

# **Gana Kiritharan's Advise for People who may be suffering from Chronic Toxic Metal Toxicity**

Gana Kiritharan wants to give following advises for people who may be suffering from Chronic Toxic Metal Toxicity. This advises are based on Gana Kiritharan's personal experience of Toxic Metal Toxicity and Information collected by Gana Kiritharan from various sources. These advices should not be taken as formal medical advice to treat Toxic metal Toxicity. Gana Kiritharan assumes no liability or responsibility for any loss, damage, or injury caused or alleged to be caused directly or indirectly by following advises. This is just a guide to help you to understand the challenges you may have to face on being diagnosed with toxic metal toxicity and receiving proper treatment.

- A. All the adult persons can take following Nutritional Supplements despite whether they are suffering from Toxic Metal Toxicity or not.
  1. Take Multi-Vitamins with Minerals one tablet every day. (You can buy these Tablets at any Pharmacy stores. If you are a heavy manual worker or experiencing some symptoms of Toxic Metal Toxicity buy the one with more Vitamin C and Vitamin E. When you finished one bottle of Tablet (usually 90 – 120 tablets) give 1 – 2 month break before starting a new bottle. (Some Vitamin got accumulated in body and may try to give Toxic symptoms.)
  2. One other Nutritional Supplement for adults I may recommend is Omega 3-6-9 combination. Take one capsule in the morning and one capsule in the afternoon. This will help you with your Lipid and Cholesterol circulation in the body.
- B. Do not expect much help from your family doctor or any other regular medical institution or hospital. The regular conventional medical system refusing acknowledges the health problems associated with Chronic Toxic Metal Toxicity for a complex of reasons. Why is a big question? Please read my forth coming article “Chronic Toxic Metal Toxicity; Is it a Medical Tsunami?”
- C. Even though some experts recommend starting the treatment even with diagnosis based on symptoms alone, I recommend a Hair Mineral Analysis to confirm the diagnosis. If Hair Mineral analysis confirms high level of Toxic Metals a Challenged Urine Test will help to reconfirm the diagnosis and decide the course of treatment. Doing Challenged Urine Test initially (without doing Hair Mineral Analysis) to confirm diagnosis is not recommended as most of us have some level of Toxic Metals in our body and a Challenged Urine Test on random basis will give some positive results most of the time. In addition a Hair Mineral Analysis and Challenged Urine Test may helpful on following situations.
  1. If my suspicion is true that there may be a criminal intention behind this poisoning then the lab reports will help in any future legal actions.
  2. During the treatment the symptoms will go worse once in a while. This may lead to confusion, whether the treatment is actually causing the symptoms. Only a proper lap reports will inform the situation. To calculate the progress you may have to repeat the tests every 6 months.
- D. If the clinical symptoms or the following lap reports confirms a high level of Toxic Metals accumulated in your body, do not rush to start a Chelating Therapy (Removing Toxic Metals from body). The Toxic Metals may be in your body for at least few years and even with a fast Chelating Therapy it will take at least 6 months to 1 year to get rid out of them. Waiting few weeks will not change the over all out come of the problem but a poor planned therapy may cause serious damages to your body; even death.

- E. If the patient is a child, greater precaution should be taken on deciding the dose and nutritional support.
- F. Collect more details about treatment. Collect enough money and inform people around you so that they can understand your situation and help you when you need.
- G. As conventional Medical System refusing to acknowledge this medical problem, there is no established, medically confirmed, single way of treating this problem. Various experts recommend various way of treatment. As I failed to receive proper medical guidance on time, I end up in trying various way of treatment for first few months. The system finally found to helping me may be the one developed by Andrew Hall Cutler PhD PE. This treatment method developed by him usually known as small frequent dose chelating program.
- H. Though Medical Substances like DMSA, DMPS and CaEDTA are used to remove mercury from blood, they may constitute only 40% of whole treatment. Rest 60% lie on balancing your nutrition of the body and other treatment techniques.
- I. You may need to take Vitamin A, B, C, D and E in high doses. You also need Minerals like Chromium, Magnesium and more. But your supplement should not include Copper and Iron.
- J. You should take nutritional supplements to support your liver, adrenal, thyroid and other endocrine organs.
- K. You should take high protein diet to help your body with chelating program.
- L. You should drink lots of water during chelating program.
- M. A therapy called Infrared Sauna (It will help your body to sweat) will help to remove these toxic metals through skin.
- N. In Addition you may have to take care of several small, small things. For an example if you are a person have a habit of taking lot of Coffee, you may have to change to Tea. Coffee will give more stress for Liver and Adrenal, Tea will help to kill some fungal infections associated with Toxic Metal Toxicity.
- O. As I told earlier there is no established and medically proven way of treating this problem. As a result on one hand there are too many documents which may confuse any reader and on another side it may difficult to find a single book which will give complete information about this medical problem.
- P. When I searched I found the book “Amalgam Illness – Diagnosis and Treatment” written by Andrew Hall Cutler PhD PE which may help you to get necessary details to design a Treatment Program for Yourself or People under your care.

For more Information and useful websites

Please Visit my Web site at:

<http://www.gkiri.com>

## Chronic Toxic Metal Toxicity Symptoms Check List.

The Symptoms Experienced by  
Gana Kiritharan

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<b>1. General Symptoms:</b>			
– Changes in Sweating Pattern (Decreased or Increased)	0		x
– Bad smell coming out of Sweat (or Body)	0		x
– Numbness and Tingling of hands, feet, fingers, toes or lips	0		x
– Sleep Disturbances with Increased Need for Sleep and Tiredness	0		x
– Feeling Tired after Shower	0		x
– Allergies (Metal, Fabrics, Soap, Food)	0		
– Heat, Burning, Tingling, Itching of Scalp	0		
– Burning Muscles and Tingling sensation in the back and Neck	0		x
– Dim vision, especially after exercise	0		x
– Slow and poor accommodation to changes in vision distances	0		
– Eyes drawn to one side	0		
– Burning feeling in Eyes	0		x
– Double vision	0		
– Imaginary geometric figures appearing in the visual field, which migrate from the periphery toward the center and slowly disappear	0		x
 <b>2. Skin Problems:</b>			
– Repeated Infections. (Viral warts, Ring worm, Candida)	0		x
– Sever Dermatitis	0		
– Eczema or Other Skin Eruptions	0		
– Unexplained Rashes	0		
– Excessive Itching (Especially in the Legs)	0		x
– Rough Skin	0		
– Acne (Pimples)	0		x
 <b>3. Oral Cavity Symptoms:</b>			
– Bleeding Gums (At Tooth Brushing)	0		x
– Bone Loss around Teeth (Loosening of Teeth)	0		x
– Excessive Salivation	0		
– Foul Breath	0		x
– Metallic Taste	0		
– Burning Sensation, tingling of lips and face	0		
– Ulceration of Gingiva, Palate and Tongue	0		x
 <b>4. Gastro Intestinal Symptoms:</b>			
– Food Sensitivity, especially to milk and eggs	0		
– Gastritis (Heart Burn)	0		x
– Abdominal Cramps, Colitis	0		
– Chronic Diarrhea/ Constipation	0		x
– Ulcers	0		x
– Indigestion	0		
– Poor Appetite	0		
– Feelings of pressure, pains, pins and needles in the region of the liver	0		
 <b>5. Urinary Symptoms:</b>			
– Increased Volume of Urine Passing	0		x
– Increased Frequency of Urination	0		x
– Urgency (Running to Bathroom)	0		x
– End Dribbling (Dripping Urine after Urination)	0		x
– Chronic Bladder Infection	0		

## 6. Cardio Vascular Symptoms:

– Unexplained elevated serum triglyceride	0	x
– Unexplained elevated cholesterol	0	x
– Abnormal blood pressure, either high or low	0	x
– Heart/chest pains	0	x
– History of Heart Attack	0	
– Irregular heartbeat (palpitations), often together with anxiety	0	x

## 7. Musculo Skeletal Symptoms:

– Numbness and tingling of hands, feet, fingers, toes, or lips (Also Tremor)	0	x
– Muscle weakness progressing to paralysis (Slowing Down Moment)	0	x
– Muscle in coordination (Trying to Fall or Dropping things)	0	x
– Dropping of Eye Lid (Partially closed Eyes)	0	
– Muscular aches in areas of previous injuries have occurred	0	x
– Leg cramps (While Resting, Even while Sleeping)	0	x
– Joint pains	0	x

## 8. Central Nervous System Symptoms:

– Epilepsy / Convulsions	0	
– Twitching of Face or other Muscles	0	x
– Dizziness / Acute, Chronic Vertigo	0	
– Ringing in the Ears	0	
– Hearing Difficulties	0	x
– Speech and Visual Impairment	0	x
– Headache about once a week. (The headache often is migraine like, especially induced by weather changes and by prolonged sleep in the mornings)	0	x

## 9. Psychological Symptoms:

– Restlessness (exaggerated response to stimulation)	0	x
– Emotional instability (Fearfulness)	0	x
– Lack of self control, loss of self confidence	0	x
– Fits of anger, with violent, irrational behavior	0	
– Shyness or timidity, being easily embarrassed	0	x
– Loss of memory (Short Term and Long Term)	0	x
– Inability to concentrate (Indecision)	0	x
– Mental depression, despondency (suicidal tendencies)	0	x
– Constant feelings of tension and strain	0	x
– Difficulty and even impossibility to control behavior	0	
– Resistance to intellectual work	0	x
– Reduced capacity for work, both for intellectual and physical tasks	0	x
– Reduced powers of comprehension (information does not come through)	0	x

## 10. Endocrine Problems:

– Subnormal body temperature	0	
– Cold, clammy skin, especially hands and feet	0	x
– Excessive perspiration, w/frequent night sweats	0	
– Unexplained sensory symptoms, including pain	0	
– Unexplained numbness or burning sensations	0	x
– Unexplained anemia	0	x
– Chronic kidney disease (Nephritic syndrome, Receiving renal dialysis)	0	
– General fatigue	0	x
– Loss of appetite/with or without weight loss (Sometimes Over Weight)	0	
– Hypoglycemia	0	
– Diabetes	0	x