Carcinogenesis*:

*Three groups of rats were given iron deficient, regular or excess iron diets, then injected with a carcinogen. The rats on the low iron diet developed a lower rate of cancer, and the rats on the elevated iron diet had higher rates of cancer. When the iron in their diet was removed, their cancer rate decreased. **Iron feeds cancer cells and caused them to metastasize.***²⁵

She continued, “Many studies have shown that up to 88 percent of metastasized breast cancer patients have elevated serum ferritin. Cancerous breasts have three times as much iron as normal breasts.”²⁶

Lavie also says that high fiber diets help to decrease iron absorption and that iron is better absorbed from animal sources. “So, it is no coincidence that people with cancer and other diseases get better when they eat a vegetarian or macrobiotic diet.”²⁷

This is an even bigger problem when people are eating white “bread,” white pastas, and other refined grains; which are pretty much missing most or all of the fiber they’re supposed to have. Unfortunately, vitamin C actually helps iron absorption, so it’s really a good idea not to mix high iron foods with foods high in vitamin C (ex. mixing meat and fruit). Most of us have meals with both meat and fruit (at least those of us who actually eat fruit), but it’s not the best thing to do, for more reasons than just too much iron. Also, remember how formula-fed babies are often sick all the time, and one of the reasons is because of all the supplemental toxic iron in the formula. Cancer cells and bacteria just love to feed off of iron.

Lead exposure puts a person at risk of brain cancer. People who are repetitively exposed to lead in the workplace are 50 percent more likely to die of brain cancer than those who are not exposed.²⁸

Copper overload is often linked to cancer. There is a 72 percent increase in the amount of copper in cancerous tumors of the reproductive organs in women, namely the ovaries, uterus, and cervix.²⁹

Estrogen increases copper absorption. (This may be another reason that more women develop autoimmune diseases).

Cadmium leads to lung cancer in cigarette smokers. Cigarette smoke contains cadmium, lead, and other toxic heavy metals (as well as thousands of other toxic chemicals that are thrown in the chemical batch in which they soak the already-pesticide-poisoned tobacco).

Metal implants in the body, including amalgam fillings, sometimes causes irritation of the surrounding tissues and lead to cancer. Cancer of the jaw is often associated with amalgam fillings.³⁰

Other metals that have been known to cause cancer include arsenic, nickel, and beryllium.³¹

Left-handedness

Left-handedness is a sign of brain damage. There have been, and still are, many brilliant left-handed people. There are often two extremes with left-handed people, as with many other neurological problems. On one end of the spectrum, there are some with serious retardation, while on the other end of the spectrum there are geniuses. But, there's no hiding the fact that left-handedness has made up a minority of the population through the ages. It should be no surprise that in our current toxic world, we're seeing an increase in left-handedness. In Britain 13 percent of men and 11 percent of women are now left-handed, while in 1910 only 3 percent of the British were left-handed.³² In the United States 12 percent of 20-year-olds are left-handed, while only 5 percent of 50-year-olds are, and less than 1 percent of those over the age of 80 are left-handed.³³ I can't understand why there's such confusion over why this is so. It's easy for me to see that it's because we're killing ourselves with toxins and devastating lifestyle choices. Everyone seems to think they should have a politically correct answer. Well, I have no qualms about speaking the truth. Get over it. Face the facts. We're toxic.

There is a 12 times higher incidence of learning disabilities among left-handed persons, based on a 1982 study.³⁴

A 1983 study compared 26 autistic children to controls that were matched for sex, age, and IQ. Thirty-seven percent of the controls were left-handed, while 62 percent of the autistic children were.³⁵ This not only demonstrates the high incidence of left-handedness among the autistic population, but it also reveals that a high number of others with similar IQs are left-handed, since only 10 percent of the general population is left-handed, compared to the more than a third of the controls in this study.

A more recent study (2000) showing a link between left-handedness and homosexuality concluded that male homosexuals are 31 percent more likely than heterosexual males to be left-handed, and female homosexuals are an outstanding 91 percent more likely to be left-handed than heterosexual females.³⁶ A 1985 study showed that women exposed to DES while in their mothers' wombs had higher rates of both homosexuality and left-handedness. The culprit here, of course, was the DES, a synthetic hormone that causes masculinizing effects in females.

There have been several other studies showing a link between homosexuality and a higher incidence of left-handedness. It definitely affects more female homosexuals compared to their heterosexual counterparts; more so than the male homosexuals compared to heterosexual males. One reason, I believe, is due to the masculinizing effects of DES, when DES is a contributing factor in the damage causing lesbianism. Perhaps when mercury (or other toxic metals) plays a large role in one's homosexuality, it is affecting the same percentage of heterosexual males when it comes to handedness (remember testosterone actually enhances mercury's toxicity), but those left-handed heterosexuals have different toxic effects. For example, they may have Tourette syndrome or ADHD, rather than homosexuality (though, remember there are higher rates of homo-

sexuality in families with TS). Also, (and perhaps most importantly) is the fact that there are ten percent more male left-handers in the general population, compared to females.³⁷

Pedophiles who have taken children as their victims are twice as likely to be left-handed as men who take adults as victims, and that changes to three times the likelihood when incest offenses are excluded.³⁸

Left-handedness is also associated with more miscarriages, lower birth weights, neural tube defects, schizophrenia, autoimmune diseases, depression, drug abuse, attempted suicide, bed wetting and other sleeping disorders, allergies, and epilepsy.^{39, 40}

Just as with most other disorders, different things can cause or contribute to left-handedness. Heavy metal toxicity is certainly one cause of brain-damage-induced left-handedness. Prenatal ultrasound exposure is another serious cause. The more ultrasound exposure a pregnant mother allows her baby to receive, the more likely her child will be left-handed (not to mention the higher likelihood of miscarriage or premature, low birthweight babies). Difficult, stressful births also are much more common among babies who grow up to be left-handed or ambidextrous.⁴¹ (Ambidexterity is when a person can use both hands equally. True ambidexterity is rare. Other persons, such as my sister, use different hands for different applications. For example, my sister uses her left hand to write, but she uses her right hand to eat and for nearly everything else.)

Presidents Reagan, Bush, and Clinton are all left-handed. As a matter of fact, five of our last eleven presidents have been left-handed—nearly half, while only ten percent of the population is left-handed. This is a prime example of how brain damage and neurological disorders don't always stop persons from being big achievers.

Sleep Disorders

Sleep disorders occur during the arousal stage of sleep, and thus they are often termed “disorders of arousal.” (Nightmares occur during REM sleep and are not a disorder of arousal.) Sleep disorders of arousal, interestingly, are very common among those with Tourette’s syndrome and their family members.

Sleepwalking/Somnambulism is when some people get up with open eyes and walk around their houses and may even open doors and go outside. They are asleep, though and will not talk to anyone whom speaks to them, and they will usually not remember it ever happening.

Compared to epileptics, 17.5 percent of those with TS experienced sleepwalking, while only 1.7 percent of the epileptics did.⁴²

In another study occasional or frequent sleepwalking occurred in 46 percent of all the TS patients compared to 21.2 percent of the controls.⁴³

Sleep apnea was already discussed in the chapter about SIDS, and as mentioned before, 23 percent of TS patients experienced sleep apnea during laboratory studies.

Night terrors are another sleeping disorder. These are not the same thing as nightmares. The latter occurs during REM sleep—the dreaming stage—and is not, therefore, a disorder of arousal. When a child experiences night terrors, he or she wakes up screaming and/or crying in fear. They usually don’t remember the episodes. My older son experienced these from around the age of two, until after he was three. Eighteen percent of all TS patients in a sleep study experienced night terrors, compared to two percent of controls.⁴⁴ The worse in severity the TS, the more likely the person experienced night terrors. Those with severe TS had a 32 percent occurrence of night terrors.⁴⁵

Some people have trouble falling asleep and/or awakening early. One of my worst personal problems throughout life has been trou-

ble getting to sleep (not a disorder of arousal, obviously). Probably everyone has had trouble falling asleep at some time or another, but when it's a common occurrence, it can be very bothersome. Those with TS and/or ADHD often have this dilemma. In a controlled study, anywhere from around fifty percent to 65 percent of TS and/or ADHD patients had trouble falling asleep, depending on the severity of their disorders.⁴⁶ Only 15 percent of the controls in the same study had the same problem.

Early awakening is also a problem among many of those with Tourette's and probably other neurological disorders. While 32.5 percent of TS patients and 50 percent of severe TS patients awoke early, only 4.3 percent of controls did.

No naps are another problem, which like trouble falling asleep, is not a disorder of arousal. I mentioned in chapter three that besides one other child (a boy whom I'm sure now had TS and ADHD), I was the only child in my kindergarten class who didn't take naps each day. My own son stopped taking naps shortly after his second birthday. It quickly became more trouble to me than it was worth to try to get him to take a nap. According to the sleep study, 17.5 percent of TS children would not take an afternoon nap, compared to 4.3 percent of controls.⁴⁷

Enuresis (bedwetting) is very common among children with TS and/or ADHD. One study showed that among the controls, 10.6 percent had enuresis, while 22.2 percent of all TS patients had enuresis, and 38 percent of those with severe TS.⁴⁸ ADHD was a big contributing factor in this study.

Other studies have revealed similar results, sometimes with up to fifty percent of children with ADHD having bedwetting problems.⁴⁹

My own son was "potty-trained" before his second birthday, but at night he often still wets. This, as well as other sleeping disorders, seems to have become extremely common in children now. There

have been many studies showing a seemingly genetic link, but I believe the only thing genetic about it all is that the children's parents are passing their toxicity onto their children, as well as their damaged genes that were damaged by toxins such as heavy metals!

Encopresis (poor bowel control) isn't very common, but it's more common among children with TS and/or ADHD.⁵⁰

When all sleeping disorders were calculated, 9 percent of controls had a sleep problem score of 5, while 38 percent of TS patients had a score of 5-10, with higher percentages among those with more severe TS or ADD.⁵¹

Sleep sex or Sexual Behavior during Sleep (SBS) is masturbation during one's sleep. This is another disorder of arousal and is estimated to occur in 1 percent of the population. SBS is more common among those with other sleeping disorders of arousal.⁵²

Down Syndrome

Since mercury (and other toxic metals) destroys DNA, it's possible that it's responsible for some cases of Down syndrome.

Around 10 percent of those with DS may have autism.⁵³ Between 1.4 and 10.6 percent of persons with DS have Type 1 diabetes.⁵⁴ People with DS are more likely to develop Alzheimer's. Fifteen percent of AD patients show a family history of DS.⁵⁵ Also, families with a history of AD are more likely to have children with DS, so it works both ways.⁵⁶ Women under age 35 who birth DS babies are also five times more likely to later develop AD than other mothers.⁵⁷ X-rays are thought to be a major culprit of causing DS in women over 35, since they've generally been exposed to more radiation by that time, but then again, they've been exposed to more of everything harmful.

As with the other disorders discussed, persons with DS have low serotonin levels.⁵⁸

Gray Hair (Early Graying)

Gray hair is sometimes indicative of mercury toxicity, especially in females. The thyroid affects hair function. Early graying often signals hypothyroidism.⁵⁹

In a study of twenty gray-haired males and seven gray-haired females, both gray and dark hairs were analyzed. In both sexes total and organic mercury concentrations were significantly higher in the gray hair, though no huge differences were found between gray and dark hair for inorganic mercury. For males alone, no significant differences were found, but for females the gray hair had much more mercury than the dark hair. More mercury was found in the dark hair of males compared to the females.⁶⁰

Early graying can also reveal a vitamin B6 deficiency. We already know that B6 deficiency has been linked to Alzheimer's autism, diabetes, and other neurological disorders.

Schizophrenia

"Schizophrenia is a complex mental disorder. In the acute phase symptoms include the presence of bizarre delusions, illogical thinking, paranoid ideas, feelings of persecution and auditory hallucinations or hearing voices."⁶¹

Schizophrenia usually develops in the late teens to early twenties in men or in the twenties to early thirties for women. Many of the symptoms sound so eerily close to Alzheimer's.

It affects about 1 in 100 people. The sibling(s) of someone with schizophrenia has a 7 to 9 percent chance of developing it, a child of a schizophrenic parent has a 10-15 percent chance of developing it, and the risk increases when multiple family members are affected.⁶² There have been twin studies that show the concordance rate is significantly higher among identical twins than it is among fraternal twins, which people assume means that it's at least partially genetic.

Well, the twin concordance rate isn't 100 percent. I'm hoping readers have caught on by now. Things *seem* genetic, because family members have the same toxicity. The logical reason why identical twins have higher rates of schizophrenia or anything else is because they *usually* share the same placenta, unlike fraternal twins. They'd be getting the exact same amount of toxins. The only thing genetic about the whole thing is that they have the same genetic weaknesses. But, the underlying cause of the problem is still toxicity. Even when the toxins damage the genes, the toxins are the root cause. This fact is what is being ignored among doctors, scientists, and other "experts."

Schizophrenia doesn't affect men and women the same way. Estrogen in women has a protective effect on brain cells and neutralizes the neurotoxic effects of many stressors.⁶³ Recall that while estrogen protects somewhat from toxicity, testosterone enhances the toxicity.

Some people with TS have exhibited schizoid behaviors.⁶⁴ Dopamine imbalances are present in both disorders. Schizophrenia does indeed seem like a young adult onset of the same thing autism/Alzheimer's is, just as discussed in the chapter on autism and Asperger's. Seeing as many schizophrenia symptoms also overlap with TS, similarly as TS and Asperger's symptoms overlap, there's good reason to believe that the same toxins (such as heavy metals) that cause and contribute to autism, Alzheimer's, and TS also may cause schizophrenia.

It seems as if many with schizophrenia have used drugs such as cocaine that possibly have damaged the nervous system, but heavy metals indeed have been linked, such as excessive copper levels in the body.⁶⁵ It's very possible that heavy metal toxicity resided within the body first, and the schizophrenics abused drugs afterward as a subconscious way of self-medicating. Remember, drug abuse is

much more common among those with high levels of heavy metals within their bodies.

This is another spectrum disorder. Some people with schizophrenia have very low IQs, and there are those with very high IQs. The latter are sometimes referred to as superphrenics. John Nash, the real-life famous mathematician portrayed in the movie *A Beautiful Mind* has schizophrenia. He won the Nobel Prize in Economic Science in 1994, and he was only 21 years of age when he wrote the paper on his Game Theory.⁶⁶

Schizophrenia has responded well to mega doses of vitamin C.

Reproductive Problems

Nearly any toxic heavy metal can and will cause a damaging array of reproductive ills. Lead and mercury will cause damage to the male reproductive system, including infertility and cancers. These toxic metals will also have devastating effects on women, such as infertility and menstrual disturbances. Miscarriages, premature births, birth defects, and low birth weight can occur.⁶⁷ Lead-exposed women especially have higher rates of infertility, miscarriage, still-birth, premature birth, and babies with minor defects.⁶⁸ Even PMS is more common and severe in metal-toxic women. Interestingly, PMS is reported very commonly among families with members having Tourette syndrome.⁶⁹

Women who take iron supplements during pregnancy have a higher chance of miscarrying. Iron blocks vitamin E, leading to miscarriage.⁷⁰ It was previously discussed that iron can also lead to autism, SIDS, cancer in children, type 1 diabetes, and other problems with infants and children.

In men, up to 85 percent of sperm are now DNA-damaged. One of the causes of this is heavy metal toxicity.⁷¹

Irritable Bowel Syndrome

Irritable Bowel Syndrome is a disorder affecting the intestines, with chronic symptoms including bloating, gas, diarrhea, constipation, nausea, and cramps. The condition can range with severity.

In an online health article at jigsawhealth.com, the following theories among experts for the cause of IBS were listed: heavy metal toxicity (especially from mercury amalgams), overuse of antibiotics, food allergies, nutritional deficiencies (particularly magnesium), and chronic fungal infections (namely Candida).⁷²

If we examine this list of possible causes, they all point to potential heavy metal toxicity. Dental amalgams equal mercury toxicity. Antibiotics equal Candida overgrowth, which equals mercury toxicity. Food allergies often equals heavy metal toxicity, especially since Candida can lead to food allergies, and again, Candida usually equals mercury toxicity. Magnesium deficiency is almost always seen in cases of mercury toxicity. *Candida infection usually equals mercury toxicity.*

Families with Tourette's often have members whom suffer from IBS.⁷³

Heart Disease

There are many contributors and causes of heart disease. People are toxic and live nutrient-deficient, exercise-deficient lifestyles. There should be no surprise at our heart disease rates. Heart attacks, strokes, high blood pressure, and other cardiovascular problems result from toxic lifestyles.

Mercury, lead, arsenic, cobalt, cadmium, and other heavy metals have all been linked to heart disease.⁷⁴ Cadmium is one of the biggest culprits, which is present in tobacco smoke and some water supplies. This is likely one of the reasons smoking increases the risk of heart disease.

It's uncertain how big a role heavy metals play in heart disease, but we can be certain that genetics is an excuse made by many so that they don't have to admit their lifestyles are poor. A person who has had toxins and genetic damage passed on to him or her can usually avoid heart disease if he or she lives a healthful lifestyle.

Enamel Hypoplasia

Enamel hypoplasia, also known as hypocalcification is a defect that forms during the development of teeth and manifests as small or large white spots. Sometimes the enamel is deformed or thin, and the discoloration can also be yellow or brown, according to dentist Dean Brandon, a pediatric dentist in Alabama.⁷⁵ The condition can range from mild to severe, and the condition can also sometimes result from injury to the enamel.

Only 2 percent, slightly more or less, of children without neurological disorders have hypoplasia. The incidence jumps to between 41 and 48 percent among children with serious neurological diseases, such as infantile cerebral palsy.⁷⁶

Developmental defects of enamel (DDE) are commonly seen in children with neurological disorders,⁷⁷ and it appears to me that the more serious the neurological disorder is, the higher prevalence there is of enamel defects. A study was carried out involving 170 mentally retarded children between the ages of 4 and 17. The study used children from an area where the water was non-fluoridated, so there was no reason to believe fluoride was the cause of damage (fluoride is highly toxic and will destroy teeth, much to the deception of the gullible American public). There was also no statistically significant difference among different gender, nutrition of mother, tobacco and alcohol use during pregnancy, viruses, and other diseases. The results of the study revealed that 37 percent of the children had defective enamel.⁷⁸

A study was done in Sweden that showed agreement between enamel disturbances and the diagnosis of SIDS.⁷⁹

My husband was diagnosed with dental enamel hypoplasia as a child. He doesn't have anything as serious as cerebral palsy, and with an IQ of 137, he's a far cry from being mentally retarded. It does make me wonder how much more common hypoplasia is becoming or will become among our population, even among those with minor neurological problems ... which is nearly 100 percent of babies born in the United States now.

As I researched dental enamel hypoplasia in more depth, I solved a long-time mystery surrounding one of my own permanent first molars. Hypoplasia can affect permanent teeth, too, and it can also affect just one tooth in the mouth. This is known as "Turner's hypoplasia" or "Turner's tooth." In my own case, it looks as if my tooth had some of the enamel chipped off, and it's dark yellow. Thankfully, I have perfectly straight teeth, and that tooth is out of sight, because it's not pretty. But, at least I know what it is now, though I'm not sure whether it is the result of a developmental defect or an injury.

The pediatric dentist cited earlier, Dr. Dean Brandon, stated that it's actually quite common for children to have "some kind of discoloration."⁸⁰

Thyroid Problems

Hypothyroidism is when the thyroid gland does not make enough thyroid hormone (of which there are actually two different hormones). Hyperthyroidism results when the gland produces too much.

Symptoms of the former include fatigue, difficulty concentrating, weight gain without overeating, dry itchy skin, dry hair, feeling cold with especially cold hands and feet, increased menstrual bleeding, and others.

The latter's symptoms include irritability, panic, insomnia, tachycardia (quick pulse), weight loss despite eating plenty, light periods, feeling hot and perhaps sweating a lot, and others.

There is a wealth of evidence pointing to heavy metal toxicity as one of the main causes of thyroid disease.

Mercury, in particular, has devastating effects on the thyroid.⁸¹ Severely mercury toxic individuals have a cooler body temperature. This indicates hypothyroidism, of course. Many affected persons' body temperatures rise to normal after the removal of dental amalgam fillings. Depression, anxiety, high homocysteine and cholesterol levels, miscarriage, infertility, and other problems can result from hypothyroidism.⁸²

African-American Culture

African Americans experience more tic disorders, more SIDS, premature births, heart disease, diabetes, lupus, and much more.

The obvious reason I see, in short, is that African Americans generally live less healthful lifestyles, such as worse diet, more formula-feeding, and more lead exposure.

*Tic disorders occur in at least 5 percent of African Americans compared to at least 2.1 percent of Caucasian Americans.⁸³

*African American babies are more than twice as likely to die of SIDS than Caucasian American babies.⁸⁴

*African American women are three times as likely to give birth 3-17 weeks prematurely, compared to Caucasian American women. They are also more likely to give birth prematurely in subsequent pregnancies—5.5 times more likely than Caucasian women.⁸⁵

*Heart disease affects 70 percent of African American women, compared to 52.3 percent of *all* American women (including African

American women), and 55 percent of Af. Am. men compared to 47.7 percent of *all* American men (including Af. Am. men).⁸⁶

*Lupus affects three times as many African-American women as Caucasian-American women.⁸⁷

*African Americans have a higher violent crime rate than Caucasian Americans.

To demonstrate the total ignorance of the so-called experts, I'll use the premature birth statistics just given for African Americans. Those statistics are from a study released in February 2007. The study was done in St. Louis, Missouri over the years between 1989 and 1997. The births analyzed were for all births in the state of Missouri. Their conclusion was that, "... this analysis further clarifies the risk of premature birth in African-American women and the probable genetic link." I disagree.

Missouri happens to be the world's largest producer of lead ore. Though lead-based paints were banned in 1978, there are millions of housing units in use today that still have the lead paint, which has been chipping away and spreading through air in the form of paint dust. There also may be lead pipes in many of these units.

In St. Louis alone, 99 percent of the housing was built before 1978.⁸⁸ African American children are much more likely to grow up in old apartment buildings and housing with the old lead-based paints, since one in three African American children live in low-income households.⁸⁹ This means, of course, that their mothers are more likely living in these structures while pregnant. The study claimed that they matched Caucasian Americans and African Americans for income levels, but even this can be logically explained. Among those with low income, Caucasian Americans tend to live in old mobile homes (built after the lead-based paint ban) in rural

areas, whereas African Americans tend to live in the inner cities, in the old apartment buildings with lead-based paint.

Put two and two together. Duh ... does it sound like a genetic problem to you? It's a toxicity problem. Period. The only thing that's "genetic" about anything concerning disease/toxicity is the fact that toxins (such as heavy metals) damage DNA. But, the root cause is still what? The toxins!

Concerning the higher rates of heart disease and diabetes among African Americans, I quote the authors of the book *Medisin*:

Though the fast food restaurant is practically everywhere, it has predominately infiltrated the African-American community leaving in its path a trail of obesity, diabetes, and heart disease.

Although hypertension appears to be a hereditary issue among the masses of African-American lineage, it most certainly is due to the large consumption of commercial dairy, hydrogenated oils, and swine saturated soul food and anti-hypertensive drugs. There are lengthy studies recorded about African-Americans indicating that they have a higher percentage of high blood pressure, heart attacks, strokes, and congestive heart failure than African descendants from Africa or the Caribbean according to lead study author Dr. Jorge Kizer.⁹⁰

Remember, too, that infants whom are fed formula ingest high levels of toxic iron, manganese, and other heavy metals. Caucasian-Americans are more than three times likely to be breastfed than African American babies.⁹¹ African American teen males generally consume only 65 percent of calcium than what Caucasian American teen males consume. Calcium deficiency increases the absorption of manganese.⁹²

Candida

Last, but not least is Candida. *Candida albicans* is yeast that lives in our intestines. In a healthy individual, the yeast poses no harm and is kept in check by the beneficial bacteria present in the bowel. Most Americans are not very healthy and have mild to severe Candida overgrowth. A “leaky gut” can occur, and Candida travels through the body and creates havoc everywhere.

Most people with Candida overgrowth suffer from mercury toxicity or toxicity from other heavy metals. Just as so many diseases/disorders/unhealthy conditions are caused by mercury toxicity, an enormous percentage of diseases can be traced to Candida. The reason is that mercury toxicity and Candida toxicity usually go hand in hand.

Candida consumes mercury. A person may have dental amalgams and/or ingests mercury in food, and then the person takes antibiotics that wipes out the beneficial bacteria in the digestive tract. Those bacteria usually keep yeast at bay, but with the bacteria demolished, the yeast will transform into a massive Candida yeast overgrowth. The person’s dental amalgams release inorganic mercury, which can vaporize as pure elemental mercury and then be converted by Candida, Staph, Strep, and *E. coli* into dangerous methyl mercury.⁹³ Candida acts as a natural heavy metal absorber. The body tries to protect itself against mercury by creating a yeast infection.⁹⁴ Mercury, antibiotics, and sugar lead to a serious Candida infection that can consume the body with disease.

I saw the ignorance of medical workers firsthand when my husband told a nurse that if he took antibiotics, he could suffer terrible health problems. She told him that antibiotics couldn’t hurt a person, no matter how much a person took. She then said the only worry would be a possible vaginal yeast infection, but he wouldn’t have to worry about that, since he was not female.

This is ignorance at its best. A vaginal yeast infection is only one manifestation of *Candida* overgrowth. I've suffered from *Candida* overgrowth myself, and I will not totally eradicate it until the amalgam fillings are removed from my mouth and I am able to undergo serious metal detoxification, which at time of writing this is not an option for me, because I'm nursing a child. Yet, I haven't had a vaginal yeast infection in probably seven years or more, when I was a teen and took several rounds of antibiotics in a short time frame.

Up until a few years ago, I'd ingested plenty of antibiotics, and not all of those antibiotics were prescribed medically. A great amount of them was ingested with my meals! Unless you eat 100% organic meats, dairy products, eggs, etc., you are ingesting antibiotics. We now have a nation full of people with *Candida* overgrowth, and we have a problem with "superbugs"—antibiotic-resistant bacteria. The two main reasons for this are grossly over-prescribing antibiotics and cruelly factory-farming animals and feeding them antibiotics, which are then fed to the American public in the meat, milk, and eggs from the animals.

I currently suffer from symptoms of hypothyroidism, though I have not yet ordered any laboratory tests to get a diagnosis. *Candida* and mercury can cause hypothyroidism, but they can also cause hypothyroid symptoms in the absence of true hypothyroidism. I'm hoping for the best, and if I truly have hypothyroidism, I will hope for reversal after detox, and I will take thyroid-supporting herbs. Among other things, I suffer from chronic hives, which have been linked to mercury toxicity, hypothyroidism, and *Candida*. The reason they're linked to all three is because it's simply one problem. I've been fighting the *Candida* and have kept it from getting worse, but until I remove the very root problem—namely mercury toxicity—I will not totally eradicate the *Candida*. My natural treatment does help tremendously.

Candida has been linked to Tourette's, autism, Alzheimer's, diabetes, lupus, rheumatoid arthritis, violence, anxiety, panic, cancer, obsessive-compulsive disorder, migraine headaches, depression, schizophrenia, etc. There are millions of others in this nation who are suffering many ailments, and unknown to them, they have metal toxicity and Candida overgrowth. Yet their doctors seem to think they have a drug deficiency, because they simply give their patients some toxic drugs and completely ignore the root cause of the patients' problems. Doctors don't even have the slightest clue how to cure people of their ailments. Have you noticed that you're told nearly everything does not have a cure?

Say a guy goes to the doctor and says:

"Doctor, I'm having severe headaches, diarrhea, and fatigue."

"I'll fix you right up. Here's a prescription for some painkillers, an anti-diarrheal, and some sleeping pills."

And the patient goes home and takes the poisons. The symptoms go away, and so the patient thinks he's okay. Wrong. The problem is still there, undiagnosed and untreated. The symptoms that God created to let the guy know something is wrong are now suppressed, and in addition the patient now has new problems created by the poisons he was prescribed! Fantastic!

Whenever anyone talks about a cure for something—exercise, good diet, herbs, detox, avoidance of vaccines and other pharmaceuticals—he or she may find herself in legal trouble for the sheer fact that laws are made to protect the profits of the pharmaceutical companies. Our lawmakers are paid by the pharmaceutical companies to pass these laws. No money is made in telling people how to cure their ills. Doctors, pharmacists, and scientists making the pharmaceuticals would go out of business. They try their hardest every day to keep people sick so that they can keep getting business.

Meanwhile, most Americans send their kids to public schools—government-funded institutions—where they're dumbed

down, and at the end of the day, parents and children together sit down and watch stupidity on television to be dumbed down even more, during or after they eat pork chops, gravy, and white “bread” for dinner. People are totally oblivious to what’s going on concerning their health, finances, national security, spirituality, and everything else in their lives.

There’s a saying, “Educated people question what they’re told; uneducated people do what they’re told.” This is all too true. Every person has the choice of whether he or she will be the person whom educates him- or herself or whether he or she will continue to do what the powers of this world tell him or her to do, without questioning whether it’s a good idea.

14

Animal Behavior

Animals are affected by the onslaught of human-created pollution and violence, too. They have the same or similar neurotransmitters that we do, the same or similar hormones, and therefore many of the same or similar effects from toxins in our and their environments.

Who doesn't like dolphins? Dolphins are highly intelligent and social animals. They've helped people in various ways, and they've been trained to entertain us. Mother dolphins nurse their young up to between a year and a half to two years. They also have been known to surround birthing whales to protect them and their calves from sharks. The mother and infant bond between dolphins is very strong. John Robbins, author of *Diet for a New America*, wrote that when infant dolphins are caught in tuna nets, their mothers "will go to extraordinary lengths to join their doomed young. Once in the nets, they will huddle together with their offspring, singing to them."

Recently, however, there have been reports of adult dolphins attacking infant dolphins. A *New York Times* article reported:

[S]cientists, following a trail of bloody clues, are discovering that dolphins are far from the happy, peaceful creatures that humans think they know.

Growing evidence shows that the big animals, up to 12 feet long, are killing fellow mammals in droves, wielding their beaks as clubs and slashing away with rows of sharp teeth. Dolphins have been found to bludgeon porpoises to death by the hundreds. Unlike most animal killers, which eat their prey, dolphins seem to have murderous urges unrelated to food.

They have even been observed in recurring acts of infanticide.

Off Scotland, a scientist watched in shock for nearly an hour as an adult dolphin repeatedly picked up a baby in its mouth and smacked it against the water, over and over, until it sank from view.

Off Virginia, researchers found at least nine baby dolphins killed, their ribs broken, their skulls and vertebrae smashed. One small body bore puncture marks matching the pattern of adult dolphin teeth.¹

The article also talks of a woman who was feeding a pair of dolphins and jumped in to swim with them and was bitten. She ripped her left leg out of its mouth and had to stay in the hospital for a week.²

The whole article paints the picture that humans have been wrong about dolphins and that they are really evil beasts that will murder humans, other mammals, and even their own young—just to do it.

In another article discussing the horrific murder sprees of the dolphins, it was suggested that the reason dolphins are killing fellow

dolphins and other marine mammals is competition for food or to develop hunting skills, “even though the victims are never eaten.”³

If toxic heavy metals can cause violent behavior in humans, what is keeping it from causing violence in animals? It just so happens that the Japanese kill and eat dolphins. According to an article written in early 2005:

Despite dangerous levels of contamination, dolphin meat is still being sold to Japan to an unsuspecting public ... Test results found that the meat contained dangerously elevated levels of mercury, 48 times higher than current maximum levels set by Japan's Health, Labor, and Welfare Ministry. (emphasis mine)

*The Inspecting Center of Public Health in Ibaraki Prefecture previously advised that dolphin meat contaminated with mercury should be discarded, as consuming this poisoned meat poses a severe health risk to humans and can cause irreversible damage to the brain and nervous system. Children and pregnant women are especially vulnerable.*⁴

Terrible outbreaks of neurological illnesses have been experienced in Japan, China, and other parts of the world that consume large amounts of biblically unclean seafood. In Japan, around Minamata bay, people had consumed fish and shellfish from the area and suffered terrible neurological decline—muscle weakness, loss of vision, cerebral impairment, paralysis, coma, and death. At the time, it was known as Minamata disease. In 1959, it was discovered that the deaths were caused by mercury toxicity from the contaminated “food.”⁵

Biblically unclean animals almost always have the highest levels of toxicity. They're not meant to be eaten. A great number are there

to clean the environment. We call them scavengers. Some are there ready and willing to help humans—dolphins, horses, donkeys, camels, gorillas, dogs, etc. When people eat unclean animals, especially those from our oceans, lakes, and rivers, they're not only causing themselves health problems; but they are also causing the environment further harm by taking the pollution-cleaners out of the water. Still, people ignore biblical instruction out of both ignorance and defiance to God's laws. Then they want to blame God for all their problems. "Why does God allow these terrible things to happen?" And, now the problem is so bad that even some clean animals, such as tuna, are simply too dangerous to consume.

Mercury, lead, cadmium, and aluminum have been found in low-level exposures to have devastating effects on the reproductive and endocrine systems in animals, just as in humans.⁶

[These metals] have had catastrophic effects on populations of Beluga whales, alligators, turtles, mink, otters, bald eagles, osprey, cormorants, terns, herring gulls, migratory birds, chickens, lake trout, Chinook and coho salmon, etc. through the U.S. and Canada. Animal and human [fetal] development is dependent on hormonal levels at various phases of development and the endocrine, reproductive, neurological, and immune systems are all being affected, often seriously or catastrophically. These chemicals are being found to have estrogenic effects and/or anti-androgenic effects on the hormonal/endocrine system.⁷

For those who don't realize what estrogenic and androgenic means, estrogenic deals with female characteristics, and androgenic deals with male characteristics. To put this in simple terms, heavy metals are causing female characteristics in animals. Does this explain the increase in homosexual behavior observed in animals?

The mercury pollution is causing very detrimental problems among wildlife. Some animal populations are unsustainable due to the mercury toxicity affecting the animals' reproduction and behavior.⁸ Mercury causes damage to the same systems in animals as in humans—primarily the central nervous system, endocrine system, reproductive system, immune system, and chromosomes.⁹

Animals' neurotransmitters are imbalanced, which explains the insane increase of aggression among many animals, including dolphins. In laboratory tests, high levels of dopamine and low levels of serotonin have been linked to animal aggression. Low levels of serotonin also lead to sexual aggression and impulse disorders in animals.¹⁰

15

God's Laws, Detox, Prevention, and Natural Treatment Options

I listed the most common metals that have intoxicated people in today's society in chapter one. By avoiding most of those metals and limiting the intake of the essential trace metals, such as iron and copper, people would be taking a step in the right direction. It's also important, though, for people to drastically change their lifestyles, if they want to enjoy good health for themselves and their posterity. The list of other destructive habits in chapter one is a good guide to follow in improving one's health, though the list isn't a complete one.

One of the best things a person can do is to start following Yahweh's laws—the laws of God listed in the first five books of the bible/Torah. God isn't some horrible monster who decided to make a burdensome list of do's and do not's. He gave us the laws out of His love for us, for our well-being (Deuteronomy 6:24,10:13). We, in return, should show our love and appreciation for Him, as well as ourselves and others, by obeying the laws (1 John 5:3). Nowhere else will you find a perfect set of laws, nor ones more simple. Sadly, most people who call themselves Christians fail to obey their Creator's laws and foolishly twist the scriptures and claim that somehow

the perfect law of liberty has been “done away,” which is far the opposite of what the bible teaches. Jews also disobey God by adding to and taking away from His laws. Even for those who are not Christians, it'd be wise for them to follow God's laws; they'd only be doing themselves a tremendous favor.

If every person on the planet would follow God's laws, there would soon be no disease afflicting us. Furthermore, there would be no murder, no sex crimes, no destruction nor stealing of property, no human violence, no divorce, no animal cruelty, no government-run “public” schools, many fewer hospitals, no factory farms, no abortions or abortion clinics, no genetic engineering, no formula feeding, no vaccines, no nursing homes, no drug addicts, no soil raped of its nutrients, no pollution with heavy metals, chemicals, and other wastes. There would be good health, good food, good land, good neighbors, peace, and happiness. But, the world is full of fools. Those who truly do want a better life—one of better health and kindness—would be wise to consult the bible.

What about detoxing one's already-polluted body? How can that be accomplished? There are different levels of detoxification, and different people have different needs. Fasting is one very useful tool for detoxification.

Fasting is a broad term today. A person can fast without food and water, with water only, or with water and freshly squeezed fruit and vegetable juices—full fasting, water fasting, and juice fasting. Water and/or juice fasting combined with the use of bentonite clay will remove heavy metals from the intestines and possibly other organs. A person can also cleanse on a lower level by eating a raw fruit diet for a period of time. People have totally eradicated chronic debilitating condition and terminal illnesses by fasting and raw food diets—cancer, arthritis, and others.

A person can naturally pull heavy metals and aluminum from bodily tissues and expel it by using cilantro and lemons/fresh lemon

juice. A person can encapsulate cilantro or use it in foods, such as soups, salads, or salsa and take the lemons/lemon juice in water. There are also formulas available on market for heavy metal and vaccine detoxification. Some use chelation and some use clathration, the latter of which is a safer form of chelation. We used such a formula for a short time—and had positive results in our oldest son—but we stopped using it after we discovered it contained plant life that violated God's plant laws, and therefore it's possible there could be health risks. However, some may decide detoxing the metals from their bodies with it outweighs any risks associated with the particular plant(s). (Some deny that there are even any plant laws.) There have been cases, though, where sea plants (like chlorella) have pulled metals out of persons' tissues too quickly and wreaked further havoc on their bodies. Sea plants are scavengers; they filter the water. That's the reason why people use them to detox their bodies, but I personally believe it's unwise to go that route. I will still include the products at the end of this chapter.

Clay baths also tremendously help many remove heavy metals and other toxins. Expense also must be considered, and most of the products are highly priced, though some are not nearly as bad as others. Nearly anyone can afford cilantro and lemons, and most people can undertake some sort of fast or at least a temporary raw vegan diet composed of water, fresh fruit, green leafy vegetables, nuts, and seeds. A Candida cleanse and liver cleanse are also essential for most people.

It's important to eat healthfully and avoid exposure to harmful substances, including sources of heavy metals. This includes cigarettes, vaccines, anti-perspirants, antacids, tainted fish, unfiltered water, aluminum cookware, iron supplements, etc. Iron cookware, which I personally love to use, should be used sparingly and not at all in a severely iron-toxic individual. A woman has the responsibility to breastfeed her child, and in the rare physical cases she truly

cannot, she should seriously consider getting a healthy milk goat and make her own formula, and if possible supplement that with another healthy woman's breast milk. Parents have the responsibility to research the safety of vaccinations themselves and to quit leaving the health of their children to the medical people and pharmaceutical (poison) companies, whom profit enormously from disease and drug-pushing. Parents also have the responsibility to seriously consider having their infants sleep with them, but if they decide to have them sleep in cribs, they have the responsibility to make sure the mattresses they use are safe.

In addition to fasting, internal chelation products, clay baths, and herbal and probiotic cleanses, there are additional useful treatments for the neurological and endocrine disorders discussed in this book. Nutrient supplementation will assist with nutritional deficiencies. It's always optimal to try to get all our vitamins and minerals from our food. Most vitamin and mineral supplements contain the wrong ratios and are missing vital components found in the food that are needed for proper absorption of the vitamins and/or minerals. In addition, many of the vitamins people take today are synthetic. These often cause harm much in the same way pharmaceutical drugs do. If you truly need extra supplementation, do your research and buy quality natural products. Sulfur, magnesium, and vitamin B6 are common deficiencies seen existing with neurological disorders and heavy metal toxicity. Calcium and zinc are also seen frequently, and both of these work closely together in the body with magnesium. Chromium is deficient in diabetics. Vitamin C supplementation can work wonders for nearly every diseased condition. It's best to juice some fresh organic fruit to obtain a large amount of vitamin C and other vital nutrients, but there are encapsulated combinations of herbs, vitamins, and minerals that have significantly helped reduce symptoms of neurological disorders. Liquid C is good to have on hand at all times.

Different herbs are useful for different conditions. Valerian can help sleep disorders and hyperactivity. Chamomile is also useful as a calming/sleep aid. St. John's Wort helps relieve depression in many people who use it. Lavender is calming and helps promotes sleep, reduce hyperactivity, and calms raging individuals or violence seen in Alzheimer's. Cinnamon is useful for treating diabetes, as it helps regulate glucose. Garlic kills Candida. Many other herbs can be safely used that help the numerous diseased conditions. Herbs were given by God for food and healing. Every substance in any given herb is there in its natural form, combined with all the other substances in the herb, all at the correct ratios. When pharmaceutical companies make drugs, they usually isolate a certain substance within a plant and then make a synthetic version. This spells disaster, and there are no healing properties.

Cannabis is probably the single most useful herb of all, as well as perfectly safe. Sadly, this God-given miracle plant is unfairly hated and regulated. When a government makes it illegal to sow and use a plant, made by God, there is something mighty suspicious about the whole thing. Back when the United States was a moral, clean, and safe nation that produced nearly all of its own needs and lent to other nations, rather than borrowing its way into unbelievably deep debt and getting nearly everything from China (read cheap crap), people were actually encouraged to sow Cannabis (hemp/marijuana), and it was even illegal *not* to plant it in times of high need.

Cannabis was, until the last century, widely used for everything—food, clothing, rope, sails, oil for light and food, building material, paper, medicine, canvas (Dutch word for cannabis), paints, incense, recreational relaxation and creativity, and so much more. At least one third of medicines contained cannabis. It was the number one oil used, and most paper was also made from hemp. Books, including all bibles, were printed on hemp paper.

Of the many millions of plants in the world, cannabis is the *most nutritious* known plant as well as the *most useful* for thousands of other uses. It's literally a miracle plant from God. Massive planting of hemp would literally change the world in such a positive way. It would eliminate starvation and the need to drill for oil. We'd have no need to fool with those murderous religious extremists in the Middle East. Ironically, the government has labeled those who grow cannabis as terrorists! Our Founding Fathers grew hemp and used it for nearly everything, including smoking it for relaxation, stress relief, and ailments. It was even used for childbirth. Cannabis use is far safer than alcohol use, and even George Washington, our first president said he preferred smoking hemp to drinking alcohol.¹ (Remember, mild alcohol use is acceptable—drunkenness is not.) He also wrote in his diaries that he enjoyed the fragrance of the flowers. The Hebrew word for cannabis in the bible is “qaneh bosm,” which is translated to mean “aromatic cane.” Anyone who knows anything about cannabis indeed notices it's extremely aromatic and grows a very thick stalk. It's one of the best smells in the world. Several other presidents grew and smoked cannabis, including Thomas Jefferson.² It's a shame that so many idiots are associated with smoking it, and that's all many see and understand. When something is often associated with greasy-haired, baggy-jeaned, foul-mouthed punks, it's natural for society to view it in a negative light.

It was only outlawed with extreme cunning, by calling it what Mexicans call it—marijuana—and telling lies about non-existent dangers and problems it supposedly caused, so that Americans didn't realize the government was about to outlaw Cannabis—the plant they'd been using for medicine, smoking, clothes, etc. for all their lives without any problems. It was outlawed around the same time Dupont started producing synthetic materials like nylon. Dupont wouldn't be making all that money if hemp was still

around. Pharmaceutical companies wouldn't be wealthy, either. Oil companies who have money in fossil fuels would lose their fortunes. The cotton industry would suffer (which is the most highly-pesticided crop, while hemp is never sprayed with toxic chemicals). The "justice system" would also lose, since they wouldn't have all the cannabis users and growers to arrest and convict. It's all about the money—that's why cannabis cultivation and possession is illegal. And yet, it'd save our economy. It would halt global warming. It would save our trees. It would replace nearly every toxic medicine sold to the ignorant masses.

Those who grow and/or use hemp/cannabis/marijuana now are treated worse than violent criminals. In fact, many times more tax dollars are spent combating this than violent crime, and many times more is often budgeted and spent on finding and punishing peaceful cannabis growers than finding missing children!³

Moderate use of cannabis has undeniable benefits and virtually no harm (smoking *anything* produces carcinogens, but cannabis has actually been shown to fight cancer, probably due to all the antioxidants). Vaporizing or eating cannabis avoids the smoke altogether, however the benefits of smoking small amounts outweigh the harm of smoke. Inhaling smoke from clouds of burnt incense was even practiced in the bible. (The bible doesn't specifically mention cannabis as being burned, but it was an ingredient in the holy anointing oil for the priests.) Whenever we cook food on a grill or over a campfire, we inhale and ingest a certain number of carcinogens. Moderation is the key. If our bodies are in good health, a little bit of smoke won't hurt us. On the other hand, I don't think it's normal to deliberately inhale smoke all day long, which is what some people do with their tobacco, cannabis, and other herbs.

All or nearly all of the diseases/disorders I've discussed in this book have been successfully treated with cannabis. However, despite the fact a person with a neurological disorder may function better

with the use of cannabis, or a person with cancer or migraines relieves pain with cannabis, or a diabetic eradicates several symptoms of diabetes with cannabis, it is no excuse for not detoxing their bodies. This is the first and foremost thing to be done. The *root* of the problem still needs to be demolished, but in the case of neurological disorders and some other circumstances, there is often not a complete recovery, even though the person may have totally wiped out heavy metals, candida, and other toxins. Neurological damage is not completely reversible. But, in the U.S. and much of the world, unfortunately, the wicked governments have enacted laws making it illegal both to grow and possess cannabis, a God-given *plant*. The people are just as much to blame for not *questioning what they are told* and for not doing their own research. The people of this nation just sit by and allow preposterous things to take place. I am willing to bet when our Messiah returns and his government reigns, cannabis will once again grow everywhere and again be used for nearly everything, as it was until this past century.

Wicked greedy pharmaceutical (sorcery) companies *hate* the God-given cannabis plant (as well as other God-given herbs, foods, etc. Just wait. Our earthly rulers are currently trying to outlaw *all* healing herbs; and other natural healing substances, such as raw milk and the cancer-killing vitamin b17, are already illegal.) The widespread use of cannabis/hemp would devastate the fortunes of the pharmaceutical companies.

Heaven forbid that people make good use of God's plant and not poison themselves with pharmaceuticals (Greek word *pharmakeia* means "sorcery"; *pharmakos* means "poisoner, magician, sorcerer). Indeed, the bible is correct when it states the world is deceived by the merchants and their sorcery in the latter times. We're living in those times right now. Pharmaceuticals are among the wealthiest companies in the world (merchants), and their drug pushing is evident everywhere. They dominate television commercials and other

places of advertising, and they actually have people believing they need their drugs (sorcery)! Professing Christians probably use more of their drugs than anyone else. (It should be noted that the out-of-control methamphetamine problem in this nation is also sorcery.)

Nearly every diseased condition I've discussed has been successfully treated with cannabis—without all the toxic, dangerous, and bothersome side effects of the sorcery drugs. No one has ever died from using cannabis. On the other hand, hundreds die each year from using aspirin and thousands more injured. If you think aspirin, acetaminophen, and other over-the-counter medications are safe and moral, think again. You have some self-educating to do.

Cannabis has anti-spasmodic, neuroprotective, anti-inflammatory, glucose-stabilizing, muscle-relaxing, vasodilating, and slightly anti-hypertensive effects.⁴ It also has pain relieving, appetite-stimulating, and broncho-dilating effects, among others. It's been used to help those with Tourette's, autism, diabetes, Alzheimer's, rheumatoid arthritis, migraines, depression, cancer, anorexia and bulimia, sleep apnea, and nearly everything else mentioned in this book. Instead, Americans are consuming deadly toxic drugs. People should be ashamed of drugging American children with dangerous "ADHD" and autism drugs and dangerous violence-causing anti-depressants and anti-psychotics. Doctors should be ashamed of "treating" cancer patients with weapons of warfare—radiation and chemotherapy (mustard gas). Shame on America.

The anti-spasmodic, muscle-relaxing, and neuroprotective properties of cannabis safely relieve symptoms of many neurological disorders, diabetes, and those with gastro-intestinal problems. The anti-inflammatory affects help those with RA, diabetes, lupus, etc. The vasodilating (opening of blood vessels for better blood flow) effects help those with diabetes, heart disease, and migraines. Cannabis sometimes contributes to lower blood pressure, which helps those with diabetes and cardiovascular problems. Cannabis has also

been shown to stabilize blood sugar.⁵ There are endless ways in which cannabis can help. There are rarely any serious negative side effects, unlike with other drugs, and there has never been a reported death from cannabis use over the thousands of years it's been used. Most people can safely carry on their normal activities with no harm to themselves or others while using cannabis. It's probably the safest medicine there is, and yet it's illegal.

Another necessity in treating neurological disorders that are brought on by toxic metals and other toxins is fat. That's right. Fat. The United States is full of overweight and obese individuals, and yet these same persons suffer from a serious fat deficiency. Confused? The food, medical, and pharmaceutical industries want you to stay confused ... and fat. All they care about is their profits. It doesn't have to be that way, though. As a matter of fact, essential fatty acids can help take away both body fat and mental confusion. EFAs give health to a person. Essential fatty acids are just that—essential. Recall that neurons are protected by a myelin sheath—fat. When heavy metals (or other toxins) destroy this fatty covering, symptoms of neurological dis-ease, dis-order, dis-array reveal themselves. Skin, hair, and nails become dry and weak; joints lose cushion and lubrication; problems such as heart disease, cancer, autoimmune disorders, diabetes, fatigue, and depression rear their ugly heads. There are many ways in which heavy metals lead to all the devastating conditions discussed in this book, but the destruction of EFAs is one of the greatest problems. It doesn't help matters when most people in the Western world don't even take in an appropriate amount of EFAs in the first place, and instead consume dangerous hydrogenated (trans fats) and excessive amounts of long-chained saturated fats (animal fats). (Note: Coconut oil contains medium-chain saturated fat, as well as high amounts of EFAs and is therefore very healthful, contrary to what the food, medical, and pharmaceutical industry will have you believe).

“Essential” means we need to consume these fats, because our bodies cannot manufacture their own. There are two different essential fats: linolenic (Omega-3) and linoleic (Omega-6). Most people get plenty of Omega-6 oils, but they don’t consume enough Omega-3 oil, or their Omega-6 to Omega-3 ratio is severely imbalanced.

Flax oil, olive oil, almond oil, and coconut oil are very good sources of EFAs. But, lo and behold, it’s God’s miracle plant hemp/cannabis that is the single best source of EFAs known to mankind. It has the absolute highest EFA content, and though only flax has slightly more Omega-3, hemp has the perfect ratio of the two EFAs. Unfortunately, our wicked government won’t allow this God-created plant to grow for our needs. Fortunately, however, the U.S. does import hemp products, including food products such as shelled hemp seeds, hempseed oil, hemp butter, hemp protein shakes, sprouted hemp bread, hemp milk, etc. These charms can be found in natural food stores and on the Internet. Just thank the American government for the high prices you’ll pay for hemp foods, due to the costs of importation, because of the prohibition to plant it in our own country. (Hemp also contains all essential amino acids, making it a complete protein. It’s the only plant that makes a complete protein in such an easily digestible form.⁶ It’s second only to soy in protein content, but soy is difficult to digest⁷ ... not to mention most of it’s genetically engineered and contains high amounts of estrogen. I recommend avoiding soy in large amounts, and eat only organic sources.)

I highly recommend both hemp and coconut. Flax is a very good choice, too, but hemp is more healthful, and I’m of the opinion it tastes much better than flax, too. Other nuts and seeds also provide much-needed EFAs. Eat these good fats, and do not consume hydrogenated fats and oils made from genetically engineered seeds/

grains. That means steer clear of most soy, canola (rapeseed), and corn oils on the market.

We live in a toxic world, and it's only becoming more so. SIDS, cancer, the various neurological, endocrine, and other diseases and disorders can only be completely eradicated over a few generations of time *with optimum health in everyone*. One set of parents detoxing themselves and changing their diets and lifestyles can dramatically decrease their risks of various diseases for themselves and their children and decrease the risk of SIDS. But, I can personally attest to the fact that there's currently no perfect immunity, and that won't happen until every person on the planet improves his and her health, and a few generations are born, following in those footsteps. We've dramatically damaged our genetics with toxins.

Useful Resources I Recommend

Metal Detox Products:

- *Maxam Nutraceuticals PCA-Rx (clathration)
- * Bio-Chelat™ Heavy Metal Chelator (gentle chelation)
- *Lauana Lei's Magnetic Clay (clay baths)

Candida Cleanse:

- *Global Health Trax Threelac™
- *Solaray® Yeast-Cleanse™

Colon and Liver Cleanse:

- *Dr. Natura Colonix® Intestinal Cleanser
- *Dr. Natura Toxinout® Heavy Metal/Toxin Removal and Liver Detox

Hemp Products:

- *Nutiva® (hemp foods)
- *Manitoba Harvest (hemp foods)

- *Rawganique (hemp foods)
- *Living Harvest (hemp foods)
- *Jack Herer's The Emperor Wears No Clothes (book)

Coconut Products:

- *Tropical Traditions Virgin Coconut Oil
- *Bruce Fife's and Jon J. Kabara's The Coconut Oil Miracle (book)

Mercury Calculator

- *www.gotmercury.org (mercury calculator for fish)

Vaccine Education

- *www.thinktwice.com
- *www.vaccinetruth.org
- *www.vaclib.org
- *www.vaccinetruth.com

Crib Mattresses

- *www.organicgrace.com (organic cotton mattresses)
- *www.naturepedic.com (organic crib mattresses)

TS+ Comorbid Disorders

- *Bontech® Supplements, Ltd. www.bonniegr.com (TS, autism, OCD, ADHD)
- *Association for Comprehensive Neurotherapy: <http://www.lattitudes.org/>(natural therapies for TS, autism, etc. and online discussion forums)

Afterword

I conceived only ten months after Asher was born. After Asher's death, I stopped eating tuna, so I went at least nine months without it before I became pregnant again. During that pregnancy (my fourth), I ate a total of six ounces of tuna, of which I chose the type lowest in mercury. I consumed the six ounces spread over a two-month period of time during my second trimester.

I experienced a good pregnancy with no PUPPP or other strange "pregnancy rashes." I gave birth to my third son at home, as usual. He weighed right at seven pounds—three pounds less than my other two full-term babies had weighed at birth. I'd gained 43 pounds and 38 pounds, respectively, with the other two boys, and I gained 33 pounds with my third son. My last two sons had the exact same length of gestation, counting from last menstrual period, and my first son had a gestation length of two days less.

I'm unsure why the weight of my last baby differed so significantly. I did seem to be pretty hungry toward the end of pregnancy, so I may not have eaten quite as much, but I wouldn't expect a three-pound difference in birth weight. My diet in my first two pregnancies was not optimal (though my second pregnancy was much better than the first, except for all the tuna I ate), but my third and fourth pregnancies didn't differ much diet-wise. The only two differences were that I did not eat tuna in my fourth pregnancy, except for two ounces on three occasions; and the second difference was that I'd stopped using a microwave several months before my last pregnancy. (However, I didn't use the microwave much

before—maybe three times a week to melt butter or reheat a leftover meal. We now no longer own a microwave.)

The amount of food may have been slightly less. I did cut back on sweets slightly, and I imagine this probably did contribute somewhat to the baby's weight difference. It's possible it was the only reason—I don't discount that—but I don't believe that to be the case, intuitively. I wonder how much the lower levels of mercury contributed to a lower birth weight baby. Ten pounds isn't exactly gargantuan, but I do feel as if it's a bit over the optimal baby birth weight (by a pound to a pound and a half, in my opinion).

I named our third son Trusten Shiloh. My pregnancy with him was a walk of faith, but I chose to trust-in-Shiloh (Christ) to bring me peace (Shiloh). Although he only weighed seven pounds at birth, he fattened up like the other two in no time and now weighs over 19 pounds at six months of age. He's a very healthy and happy breastfed baby.

Not only did I not have PUPPP in my pregnancy with him, and he didn't weight nearly as much as my other two, but he was also my first baby that didn't develop jaundice. We were closely looking for it, and it seemed one day as if he may have started looking the slightest bit yellow, but it lasted three or four hours at most. If indeed he was jaundiced at all, it would not have been noticed except for careful scrutiny. I believe he's my healthiest baby yet, and I still consider my firstborn to be very healthy, aside from the damage from heavy metals ... and no baby, it seems, escapes that now. It is my intention to have my two amalgam fillings removed before my next pregnancy, but I must wait until my son completely weans.

My older son is nearly four-and-a-half, and he functions very well, considering. He's a brilliant child, with very few problems, and I think he'll only improve more. I've seen other modern kids' behavior, and I don't think I have much to worry about with my son. My husband and I are very confident that though he's received our

damaged genes and my toxic transfer of heavy metals, he will still always be healthier than either of us, if he continues to live into adulthood the way we rear him. We can't dwell on our past mistakes, but we can make the right decisions as we learn. Reader, what will *you* choose for yourself and your posterity?

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