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## Please Pay Attention to Your Health

I, Gana Kiritharan, recently carried out a detailed examination of my body and discovered two of the medical reports are confirming high level of Toxic Metals got accumulated in my body. First question 'What is a Toxic Metal?' Few of you may heard of a toxic substance called 'Arsenic'. Human history list several people either died or killed due to this Toxic Metal. Second Question 'What is the dangerous Property of these Toxic Metals?' When these Toxic Metals added to human body in small quantity over long period of time; either intentionally or accidentally; naturally affecting diseases of human body started to appear in the affected person. Doctors may spend time treating these secondarily appearing diseases but may fail to identify the true cause of the diseases. For an example French Emperor Napoleon died when he was imprisoned in Saint Helen Island. Initial postmortem reports conclude he died of stomach cancer. But during 1900s some historians put forward an argument that he may died of arsenic poisoning. But a study conducted is 2007 – 2008 conclude that arsenic was in his body from childhood and stomach cancer is the proper cause of death. Like this when a person died while toxic metals are in his body, what is the actual cause of death may difficult to determine.

From this historical arguments let go back to my story. What happened to me? This year (2010) on May 18<sup>th</sup> or 19<sup>th</sup>, when I was cooking some curry at my home, I accidentally over heated a cooking utensil (made of Stainless Steel). When I realized my mistake I turned off the electric cooker and took the utensil from the cooker to spore some water in it. Then I saw a small amount of glittering fluid running in the utensil. Initially I thought the cooking utensil stated to melt so discard the glittering fluid into wash basin, continued my cooking of few more curry, stored the cooked curries into my fridge and freezer and continued to eat as usual. On another side, for last one or two years I may be experiencing an unusual smell coming in my breath. For last few months this smell may be more frequent and I am able to correlate this smell to the foods kept in my fridge. This smell used to come one or two hours after I ate food items kept in my fridge. Also I may be experiencing increased general tiredness, joint and muscle pain, identifiable short term memory loss over last few months. Few days after the incidents mentioned previously, I developed a suspicion that the glittering fluid I saw may be mercury and the sign and symptoms I was experiencing may be caused by mercury poisoning. (The glittering fluid can not be mercury as when heated mercury will easily evaporate. It is either lead or cadmium or some other toxic metals.)

When I searched for information about mercury poisoning I was shocked. The symptoms and signs I was experiencing were typical of mercury poisoning. Then a battle begins with the medical professionals who were treating me. After several denials and refusals a Hair Mineral Analysis Report and a Challenged Urine Toxic Metals Report may confirm a high level of toxic metals in my body. The problems may not be solved with these confirming reports. Whether Ontario Health Care system will recognize these health reports or whether I can expect any benefit from free health care system of Ontario is not clear yet. I am not able to follow first line of treatment designed by the doctor who helped me to obtain these confirming reports due to my personal financial situation. I am now following a second line of treatment designed by the same doctor according to my financial situation. Medications may not be the only problem. I need special food and special health care equipments. For every thing I need money, but I do not have enough.

Beyond these challenges an important question is still need to be answered. How these Toxic metals came into my body? From the incidents happened I suspect these toxic metals are added to my

food by unknown people with criminal intention. But doctors treating me and Toronto Police Services saying these toxic metals may entered into my body with food or water from any of the environment I lived in the past with out any criminal intention. Though the second explanation given to comfort me (also for the reasons I am not prepared to discuss at this moment) this may be the more dangerous explanation. Now I am 43 years old. During these 43 years I have lived 30 years in Sri Lanka (approximately 27 years in Jaffna, 2 years in Vanni and 1 year touring other parts) 3 years in India (approximately 2 years in Theni, 1 year in Chennai and 1-3 months touring other parts) and 10 years in Canada (approximately 4 years in Ottawa, 6 years in Toronto). If you look at many people in Toronto Tamil community they also lived in above mentioned places for the same period of time or more. Are they also at the risk of poisoned like me? No need to for panic here. The changes are very rare. For a long period of time human civilization know about the dangers of these toxic metals and continued to make necessary precautions to prevent these toxic metals mixing into human environment. Unless these toxic metals got mixed to the environment either due to a big irresponsible act or an industrial accident the changes of becoming poisoned with these metals as a whole community is very rare. But how many people are poisoned like me due to an unknown reason. I do not know the answer. If we need to know the answer Ontario Judiciary and Health Services should carry out a responsible deep search. So far nothing has happened.

Another question also needs to be answered. Whether I am continued to be poisoned or the poisoning attempts has stopped. Sudden up and downs in my clinical symptoms gives me a fear that I may continued to be poisoned. But as during treatment also the symptoms may move up and down, I am unable to make any final conclusion. I have some important evidences which may help to answer above questions. I have not eaten all the food I had cooked on 18<sup>th</sup> or 19<sup>th</sup> of May 2010. When I started to suspect the foods may be poisoned I stopped eating the food, brought a small freezer into my room, stored rest of the food into that freezer and put a pad lock for it. I also stored foods which caused sudden increase of symptoms after 18<sup>th</sup> or 19<sup>th</sup> of May. If we check whether these food items have any poisonous substances, it may help us to decide how I got poisoned. On 17<sup>th</sup> of August 2010, I tried to make a police complaint to Toronto Police Services. But the police refused to accept my complaint and failed to carry out any tests in the food items kept in the freezer. The doctor who helped me to confirm the toxic metals in my body gave me an address of a private laboratory. They are asking CAD \$ 150 for each food sample. Money may not be the only problem. As these evidences may be regarding a suspected criminal offence a proper legal procedure may need to be followed. If Police Services failed to do their job we may have to approach a private lawyer. How much that will cost, I do not know jet.

It is not essential that there should be a criminal intention for these toxic metals to get into your body. If you use Aluminum utensil in cooking, has smoking habit, if inhale exhaust smoke from automobile for a grater extent, has metal dental filling or for several other reasons you may poisoned with these Toxic Metals. Only way you can find out the truth is "Hair Mineral Analysis". Several Chinese health clinics in Toronto area are providing this service. It may cost CAD \$ 150 – 250 for a test. Ontario Health card will not help but if you have a drug insurance card it may help. The health workers will take your hair sample and send it to America for analysis and give you the report in 2 weeks time. Only an experienced doctor can analyze the report.

Also as I said earlier, I need money for this battle. If you are ready to help me, I am happy to receive your help. I will upload the expense details in my web site. Unless you requested your name will not be published.

Thank you for your time and support.

Yours truly,



Gana Kiritharan

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## உங்கள் உடல் நலத்தில் சற்று கவணம் செலுத்துங்கள்.

கனா கிரிதரனாகிய நான் அண்மையிலே செய்த எனது உடல் நலம் சம்மந்தமான ஆய்வுகூட பரிசோதனைகள் எனது உடலிலே நச்சு உலோகங்கள் அதிக அளவிலே தேங்கி இருப்பதை உறுதி செய்கின்றன. முதல் கேள்வி நச்சு உலோகங்கள் என்றால் என்ன? உங்களில் சிலர் ஆவது ஆர்சானிக் என்ற நச்சு பொருள் பற்றி கேள்வி பட்டிருப்பீர்கள். மனித குல வரலாறு இந் நச்சு பொருள் காரணமாக இறந்தவர்கள் அல்லது கொல்லப்பட்டவர்கள் என பலரை இனம் காண்கிறது. இரண்டாவது கேள்வி இந்த நச்சு உலோகங்களின் ஆபத்தான தன்மை என்ன? இந்த நச்சு உலோகங்கள் தவறுதலாகவோ அல்லது தீய சிந்தனையோடோ சிறிது சிறிதாக மனித உடலிலே சேர்க்கப்படும் போது பல்வேறுபட்ட இயற்கையாக உருவாக கூடிய உடல் நோய்கள் உருவாக தொடங்கும். மருத்துவர்கள் இரண்டாம் பட்சமாக உருவான நோய்களுக்கு சிகிச்சை செய்வதிலேயே காலத்தை செலவு செய்வார்கள், நோய்களுக்கான அடிப்படையான காரணத்தை இனம் காணத்தவறிவிடுவார்கள். உதாரணமாக பிரான்சு தேச பேரரசனாக இருந்த நெப்போலியன் இறுதி காலகட்டத்தில் செயின் கெலன் எனும் தீவிலே சிறை வைக்க பட்டிருந்த போது இறந்து போனார். உடன் செய்யப்பட்ட பரிசோதனைகள் அவர் குடல் புற்று நோய் காரணமாக இறந்து போனதாக கூறின. 1900 களில் சில ஆராய்சியாளர்கள் அவர் ஆர்சானிக் என்ற நச்சு உலோகம் மூலம் கொலை செய்ய பட்டிருக்கலாம் என்ற வாதத்தை முன் வைத்தனர். 2007 - 2008 இல் மீண்டும் செய்ய பட்ட பரிசோதனைகள் ஆர்சானிக் சிறு வயது முதலே அவர் உடலிலே இருந்தது என்றும் குடல் புற்று நோய்தான் அவரது மரணத்துக்கு காரணம் என வாதிகின்றன. இவ்வாறு நச்சு உலோகங்கள் உடலிலே இருக்கும் போது இறந்து போனவர்கள் எதனால் இறந்தார்கள் என்பது இலகுவில் முடிவு காண முடியாத விடயமாகும்.

இந்த வரலாற்று ஆராய்ச்சிகளை விட்டு விட்டு எனது கதைக்கு வருவோம். எனக்கு நடந்தது என்ன? இந்த வருட (2010) மே மாதம் 18<sup>th</sup> அல்லது 19<sup>th</sup> திகதி சில உணவு வகைகளை சமையல் செய்து கொண்டிருந்த போது தவறுதலாக ஓர் சமையல் பாத்திரத்தை (எவர்சில்வர் - Stainless Steel) சூடாக்கி விட்டேன். எனது தவற்றை உணர்ந்து மின்சார அடுப்பை அணைத்து விட்டு பாத்திரத்தில் நீரை ஊற்றலாம் என கையில் எடுத்தேன். அப்போது பாத்திரத்தில் வெள்ளி நிறத்தில் சிறிது அளவு திரவம் ஓடுவதை பார்த்தேன். சமையல் பாத்திரம் தான் உருக தொடங்கி விட்டது என எண்ணி அதை நீர் பிடிப்பிடத்தில் கொட்டி விட்டு எனது சமையல் சாப்பாட்டை வழமை போல் தொடர்ந்தேன். இந்த சம்பவங்கள் ஒருபுறம் இருக்க கடந்த ஓர் இரு வருடங்களாக எனது மூச்சில் ஒரு வித்தியாசமான மணம் வருவதை உணர்ந்து இருந்தேன். கடந்த சில மாதங்களாக இந்த மணம் அடிக்கடி வருவதையும் எனது வீட்டில் உள்ள குளிர் பதன பெட்டியில் வைக்க பட்ட உணவை உண்ணும் போது இந்த மணம் வருவதையும் உணர்ந்து இருந்தேன். இது தவிர கடந்த சில மாதங்களாக அதிகமான சோர்வு தண்மை, உடல், மூட்டு வேதனை, மற்றும் அதிக ஞாபக மறதி ஆகிய பிரச்சனைகளால் அவதிபட்டு கொண்டு இருந்தேன். மேலே கூறிய சம்பவம் நடந்து சில நாட்களின் பின்னர் ஏன் நான் பார்த்த திரவ பொருள் பாதரசமாக (Mercury) இருக்க முடியாது என்றும் நான் எதிர் கொள்ளும் வியாதிகள் பாதரசம் உடலில் சேர்வதால் வந்திருக்க முடியாது என்றும் ஓர் எண்ணம் எனது மனதிலே எழுந்தது. (நான் பார்த்த திரவ பொருள் பாதரசமாக இருக்க முடியாது, ஏன் எனில் பாதரசம் சூடாக்கப்படும் போது இலகுவில் ஆவியாகி விடும். நான் பார்த்த பொருள் ஒன்றில் ஈயம் (Lead) அல்லது Cadmium ஆக இருக்க வேண்டும் அல்லது வேறு ஏதாவது நச்சு உலோகமாக இருக்க வேண்டும்.)

பாதரசம் உடலில் சேர்வதால் வந்திருக்க கூடிய வியாதிகளின் விபரத்தை சேகரித்த போது நான் அதிர்ந்து போய்விட்டேன். நான் எதிர் கொள்ளும் வியாதிகளின் குணம் குறிகளும் பாதரசம் உடலில் சேர்வதால் வந்திருக்க கூடிய வியாதிகளின் குணம் குறிகளும் ஒன்றாகவே இருந்தன. எனக்கு சிகிச்சை செய்து கொண்டிருந்த மருத்துவர்களுடன் சிறு யுத்தம் ஒன்று தொடங்கியது. நான் அதுதான் என, மருத்துவர்கள் நான் அனாவசியமாக கவலைபடும் நோயால் பாதிக்கப்பட்டு உள்ளேன் என ஆறுதல் கூற, நான் புதிய மருத்துவர்களை தேடி ஓட, நான்கு மாத போராட்டத்திற்கு பின்னர் இரு மருத்துவ பரிசோதனைகள் எனது உடலிலே நச்சு உலோகங்கள் தேங்கி இருப்பதை உறுதி செய்கின்றன. பிரச்சனைகள் இத்தோடு முடிந்து விடவில்லை. எனது உடலிலே நச்சு உலோகங்கள் தேங்கி இருப்பதை உறுதி செய்கின்ற பரிசோதனை முடிவுகளை ஒன்றாரியோ மருத்துவ உலகம் எவ்வளவு தூரம் அங்கீகரிக்கும் என்றோ ஒன்றாரியோ இளவச சிகிச்சை வசதிகள் மூலம் எவ்வளவு பயன்கிடைக்கும் என்றோ எனக்கு தெரியவில்லை. எனது உடலிலே நச்சு உலோகங்கள் தேங்கி இருப்பதை உறுதி செய்ய உதவிய மருத்துவர் முதற்கட்டமாக சிபார்சு செய்த சிகிச்சையை பண பிரச்சனை காரணமாக என்னால் தொடர முடியவில்லை. அவர் எனது பண நிலமைக்கு ஏற்ப வடிவமைத்த இரண்டாம்கட்டமான சிகிச்சையைதான் தொடர முடிகின்றது. மருந்து சிகிச்சை தவிர விசேட உணவு, உடற்றல உபகரணங்கள் என பல தேவைகள் உள்ளன. அனைத்துக்கும் பணம் தேவை. என்னிடம் ஏதும் இல்லை.

இந்த சவால்களுக்கு அப்பால் ஓர் முக்கியமான கேள்வி விடை காணப்படாமல் உள்ளது. எங்கிருந்து இந்த நச்சு உலோகங்கள் எனது உடம்புக்குள் வந்தன என்பது. நடந்த சம்பவங்களின் அடிப்படையில் தீய சிந்தனையோடு இந்த நச்சு உலோகங்கள் இது வரை இனம் காணப்படாதவர்களாள் எனது உணவு பொருட்களுடன்

கலக்கப்பட்டிருக்கலாம் என நான் சந்தேகிக்கின்றேன். ஆனால் மருத்துவர்களும், டொரண்டோ பொலிசாரும் எனது சுற்றாடலில் இருந்து தீய சிந்தனை எதுவும் இன்றி உணவோடும் சாப்பாட்டோடும் உடம்பிலே சேர்ந்திருக்க வேண்டும் என கூறுகின்றனர். இந்த இரண்டாவது காரணம் என்னை சமாதானம் செய்யவும் (வேறும் தற்போது நான் விவாதிக்க விரும்பாத காரணங்களுக்காகவும்) கூறப்பட்டாலும், இது தான் மிகவும் ஆபத்தான விளக்கம் என நான் கருதுகின்றேன். எனக்கு இப்போது 43 வயது ஆகின்றது. இந்த 43 வருட வாழ்க்கையில் 30 வருடங்கள் இலங்கை தீவில் (அண்ணளவாக 27 வருடங்கள் யாழ் மாவட்டம், 2 வருடங்கள் வன்னி மாவட்டம், 1 வருடம் எணைய பகுதிகளில் சுற்றுலா.) 3 வருடங்கள் இந்தியா தமிழ் நாட்டில் (அண்ணளவாக 2 வருடங்கள் தேனி மாவட்டம், 1 வருடம் சென்னை மாவட்டம், 1-3 மாதங்கள் எணைய பகுதிகளில் சுற்றுலா.) 10 வருடங்கள் கனடாவில் (அண்ணளவாக 4 வருடங்கள் ஒட்டாவா, 6 வருடங்கள் டொரண்டோ.) வாழ்ந்துள்ளேன். கனடாவில் வாழும் தமிழர்களில் பலர் இதே இடங்களில் இதே அளவு வருடங்கள் அல்லது அதிகமாக வாழ்ந்தவர்களாகத்தான் இருப்பீர்கள். அப்படியானால் உங்கள் உடம்பிலும் இதே போன்று நச்சு உலோகங்கள் அதிக அளவிலே தேங்கி உள்ளதா என்ற கேள்வி எழுகின்றது. பயப்படவேண்டாம் அப்படியான சாத்தியங்கள் மிக குறைவாகவே உள்ளன. இந்த நச்சு உலோகங்களின் ஆபத்து தண்மை பற்றி மனித நாகரீகம் நீண்ட காலமாக அறிந்து உள்ளது மட்டுமன்றி இவ் உலோகங்கள் மனித சுற்றாடலில் கலப்பதை தடுக்க தேவையான பாதுகாப்பான நடவடிக்கைகளை எடுத்து வருகின்றது. மிக பெரிய பொறுப்பற்ற தண்மை அல்லது விபத்து ஒன்று காரணமாக சுற்றாடலில் கலந்தால் ஒழிய இந்த நச்சு உலோகங்களின் தாக்கம் ஓர் சமூகத்தை முழுமையாக பாதிக்க வாய்ப்பில்லை. என்னை போல் இனம் காணப்படாத காரணம் ஆக உங்களில் எத்தனை பேர் இந்த நஞ்சுட்டலால் பாதிக்கப்பட்டு உள்ளீர்கள். இந்த கேழ்விக்கு என்னிடம் விடை இல்லை? உண்மை தெரிய வேண்டுமாயின் ஒண்ராரியோ காவல் துறையும், மருத்துவ துறையும் பொறுப்பு வாய்த ஆழமான தேடல் ஒன்றை செய்ய வேண்டும். இதுவரை அப்படி எதுவும் நடக்கவில்லை.

இன்னும் ஓர் கேள்வி விடை காணப்படாமல் உள்ளது. நான் தொடர்ந்தும் நஞ்சுட்ட படுகின்றேனா அல்லது இந்த முயற்சிகள் நிறுத்த பட்டு விட்டனவா? எனது நோய்களின் குணம் குறிகளில் எற்படும் சடுதியான எற்ற இறக்கங்கள் தொடர்ந்தும் நஞ்சுட்ட படுகின்றேனா என்ற சந்தேகத்தை வர செய்கின்றன. ஆனால் இந்த நஞ்சுட்டலக்கு சிகிச்சை செய்யும் போதும் இது போன்ற எற்ற இறக்கங்கள் வரலாம் என்பதால் குழப்பம்தான் மிஞ்சி உள்ளது. இந்த சிக்கலான கேள்விகளுக்கு விடைகாண உதவகூடிய சில முக்கிய சாட்சியங்கள் என்வசம் உள்ளன. மே 18<sup>th</sup> அல்லது 19<sup>th</sup> திகதி சமைத்த உணவு வகைகள் முழுவதையும் நான் சாப்பிடவில்லை. அந்த உணவுகள் நஞ்சுட்ட பட்டிருக்கலாம் என்ற சந்தேகம் எழுந்த பின்னர் மிகுதியாக இருந்த உணவு அணைத்தையும் எனது அறைக்குள் ஓர் குளிர் பதன பெட்டி ஒன்றினுள் வைத்து பூட்டு போட்டு பூட்டி வைத்துள்ளேன். மேலும் மே 18<sup>th</sup> அல்லது 19<sup>th</sup> திகதிக்கு பின்னர் எனது நோய்களின் குணம் குறிகளில் சடுதியான எற்ற இறக்கங்களை ஏற்படுத்திய உணவு என நான் சந்தேகிக்கும் சில உணவு வகைகளும் பூட்ட பட்ட குளிர் பதன பெட்டியினுள் உள்ளன. இந்த உணவு பதார்த்தங்களில் நச்சு பதார்த்தங்கள் ஏதும் உள்ளனவா என பரிசோதித்தால் எவ்வாறு எனது உடலினுள் நச்சு பொருட்கள் வந்தன என்ற உண்மை தெரியவரலாம். 2010 ஆகஸ்ட் 17<sup>th</sup> திகதி இந்த நஞ்சுட்டல் விடயம் தொடர்பாக டொரண்டோ காவல் துறையிடம் முறைப்பாடு ஒன்று செய்ய முயன்று இருந்தேன். ஆனால் அவர்கள் எனது முறைப்பாட்டை ஏற்று கொள்ளவோ எனது அறைக்குள் உள்ள குளிர் பதன பெட்டியினுள் பூட்டி வைத்துள்ள உணவு பதார்த்தங்களில் நச்சு பதார்த்தங்கள் ஏதும் உள்ளனவா என பரிசோதனை செய்து பார்க்கவோ மறுத்து விட்டார்கள். எனது உடலிலே நச்சு உலோகங்கள் தேங்கி இருப்பதை உறுதி செய்ய உதவிய மருத்துவர் ஓர் உணவு பதார்த்தங்களில் நச்சு பதார்த்தங்கள் ஏதும் உள்ளனவா என பரிசோதிக்கும் தனியார் ஆய்வு கூடம் ஒன்றின் முகவரி தந்தார். அவர்கள் ஒரு உணவு மாதிரிக்கு CAD \$ 150 கேட்கின்றார்கள். பணம் மட்டும் தான் பிரச்சனை என்று இல்லை. குற்றவியல் சம்மந்தப்பட்ட பொருட்கள் என்பதால் நீதி மன்ற ஆணை படிதான் பரிசோணைகள் மேற்கொள்ளப்பட வேண்டும். ஒண்டாரியோ பொலிசார் தமது கடமையை செய்ய தவறினால் தனியார் வழக்கறியர்களைதான் அணுகவேண்டும். அதற்கு எவ்வளவு பணம் தேவைபடும் என தெரியவில்லை.

இந்த நச்சு உலோகங்கள் தீய எண்ணத்தோடுதான் உடம்பில் சேரவேண்டும் என்று இல்லை. நீங்கள் அலுமீனிய பாத்திரங்களை சமயலில் பயன்படுத்தினாலோ, சிகரட் புகைபிடிக்கும் பழக்கம் உள்ளவராக இருந்தாலோ, வாகணங்களில் இருந்து வெளியேறும் புகையை அதிகம் சுவாசித்தாலோ, உலோகத்தால் ஆன பற்களை கட்டி இருந்தாலோ இன்னும் பல காரணங்களானோ இந்த நச்சு உலோகங்களின் தாக்கத்திற்கு ஆளாகி இருக்கலாம். உங்கள் சந்தேகத்தை நீக்க கூடிய ஒரே பரிசோதனை தலை மயிரில் எவ்வளவு உலோகங்கள் உள்ளன என பரிசோதித்து பார்ப்பதுதான். டொரண்டோ நகரில் உள்ள பல சீன மருத்துவகலை மருத்துவமனைகளில் இந்த பரிசோதனையை செய்யலாம். CAD \$ 150 – 250 வரை செலவு ஆகும். ஒண்டாரியோ மருத்துவ அட்டை உதவாது. மருந்து வாங்க உதவும் அட்டை இருந்தால் உதவலாம். மருத்துவமனையினர் தலை மயிரின் மாதிரியை அமெரிக்காவில் உள்ள ஆய்வு கூடத்திற்கு அனுப்பி ஆய்வு கூட அறிக்கையை இரு வாரங்களின் பின்னர் தருவார்கள். இந்த ஆய்வு கூட அறிக்கையை அனுப்பவமும் தகுதியும் வாய்ந்த மருத்துவர்கள்தான் ஆராய வேண்டும்.

மேலும் நான் முன்னர் கூறியது போல இந்த போராட்டத்திற்கு எனக்கு பணம் தேவை படுகின்றது. உதவ முடியுமானால் ஏற்றுகொள்ள தயாராக உள்ளேன். எனது வரவு செலவு விபரங்கள் எனது இணையதளத்தில் (<http://www.gkiri.com>) பார்வையிடலாம். நீங்கள் கேட்டுகொண்டால் அல்லாது உங்கள் பெயர் விபரங்கள் வெளியிடப்பட மாட்டாது.

தங்கள் நேரம் மற்றும் ஆதரவுக்கு எனது நன்றி.

தங்கள் உண்மையுள்ள,

**க. கிரிவர்ன்.**

மேலதிக விபரங்களுக்கு எனது இணையதள முகவரிக்கு விருயம் செய்க: <http://www.gkiri.com>

# **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



### 1. General Symptoms:

– 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

### 2. Skin Problems:

– 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

### 3. Oral Cavity Symptoms:

– 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

### 4. Gastro Intestinal Symptoms:

– 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	

### 5. Urinary Symptoms:

– 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



## Gana Kiritharan's Medical Expences - Year 2010

Date	Detail of Expences	Store or Hospital	Amount	Direct Exp
Before June	Diabetic Cholesterol Medication	Finch-Warden Pharmacy	\$412.11	
14-Jun-2010	Tears Naturale	Pharma Plus	\$12.48	
18-Jun-2010	Tears Naturale	Shoppers Drug Mart	\$11.29	
21-Jun-2010	Chlorella	GNC	\$12.59	\$12.59
21-Jun-2010	Vitamin and Minerals	GNC	\$49.16	\$49.16
22-Jun-2010	Mineral and Enzymes	GNC	\$42.50	\$42.50
22-Jun-2010	Minerals and Nutrition	Shoppers Drug Mart	\$16.31	\$16.31
23-Jun-2010	Vitamin and Minerals	Shoppers Drug Mart	\$13.64	\$13.64
28-Jun-2010	DMSA	National Nutrition	\$58.44	\$58.44
7-Jul-2010	Minerals	Shoppers Drug Mart	\$15.35	\$15.35
7-Jul-2010	Vitamin and Minerals	GNC	\$38.39	\$38.39
19-Jul-2010	Asprin and Ibuprofen	Shoppers Drug Mart	\$37.27	
17-Jul-2010	Hair mineral Analysis	Zentai Wellness Center	\$124.30	\$124.30
21-Jul-2010	AntiFungal Shampoo Oinment	Shoppers Drug Mart	\$27.10	
1-Aug-2010	Minerals	GNC	\$31.62	\$31.62
5-Aug-2010	ND Consultations	Zentai Wellness Center	\$84.75	\$84.75
14-Aug-2010	Vitamin and Minerals	GNC	\$50.14	\$50.14
17-Aug-2010	Diabetic Cholesterol Medication	Finch-Warden Pharmacy	\$212.32	
21-Aug-2010	Aqua, Velva Afsh and Sleep Aid	Shoppers Drug Mart	\$15.46	
30-Aug-2010	DMSA	National Nutrition	\$62.44	\$62.44
31-Aug-2010	Minerals and Nutrition	GNC	\$22.58	\$22.58
10-Sep-2010	Blood Glucose Test Strips	Shoppers Drug Mart	\$83.99	
12-Sep-2010	Minerals	Shoppers Drug Mart	\$10.16	\$10.16
17-Sep-2010	Chlorella	Nutrition House	\$32.32	\$32.32
20-Sep-2010	Vitamin and Minerals	Shoppers Drug Mart	\$14.67	\$14.67
25-Sep-2010	Vitamins	Shoppers Drug Mart	\$9.03	\$9.03
27-Sep-2010	Doctors Consultation	Dr. Fred Hui	\$250.00	\$250.00
27-Sep-2010	Challenged Urine Test	Dr. Fred Hui	\$260.00	\$260.00
29-Sep-2010	Vitamin and Minerals	GNC	\$58.74	\$58.74
29-Sep-2010	Minerals	National Nutrition	\$13.85	\$13.85
9-Oct-2010	Glucose Tab (For GTT)	Shoppers Drug Mart	\$7.33	
19-Oct-2010	DMSA	National Nutrition	\$62.44	\$62.44
22-Oct-2010	Chlorella	Nutrition House	\$30.95	\$30.95
23-Oct-2010	Vitamin and Skin Cream	GNC	\$13.50	\$13.50
25-Oct-2010	Thyroid Adrenal Support	Nutrition House	\$45.19	\$45.19
25-Oct-2010	DMSA	National Nutrition	\$169.47	\$169.47
28-Oct-2010	Doctors Consultation	Dr. Fred Hui	\$75.00	\$75.00
28-Oct-2010	Vitamin and Minerals	Dr. Fred Hui	\$40.00	\$40.00
5-Nov-2010	Minerals	Shoppers Drug Mart	\$11.29	\$11.29
19-Nov-2010	Chlorella	Nutrition House	\$30.95	\$30.95
21-Nov-2011	Amalgam Illness (Book)	Andrew Cutler	\$43.00	\$43.00
22-Nov-2010	Insulin	Finch-Warden Pharmacy	\$112.84	
24-Nov-2010	Alcohol Swabs	Shoppers Drug Mart	\$3.38	
2-Dec-2010	Vitamin and Minerals	Dr. Fred Hui	\$40.00	\$40.00
6-Dec-2010	DMSA	National Nutrition	\$112.98	\$112.98
15-Dec-2010	Asprin	Shoppers Drug Mart	\$3.94	
16-Dec-2010	Amoxicillin	Finch-Warden Pharmacy	\$24.99	
17-Dec-2010	General Health Items	Shoppers Drug Mart	\$45.47	
17-Dec-2010	Thyroid Adrenal Support and Chlorella	Nutrition House	\$76.14	\$76.14
17-Dec-2010	Vitamin and Minerals	GNC	\$115.15	\$115.15
18-Dec-2010	Blood Glucose Test Strips	Shoppers Drug Mart	\$83.99	
20-Dec-2010	DMSA & Nutritional Support	National Nutrition	\$106.19	\$106.19
21-Dec-2010	Iodine Solution	Shoppers Drug Mart	\$3.38	
31-Dec-2010	Minerals	GNC	\$20.32	\$20.32
<b>Total</b>			<b>\$3,360.89</b>	<b>\$2,263.55</b>
<b>Monthly Average</b>			<b>\$480.13</b>	<b>\$323.36</b>
<b>Other Medical Expences</b>			<b>\$1,097.34</b>	<b>\$156.76</b>

Gana Kiritharan's Medical Expenses - Year 2011

Date	Detail of Expenses	Store or Hospital	Amount	Direct Exp
4-Jan-2011	Asprin, Sleep Aid and Iodine	Shoppers Drug Mart	\$16.92	
6-Jan-2011	Vitamins and Minerals	Dr. Fred Hui	\$40.00	\$40.00
8-Jan-2011	Vitamins and Minerals	Shoppers Drug Mart	\$36.13	\$36.13
14-Jan-2011	Nutritional Support	Nutrition House	\$60.31	\$60.31
15-Jan-2011	BP Apperatus and Minerals	Shoppers Drug Mart	\$51.33	
17-Jan-2011	Nutritional Support	Natioanl Nutrition	\$91.50	\$91.50
19-Jan-2011	DMSA	NewDayHealthProducts	\$44.94	\$44.94
28-Jan-2011	Nutritional Support	Nutrition House	\$16.03	\$16.03
31-Jan-2011	Nutritional Support	Natioanl Nutrition	\$94.89	\$94.89
6-Feb-2011	Alcohol Swabs	Shoppers Drug Mart	\$8.79	
12-Feb-2011	Insulin Needle	Shoppers Drug Mart	\$42.04	
12-Feb-2011	DMSA	NewDayHealthProducts	\$104.94	\$104.94
14-Feb-2011	DMSA & Nutrional Support	Natioanl Nutrition	\$97.15	\$97.15
3-Mar-2011	Nifedipine	Finch-Warden Pharmacy	\$97.99	
3-Mar-2011	NAC	GNC	\$27.10	\$27.10
3-Mar-2011	Nutritional Support	Nutrition House	\$107.09	\$107.09
3-Mar-2011	Vitamins and Minerals	Dr. Fred Hui	\$80.00	\$80.00
11-Mar-2011	Vitamins and Minerals	Nutrition House	\$13.81	\$13.81
11-Mar-2011	Nutritional Support	Shoppers Drug Mart	\$25.97	\$25.97
13-Mar-2011	Vitamins and Minerals	Shoppers Drug Mart	\$12.19	\$12.19
14-Mar-2011	Doctors Consultation	Dr. Fred Hui	\$75.00	\$75.00
14-Mar-2011	DMSA & Nutrional Support	Natioanl Nutrition	\$112.98	\$112.98
26-Mar-2011	Nutritional Support	GNC	\$29.37	\$29.37
26-Mar-2011	Sergical Dressing	Shoppers Drug Mart	\$13.53	\$13.53
26-Mar-2011	Amoxicillin	Finch-Warden Pharmacy	\$24.99	
27-Mar-2011	DMSA & Nutrional Support	Natioanl Nutrition	\$97.15	\$97.15
6-Apr-2011	Diabetic Cholesterol Medication	From SriLanka	\$100.00	
9-Apr-2011	NAC	GNC	\$13.56	\$13.56
11-Apr-2011	DMSA & Nutrional Support	Natioanl Nutrition	\$150.25	\$150.25
11-Apr-2011	Vitamins and Minerals	GNC	\$9.03	\$9.03
11-Apr-2011	Blood Glucose Test Strips	Shoppers Drug Mart	\$83.99	\$83.99
27-Apr-2011	Vitamins and Minerals	GNC	\$64.35	\$64.35
6-May-2011	DMSA & Nutrional Support	Nutrition House	\$101.68	\$101.68
9-May-2011	Vitamins and Minerals	GNC	\$9.03	\$9.03
12-May-2011	Vitamins and Minerals	Shoppers Drug Mart	\$9.03	\$9.03
21-May-2011	Nutritional Support	GNC	\$13.55	\$13.55
24-May-2011	Challenged Urine Test Kit - 2	NewDayHealthProducts	\$254.73	\$254.73
4-Jun-2011	Vitamins and Minerals	GNC	\$31.61	\$31.61
13-Jun-2011	Vitamins and Minerals	Dr. Fred Hui	\$40.00	\$40.00
16-Jun-2011	Challenged Urine Test	Dr. Fred Hui	\$260.00	\$260.00
20-Jun-2011	Nutritional Support	Shoppers Drug Mart	\$49.12	\$49.12
20-Jun-2011	Diabetic Cholesterol Medication	Finch-Warden Pharmacy	\$49.59	
20-Jun-2011	Vitamins and Minerals	GNC	\$57.35	\$57.35
30-Jun-2011	DMSA & Nutrional Support	Nutrition House	\$132.63	\$132.63
8-Jul-2011	Hair mineral Analysis	Zentai Wellness Center	\$141.25	\$141.25
16-Jul-2011	Vitamins and Minerals	GNC	\$105.01	\$105.01

18-Jul-2011	Nutritional Support	Natioanl Nutrition	\$268.85	\$268.85
22-Jul-2011	Doctors Consultation	Zentai Wellness Center	\$45.20	\$45.20
2-Aug-2011	Vitamins and Minerals	Dr. Fred Hui	\$40.00	\$40.00
2-Aug-2011	DMSA & Nutritional Support	Nutrition House	\$102.44	\$102.44
15-Aug-2011	Doctors Consultation	Dr. Fred Hui	\$80.00	\$80.00
17-Aug-2011	Flex Seed Oil	Shoppers Drug Mart	\$18.07	\$18.07
17-Aug-2011	Challenged Urine Test Kit - 2	NewDayHealthProducts	\$259.90	\$259.90
20-Aug-2011	Hair Test Interpretation (Book)	Andrew Cutler	\$43.00	\$43.00
29-Aug-2011	DMSA & Nutritional Support	Natioanl Nutrition	\$94.89	\$94.89
31-Aug-2011	Vitamins and Minerals	Dr. Fred Hui	\$40.00	\$40.00
9-Sep-2011	Vitamins and Minerals	Nutrition House	\$130.36	\$130.36
12-Sep-2011	Doctors Consultation	Dr. Fred Hui	\$90.00	\$90.00
12-Sep-2011	Vitamins and Minerals	Dr. Fred Hui	\$80.00	\$80.00
13-Sep-2011	Nutritional Support	GNC	\$47.44	\$47.44
13-Sep-2011	Nutritional Support	GNC	\$56.44	\$56.44
13-Sep-2011	Vitamins and Minerals	Natioanl Nutrition	\$96.00	\$96.00
20-Sep-2011	Vitamins and Minerals	Nutrition House	\$27.11	\$27.11
23-Sep-2011	DMSA & Nutritional Support	Nutrition House	\$136.69	\$136.69
27-Sep-2011	Nutritional Support	Natioanl Nutrition	\$90.36	\$90.36
8-Oct-2011	Blood Glucose Test Strips	Shoppers Drug Mart	\$83.99	
9-Oct-2011	Nutritional Support	GNC	\$88.05	\$88.05
9-Oct-2011	Nutritional Support	GNC	\$54.78	\$54.78
25-Oct-2011	Nutritional Support	Shoppers Drug Mart	\$35.01	\$35.01
3-Nov-2011	Vitamins and Minerals	Nutrition House	\$15.35	\$15.35
6-Nov-2011	Vitamins and Minerals	Shoppers Drug Mart	\$13.54	\$13.54
11-Nov-2011	Nutritional Support	Nutrition House	\$76.14	\$76.14
16-Nov-2011	Pill Reminder Box	GNC	\$9.03	
26-Nov-2011	Nutritional Support	GNC	\$91.62	\$91.62
2-Dec-2011	Diabetic Cholesterol Medication	From India	\$550.00	
2-Dec-2011	DMSA & Nutritional Support	Nutrition House	\$68.67	\$68.67
4-Dec-2011	Sleep Aid and Aspirin	Shoppers Drug Mart	\$15.80	
12-Dec-2011	Vitamins and Minerals	Dr. Fred Hui	\$80.00	\$80.00
12-Dec-2011	Doctors Consultation	Dr. Fred Hui	\$80.00	\$80.00
17-Aug-2011	Challenged Urine Test Kit	NewDayHealthProducts	\$135.54	\$135.54
21-Dec-2011	DMSA & Nutritional Support	Nutrition House	\$76.01	\$76.01
27-Dec-2011	Nutritional Support	GNC	\$13.55	\$13.55
30-Dec-2011	Nutritional Support	Nutrition House	\$97.51	\$97.51
Total			\$6,429.24	\$5,378.77
Direct Exence Incured Due to Toxic Metal Toxicity (2010 and 2011)				\$7,642.32
Other Medical Expences (2010 and 2011)				\$2,147.81
Grand Total (2010 and 2011)				\$9,790.13
Monthly Average			\$535.77	\$448.23
Other Medical Expences			\$1,050.47	\$87.54

## Gana Kiritharan's Medical Expenses - Year 2012

Date	Detail of Expenses	Store or Hospital	Amount	Direct Exp
1-Jan-12	Vitamins and Minerals	GNC	12.42	12.42
14-Jan-12	Nutritional Support	Nutrition House	65.73	65.73
16-Jan-12	Nutritional Support	Shoppers Drug Mart	15.24	15.24
22-Jan-12	Low Dose Aspirin	Shoppers Drug Mart	11.29	
22-Jan-12	Vitamins and Minerals	GNC	24.84	24.84
28-Jan-12	Nutritional Support	Shoppers Drug Mart	64.94	64.94
30-Jan-12	Nutritional Support	Nutrition House	47.21	47.21
13-Feb-12	Dental Cleaning	Dr. Po Fong Yang D. P. C	344.00	
22-Feb-12	Nutritional Support	Nutrition House	64.29	64.29
5-Mar-12	Sleep Aid	Shoppers Drug Mart	8.46	
19-Mar-12	ALA and Nutritional Support	Nutrition House	117.42	117.42
7-Apr-12	Batteries for Glucometer	Shoppers Drug Mart	8.46	
13-Apr-12	DMSA and Nutritional Support	Nutrition House	77.03	77.03
14-Apr-12	Nutritional Support	GNC	74.53	74.53
16-Apr-12	Vitamins and Minerals	Dr. Fred Hui	40.00	40.00
28-Apr-12	Vitamins and Minerals	Shoppers Drug Mart	23.71	23.71
12-May-12	ALA and Nutritional Support	Nutrition House	72.24	72.24
14-May-12	Nutritional Support	Shoppers Drug Mart	56.79	56.79
16-May-12	Nutritional Support	Shoppers Drug Mart	12.87	12.87
29-May-12	Metformin	Finch-Warden Pharmacy	35.84	
2-Jun-12	Nutritional Support	Nutrition House	67.43	67.43
5-Jun-12	Nutritional Support	Nutrition House	39.54	39.54
8-Jun-12	Nutritional Support	GNC	77.90	77.90
9-Jun-12	Vitamins and Minerals	Dr. Fred Hui	80.00	80.00
25-Jun-12	Nutritional Support	Nutrition House	42.90	42.90
2-Jul-12	Challenged Urine Test Kit	New Day Helath Products	140.00	140.00
13-Jul-12	Hair Mineral Analysis	Zentil Wellness Center	141.25	141.25
14-Jul-12	Nutritional Support	GNC	7.22	7.22
14-Jul-12	Glucose Test Strips	Shoppers Drug Mart	83.99	
16-Jul-12	ALA and Nutritional Support	National Nutrition	91.49	91.49
22-Jul-12	Nutritional Support	Shoppers Drug Mart	3.90	3.90
22-Jul-12	Nutritional Support	Shoppers Drug Mart	33.44	33.44
10-Aug-12	NAC	GNC	13.55	13.55
13-Aug-12	DMSA and Nutritional Support	Nutrition House	164.64	164.64
20-Aug-12	ALA and Nutritional Support	National Nutrition	108.43	108.43
31-Aug-12	Vitamins and Minerals	GNC	33.19	33.19
8-Sep-12	Nutritional Support	GNC	13.55	13.55
16-Sep-12	Nutritional Support	Shoppers Drug Mart	33.89	33.89
14-Sep-12	Doctor's Consultation and Medication	Dr. Fred Hui	135.00	135.00
28-Sep-12	Nutritional Support	Shoppers Drug Mart	25.40	25.40
28-Sep-12	Vitamins and Minerals	GNC	133.01	133.01
30-Sep-12	Vitamins and Minerals	GNC	15.36	15.36
10-Oct-12	Metformin	Finch-Warden Pharmacy	29.38	
15-Oct-12	Vitamins and Minerals	Dr. Fred Hui	80.00	80.00
15-Oct-12	DMSA and Nutritional Support	Nutrition House	173.89	173.89
19-Oct-12	Dental Cleaning	Dentist	90.00	
29-Oct-12	DMSA and Nutritional Support	National Nutrition	90.38	90.38
4-Nov-12	Nutritional Support	Shoppers Drug Mart	13.54	13.54
12-Nov-12	Nutritional Support	Nutrition House	109.99	109.99
26-Nov-12	DMSA and Nutritional Support	Nutrition House	121.16	121.16
29-Dec-12	Nutritional Support	Shoppers Drug Mart	22.49	22.49
Total			\$3,393.22	\$2,781.80
Direct Expenditure Incurred Due to Toxic Metal Toxicity (2010 + 2011 + 2012)				\$10,424.12
Other Medical Expenses (2010 + 2011 + 2012)				\$2,759.23
Grand Total (2010 + 2011 + 2012)				\$13,183.35
Monthly Average			282.77	231.82
Other Medical Expenses			611.42	50.95

## Gana Kiritharan's Medical Expences - Year 2013

Date	Detail of Expences	Store or Hospital	Amount	Direct Exp
6-Jan-13	Asprin and MultiVitamin	Shoppers Drug Mart	23.03	23.03
6-Jan-13	Vitamin C	GNC	13.73	13.73
21-Jan-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	111.49	111.49
2-Feb-13	Vitamin, Mineral and Nutritional Supp	GNC	35.00	35.00
11-Feb-13	Vitamin E	GNC	22.59	22.59
15-Feb-13	Nutritional Suppliment	Nutrition House	77.95	77.95
17-Feb-13	Nutritional Suppliment	GNC	13.55	13.55
19-Feb-13	Vitamin, Mineral and Nutritional Supp	Nutrition House	153.56	153.56
3-Mar-13	Nutritional Suppliment	Shoppers Drug Mart	60.00	60.00
4-Mar-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	128.77	128.77
11-Mar-13	Nutritional Suppliment	Shoppers Drug Mart	44.04	44.04
18-Mar-13	Minerals	GNC	18.06	18.06
18-Mar-13	Metformin	Warden Pharmacy	23.46	
5-Apr-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	104.72	104.72
19-Apr-13	UltraBalance III	Dr. Fred Hui	80.00	80.00
22-Apr-13	DMSA & Vitamin and Nutritional Supp	National Nutrition	225.94	225.94
23-Apr-13	Vitamins	GNC	49.69	49.69
27-Apr-13	Vitamin, Mineral and Nutritional Supp	GNC	67.74	67.74
17-May-13	Metformin	Warden Pharmacy	23.46	
17-May-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	117.46	117.46
23-May-13	Nutritional Suppliment	National Nutrition	186.40	186.40
27-May-13	Minerals	GNC	5.41	5.41
14-Jun-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	64.05	64.05
26-Jun-13	Nutritional Suppliment	Shoppers Drug Mart	11.29	11.29
8-Jul-13	Nutritional Suppliment	GNC	40.65	40.65
12-Jul-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	77.72	77.72
12-Jul-13	Hair Mineral Analysis	Zentil Wellness Center	141.25	141.25
13-Jul-13	Nutritional Suppliment	Shoppers Drug Mart	55.00	55.00
20-Jul-13	UltraBalance III	Dr. Fred Hui	40.00	40.00
26-Jul-13	Vitamins	GNC	12.42	12.42
26-Jul-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	194.28	194.28
2-Aug-13	Metformin	Warden Pharmacy	29.52	
2-Aug-13	Vitamin, Mineral and Nutritional Supp	GNC	90.34	90.34
3-Aug-13	Asprin and MultiVitamin	Shoppers Drug Mart	24.27	24.27
9-Aug-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	78.15	78.15
18-Aug-13	Vitamin	GNC	7.22	7.22
23-Aug-13	Vitamin, Mineral and Nutritional Supp	Nutrition House	140.19	140.19
6-Sep-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	168.88	168.88
8-Sep-13	Vitamin, Mineral and Nutritional Supp	Shoppers Drug Mart	50.47	50.47
9-Sep-13	DMSA	National Nutrition	169.47	169.47
27-Sep-13	Vitamin, Mineral and Nutritional Supp	GNC	113.78	113.78
28-Sep-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	140.00	140.00
30-Sep-13	Chlorella	Nutrition House	61.75	61.75
4-Oct-13	DMSA & Vitamin and Nutritional Supp	Nutrition House	139.95	139.95
5-Oct-13	Vitamin	Shoppers Drug Mart	21.36	21.36
21-Oct-13	DMSA & Vitamin and Nutritional Supp	National Nutrition	117.48	117.48
25-Oct-13	Metformin	Warden Pharmacy	36.94	
26-Oct-13	Glucose Meter Strips	Shoppers Drug Mart	84.99	
28-Oct-13	Medicine From India	Chennai	200.00	
5-Nov-13	Vitamin, Mineral and Nutritional Supp	GNC	47.05	47.05
8-Nov-13	Dental	Dr. Po Fong Yang	280.00	
16-Nov-13	Vitamin	Shoppers Drug Mart	22.81	22.81
21-Nov-13	Medicated Shampo and Nutritional Supp	Shoppers Drug Mart	49.69	
<b>Total</b>			<b>\$4,297.02</b>	<b>\$3,568.96</b>
Direct Expenche Incured Due to Toxic Metal Toxicity (2010 + 2011 + 2012 + 2013)				\$13,993.08
Other Medical Expences (2010 + 2011 + 2012 + 2013)				\$3,487.29
<b>Grand Total (2010 + 2011 + 2012 + 2013)</b>				<b>\$17,480.37</b>
Monthly Average			358.09	297.41
Other Medical Expences			728.06	60.67

Gana Kiritharan's Medical Expences - Year 2014

Date	Detail of Expences	Store or Hospital	Amount	Direct Exp
10-Jan-14	Mineral and Nutritional Supp	Nutrition House	113.41	113.41
21-Jan-14	Vitamins	Shoppers Drug Mart	29.00	29.00
27-Jan-14	Mineral	National Nutrition	96.00	96.00
31-Jan-14	Vitamin and Nutritional Supp	GNC	59.57	59.57
1-Feb-14	Vitamin, Mineral and Nutritional Supp	Shoppers Drug Mart	55.00	55.00
8-Mar-14	Vitamin, Mineral and Nutritional Supp	Shoppers Drug Mart	112.36	112.36
13-Mar-14	Mineral and Nutritional Supp	Nutrition House	44.49	44.49
14-Mar-14	Vitamins	Shoppers Drug Mart	81.00	81.00
21-Mar-14	Vitamins and Minerals	Dr. Fred Hui	40.00	40.00
28-Mar-14	Metformin	Warden Pharmacy	36.94	
26-Apr-14	Nutritional Supp	Nutrition House	22.20	22.20
2-May-14	Minerals	Nutrition House	6.20	6.20
9-May-14	Nutritional Supp	Nutrition House	40.67	40.67
24-May-14	Nutritional Supp	Nutrition House	11.29	11.29
26-May-14	Vitamins	Shoppers Drug Mart	9.59	9.59
10-Jun-14	Mineral and Nutritional Supp	National Nutrition	97.13	97.13
11-Jun-14	Vitamins	GNC	22.11	22.11
13-Jun-14	Nutritional Supp	Nutrition House	30.95	30.95
13-Jun-14	Nutritional Supp	GNC	13.55	13.55
30-Jun-14	Nutritional Supp	GNC	13.55	13.55
8-Jul-14	Challenged Urine Test	NewHealthProducts	151.68	151.68
9-Jul-14	DMSA & Nutritional Supplement	Nutrition House	77.94	77.94
10-Jul-14	Nutritional Supp	GNC	27.10	27.10
11-Jul-14	Vitamins and Minerals	GNC	18.05	18.05
11-Jul-14	Metformin	Warden Pharmacy	36.94	
12-Jul-14	Vitamin, Mineral and Nutritional Supp	Shoppers Drug Mart	66.64	66.64
25-Jul-14	Hair Test	Zentai Wellness Center	152.55	152.55
28-Jul-14	Nutritional Supp	Shoppers Drug Mart	111.24	111.24
29-Jul-14	Nutritional Supp	Nutrition House	25.30	25.30
8-Aug-14	Nutritional Supp	GNC	86.68	86.68
16-Aug-14	Mineral and Nutritional Supp	Nutrition House	38.52	38.52
19-Aug-14	DMSA & Nutritional Supplement	Nutrition House	159.19	159.19
30-Aug-14	Mineral and Nutritional Supp	Shoppers Drug Mart	76.25	76.25
7-Oct-14	DMSA & Nutritional Supplement	Nutrition House	125.82	125.82
17-Oct-14	Nutritional Supp	GNC	24.37	24.37
24-Oct-14	DMSA & Nutritional Supplement	Nutrition House	135.52	135.52
25-Oct-14	Nutritional Supp	Shoppers Drug Mart	60.40	60.40
31-Oct-14	Nutritional Supp	Nutrition House	11.29	11.29
7-Nov-14	Nutritional Supp	Nutrition House	26.43	26.43
7-Nov-14	Metformin	Warden Pharmacy	36.94	
9-Nov-14	Cholestrol and BP Medication	From India	200.00	
21-Nov-14	DMSA & Nutritional Supplement	Nutrition House	85.85	85.85
28-Nov-14	Vitamins and Minerals	GNC	23.81	23.81
12-Aug-14	DMSA & Nutritional Supplement	Nutrition House	97.15	97.15
19-Dec-14	Salbutamol Inhaler	Warden Pharmacy	17.69	
30-Dec-14	Nutritional Supp	GNC	13.55	13.55
Total			\$2,821.91	\$2,493.40
Direct Exence Incured Due to Toxic Metal Toxicity (2010 to 2014)				\$16,486.48
Other Medical Expences (2010 to 2014)				\$3,815.80
Grand Total (2010 to 2014)				\$20,302.28
Monthly Average			235.16	207.78
Other Medical Expences			328.51	27.38

## Gana Kiritharan's Medical Expenses - Year 2015

Date	Detail of Expenses	Store or Hospital	Amount	Direct Exp
2-Jan-15	DMSA & Nutritional Supplement	Nutrition House	169.66	169.66
3-Jan-15	Vitamins and Minerals	Shoppers Drug Mart	60.26	60.26
19-Jan-15	Vitamins and Minerals	GNC	22.59	22.59
22-Jan-15	Dental Clening and Filling	Bridletowne Dental Office	275.00	
23-Jan-15	DMSA & Nutritional Supplement	Nutrition House	85.18	85.18
27-Jan-15	DMSA & Nutritional Supplement	National Nutrition	90.37	90.37
30-Jan-15	Nutrional Supp	GNC	13.55	13.55
6-Feb-15	Metformin	Warden Pharmacy	36.94	
12-Feb-15	Nutrional Supp	GNC	49.69	49.69
21-Feb-15	Vitamins and Minerals	Shoppers Drug Mart	91.38	91.38
24-Feb-15	DMSA & Nutritional Supplement	Nutrition House	86.20	86.20
28-Feb-15	Minoxidil (Hair Regrowth)	CT Mall	37.58	37.58
7-Mar-15	Vitamins and Minerals	Shoppers Drug Mart	124.37	124.37
13-Mar-15	Nutrional Supp	GNC	27.10	27.10
15-Mar-15	Hair Regrowth	National Nutrition	83.01	83.01
17-Mar-15	DMSA & Nutritional Supplement	Nutrition House	53.10	53.10
21-Mar-15	Vitamins and Minerals	Shoppers Drug Mart	125.70	125.70
23-Mar-15	Hair Regrowth	National Nutrition	94.83	94.83
4-Apr-15	DMSA & Nutritional Supplement	Nutrition House	146.51	146.51
5-Apr-15	Hair Regrowth	Jorge Paulovich	26.20	26.20
12-Apr-15	Hair Regrowth	National Nutrition	92.04	92.04
12-Apr-15	Hair Regrowth	Merlins Crystal Cave	14.90	14.90
13-Apr-15	Hair Regrowth	Health_CAN	22.40	22.40
8-May-15	DMSA & Nutritional Supplement	Nutrition House	86.31	86.31
11-May-15	Metformin	Warden Pharmacy	30.89	
14-May-15	Nutrional Supp	GNC	27.10	27.10
16-May-15	Vitamins and Minerals	Shoppers Drug Mart	103.26	103.26
5-Jun-15	DMSA & Nutritional Supplement	Nutrition House	119.05	119.05
16-Jun-15	Nutrional Supp	GNC	40.65	40.65
10-Jul-15	DMSA & Nutritional Supplement	Nutrition House	86.31	86.31
16-Jul-15	Test (Hair Mineral Analysis)	Zentai Wellness Center	160.00	160.00
18-Jul-15	Vitamins and Minerals	Shoppers Drug Mart	67.47	67.47
31-Jul-15	Nutrional Supp	Nutrition House	12.42	12.42
14-Aug-15	Nutrional Supp	Nutrition House	131.25	131.25
17-Aug-15	Metformin	Warden Pharmacy	30.89	
1-Sep-15	Nutrional Supp	Nutrition House	54.23	54.23
5-Sep-15	Nutrional Supp	GNC	30.00	30.00
11-Sep-15	Nutrional Supp	Nutrition House	66.93	66.93
26-Sep-15	Nutrional Supp	Nutrition House	54.23	54.23
2-Oct-15	DMSA & Nutrional Supplimnet	Nutrition House	101.57	101.57
7-Oct-15	Nutrional Supp	GNC	101.65	101.65
23-Oct-15	DMSA & Nutrional Supplimnet	Nutrition House	128.78	128.78
24-Oct-15	Vitamins and Minerals	Shoppers Drug Mart	63.23	63.23
26-Oct-15	Nutrional Supp	GNC	27.10	27.10
26-Oct-15	Metformin	Warden Pharmacy	30.89	
11-Nov-15	DMSA & Nutrional Supplimnet	Nutrition House	93.97	93.97
20-Nov-15	Nutrional Supp	GNC	40.63	40.63
27-Nov-15	Nutrional Supp	GNC	181.27	181.27
Total			\$3,698.64	\$3,294.03
Direct Expenre Incured Due to Toxic Metal Toxicity (2010 to 2015)				\$19,780.51
Other Medical Expenres (2010 to 2015)				\$4,220.41
Grand Total (2010 to 2015)				\$24,000.92
Monthly Average			308.22	274.50
Other Medical Expenres			404.61	33.72

**Gana Kiritharan's Medical Experiences - Year 2016**

<b>Date</b>	<b>Detail of Experiences</b>	<b>Store or Hospital</b>	<b>Amount</b>	<b>Direct Exp</b>
2-Jan-16	DMSA & Nutritional Supplement	Nutrition House	54.23	54.23
16-Jan-16	Vitamins and Minerals	GNC	13.55	13.55
16-Jan-16	DMSA & Nutritional Supplement	Nutrition House	114.11	114.11
16-Jan-16	Vitamins and Minerals	Shoppers Drug Mart	80.00	80.00
29-Jan-16	Vitamins and Minerals	Shoppers Drug Mart	50.00	50.00
5-Feb-16	Nutritional Supp	Nutrition House	40.67	40.67
8-Feb-16	Atorvastating Calcium	Warden Pharmacy	43.81	
8-Feb-16	Metformin	Warden Pharmacy	30.34	
8-Feb-16	Nortriptyline	Warden Pharmacy	33.39	33.39
13-Feb-16	Asprin	Shoppers Drug Mart	9.37	9.37
20-Feb-16	Nutritional Supp	GNC	27.10	27.10
20-Feb-16	Skin Cream and Nutritional Supp	Shoppers Drug Mart	71.24	71.24
7-Mar-16	Skin Lotion	Shoppers Drug Mart	5.00	5.00
11-Mar-16	Nutritional Supp	Nutrition House	33.89	33.89
17-Mar-16	Vitamins and Minerals	Shoppers Drug Mart	10.50	10.50
19-Mar-16	Vitamins and Minerals	Shoppers Drug Mart	40.00	40.00
24-Mar-16	Nutritional Supp	Nutrition House	24.85	24.85
24-Mar-16	Nutritional Supp	Nutrition House	28.24	28.24
4-Apr-16	Nutritional Supp	GNC	29.36	29.36
5-Apr-16	Nortriptyline	Warden Pharmacy	53.79	53.79
9-Apr-16	Vitamins and Minerals	Shoppers Drug Mart	210.00	210.00
4-Apr-17	DMSA	DMSA Internet Store	242.91	242.91
22-Apr-16	Nutritional Supp	Nutrition House	54.43	54.43
25-Apr-16	Vitamins and Minerals	GNC	289.35	289.35
10-Jun-16	Nutritional Supp	Nutrition House	33.89	33.89
13-Jun-16	Nutritional Supp	Nutrition House	88.11	88.11
25-Jun-16	Skin Cream and Nutritional Supp	Shoppers Drug Mart	72.12	72.12
11-Jul-16	Epsom Salt	Shoppers Drug Mart	27.10	27.10
13-Jul-16	Test (Hair Mineral Analysis)	Zentai Wellness Center	160.00	160.00
24-Jul-16	Nortriptyline	Warden Pharmacy	23.92	23.92
24-Jul-16	Metformin	Warden Pharmacy	30.34	
24-Jul-16	Nortriptyline	Warden Pharmacy	23.92	
30-Jul-16	Skin Cream and Nutritional Supp	Shoppers Drug Mart	59.48	59.48
5-Aug-16	Nutritional Supp	Nutrition House	51.27	51.27
17-Aug-17	DMSA	DMSA Internet Store	236.28	236.28
25-Aug-16	Co-Pregabalin	Warden Pharmacy	25.74	
28-Aug-16	Nutritional Supp	GNC	22.01	22.01
31-Aug-16	Nutritional Supp	Nutrition House	28.24	28.24
4-Sep-16	Nutritional Supp	Shoppers Drug Mart	28.24	28.24
11-Sep-16	Nutritional Supp	Shoppers Drug Mart	93.45	93.45
13-Sep-16	Toxic Metal Report	DMSA Internet Store	193.80	193.80
14-Sep-16	Lithium	Amazon	26.77	26.77
19-Sep-16	Nutritional Supp	S & H Health Foods	24.66	24.66
19-Sep-16	Nutritional Supp	Nutrition House	33.88	33.88
23-Sep-16	Amitriptyline	Warden Pharmacy	20.60	
30-Sep-16	NAC	GNC	29.36	29.36
17-Oct-17	DMSA	DMSA Internet Store	240.58	240.58
24-Oct-16	Amitriptyline	Warden Pharmacy	38.59	
24-Oct-16	Metformin	Warden Pharmacy	30.59	30.59
29-Oct-16	Nutritional Supp	GNC	68.90	68.90
5-Nov-16	Nutritional Supp	GNC	133.22	133.22
8-Nov-16	Nutritional Supp	Nutrition House	161.84	161.84
26-Nov-16	Vitamins and Minerals	Shoppers Drug Mart	221.63	221.63
7-Dec-16	DMSA	DMSA Internet Store	242.65	242.65
13-Dec-16	Nutritional Supp	GNC	39.54	39.54
21-Dec-16	Nutritional Supp	GNC	108.39	108.39
27-Dec-17	Nutritional Supp	GNC	81.31	81.31
<b>Total</b>			<b>\$4,290.55</b>	<b>\$4,077.21</b>
<b>Direct Expenche Incured Due to Toxic Metal Toxicity (2010 to 2016)</b>				<b>\$23,857.72</b>
<b>Other Medical Expenches (2010 to 2016)</b>				<b>\$4,433.75</b>
<b>Grand Total (2010 to 2016)</b>				<b>\$28,291.47</b>
<b>Monthly Average</b>			<b>357.55</b>	<b>339.77</b>
<b>Other Medical Expenches</b>			<b>213.34</b>	<b>17.78</b>



## Gana Kiritharan's Medical Expences - Year 2017

Date	Detail of Expences	Store or Hospital	Amount	Direct Exp
13-Jan-17	Cotrimazole	Warden Pharmacy	15.28	15.28
17-Jan-17	Nutrional Supp	Nutrition House	143.77	143.77
25-Jan-17	Dental Clening	Bridlewood Dental Office	100.00	100.00
6-Feb-17	Metformin	Warden Pharmacy	30.59	
6-Feb-17	Amitriptyline	Warden Pharmacy	38.59	38.59
15-Feb-17	Nutrional Supp	Shoppers Drug Mart	15.24	15.24
2-Apr-17	Wound Dressing	Shoppers Drug Mart	19.18	
15-Mar-17	DMSA	DMSA Internet Store	246.24	246.24
22-Apr-17	Nutrional Supp	Shoppers Drug Mart	85.00	85.00
29-Apr-17	Nutrional Supp	Shoppers Drug Mart	100.00	100.00
14-May-17	Metformin	Warden Pharmacy	30.59	
25-May-17	Nutrional Supp	Nutrition House	13.20	13.20
28-May-17	Nutrional Supp	GNC	54.65	54.65
4-Jun-17	Plaster	Shoppers Drug Mart	7.11	7.11
6-Jun-17	Vitamins and Minerals	Lucky Vitamin	50.65	50.65
6-Jun-17	DMSA	DMSA Internet Store	254.48	254.48
20-Jun-17	Nutrional Supp	Nutrition House	76.11	76.11
20-Jun-17	Nutrional Supp	GNC	22.59	22.59
20-Jun-17	Amitripline	Warden Pharmacy	38.59	
13-Jul-17	Challenged Urine Test	DMSA Internet Store	195.00	195.00
15-Jul-17	Hair Mineral Analysis	Zentill Wellness Center	160.00	160.00
2-Aug-17	Nutrional Supp	Shoppers Drug Mart	49.51	49.51
6-Aug-17	Metformin	Warden Pharmacy	30.59	
13-Aug-17	DMSA	DMSA Internet Store	254.48	254.48
14-Aug-17	Metoprolol	Warden Pharmacy	24.81	
5-Sep-17	Nutrional Supp	GNC	124.53	124.53
8-Sep-17	Amoxicillin	WalMart Pharmacy	17.87	
2-Oct-17	Amitripline	Warden Pharmacy	27.73	
15-Oct-17	Asprine	Shoppers Drug Mart	14.68	14.68
15-Oct-17	Vitamins and Minerals	Shoppers Drug Mart	97.32	97.32
16-Oct-17	Nutrional Supp	GNC	111.60	111.60
28-Oct-17	Vitamins and Minerals	Shoppers Drug Mart	68.22	68.22
6-Nov-17	Metformin	Warden Pharmacy	30.59	
11-Nov-17	Vitamins and Minerals	Shoppers Drug Mart	93.83	93.83
14-Nov-17	Nutrional Supp	Nutrition House	89.32	89.32
26-Nov-17	Nutrional Supp	GNC	291.90	291.90
26-Nov-17	Vitamins and Minerals	Shoppers Drug Mart	177.14	177.14
29-Nov-17	Nutrional Supp	Nutrition House	149.58	149.58
Total			\$3,350.56	\$3,100.02
Direct Expence Incured Due to Toxic Metal Toxicity (2010 to 2017)				\$26,957.74
Other Medical Expences (2010 to 2017)				\$4,684.29
Grand Total (2010 to 2017)				\$31,642.03
Monthly Average			279.21	258.34
Other Medical Expences			250.54	20.88

**Gana Kiritharan's Medical Expences - Year 2018**

<b>Date</b>	<b>Detail of Expences</b>	<b>Store or Hospital</b>	<b>Amount</b>	<b>Direct Exp</b>
15-Jan-18	Cough Medication	Shoppers Drug Mart	20.53	20.53
23-Jan-18	Cough Medication	Shoppers Drug Mart	31.18	31.18
27-Jan-18	Metformin	Finch & Warden Pharmacy	30.59	
28-Feb-18	Wound Dressing Items	Shoppers Drug Mart	75.68	75.68
17-Mar-18	Nutritional Suppliment	Shoppers Drug Mart	25.66	25.66
2-Mar-18	Wound Dressing Items	Shoppers Drug Mart	14.67	14.67
1-Apr-18	Asprin	Shoppers Drug Mart	12.49	12.50
17-Apr-18	Metformin	Finch & Warden Pharmacy	19.77	
17-Apr-18	Amoxicillin	Finch & Warden Pharmacy	21.27	21.27
17-Apr-18	Metoprolol	Finch & Warden Pharmacy	23.88	
18-Apr-18	Nutritional Suppliment	Shoppers Drug Mart	31.00	31.00
21-Apr-18	Nutritional Suppliment	GNC	33.88	33.88
25-Apr-18	Asprin	Shoppers Drug Mart	20.38	20.38
3-May-18	Nutritional Suppliment	Nutrition House	2.02	2.02
9-May-18	Nutritional Suppliment	Shoppers Drug Mart	24.29	24.29
7-Jun-18	Nutritional Suppliment	Shoppers Drug Mart	14.79	14.79
11-Jun-18	Special Brief (Activated Charcol)	Sherrides	400.00	400.00
17-Jun-18	Nutritional Suppliment	GNC	137.58	137.58
20-Jun-18	DMSA	DMSA Internet Stores	352.89	352.89
8-Jul-18	Nutritional Suppliment	Shoppers Drug Mart	77.00	77.00
8-Jun-18	Nutritional Suppliment	Nutrition House	42.76	42.76
10-Jul-18	Hair Mineral Analysis	Zental Wellness Center	160.00	160.00
25-Jul-18	Cough Medication	Shoppers Drug Mart	7.33	7.33
26-Jul-18	Free Style Libre	Bayshore Speciality Rx	227.00	227.00
29-Jul-18	Metoprolol	Finch & Warden Pharmacy	23.88	
29-Jul-18	Metformin	Finch & Warden Pharmacy	19.77	
6-Aug-18	Nutritional Suppliment	GNC	29.36	29.36
6-Aug-18	Metformin	Finch & Warden Pharmacy	30.59	
9-Aug-18	Nutritional Suppliment	Nutrition House	108.41	108.41
11-Aug-18	Vitamin & Minerals	Shoppers Drug Mart	9.49	9.49
17-Aug-18	Nutritional Suppliment	GNC	29.36	29.36
12-Aug-18	Book		647.82	647.82
28-Aug-18	Free Style Libre	Bayshore Speciality Rx	178.00	178.00
5-Sep-18	Asprin	Shoppers Drug Mart	15.24	15.24
18-Sep-18	Vitamin & Minerals	Shoppers Drug Mart	49.66	49.66
4-Sep-18	Challenge Urine Test + Chelation	Dr Fred Hui Clinic	6,500.00	6,500.00
28-Sep-18	Nutritional Suppliment	GNC	29.36	29.36
<b>Total</b>			<b>\$9,465.09</b>	<b>\$9,316.61</b>
<b>Direct Expence Incured Due to Toxic Metal Toxicity (2010 to 2017)</b>				<b>\$36,274.35</b>
<b>Other Medical Expences (2010 to 2017)</b>				<b>\$4,832.77</b>
<b>Grand Total (2010 to 2017)</b>				<b>\$41,107.12</b>
<b>Monthly Average</b>			<b>1,051.68</b>	<b>1,035.18</b>
<b>Other Medical Expences</b>			<b>148.48</b>	<b>16.50</b>



I, GANJA KIRITHARAN  
Je soussigné(e), (NAME)  
of 307-10 STONB HILL COURT, SCARBOROUGH, ONTARIO, CANADA  
De (STREET ADDRESS)

make oath and say as follows: On 18<sup>th</sup> or 19<sup>th</sup> of MAY 2010 when  
déclare sous serment que:

I was cooking I saw some glistening fluid running in my cooking utensil. On suspicion it may be mercury I carried out lab experiments and found my body level of Cadmium, Lead and Mercury is elevated. I believe somebody added these toxic metals to my food with criminal intention. The unknown peoples may added it to kill me with complications of these heavy metals. Or the unknown people may tried to label me as a psychiatric patient to justify my other complications complaints made to police and judiciary. I am enclosing with this statement  
i) Detail Statement of what happened.  
ii) Recent laboratory reports of my body.

G. Kiritharan  
(signature)

Sworn by the said GANJA KIRITHARAN.  
Déclaré sous serment par  
before me S.N.S  
devant moi

at The City of Toronto  
dans le/le  
on the 17 day of August, yr 2010  
le jour de an

[Signature]  
JUSTICE OF THE PEACE  
PROVINCE OF ONTARIO

Following are the Scenario of events I, Gana Kiritharan, observed or experienced over the last few years which lead to the suspicion that I may be a victim of mercury poisoning with criminal intention.

1. Around early 2003, while I was living in Ottawa, for the first time I observed some neurological symptoms in my body. They are:
  - A. Muscle twitching around left eye and left shoulder region.
  - B. Tiredness.
2. I did not consult my family Doctor, but took some Aspirin and symptoms relieved after two or three weeks.
3. Again around later part of 2004 or early part of 2005; while I was living in Toronto I developed similar neurological symptoms.
4. I was diagnosed with high blood cholesterol and triglyceride problem around end of 2002 (while I was in Ottawa), and high blood glucose (diabetes) around end of 2004 (while I was in Toronto).
5. My fasting blood triglyceride level and fasting blood glucose level moving up and down which may be difficult to explain. (Please see the Graphs presented).
6. **Around March 2005 when my family doctor Dr. Vaithianathan tried to change my cholesterol and triglyceride medication back and forth I developed a suspicion that there may be some unwanted interference into my health.**
7. **Initially I thought it may be due to some diagnostic mistake of my mental condition and unauthorized treatment for such misdiagnosis.**
8. During 2005 March – 2006 May, while I was in India and Sri Lanka, though I was not taking proper medication, my fasting glucose, cholesterol and triglyceride levels were under better control.
9. While I was in India or Sri Lanka I did not remember developing neurological symptoms which I experienced in Ottawa or Toronto.
10. When I came back to Canada in May 2006 again my fasting blood glucose, cholesterol and triglyceride levels started to move up and down. Also from beginning of 2008 my fasting blood glucose, triglyceride and cholesterol level started to go up without any control.
11. Though my doctors increased the medications, the medicines fail to bring control of this problem.
12. Also for last two or three years I am experiencing a bad smell in my breath. Again I thought it may be due to unauthorized treatment for the misdiagnosed mental condition.
13. Also from beginning of this year (2010) I started to develop various other sign and symptoms in my body. Some of them are:
  - A. Muscle and Joint pain
  - B. Poor coordination of walking (tried to fall while on stairs - twice)
  - C. Muscle cramps.
  - D. Bad smell in the breath.
  - E. Bleeding gums.
  - F. Skin itching and infections.
  - G. Identifiable short term memory loss.

14. **On May 18<sup>th</sup> or 19<sup>th</sup> of 2010, while I was cooking in my apartment, I accidentally over heated a cooking utensil. When I realized the mistake and turned off the cooker, I saw a small amount of glittering liquid running in the utensil. On panic I discarded the liquid into wash basin.**
15. **Few days after when I recalled the incident and coordinated with the sign and symptoms I was experiencing I realized I may be a victim of Mercury poisoning with fraudulent intention.**
16. Though it was appropriate to make a police complaint, I was not able to do so immediately for the following reasons.
  - A. A diagnosis saying I am suffering from Delusional Disorder Persecutory Type may prevent people believing my complaint.
  - B. Though I already made complaint that I am a victim of fraud and obstruction to justice and provided necessary supportive documentary evidences, Toronto Police Services failed to make proper enquiry or other legal actions.
17. So I decided to make proper clinical diagnosis first.
18. I went and gave blood and urine for regular examination on 26<sup>th</sup> of May 2010.
19. From beginning of June 2010, I started to avoid food which I suspected to contain mercury. I avoid using the fridge in my kitchen to store food. Also I brought a small freezer into my room and put a padlock for it. I used to store any of my food into this freezer. Also I stored rest of the food cooked on May 18<sup>th</sup> or 19<sup>th</sup> of 2010 into this freezer.
20. On 9<sup>th</sup> of June 2010 I contacted Poison Center at 416 813 5900 and tried to collect some information. There I got informed that I should contact my family doctor first and contact them through my family doctor. When I asked about the lab test for mercury level in the body, they informed me to avoid fish and sea foods for 5 days and then only the testing for mercury can be conducted and they will provide the testing information only to my family doctor.
21. On same day (9<sup>th</sup> of June 2010) I visited my Dentist and confirmed the dental filling done for me in 2003 was not done with mercury also got advise to consult a gum specialist to know more about the reasons for gum problems.
22. I also did a complete eye examination on 11<sup>th</sup> of June 2010 and found dry eyes is the only problem. No other damages were diagnosed in my eyes on that day.
23. On 15<sup>th</sup> of June 2010, during my clinical appointment with Dr. Jeyalingam (Specialist in Internal medicine) I explained my health problem may be caused by mercury poisoning. He refused to accept my conclusion and ask me to contact my family Doctor to do necessary tests and to consult a toxicologist.
24. When I asked Dr. Jeyalingam whether he see any indication of renal damage in the recent laboratory report he told me he could not find any. But the Microalbumin (RUR) and Creatinine (RUR) were 80.3 and 38.4 which may indicate renal damage due to heavy metal or diabetes.
25. I did not tell the incident happened while I was cooking in my apartment to poison center, my dentist, eye specialist or to Dr. Jeyalingam.
26. On 16<sup>th</sup> of June 2010, I visited my family doctor Dr. M. Selvanathan and explained my concerns also told him what I observed while I was cooking at home. Though my doctor did not accept my conclusion 100 %, he told me he need more time to collect information about testing for mercury and other details. He asked me to come back next day.

27. I visited my family doctor again on 18<sup>th</sup> of June 2010 and he gave me an order for lab report of serum mercury. When I told him hair analysis may be the better test, he disagreed with me.
28. My doctor also advised me, if the test results become negative I may get diagnosed with serious mental problems so it is better to abandon my complaint.
29. I went and gave blood for the testing on 21<sup>st</sup> of June 2010 at LabCare Inc (CML) 3850 Finch Avenue east (Basement Level).
30. After giving the blood I started the supportive (Vitamins and Other natural elements) medication necessary for removal of mercury (Chelating) from body. I started this with out any medical guidance based on information collected from Internet and my medical knowledge.
31. When I contacted LabCare Inc (CML) on 25<sup>th</sup> of June 2010 (4 days after I gave blood; between 8 AM – 10 AM) through Dr. M. Selvanathan's office I got informed that CML lab computer system is down so unable to give a result immediately.
32. When contacted again them between 26<sup>th</sup> of June – 2<sup>nd</sup> of July 2010, either through doctor's office or directly; I got informed the result is pending.
33. On 5<sup>th</sup> of July 2010, when I visited my doctor's office, Dr. M. Selvanathan and his office staff informed me they received the result from another laboratory (not from CML) and that is the reason for the delay (and the status of pending) and the result is normal. When I asked for the exact value of the blood mercury level and a copy of the report, doctor told me he could not remember the value and the report went for scanning so that he could not give me a copy immediately.
34. I decided (forced) to start the chelating program with out any medical consultation. I started 250 mg DMSA once daily on 6<sup>th</sup> of July 2010. Though for the first week I observed some improvement in my symptoms, the symptoms started to go worse in second week. So I stopped the DMSA after two weeks of treatment on 19<sup>th</sup> of July 2010.
35. So I decided to do a Hair Mineral Analysis.
36. I gave my hair samples on 19<sup>th</sup> of July 2010 and received the report on 5<sup>th</sup> of August 2010.
37. The results confirmed increased level of Cadmium, Lead, and Mercury in the hair. It also confirmed increased level of Calcium, Copper and Zinc which may be the result of secondary effects of heavy metal poisoning.
38. As my suspicion of heavy metal poisoning confirmed I booked an appointment with a chelating doctor (Dr. Fred Hui) for 27<sup>th</sup> September 2010.
39. Also during this time I observed my fasting blood glucose value started to go down. As I believed it was the result of my attempt to avoid poisoned food and chelating therapy I decided to continue them.
40. I bought a lockable wall cabinet and locked my medicines and dry food in it. I also started to buy my foods from randomly chosen restaurants.
41. I designed a weekly cycle of chelating program based on low frequent dose program developed by Andy Cutler. I took 4x250 mg DMSA during Saturday and Sunday and took only supportive medications during other days.
42. My effects to avoid poisoned food and chelating therapy may helped my fasting blood glucose value to go from 14.7 mmol/L (May 26, 2010) and 14.8 mmol/L (June 17, 2010) to 7.4 mmol/L on 4<sup>th</sup> of August 2010.
43. On 7<sup>th</sup> of August 2010; I visited my family doctor and showed him the result of Hair Mineral Analysis and the change in my fasting blood glucose value. I also informed him I

have booked an appointment with a chelating doctor for September 27<sup>th</sup> 2010. I requested and received the blood mercury value from my family Doctor. My family doctor requested me to give some feed back about the consultation with the chelating doctor for his improvement of knowledge. When talked about the reason for the increased heavy metal burden of my body and making a police complaint, my family doctor asked me to consult the chelating doctor for his opinion.

44. The report received from my family doctor informed me that my blood mercury value was 15.4 nmol/L and the report completed on 25/6/2010: 15:00 and analysis carried out by Gamma Dynacare Medical Laboratories. The report also gives a value of < 18 nmol/L as reference range.
45. On 7<sup>th</sup> of August 2010, I once again called the poison center at 416 813 5900 and tried to explain my situation. The person (a lady) answered started to dismiss all my statements with out listening to them. I had to inform the person that she is coming to conclusion before I speak. When I asked whether there is a possibility of examining the suspected poisoned foods I have in my freezer for heavy metal contents, she said there is not much chances of doing so and asked me to talk to the chelating doctor regarding this. When asked about the services provided by poison center, she told they only provide consultation.
46. On 16<sup>th</sup> of August 2010, after securing necessary money for the consultation I visited Dr. Fred Hui Office with an intention to request for an early appointment. As Dr. Fred Hui on vacation talked to his assistant and learnt that initial consultation, treatment and lab reports may cost \$ 600.00 and subsequent treatment will cost around \$ 350.00 per month. So I decided to make a police complaint and a complaint to food inspection agency.

## **Experience on making Police Complaint Regarding Poisoning Food with Heavy Metals:**

As I was not able to make early appointment with my chelating doctor I tried to make a police complaint and complaint to food inspection agency on 17<sup>th</sup> of August 2010. First I went and made an affidavit at Toronto Criminal Court at 1911 Eglinton Avenue on 17<sup>th</sup> of August 2010 around 8:30 AM. Then I went to 242 Milner Avenue Toronto Police Services and tried to make a complaint. There I was advised that as there is no Police Officers available to accept my complaint make a call to non emergency number at 416-808-2222. I returned home and made a call around 1:46 PM. 5 – 6 Police Officers arrived after 10 minutes. When I tried to explain what happened and tried to show them the lab reports I had, they dismissed my complaints as fabricated and I am suffering from hypochondriasis. When they requested I saw them the previous psychiatric diagnosis, they advised me to talk to my psychiatrist and left my apartment. On leaving one Police Officer gave his business card to me but he is not the person who talked to me or dismissed my allegations. The Police Officer gave the card is Anne Pitre (Police Constable # 9690).

1. After I called police officers I may be experienced increased pain in my right hip and back between shoulder blades regions.
2. I called my previous psychiatrist on 18<sup>th</sup> of August 2010 with intention to receive proper medical care but as I did not see him for one year my appointment got canceled and got advised to come through a new appointment.
3. I decided to wait to see Dr. Fred Hui.
4. Even though my symptoms got worsened I was not able to concentrate on treatment as I had sit for the Security Guard licensing test.
5. When I completed my Security Guard licensing test on 16<sup>th</sup> of September 2010 I searched and read more articles about Cadmium poisoning on Internet. Based on the articles I increased Zinc, Calcium and Vitamin C.
6. On 27<sup>th</sup> of September 2010 I went and see Dr. Fred Hui.
  - A. Dr. Fred Hui and his assistant may spent one and half hour or more on history taking examination and consultation.
  - B. Dr. Fred Hui ordered for a challenged urine test and the test was completed on same day.
  - C. Dr. Fred Hui may fail to give any improvement advice for the chelating program I followed, only said “not harmful”.
  - D. Dr. Fred Hui informed, my toxic status is higher than what usually he see but not seriously high.
  - E. Dr. Fred Hui told me he more worried by my diabetic problem and gave some dietary advice also advice to buy a book. I did not buy the book as I did not have enough money.
  - F. Dr. Fred Hui dismissed my fear that I am poisoned with criminal intention as delusion. Informed me MOH or Food Inspection Agency will not do a testing for toxic elements in the food samples I stored in the freezer in my room. He gave details of a private lab (Altlab 416 800 8008) who may do testing for toxic elements.
  - G. Dr. Fred Hui informed me the lab reports will be available in 2½ week and advised me to come for a consultation after 4 weeks.
7. Based on article obtained from Internet I started to take Chromium and Manganese regularly.
8. As my symptoms are started to go worse I started my DMSA medication 3 days after I met Dr. Fred Hui and symptoms got started to stabilize.



9. On 14<sup>th</sup> of October 2010, I received a call from Dr. Fred Hui office saying the lab report for challenged urine test is ready. I went and picked up the report on same day. The report may told very high level of Aluminum, Mercury and Lead and moderately high level of Cadmium, Gadolinium, Nickel, Tin and Uranium being excreted in my Urine. Also the details for Titanium being excreted is not available.
10. Dr. Fred Hui's assistants recommended a treatment as soon as possible, but due to the financial reasons I was not able to start the treatment immediately.
11. After I met Dr. Fred Hui I recorded my Fasting and Post Prandial blood sugar levels regularly and the values started to come down with some up and downs.
12. Also I did Glucose Tolerance Test once in two week and observed my glucose tolerance improved.
13. On 20<sup>th</sup> of October 2010, I experienced sudden increase in Post Prandial blood sugar level. The previous difference between Fasting and Post Prandial blood sugar level was 2.4 (18<sup>th</sup> October 2010) but on 20<sup>th</sup> of October 2010 the difference was 5.5.
14. On 19<sup>th</sup> of October 2010, when return from work around 6 PM, I washed my cloths and left the cloths in dryer over night for the cloths to get dry. On 20<sup>th</sup> of October 2010, I did the measurement of fasting blood glucose value when I wake up and when ready to go for work opened the dryer and the got the cloths and wore them for my work. I may experienced a kind of sweet smell from the cloths which were left in the dryer over night. I did the measurement of Post Prandial blood sugar level when I reached the work place. I suspect unknown people may add some poisonous substances for the cloths left in the dryer over night. I may saved a pair of gloves and socks left in the dryer on that day in a plastic bag as a sample for further investigations and stored it with the food samples in my freezer.
15. On 21<sup>st</sup> of October 2010 a shipment of DMSA may unnecessarily delayed at Mississauga Canada Post facility by one day. This made me to reduce the DMSA dose for two days.
16. Incidents explained in paragraphs 12, 13 and 14 gave me a fear that the unknown people may take any possible opportunity to poison me or harass me.
17. Also from 25<sup>th</sup> of October 2010, I started to take Adrenal and Thyroid supportive medication.
18. On 25<sup>th</sup> of October 2010 I may experienced a mild hypoglycemic attack in the afternoon. I started to take the Gliclazide tablets only after the meals.
19. On 27<sup>th</sup> of October 2010, I called private laboratories in Toronto and Mississauga area and found out that testing for Toxic metals for the food items may cost 150 to 300 dollars per sample.
20. On 28<sup>th</sup> of October 2010, I went to see the Dr. Fred Hui.
  - A. Dr. Fred Hui recommended an IV chelating program for me. When I explained financially it is not practical for me, he helped me to design an oral chelating program.
  - B. Dr. Fred Hui told me the Lab reports are not conventionally accepted in Canadian health care system or judicial system so that no further action can be taken medically or judicially.
  - C. Dr. Fred Hui informed me he is not my family doctor and he will not help me to get referred to appropriate specialist, order lab reports in Canadian Health Care system or involve legal matters related to this issue.
  - D. When I asked for an expert letter regarding my Lab reports, he informed me it may unnecessary waste of money and the lab reports are self explanatory.
21. From 6<sup>th</sup> of November 2010, Gana Kiritharan started to communicate with his Medical Experts and Friends with Intention to receive better medical care and financial support.

**Scenario of incidents happened after 6<sup>th</sup> of November 2010 regarding Attempt to Poison Gana Kiritharan with criminal intention and his attempt to defend against such attempts:**

1. During November 2010 – December 2010 period I tried to educate Sri Lankan Tamil community living in Toronto area and others regarding this medical problem
  - A. I directly went and left documents explaining the situation with personals working in TVi and Tamil one (Toronto based Tamil Community Television Services).
  - B. I went and left documents explaining situation with Mr. Rudra; Lawyer's assistant for Mr. Thillainathan.
  - C. I also went and left a document with Dr. Nageswary's family medical practice clinic.
  - D. I also gave document explaining situation for several friends living in Scarborough area.
  - E. I also uploaded the documents on my web site at: <http://www.gkiri.com>
2. Though I tried to do more public education regarding this situation I was not able to do so because for following reasons.
  - A. Winter season made moving around very difficult.
  - B. I experienced sever financial difficulties.
  - C. My work schedule Monday to Friday; 6.00 AM to 4.00 PM made me difficult to find time for other works.
3. In November I went and see Dr. Jeyalingam. I saw him the lap reports I obtained from Doctor's Data lap. Though he looked into them with some interest, he may fail to accept it is his responsibility to treat this medical problem. When I asked whether Insulin injection will help me to achieve some control of my diabetic problem, he agreed with me and gave me a prescription. He also referred me to diabetic clinic in Scarborough hospital, also referred me to endocrinologist in same hospital.
4. On November 24<sup>th</sup> 2011, I went to Scarborough hospital and started treatment with Insulin injection.
5. Also I did regular lab experiments of my blood and urine during December 2011 and found my urine protein concentration suddenly increased. On my request my family doctor referred me to a Nephrologist.
6. On December 12<sup>th</sup> 2011, I went to see endocrinologist at Scarborough hospital. She may refused accept my medical problems may caused by toxic metals and described chelating doctors as money makers. She may failed to accept my endocrine organs (thyroid, adrenal etc) may experiencing stress due to toxic metals and failed to order any lap experiments to check them or any medication to support them.
7. When I went to see nephrologists she ordered for a detail lab experiment also for abdominal scan. On the abdominal scan, it was found a small cyst is forming in my right kidney and fatty liver infiltration.
8. Around February to March 2011 period I tried to sell my House and Land in Sri Lanka to solve my financial problems; I was not able to do it immediately for several reasons.
9. During January and March 2011, I experienced unusual form of postal delays; supply of Chelating Medicine DMSA also got interrupted. During this time the Toxic symptoms of Toxic Metal Toxicity started to go up.
10. As the medications failed to bring any big control for my diabetic problem, I made more reference on Internet and find out my medical problem better classified as Metabolic Syndrome.

11. During this time my Blood Pressure started to go up and nephrologists prescribe some Ca channel blocker as medication for my blood pressure problem.
12. When analyzing all information about my Medical Problem I realized I may be suffering from Hyper Insulinemia.
13. On 14<sup>th</sup> of March 2011, I went and see Dr. Fred Hui again. He also informed me I may be suffering from Hyper Insulinemia and he advised me to stop Insulin injection and prescribed another injection, but I did not take the second one due to several reasons.
14. I stopped Insulin Injection from 16<sup>th</sup> of March 2011 and tried to manage my diabetic problem on diet, exercise and herbal and oral hypoglycemic medication alone.
15. On 20<sup>th</sup> March of 2011, unknown persons may add large amount of toxic metals to my cloths left in dryer for drying. When I took the cloths from dryer I experienced irritating smell coming from the cloths. I did not brought the cloths to my room directly, brought the cloths to living room and dust it off before bringing them to my room and started to do it as a routine.
16. During March – April 2011 period there may be few sever attempt to poison me through several means. I took more precaution to protect myself. I sealed off ventilation duct coming into my room.
17. From first week of April 2011, my security guard shift was changed from day shift to night shift and from last week of April 2011, the company where I was working may asked to come for 7 days a week.
18. Though I experienced some stress because of the new work hours, I was able to do some other works during day time and my financial problem may be temporarily solved.
19. I decided to do more detail lab experiments regarding Toxic Metal Toxicity problem. I repeated Hair Mineral Analysis and did three different Challenged Urine Tests. (One with DMPS, CaEDTA, Second one with DMSA and Third one with ALA, DMSA.)
20. When doing challenged urine test, I experienced my fasting blood glucose level went below 7 mmol/L and stayed for a while there.
21. I completed the challenged urine tests around July 14<sup>th</sup> 2011 and around this period I had to remove the seal I put for the ventilation duct of my room as the temperature in Toronto area went above 30<sup>0</sup>C.
22. After these incidents I experienced my fasting blood glucose level started to go up and it reached 8 mmol/L.
23. As a result I sealed off the ventilation duct of my room again and took more precaution to protect myself from poisoning attempts.
24. From mid part of May 2011 till mid part of September my fasting glucose level stayed around 7 mmol/L. Though I ate Ice cream, stagy food like Pittu and Marawali chips (*Maniok jadalany*) my fasting glucose level did not change much. I carried out a lab experiment of Hemoglobin A1C on 6 September 2011 and found the result was .074.
25. I also prepared an article “Chronic form of Toxic Metal Toxicity and Other Chronic Medical Problems” based on my personal health problems, my mother’s medical problems and other medical information collected from various resources.
26. I also tried to carry out a detail public education regarding this health problem. I informed my friends in face book regarding this issue. Also I went and left my article with few Tamil community family doctors working in Scarborough area. But I failed to see any big public awareness regarding this issue.

27. From end of September 2011 again my fasting blood glucose value started to fluctuate. So I carried out challenged urine test on 12<sup>th</sup> October 2011, on 5<sup>th</sup> December 2011, 7<sup>th</sup> March 2012 and on 17<sup>th</sup> July 2012 and found the level of arsenic in my urine level which was below detection limit on 14<sup>th</sup> July 2011 started to reappear and go increase in concentration.
28. Because of this continued criminal activity my fasting blood glucose value also continued to fluctuate.
29. I did two Hemoglobin A1C on December 17<sup>th</sup> 2011 and March 17<sup>th</sup> 2012 and found elevated to .085 and .084. (Previously on 6<sup>th</sup> September 2011 it was .074)
30. I may continue to experience repeated poisoning attempts until as late as August 2012.
31. Persons who were poisoning may be using one or more of the following ways to poison me.
  - A. When I was not at home, unknown persons may entering my room and sparing this toxic metals on my bed and cloths. Sometimes I am experiencing toxic smell coming from bed or cloths and used heater fans to remove and dilute these toxic metals.
  - B. The apartment above I am living (I am living in Apartment 307 and the Apartment above me is 407 at 10 Stonehill Court, Scarborough, Ontario, M1W 2X8, Canada) may be occupied by the criminal conspirators and they are using holes drilled in to the ventilation system and electrical fixture to pump toxic metals into my room. (I moved into this apartment in May 2006 and experienced drilling sound in year 2006 and recently (in year 2012)).
32. When somebody tries to poison me through above means, the possible toxic metals may get trapped into my apartment furnace filter. I secured the filter which was in my apartment furnace during 2011 – 2012 periods with other evidenced for this criminal conspiracy.
33. Because of this continued criminal activity some people living in my environment may also stated to saw some toxic symptoms due to Toxic metal toxicity.
34. To protect my-self from poisoning attempts I increased the ventilation of my room and work site.
35. I also changed and increased the chelating medication. I started to take Alpha Lipoic Acid in large amount.
36. These may helped to overcome the increased toxicity to some extent. Lab test of Hemoglobin A1C conducted on 16<sup>th</sup> July 2012 was .077 and Hair mineral analysis and Challenged Urine test done in July 2012 may inform my body steadily recovering from the toxic metal toxicity and major concern for the health is toxic metals coming from inside of the body not from outside.
37. During July 2012 – July 2013 I tried to ignore Toxic Metal Toxicity Issue and tried to concentrate on my freelance writing works. As my formal publishers UBSPD – New Delhi has informed me that they stopped printing and distributing my book, I made arrangement to my book available on e-book format. Also trying to make printed book available for sales.
38. As the part of my chelation program I took large amount of ALA, Coriander and other medications which may help to mobilize deeply stored toxic metals in my body to bring to the surface.
39. From November 2012 my fasting blood glucose value started to go up and went above 15 mmol/L.
40. Initially I thought it is because I was taking increased chelation medications, but soon realized it is due to sever and probably continuous attempt to poison me with criminal intention.

41. There may be sever attempts to poison me on following days. November 15<sup>th</sup> 20012, December 8<sup>th</sup> 2012, December 30<sup>th</sup> 2012, February 21<sup>st</sup> 2013, March 28<sup>th</sup> 2013. I experienced Toxic smell in the air coming into my room from furnace ventilation duct.
42. As I did before I secured the filter which was in my apartment furnace during 2012 – 2013 winter periods with other evidenced for this criminal conspiracy.
43. Again I did Hair Mineral Analysis and Challenged Urine Test in July 2013 and found Arsenic and Mercury which were disappeared in previous reports reappeared and found to be in very high concentrations.
44. Again the blood and urine test conducted in July 2013 shows increased Hemoglobin A1C (0.128). But the same report shows normal renal function, liver function and thyroid function.
45. My personal experience with Type 2 Diabetic Mellitus and my father's and mother's experience with chronic medical problems leads to following assumption.
  - i. Main cause of Type 2 Diabetic Mellitus, several other chronic medical and psychological disturbances are caused by Chronic form of Toxic Metal Toxicity.
  - ii. Major reason for cellular damage and other pathological changes in Type 2 Diabetic Mellitus is increased insulin level. (Hyperinsulinemia).
  - iii. Patient can reduce pathological changes in body by taking care to reduce blood insulin level. (Not necessarily blood glucose level).
46. I uploaded my Lab Reports and my conclusions and allegations to my web site (<http://www.gkiri.com>) around August 2013.
47. Around October 2013 I received a credit card from my present bank for 5000 Dollars. As I had a damaged or no credit history it appeared unusual for me. On contrast my old bank that I identify as principal conspirator against me, started to garnish my salary based on a court order delivered around September 8 2009. This garnishment started after 4 years of the court order.
48. These unusual financial activities may because of the allegations I had uploaded into my web site and an attempt to force me out of Canada by criminal conspirators.
49. Using the credit card I had received I bought a stock pile of Medicine I need and after that I bought some unnecessary stuff like Canon DSLR camera and brought my financial life closer to bankruptcy. I used to play the bankruptcy card to protect me from financial harassment.
50. The garnishment stated to take approximately 450 dollars every month and increased the financial challenges in front of me.
51. Mean time the attempt to poison my environment may continue. Toxic metal lab reports conducted on July 2014 and July 2015 may explain Cadmium, Mercury, Arsenic and Uranium may be added to my environment systematically (sometimes some of them then other) to prevent suspicion.
52. Around September 2014 I had to move to a new location. Though I believed the continued attempt to poisoning may stop after moving to new location, it may continued.
53. My regular blood and urine report may explain my Hemoglobin A1C may continued to be elevated above 0.118 for two years but there is no significant damages for the Kidneys.
54. These lab results may be leading to a conclusion that present way of defining Type II Diabetic Mellitus as elevated blood sugar level may not the best way to define the disease and need to be re understood and redefined.

55. I may exposed to high amount of Toxic metals around 2015 November – 2016 May period. This poisoning may happened by adding these toxic metals to my food left if fridge or Kitchen table. This poisoning may lead to hypersensitivity of my skin (Allodynia). I have to go for Tricyclic antidepressant or antiepileptic drugs to block the pain sensation.
56. Hair Mineral Analysis Test conducted in July 2016 and Challenged Urine Test conducted in September 2016 may explain that my body may expose to increased amount of Arsenic, Barium, Mercury, Thallium and Uranium.
57. After 2016 May period I tried to be careful about my food and drinking water. I made sure these items at my attention all the time. If there is a suspension of poisoning I threw away everything and buy new food and drinking water.
58. These precautions may help to bring down the diabetic and other symptoms under control. My skin hyper sensitivity problem improved.
59. Also my Hemoglobin A1C from 0.131 on 19<sup>th</sup> Feb 2016 dropped to 0.092 on 31 July 2017.
60. The Hair Mineral Analysis and Challenged Urine Test conducted in July 2017 may explain my body continued to expose to Arsenic, Barium, Cadmium and Mercury in high amount.

### Updated after July 2017.

61. Around 2017 October – November I was able to sell a portion of my land in Sri Lanka and overcome my financial challenges to some extent.
62. Around December 2017 – January 2018 I visited India and delivered my experience of treating Diabetics in a different way and the conclusion I draw from intellectual research I did about Diabetes as an Article.
63. Even though I tried to deliver my intellectual works in a lecture format I found difficult to book a lecture hall for this purpose in India or Singapore.
64. After publishing my works in my website on December 2017, I send copies to Indian and Singapore Medical Councils also to head of World Health Organization.
65. I also send by mail and gave in person my articles to several medical professionals in Tamil Nadu state in India.
66. I failed to receive any immediate recognition for my work. Also I failed to receive any financial support for my research.
67. I returned to Canada in January 2018 and continued with my security job.
68. I tried to send copies of my article to Medical professionals around the world.
69. Again I tried to sell the rest of the land in Sri Lanka and was success full selling everything by June – July 2018.
70. From August 2018 I tried to do more experiments and write more article about my new explanation to Type 2 Diabetic Mellitus (T2DM).
71. One experiment conducted by me may explanation mostly used oral diabetic medication “Metformin” work by removing arsenic like toxic metals from body.
72. Around September 2018 I organized necessary documents in a proper file format and hand over such file to community lawyer so they can find a Intellectual property lawyer or Public Relation firm to promote my intellectual works.
73. Again I tried to conduct experiments to find out the source of poisoning in my case. I send 3 different water samples to Doctors Data lab for analysis. The results received fail to give any significant information. (Details attached with.)

Date of Water Collec	1 <sup>st</sup> April 2010	15 <sup>th</sup> May 2018	13 <sup>th</sup> October 2018
Name of Toxic Metal			
Arsenic (As)	< 1	< 1	< 1
Copper (Cu)	< 10	< 10	35
Lead (Pb)	< 0.5	< 0.5	< 0.5
Thallium (Tl)	< 0.1	< 0.1	< 0.1
Uranium (U238)	< 1	1.6	< 1
Antimony (Sb)	< 0.5	< 0.5	< 0.5
Barium	48	110	19
Beryllium	< 0.4	< 0.4	< 0.4
Cadmium (Cd)	< 1	< 1	< 1
Chromium (Cr)	< 10	< 10	< 10
Mercury (Hg)	< 0.5	< 0.5	< 0.5
Nickel (Ni)	< 5	< 5	< 5
Selenium (Se)	< 10	< 10	< 10

# DRINKING WATER ANALYSIS



**WATER TYPE:** Bottled  
**ORDERED BY:** Gana Kiritharan  
 6 Rose Bank Dr Apt 9I  
 Scarborough, ON M1B 0A1 CANADA

**LAB NUMBER:** W181003-2544-1  
**DATE ORDERED:** 10/03/2018  
**DATE COLLECTED:** 04/01/2018 *2018*  
**DATE COMPLETED:** 10/25/2018

## PRIMARY EPA DRINKING WATER METALS

PRIMARY METALS	RESULT parts per billion (ppb)	ACTION LEVELS		
		ACCEPTABLE	CAUTION	UNACCEPTABLE
Arsenic (As)	< 1	X		
Copper (Cu)	< 10	X		
Lead (Pb)	< 0.5	X		
Thallium (Tl)	< 0.1	X		
Uranium (U238)	< 1	X		
Antimony (Sb)	< 0.5	X	The EPA has not established levels for this category	
Barium	48	X		
Beryllium	< 0.4	X		
Cadmium (Cd)	< 1	X		
Chromium (Cr)	< 10	X		
Mercury (Hg)	< 0.5	X		
Nickel (Ni)	< 5	X		
Selenium (Se)	< 10	X		

## SECONDARY EPA DRINKING WATER METALS

SECONDARY METALS	RESULT parts per billion (ppb)	ACTION LEVELS		
		ACCEPTABLE	CAUTION	UNACCEPTABLE
Aluminum (Al)	< 10	X		The EPA has not established levels for this category
Iron (Fe)	120	X		
Manganese (Mn)	< 5	X		
Zinc (Zn)	< 50	X		

## pH LEVEL

	RESULT pH unit	ACTION LEVELS		
		ACIDIC < 6.5	ACCEPTABLE 6.5 - 8.5	ALKALINE > 8.5
pH	7.3		X	

pH is a measurement of corrosivity. A pH of 7 is neutral, being neither acidic nor alkaline. pH values of less than 7 are considered acidic (the lower the pH, the more acidic) and pH values above 7 are considered alkaline (the higher the pH, the more alkaline).

## INFORMATION

This test is a screen for primary and secondary metals regulated by the U.S. Environmental Protection Agency (EPA) in drinking water using analysis by ICP-MS. ICP-MS is one of the most sensitive and accurate techniques for measuring trace elements in drinking water. Please see the back of this report for definitions of terms and abbreviations and information about action levels and reference ranges.

### Interpretation:

**ACCEPTABLE:** Levels marked in the green area are within the desirable range recommended by the EPA. These levels are considered safe to drink by the EPA.

**CAUTION:** Levels marked in the yellow area are higher than the desirable range recommended by the EPA, but lower than the EPA Maximum Contaminant Limit. If your drinking water contains metals with levels in the caution area you may wish to consider alternate sources or filtration.

**UNACCEPTABLE:** Metals marked in the red area are higher than the EPA Maximum Contaminant Limit and actionable. Consumption of water with metals at this level may affect health. Contact your municipality and/or consider alternate sources or filtration.

**COMMENTS:** NON FILTERED

V3



# DRINKING WATER ANALYSIS



**WATER TYPE:** Bottled  
**ORDERED BY:** Gana Kiritharan  
 6 Rose Bank Dr Apt 9I  
 Scarborough, ON M1B 0A1 CANADA

**LAB NUMBER:** W181003-2546-1  
**DATE ORDERED:** 10/03/2018  
**DATE COLLECTED:** 05/15/2018  
**DATE COMPLETED:** 10/25/2018

## PRIMARY EPA DRINKING WATER METALS

PRIMARY METALS	RESULT parts per billion (ppb)	ACCEPTABLE			CAUTION			UNACCEPTABLE		
Arsenic (As)	< 1	X								
Copper (Cu)	< 10	X								
Lead (Pb)	< 0.5	X								
Thallium (Tl)	< 0.1	X								
Uranium (U238)	1.6				X					
Antimony (Sb)	< 0.5	X			The EPA has not established levels for this category					
Barium	110	X								
Beryllium	< 0.4	X								
Cadmium (Cd)	< 1	X								
Chromium (Cr)	< 10	X								
Mercury (Hg)	< 0.5	X								
Nickel (Ni)	< 5	X								
Selenium (Se)	< 10	X								

## SECONDARY EPA DRINKING WATER METALS

SECONDARY METALS	RESULT parts per billion (ppb)	ACCEPTABLE			CAUTION			The EPA has not established levels for this category		
Aluminum (Al)	< 10	X								
Iron (Fe)	160	X								
Manganese (Mn)	< 5	X								
Zinc (Zn)	51	X								

## pH LEVEL

	RESULT pH unit	ACCEPTABLE		
		ACIDIC < 6.5	6.5 - 8.5	ALKALINE >8.5
pH	7.5		X	

pH is a measurement of corrosivity. A pH of 7 is neutral, being neither acidic nor alkaline. pH values of less than 7 are considered acidic (the lower the pH, the more acidic) and pH values above 7 are considered alkaline (the higher the pH, the more alkaline).

## INFORMATION

This test is a screen for primary and secondary metals regulated by the U.S. Environmental Protection Agency (EPA) in drinking water using analysis by ICP-MS. ICP-MS is one of the most sensitive and accurate techniques for measuring trace elements in drinking water. Please see the back of this report for definitions of terms and abbreviations and information about action levels and reference ranges.

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**UNACCEPTABLE:** Metals marked in the red area are higher than the EPA Maximum Contaminant Limit and actionable. Consumption of water with metals at this level may affect health. Contact your municipality and/or consider alternate sources or filtration.

**COMMENTS:** NON FILTERED

V3

# DRINKING WATER ANALYSIS



**WATER TYPE:** Municipal  
**ORDERED BY:** Gana Kiritharan  
 6 Rose Bank Dr Apt 9l  
 Scarborough, ON M1B 0A1 CANADA

**LAB NUMBER:** W181003-2545-1  
**DATE ORDERED:** 10/03/2018  
**DATE COLLECTED:** 10/13/2018  
**DATE COMPLETED:** 10/25/2018

## PRIMARY EPA DRINKING WATER METALS

PRIMARY METALS	RESULT parts per billion (ppb)	ACCEPTABLE	CAUTION	UNACCEPTABLE
Arsenic (As)	< 1	X		
Copper (Cu)	35	X		
Lead (Pb)	< 0.5	X		
Thallium (Tl)	< 0.1	X		
Uranium (U238)	< 1	X		
Antimony (Sb)	< 0.5	X	The EPA has not established levels for this category	
Barium	19	X		
Beryllium	< 0.4	X		
Cadmium (Cd)	< 1	X		
Chromium (Cr)	< 10	X		
Mercury (Hg)	< 0.5	X		
Nickel (Ni)	< 5	X		
Selenium (Se)	< 10	X		

## SECONDARY EPA DRINKING WATER METALS

SECONDARY METALS	RESULT parts per billion (ppb)	ACCEPTABLE	CAUTION	UNACCEPTABLE
Aluminum (Al)	36	X		The EPA has not established levels for this category
Iron (Fe)	56	X		
Manganese (Mn)	< 5	X		
Zinc (Zn)	< 50	X		

## pH LEVEL

	RESULT pH unit	ACIDIC < 6.5	ACCEPTABLE 6.5 - 8.5	ALKALINE >8.5
pH	7.1		X	

pH is a measurement of corrosivity. A pH of 7 is neutral, being neither acidic nor alkaline. pH values of less than 7 are considered acidic (the lower the pH, the more acidic) and pH values above 7 are considered alkaline (the higher the pH, the more alkaline).

## INFORMATION

This test is a screen for primary and secondary metals regulated by the U.S. Environmental Protection Agency (EPA) in drinking water using analysis by ICP-MS. ICP-MS is one of the most sensitive and accurate techniques for measuring trace elements in drinking water. Please see the back of this report for definitions of terms and abbreviations and information about action levels and reference ranges.

### Interpretation:

**ACCEPTABLE:** Levels marked in the green area are within the desirable range recommended by the EPA. These levels are considered safe to drink by the EPA.

**CAUTION:** Levels marked in the yellow area are higher than the desirable range recommended by the EPA, but lower than the EPA Maximum Contaminant Limit. If your drinking water contains metals with levels in the caution area you may wish to consider alternate sources or filtration.

**UNACCEPTABLE:** Metals marked in the red area are higher than the EPA Maximum Contaminant Limit and actionable. Consumption of water with metals at this level may affect health. Contact your municipality and/or consider alternate sources or filtration.

**COMMENTS:** NON FILTERED

V3

Poisoning Personal or Political Enemies with Toxic Metals may not be an unusual criminal offence.

27 December 2010 Last updated at 12:58 ET

# Germany investigates 'poisoning' of Russian dissidents

German prosecutors are investigating whether two Russian dissidents living in Berlin have been poisoned.

Earlier this month, the German weekly Focus reported that doctors had detected high levels of mercury in the blood of Viktor and Marina Kalashnikov.

He was a former colonel in the KGB while she is a historian and both have been critical of the Kremlin.

In 2006, former Russian agent Alexander Litvinenko was murdered by radioactive poisoning in London.

British investigators suspect former KGB agent Andrei Lugovoi is behind his murder.

A spokesman for the public prosecutors' office in Berlin confirmed that an investigation had been opened into whether the Kalashnikovs have been deliberately poisoned.

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## Russian rights lawyer 'poisoned'

**French police have opened an inquiry into allegations that a prominent Russian human rights lawyer may have been poisoned in Strasbourg on Monday.**



Ms Moskalenko represents the family of Anna Politkovskaya

Karina Moskalenko, who represents some of the Kremlin's best known critics, fell ill after finding a substance similar to mercury inside her car.

She and members of her family were later treated for nausea and headaches.

Prosecutors said there had not been enough of the substance to endanger life, but that more tests were needed.

### SEE ALSO

- UK: Ex-KGB suspected in London murder 08 Jun 08 | UK
- UK: Ex-KGB suspected in London murder 22 Aug 08 | Business
- UK: Ex-KGB suspected in London murder 01 Jul 08 | Europe
- UK: Ex-KGB suspected in London murder 18 Jun 08 | Europe
- UK: Ex-KGB suspected in London murder 07 Oct 06 | Europe
- UK: Ex-KGB suspected in London murder 07 Oct 06 | Europe

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- UK Health

## Mercury poisoner 'blamed kettle'

**A man who was poisoning his ex-wife's tea with mercury told her that the kettle needed cleaning when she queried metal in her cup.**



#BBC Lancashire Sport, travel, weather, jobs, local news, football, and more

William Dowling, 69, of Colne, poisoned Maureen Dowling's drink so she would become ill and dependent on him, Preston Crown Court was told.

Dowling admitted administering a poison with intent to injure or aggrieve.

Judge Anthony Russell QC adjourned sentencing for medical reports on the effect of the mercury on Mrs Dowling.

Mark Lamberty, prosecuting, said Mrs Dowling, 64, moved out of the family home in Linden Road after their relationship broke down four years ago.

### 'Silver ball bearings'

She visited regularly, but began to feel ill with pins and needles, headaches and indigestion after she had been to see her ex-husband.

Mrs Dowling visited on 13 February last year and noticed what appeared to be ball-bearings at the bottom of her cup, the court heard.

"She showed that to her daughter Julie and commented she had noticed that in her cup before and it always appeared to be the situation that the defendant made the tea," Mr Lamberty said.

"She commented and he riposted 'they must be coming off the kettle' and in another comment 'they must be coming off the teabags'."

### SEE ALSO

- UK: Ex-KGB suspected in London murder 13 Jul 09 | Lancashire
- UK: Ex-KGB suspected in London murder 03 Apr 09 | Lancashire

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**Dynacare**

Medical Laboratories

145 Peel Hall Street, London, Ontario N6A 1P5  
TEL: (519) 629-1630

COLLECTION TIME  
2010/06/21 N/A

573 67-36524674 FINAL

2010/06/21 2010/06/25

PATIENT: KIRITHARAN, GANA  
10 STONEHILL CRT 307  
SCARBOROUGH  
ONTARIO  
M1W 2X8

1438520023 PD

DR. M. SELVANANTHAN  
CML HEALTHCARE INC.  
6560 KENNEDY RD  
MISSISSAUGA, ON  
L5T 2X4

573  
9 A

1967/09/09

SEX: M AGE: 42 Y

CLIA: XKS55605

PHONE: 800-263-0801

PHONE: 416-820-8581

COMMENTS

OUTSIDE  
NORMAL  
LIMITS

CODES TEST DESCRIPTION

RESULTS

REFERENCE RANGE

C H E M I S T R Y

MERCURY

15.4

< 18.0 nmol/L

MERCURY REGULATION (Ontario Ministry of Labor)

Mercury in blood reflects very recent absorption and cannot be considered to reflect chronic exposure.

When a worker exposed to alkyl mercury compounds shows any concentration of mercury, a review of work practices, health status and personal hygiene practices must be made.

If blood test for alkyl mercury exposure shows result  $\geq 500$  nmol/L, a second test must be performed as soon as possible. If elevated level is confirmed, the worker must be removed from exposure. If the worker shows any symptoms of mercury toxicity, he/she must be removed from exposure regardless of blood concentration. Return to work should not be permitted until blood mercury concentration drops below 50 nmol/L.

Environmental exposure:

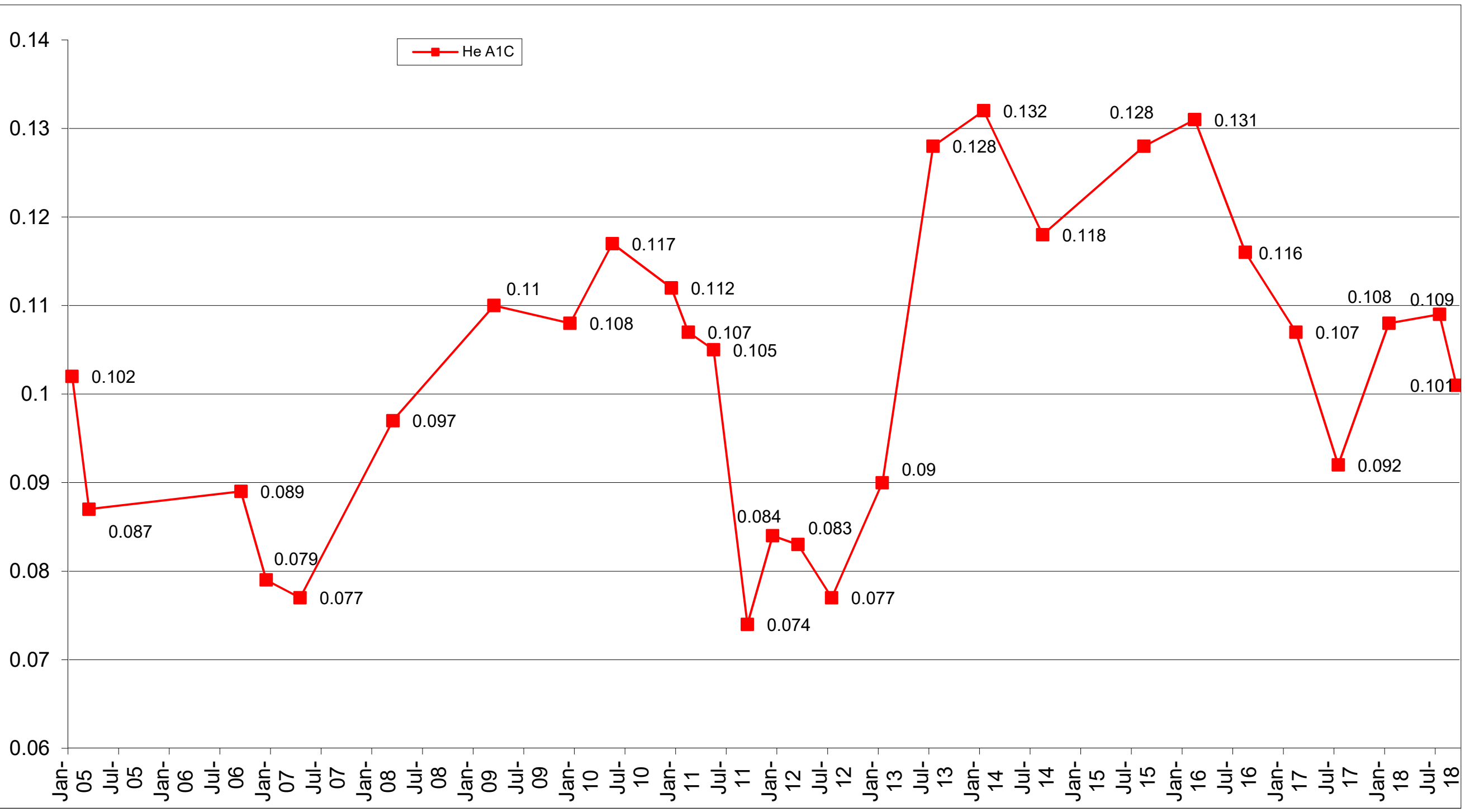
0.0 - 40.0 nmol/L, individuals consuming large quantities of seafood may have values as high as 998 nmol/L.

Occupational exposure: BEI (Biological Exposure Index):

inorganic mercury (sampling time is end of shift at end of work week): 75 nmol/L.

C - CONFIRMED BY OTHER TEST    B - HEMOLYZED    I - INSUFFICIENT QUANTITY    K - ICTERIC  
L - LIPEMIC    N - REPLICATED    T - TELEPHONED

LABORATORY REPORT  
RESULT INQUIRY  
SEE REVERSE



Type of Report =>	Hair Mineral Analysis								
Report Number =>	H 1	H 2	H3	H4	H5	H6	H7	H8	H9
Date of Test =>	July 2010	July 2011	July 2012	July 2013	July 2014	July 2015	July 2016	July 2017	July 2018
Time Interval =>	Initial	Af 1 Year	Af 2 year	Af 3 Year	Af 4 Year	Af 5 Years	Af 6 Years	Af 7 Years	Af 8 Years
Provoking Agent =>									
Scale =>	µg/g								
<b>Toxic Metals</b>									
Total Toxic Metals %	10.181 100.00	7.681 75.44	7.715 75.78	8.337 81.89	5.582 54.83	4.826 47.40	4.244 41.69	7.179 70.51	4.057 39.85
Arse, Bari, Cadmi, Merc Thall, Tita, Uran %	3.302 100.00	1.238 37.49	1.419 42.97	2.058 62.33	1.298 39.31	1.582 47.91	1.587 48.06	3.055 92.52	1.586 48.03
Reat of the Metals %	6.879 100.00	6.443 93.66	6.296 91.52	6.279 91.28	4.284 62.28	3.244 47.16	2.657 38.62	4.124 59.95	2.471 35.92
Total of Barium, Thallium, Uranium %	1.419 100.00	0.678 47.78	0.909 64.06	0.842 59.34	0.525 37.00	0.557 39.25	0.998 70.33	1.603 112.97	0.676 47.64
<b>Hemoglobin A1C</b>	<b>11.2</b>	<b>10.5</b>	<b>7.7</b>	<b>12.8</b>	<b>11.8</b>	<b>12.8</b>	<b>11.6</b>	<b>9.2</b>	<b>10.9</b>
Arsenic	0.023	0.014	<.01	<.01	0.023	0.026	<.01	0.022	0.02
Barium	1.4	0.66	0.88	0.82	0.48	0.53	0.97	1.6	0.65
Cadmium	0.24	0.086	0.11	0.066	0.39	0.089	0.039	0.24	0.12
Mercury	1.1	0.06	0.08	0.82	0.03	0.45	0.21	0.9	0.44
Thallium	0.001	0.001	0.001	0.002	0.001	0.003	0.003	0.002	0.001
Titanium	0.52	0.4	0.32	0.33	0.33	0.46	0.34	0.29	0.33
Uranium	0.018	0.017	0.028	0.02	0.044	0.024	0.025	0.001	0.025
Aluminum	4.3	4.7	4.2	4.5	3	2.2	2	3	2
Antimony	0.057	0.017	0.019	0.012	0.024	0.014	0.017	0.013	0.01
Beryllium	<.01	<.01	<.01	<.01	<.01	<.01	<.01	<.01	0.01
Bismuth	0.042	0.005	0.007	0.016	<.002	0.01	<.002	<.002	<.002
Lead	1.8	1.4	1.7	1.6	1.1	0.85	0.42	0.9	0.26
Nickel	0.18	0.11	0.18	0.08	0.08	0.11	0.18	0.11	0.09
Platinum	<.003	<.003	<.003	<.003	<.003	<.003	<.003	<.003	<.003
Silver	0.33	0.02	0.01	0.02	0.02	0.01	<.006	0.01	0.01
Thorium	<.001	0.001	<.001	0.001	<.001	<.001	<.001	0.001	0.001
Tin	0.17	0.19	0.18	0.05	0.06	0.05	0.04	0.09	0.09
<b>Hemoglobin A1C</b>	<b>0.112</b>	<b>0.105</b>	<b>0.077</b>	<b>0.128</b>	<b>0.118</b>	<b>0.128</b>	<b>0.116</b>	<b>0.092</b>	<b>10.9</b>

Type of Report =>	Challenged Urine Tests									
Report Number =>	U 1	U 2	U 4	U8	U9	U10	U11	U12	U13	U14
Date of Test =>	27-Sep-10	16-Jun-11	14-Jul-11	17-Jul-12	3-Jul-13	16-Jul-14	19-Sep-16	24-Jul-17	12-Feb-18	4-Sep-18
Time Interval =>	Initial	After 10 Months	After 11 Months	After 2 Years	After 3 Years	After 4 Years	After 6 Years 2 Months	After 7 Years.	After 7 Years and 6 months.	After 8 Years and 2 months.
Provoking Agent =>	DMPS & CaEDTA	DMPS & CaEDTA	ALA & DMSA	ALA & DMSA	ALA & DMSA	ALA & DMSA	ALA & DMSA	ALA & DMSA	DMPS & CaEDTA	DMPS & CaEDTA
Scale =>	µg/g Creatinine									
Toxic Metals										
Total Toxic Metals %	406.97 100.00	106.6 26.19	62.7 15.41	44.4 10.91	92.4 22.70	57.8 14.20	135.8 33.37	149.8 36.81	101.59 24.96	89.3 21.94
Arse, Bari, Cadmi, Merc Thall, Uran %	65.5 100.00	37.1 56.64	9.3 14.20	19.6 29.92	51.7 78.93	25.4 38.78	51 77.86	127.7 194.96	45.5 69.47	41 62.60
Reat of the Metals %	341.47 100.00	69.5 20.35	53.4 15.64	24.8 7.26	40.7 11.92	32.4 9.49	84.8 24.83	22.1 6.47	56.09 16.43	48.3 14.14
Arsenic	33	18	< dl	7.8	27	14	39	110	30	29
Barium	7.6	14	7.5	11	15	8.8	11	16	9.5	6.4
Cadmium	1.4	0.8	0.7	0.5	0.8	0.4	0.6	< dl	0.3	0.5
Mercury	23	3.4	0.8	< dl	8.6	1.8	< dl	1.4	5.4	4.7
Thallium	0.3	0.9	0.3	0.3	0.3	0.4	0.4	0.3	0.3	0.4
Uranium	0.2	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl
Aluminum	260	16	31	5.2	12	3.3	56	< dl	11	8.7
Antimony	0.2	0.6	0.2	< dl	< dl	0.5	< dl	< dl	1.3	0.4
Beryllium	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl
Bismuth	0.1	3.5	< dl	< dl	< dl	0.2	0.3	< dl	0.6	0.6
Cesium	6.5	5.4	5.5	4.2	7.2	4.8	5	6.7	4.4	5.2
Gadolinium	0.4	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl
Lead	28	15	6.1	7.1	11	16	4.1	1.8	10	12
Nickel	25	19	9.8	7.7	10	6.8	19	13	24	16
Palladium	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl
Platinum	0.07	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl
Tellurium	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl
Thorium	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl	< dl
Tin	21	10	0.8	0.4	0.3	0.6	0.3	0.3	4.7	5.2
Tungsten	0.2	< dl	< dl	0.2	0.2	0.2	0.1	0.3	0.09	0.2
Hemoglobin A1C	0.112	0.105	0.105	0.077	0.128	0.118	0.116	0.092	0.108	0.101









# Anamol

## Laboratories

Analyzed by Doctor's Data, Inc.

# Hair Mineral Analysis

Client #: 33379 Doctor: Makoto Trotter, ND Zen-Tai Wellness Center 302-120 Carlton St Toronto, ON M5A 4K2 CANADA	Lab #: H100723-2362-1 Name: Gana Kiritharani ID: KIRITHARANI-G-00001 Sex: Male Age: 42	Hair Location: Head Sample Size: 0.199 g Hair Colour: Black Shampoo: Head And Shoulders Treatment:	Date Collected: 7/19/2010 Date In: 7/23/2010 Date Out: 7/24/2010 Methodology: ICP-MS
--	--	--	---

Toxic Elements	Results (µg/g)	Ref Range	Within Range	Above Range	
Aluminum	4.3	< 7.0			Al
Antimony	0.057	< 0.066			Sb
Arsenic	0.023	< 0.080			As
Barium	1.4	< 1.0			Ba
Beryllium	< 0.01	< 0.020			Be
Bismuth	0.042	< 2.0			Bi
Cadmium	0.24	< 0.065			Cd
Lead	1.8	< 0.80			Pb
Mercury	1.1	< 0.80			Hg
Platinum	< 0.003	< 0.005			Pt
Thallium	0.001	< 0.002			Tl
Thorium	< 0.001	< 0.002			Th

Nutritional Elements	Results (µg/g)	Ref Range	Below Range	50 <sup>th</sup> Percentile	Above Range	
Boron	0.61	0.40- 3.0				B
Calcium	1730	200- 750				Ca
Chromium	0.39	0.40- 0.70				Cr
Copper	110	11- 30				Cu
Iron	14	7.0- 16				Fe
Magnesium	120	25- 75				Mg
Manganese	0.26	0.08- 0.50				Mn
Molybdenum	0.070	0.025- 0.060				Mo
Phosphorus	209	150- 220				P
Potassium	49	9- 80				K
Rubidium	0.084	0.011- 0.12				Rb
Sulfur	50500	44000- 50000				S
Selenium	1.3	0.70- 1.2				Se
Sodium	96	20- 180				Na
Strontium	5.0	0.30- 3.5				Sr
Zinc	300	130- 200				Zn

\* <dl = Less than Detection Limit      Comments: v10.08

Potentially Toxic Elements	Results (µg/g)	Ref Range	Other Elements	Results (µg/g)	Ref Range	Significant Ratios	Results	Ref Range
Nickel	0.18	< 0.20	Cobalt	0.015	0.004- 0.020	Ca:Mg	14.4	4- 30
Silver	0.33	< 0.08	Germanium	0.033	0.030- 0.040	Fe:Cu	0.127	0.2-1.3
Tin	0.17	< 0.30	Iodine	0.29	0.25- 1.8	Na:K	1.96	0.5- 10
Titanium	0.52	< 0.60	Lithium	0.004	0.007- 0.020	Zn:Cu	2.73	4- 20
Uranium	0.018	< 0.060	Vanadium	0.025	0.018- 0.065	Zn:Cd	> 999	> 800
			Zirconium	0.024	0.020- 0.44			



# Anamol

## Laboratories

Analyzed by Doctor's Data, Inc.

# Hair Mineral Analysis

Client #: 33379 Doctor: Zen-Tai Wellness Center 302-120 Carlton St Toronto, ON M5A 4K2 CANADA	Lab #: H110714-2346-1 Name: Gana Kiritharan ID: KIRITHARAN-G-00001 Sex: Male Age: 43	Hair Location: Head Sample Size: 0.196 g Hair Colour: Black Shampoo: Head Shoulders Treatment:	Date Collected: 7/8/2011 Date In: 7/14/2011 Date Out: 7/19/2011  Methodology: ICP-MS
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Toxic Elements	Results (µg/g)	Ref Range	Within Range	Above Range	
Aluminum	4.7	< 7.0			Al
Antimony	0.017	< 0.066			Sb
Arsenic	0.014	< 0.080			As
Barium	0.66	< 1.0			Ba
Beryllium	< 0.01	< 0.020			Be
Bismuth	0.005	< 2.0			Bi
Cadmium	0.086	< 0.065			Cd
Lead	1.4	< 0.80			Pb
Mercury	0.06	< 0.80			Hg
Platinum	< 0.003	< 0.005			Pt
Thallium	0.001	< 0.002			Tl
Thorium	0.001	< 0.002			Th

Nutritional Elements	Results (µg/g)	Ref Range	Below Range	50 <sup>th</sup> Percentile	Above Range	
Boron	0.52	0.40- 3.0				B
Calcium	1260	200- 750				Ca
Chromium	0.37	0.40- 0.70				Cr
Copper	110	11- 30				Cu
Iron	9.3	7.0- 16				Fe
Magnesium	87	25- 75				Mg
Manganese	0.19	0.08- 0.50				Mn
Molybdenum	0.040	0.025- 0.060				Mo
Phosphorus	197	150- 220				P
Potassium	34	9- 80				K
Rubidium	0.072	0.011- 0.12				Rb
Sulfur	46700	44000- 50000				S
Selenium	1.2	0.70- 1.2				Se
Sodium	41	20- 180				Na
Strontium	2.7	0.30- 3.5				Sr
Zinc	240	130- 200				Zn

\* <dl = Less than Detection Limit      Comments: v10.08

Potentially Toxic Elements	Results (µg/g)	Ref Range		Other Elements	Results (µg/g)	Ref Range		Significant Ratios	Results	Ref Range
Nickel	0.11	< 0.20	Ni	Cobalt	0.004	0.004- 0.020	Co	Ca:Mg	14.5	4- 30
Silver	0.02	< 0.08	Ag	Germanium	0.033	0.030- 0.040	Ge	Fe:Cu	0.085	0.2-1.3
Tin	0.19	< 0.30	Sn	Iodine	0.28	0.25- 1.8	I	Na:K	1.21	0.5- 10
Titanium	0.40	< 0.60	Ti	Lithium	< 0.004	0.007- 0.020	Li	Zn:Cu	2.18	4- 20
Uranium	0.017	< 0.060	U	Vanadium	0.019	0.018- 0.065	V	Zn:Cd	> 999	> 800
				Zirconium	0.038	0.020- 0.44	Zr			



# Anamol

## Laboratories

Analyzed by Doctor's Data, Inc.

# Hair Mineral Analysis

Client #: 33379 Doctor: Makoto Trotter, ND Zen-Tai Wellness Center 302-120 Carlton St Toronto, ON M5A 4K2 CANADA	Lab #: H120717-2135-1 Name: Gana Kiritharan ID: KIRITHARAN-G-00001 Sex: Male Age: 44	Hair Location: Head Sample Size: 0.196 g Hair Colour: Black Shampoo: Hs Treatment:	Date Collected: 7/13/2012 Date In: 7/17/2012 Date Out: 7/18/2012 Methodology: ICP-MS
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Toxic Elements	Results (αg/g)	Ref Range	Within Range	Above Range	
Aluminum	4.2	< 7.0	██████████	██████████	Al
Antimony	0.019	< 0.066	██████████	██████████	Sb
Arsenic	< 0.01	< 0.080	██████████	██████████	As
Barium	0.88	< 1.0	██████████	██████████	Ba
Beryllium	< 0.01	< 0.020	██████████	██████████	Be
Bismuth	0.007	< 2.0	●	██████████	Bi
Cadmium	0.11	< 0.065	██████████	██████████	Cd
Lead	1.7	< 0.80	██████████	██████████	Pb
Mercury	0.08	< 0.80	██████████	██████████	Hg
Platinum	< 0.003	< 0.005	██████████	██████████	Pt
Thallium	0.001	< 0.002	██████████	██████████	Tl
Thorium	< 0.001	< 0.002	██████████	██████████	Th

Nutritional Elements	Results (αg/g)	Ref Range	Below Range	50 <sup>th</sup> Percentile	Above Range	
Boron	0.81	0.40 - 3.0	██████████	██████████	██████████	B
Calcium	1490	200 - 750	██████████	██████████	██████████	Ca
Chromium	0.36	0.40 - 0.70	██████████	██████████	██████████	Cr
Copper	72	11 - 30	██████████	██████████	██████████	Cu
Iron	9.8	7.0 - 16	██████████	██████████	██████████	Fe
Magnesium	110	25 - 75	██████████	██████████	██████████	Mg
Manganese	0.21	0.08 - 0.50	██████████	██████████	██████████	Mn
Molybdenum	0.043	0.025 - 0.060	██████████	██████████	██████████	Mo
Phosphorus	195	150 - 220	██████████	██████████	██████████	P
Potassium	32	9 - 80	██████████	██████████	██████████	K
Rubidium	0.053	0.011 - 0.12	██████████	██████████	██████████	Rb
Sulfur	47000	44000 - 50000	██████████	██████████	██████████	S
Selenium	0.95	0.70 - 1.2	██████████	██████████	██████████	Se
Sodium	100	20 - 180	██████████	██████████	██████████	Na
Strontium	4.3	0.30 - 3.5	██████████	██████████	██████████	Sr
Zinc	290	130 - 200	██████████	██████████	██████████	Zn

\* <dl = Less than Detection Limit      Comments: v10.08

Potentially Toxic Elements	Results (αg/g)	Ref Range		Other Elements	Results (αg/g)	Ref Range		Significant Ratios	Results	Ref Range
Nickel	0.18	< 0.20	Ni	Cobalt	0.007	0.004 - 0.020	Co	Ca:Mg	13.5	4 - 30
Silver	0.01	< 0.08	Ag	Germanium	0.029	0.030 - 0.040	Ge	Fe:Cu	0.136	0.2 - 1.3
Tin	0.18	< 0.30	Sn	Iodine	0.26	0.25 - 1.8	I	Na:K	3.13	0.5 - 10
Titanium	0.32	< 0.60	Ti	Lithium	0.005	0.007 - 0.020	Li	Zn:Cu	4.03	4 - 20
Uranium	0.028	< 0.060	U	Vanadium	0.022	0.018 - 0.065	V	Zn:Cd	> 999	> 800
				Zirconium	0.014	0.020 - 0.44	Zr			



# Anamol

Laboratories

Analyzed by Doctor's Data, Inc.

## Hair Mineral Analysis

Client #: 33379 Doctor: Makoto Trotter, ND Zen-Tai Wellness Center 302-120 Carlton St Toronto, ON M5A 4K2 CANADA	Lab #: H130716-2194-1 Name: Gana Kiritharan ID: KIRITHARAN-G-00001 Sex: Male Age: 45	Hair Location: Head Sample Size: 0.195 g Hair Colour: Black Shampoo: Hs Treatment:	Date Collected: 07/12/2013 Date In: 07/16/2013 Date Out: 07/17/2013  Methodology: ICP-MS
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Toxic Elements	Results (µg/g)	Ref Range	Within Range	Above Range	
Aluminum	4.5	< 7.0			Al
Antimony	0.012	< 0.066			Sb
Arsenic	< 0.01	< 0.080			As
Barium	0.82	< 1.0			Ba
Beryllium	< 0.01	< 0.020			Be
Bismuth	0.016	< 2.0			Bi
Cadmium	0.066	< 0.065			Cd
Lead	1.6	< 0.80			Pb
Mercury	0.82	< 0.80			Hg
Platinum	< 0.003	< 0.005			Pt
Thallium	0.002	< 0.002			Tl
Thorium	0.001	< 0.002			Th

Nutritional Elements	Results (µg/g)	Ref Range	Below Range	50 <sup>th</sup> Percentile	Above Range	
Boron	0.76	0.40- 3.0				B
Calcium	1340	200- 750				Ca
Chromium	0.37	0.40- 0.70				Cr
Copper	61	11- 30				Cu
Iron	8.7	7.0- 16				Fe
Magnesium	120	25- 75				Mg
Manganese	0.15	0.08- 0.50				Mn
Molybdenum	0.042	0.025- 0.060				Mo
Phosphorus	179	150- 220				P
Potassium	21	9- 80				K
Rubidium	0.042	0.011- 0.12				Rb
Sulfur	46800	44000- 50000				S
Selenium	1.2	0.70- 1.2				Se
Sodium	99	20- 180				Na
Strontium	3.5	0.30- 3.5				Sr
Zinc	500	130- 200				Zn

\* <dl = Less than Detection Limit      Comments: v10.08

Potentially Toxic Elements	Results (µg/g)	Ref Range	Other Elements	Results (µg/g)	Ref Range	Significant Ratios	Results	Ref Range
Nickel	0.08	< 0.20	Cobalt	0.006	0.004- 0.020	Ca:Mg	11.2	4- 30
Silver	0.02	< 0.08	Germanium	0.030	0.030- 0.040	Fe:Cu	0.143	0.2-1.3
Tin	0.05	< 0.30	Iodine	0.24	0.25- 1.8	Na:K	4.71	0.5- 10
Titanium	0.33	< 0.60	Lithium	< 0.004	0.007- 0.020	Zn:Cu	8.2	4- 20
Uranium	0.020	< 0.060	Vanadium	0.014	0.018- 0.065	Zn:Cd	> 999	> 800
			Zirconium	0.028	0.020- 0.44			



# Anamol

Laboratories

Analyzed by Doctor's Data, Inc.

## Hair Mineral Analysis

Client #: 33379 Doctor: Zen-Tai Wellness Center 302-120 Carlton St Toronto, ON M5A 4K2 CANADA	Lab #: H140731-2336-1 Name: Gana Kiritharan ID: KIRITHARAN-G-00001 Sex: Male Age: 46	Hair Location: Head Sample Size: 0.195 g Hair Colour: Black Shampoo: Nizoral Treatment:	Date Collected: 07/25/2014 Date In: 07/31/2014 Date Out: 08/01/2014  Methodology: ICP-MS
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Toxic Elements	Results (µg/g)	Ref Range	Within Range	Above Range	
Aluminum	3.0	< 7.0			Al
Antimony	0.024	< 0.066			Sb
Arsenic	0.023	< 0.080			As
Barium	0.48	< 1.0			Ba
Beryllium	< 0.01	< 0.020			Be
Bismuth	< 0.002	< 2.0			Bi
Cadmium	0.39	< 0.065			Cd
Lead	1.1	< 0.80			Pb
Mercury	0.03	< 0.80			Hg
Platinum	< 0.003	< 0.005			Pt
Thallium	0.001	< 0.002			Tl
Thorium	< 0.001	< 0.002			Th

Nutritional Elements	Results (µg/g)	Ref Range	Below Range	50 <sup>th</sup> Percentile	Above Range	
Boron	0.73	0.40- 3.0				B
Calcium	935	200- 750				Ca
Chromium	0.36	0.40- 0.70				Cr
Copper	33	11- 30				Cu
Iron	9.4	7.0- 16				Fe
Magnesium	64	25- 75				Mg
Manganese	0.15	0.08- 0.50				Mn
Molybdenum	0.041	0.025- 0.060				Mo
Phosphorus	181	150- 220				P
Potassium	62	9- 80				K
Rubidium	0.098	0.011- 0.12				Rb
Sulfur	49200	44000- 50000				S
Selenium	0.90	0.70- 1.2				Se
Sodium	110	20- 180				Na
Strontium	1.7	0.30- 3.5				Sr
Zinc	190	130- 200				Zn

\* <dl = Less than Detection Limit      Comments: v10.08

Potentially Toxic Elements	Results (µg/g)	Ref Range	Other Elements	Results (µg/g)	Ref Range	Significant Ratios	Results	Ref Range
Nickel	0.08	< 0.20	Cobalt	0.005	0.004- 0.020	Ca:Mg	14.6	4- 30
Silver	0.02	< 0.08	Germanium	0.026	0.030- 0.040	Fe:Cu	0.285	0.2-1.3
Tin	0.06	< 0.30	Iodine	0.45	0.25- 1.8	Na:K	1.77	0.5- 10
Titanium	0.33	< 0.60	Lithium	< 0.004	0.007- 0.020	Zn:Cu	5.76	4- 20
Uranium	0.044	< 0.060	Vanadium	0.025	0.018- 0.065	Zn:Cd	487	> 800
			Zirconium	0.021	0.020- 0.44			



LAB #: H150721-2268-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 47

CLIENT #: 41676  
 DOCTOR: Makoto Trotter, ND  
 In-Common Laboratories  
 57 Gervais Drive  
 North York, ON M3C 1Z2 CANADA

### Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	2.2	< 7.0	
Antimony (Sb)	0.014	< 0.066	
Arsenic (As)	0.026	< 0.080	
Barium (Ba)	0.53	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	0.010	< 2.0	
Cadmium (Cd)	0.089	< 0.065	
Lead (Pb)	0.85	< 0.80	
Mercury (Hg)	0.45	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.003	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.024	< 0.060	
Nickel (Ni)	0.11	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.05	< 0.30	
Titanium (Ti)	0.46	< 0.60	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	1040	200- 750			
Magnesium (Mg)	84	25- 75			
Sodium (Na)	89	20- 180			
Potassium (K)	25	9- 80			
Copper (Cu)	15	11- 30			
Zinc (Zn)	390	130- 200			
Manganese (Mn)	0.22	0.08- 0.50			
Chromium (Cr)	0.34	0.40- 0.70			
Vanadium (V)	0.017	0.018- 0.065			
Molybdenum (Mo)	0.042	0.025- 0.060			
Boron (B)	0.85	0.40- 3.0			
Iodine (I)	0.63	0.25- 1.8			
Lithium (Li)	0.004	0.007- 0.020			
Phosphorus (P)	201	150- 220			
Selenium (Se)	0.95	0.70- 1.2			
Strontium (Sr)	2.4	0.30- 3.5			
Sulfur (S)	49600	44000- 50000			
Cobalt (Co)	0.008	0.004- 0.020			
Iron (Fe)	9.0	7.0- 16			
Germanium (Ge)	0.029	0.030- 0.040			
Rubidium (Rb)	0.047	0.011- 0.12			
Zirconium (Zr)	0.019	0.020- 0.44			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		<b>ELEMENTS</b>	<b>RATIOS</b>
Date Collected: 07/16/2015	Sample Size: 0.198 g	Ca/Mg	12.4
Date Received: 07/21/2015	Sample Type: Head	Ca/P	5.17
Date Completed: 07/23/2015	Hair Color: Black	Na/K	3.56
Methodology: ICP/MS	Treatment:	Zn/Cu	26
	Shampoo: Head Shoulders	Zn/Cd	> 999
		<b>RANGE</b>	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800



LAB #: H160726-2290-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 48

CLIENT #: 41676  
 DOCTOR: Makoto Trotter, ND  
 In-Common Laboratories  
 57 Gervais Drive  
 North York, ON M3C 1Z2 CANADA

### Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	2.0	< 7.0	
Antimony (Sb)	0.017	< 0.066	
Arsenic (As)	< 0.01	< 0.080	
Barium (Ba)	0.97	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	0.039	< 0.065	
Lead (Pb)	0.42	< 0.80	
Mercury (Hg)	0.21	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.003	< 0.002	
Thorium (Th)	< 0.001	< 0.002	
Uranium (U)	0.025	< 0.060	
Nickel (Ni)	0.18	< 0.20	
Silver (Ag)	< 0.006	< 0.08	
Tin (Sn)	0.04	< 0.30	
Titanium (Ti)	0.34	< 0.60	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	1510	200- 750			
Magnesium (Mg)	130	25- 75			
Sodium (Na)	140	20- 180			
Potassium (K)	33	9- 80			
Copper (Cu)	11	11- 30			
Zinc (Zn)	520	130- 200			
Manganese (Mn)	0.21	0.08- 0.50			
Chromium (Cr)	0.36	0.40- 0.70			
Vanadium (V)	0.013	0.018- 0.065			
Molybdenum (Mo)	0.034	0.025- 0.060			
Boron (B)	0.74	0.40- 3.0			
Iodine (I)	0.35	0.25- 1.8			
Lithium (Li)	0.014	0.007- 0.020			
Phosphorus (P)	185	150- 220			
Selenium (Se)	0.84	0.70- 1.2			
Strontium (Sr)	4.3	0.30- 3.5			
Sulfur (S)	46900	44000- 50000			
Cobalt (Co)	0.017	0.004- 0.020			
Iron (Fe)	9.0	7.0- 16			
Germanium (Ge)	0.034	0.030- 0.040			
Rubidium (Rb)	0.044	0.011- 0.12			
Zirconium (Zr)	0.018	0.020- 0.44			

SPECIMEN DATA		RATIOS	
<b>COMMENTS:</b>		ELEMENTS	RATIOS
Date Collected: 07/07/2016	Sample Size: 0.196 g	Ca/Mg	11.6
Date Received: 07/26/2016	Sample Type: Head	Ca/P	8.16
Date Completed: 07/28/2016	Hair Color: Black	Na/K	4.24
Methodology: ICP/MS	Treatment:	Zn/Cu	47.3
	Shampoo: Head Shoulder	Zn/Cd	> 999
		RANGE	
			4- 30
			0.8- 8
			0.5- 10
			4- 20
			> 800





LAB #: H170718-2398-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00002  
 SEX: Male  
 AGE: 49

CLIENT #: 41676  
 DOCTOR: Makoto Trotter, ND  
 In-Common Laboratories  
 57 Gervais Drive  
 North York, ON M3C 1Z2 CANADA

## Toxic & Essential Elements; Hair

TOXIC METALS			
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 68 <sup>th</sup> 95 <sup>th</sup>
Aluminum (Al)	3.0	< 7.0	
Antimony (Sb)	0.013	< 0.066	
Arsenic (As)	0.022	< 0.080	
Barium (Ba)	1.6	< 1.0	
Beryllium (Be)	< 0.01	< 0.020	
Bismuth (Bi)	< 0.002	< 2.0	
Cadmium (Cd)	0.24	< 0.065	
Lead (Pb)	0.90	< 0.80	
Mercury (Hg)	0.25	< 0.80	
Platinum (Pt)	< 0.003	< 0.005	
Thallium (Tl)	0.002	< 0.002	
Thorium (Th)	0.001	< 0.002	
Uranium (U)	0.020	< 0.060	
Nickel (Ni)	0.11	< 0.20	
Silver (Ag)	0.01	< 0.08	
Tin (Sn)	0.09	< 0.30	
Titanium (Ti)	0.29	< 0.60	
Total Toxic Representation			

ESSENTIAL AND OTHER ELEMENTS					
	RESULT µg/g	REFERENCE INTERVAL	PERCENTILE 2.5 <sup>th</sup> 16 <sup>th</sup> 50 <sup>th</sup> 84 <sup>th</sup> 97.5 <sup>th</sup>		
Calcium (Ca)	1940	200- 750			
Magnesium (Mg)	160	25- 75			
Sodium (Na)	280	20- 180			
Potassium (K)	71	9- 80			
Copper (Cu)	15	11- 30			
Zinc (Zn)	590	130- 200			
Manganese (Mn)	0.28	0.08- 0.50			
Chromium (Cr)	0.37	0.40- 0.70			
Vanadium (V)	0.028	0.018- 0.065			
Molybdenum (Mo)	0.039	0.025- 0.060			
Boron (B)	1.1	0.40- 3.0			
Iodine (I)	11	0.25- 1.8			
Lithium (Li)	0.16	0.007- 0.020			
Phosphorus (P)	164	150- 220			
Selenium (Se)	0.95	0.70- 1.2			
Strontium (Sr)	6.8	0.30- 3.5			
Sulfur (S)	46800	44000- 50000			
Cobalt (Co)	0.010	0.004- 0.020			
Iron (Fe)	12	7.0- 16			
Germanium (Ge)	0.034	0.030- 0.040			
Rubidium (Rb)	0.14	0.011- 0.12			
Zirconium (Zr)	0.031	0.020- 0.44			

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 07/13/2017	Sample Size: 0.198 g	Ca/Mg	12.1	4- 30
Date Received: 07/18/2017	Sample Type: Head	Ca/P	11.8	0.8- 8
Date Completed: 07/21/2017	Hair Color: Black	Na/K	3.94	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	39.3	4- 20
	Shampoo: H S	Zn/Cd	> 999	> 800



LAB #: H180713-2361-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00002  
 SEX: Male  
 AGE: 50

CLIENT #: 41676  
 DOCTOR: Makoto Trotter, ND  
 In-Common Laboratories  
 57 Gervais Drive  
 North York, ON M3C 1Z2 CANADA

### Toxic & Essential Elements; Hair

TOXIC METALS					
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE	
				68 <sup>th</sup>	95 <sup>th</sup>
Aluminum (Al)		2.0	< 7.0		
Antimony (Sb)		< 0.01	< 0.066		
Arsenic (As)		0.020	< 0.080		
Barium (Ba)		0.65	< 1.0		
Beryllium (Be)		< 0.01	< 0.020		
Bismuth (Bi)		< 0.002	< 2.0		
Cadmium (Cd)		0.12	< 0.065		
Lead (Pb)		0.26	< 0.80		
Mercury (Hg)		0.44	< 0.80		
Platinum (Pt)		< 0.003	< 0.005		
Thallium (Tl)		0.001	< 0.002		
Thorium (Th)		< 0.001	< 0.002		
Uranium (U)		0.025	< 0.060		
Nickel (Ni)		0.09	< 0.20		
Silver (Ag)		0.01	< 0.08		
Tin (Sn)		0.09	< 0.30		
Titanium (Ti)		0.33	< 0.60		
Total Toxic Representation					

ESSENTIAL AND OTHER ELEMENTS								
		RESULT µg/g	REFERENCE INTERVAL	PERCENTILE				
				2.5 <sup>th</sup>	16 <sup>th</sup>	50 <sup>th</sup>	84 <sup>th</sup>	97.5 <sup>th</sup>
Calcium (Ca)		1300	200- 750					
Magnesium (Mg)		110	25- 75					
Sodium (Na)		230	20- 180					
Potassium (K)		63	9- 80					
Copper (Cu)		14	11- 30					
Zinc (Zn)		490	130- 200					
Manganese (Mn)		0.16	0.08- 0.50					
Chromium (Cr)		0.97	0.40- 0.70					
Vanadium (V)		0.024	0.018- 0.065					
Molybdenum (Mo)		0.035	0.025- 0.060					
Boron (B)		2.2	0.40- 3.0					
Iodine (I)		1.5	0.25- 1.8					
Lithium (Li)		0.083	0.007- 0.020					
Phosphorus (P)		190	150- 220					
Selenium (Se)		0.88	0.70- 1.2					
Strontium (Sr)		3.0	0.30- 3.5					
Sulfur (S)		46400	44000- 50000					
Cobalt (Co)		0.005	0.004- 0.020					
Iron (Fe)		12	7.0- 16					
Germanium (Ge)		0.034	0.030- 0.040					
Rubidium (Rb)		0.093	0.011- 0.12					
Zirconium (Zr)		0.064	0.020- 0.44					

SPECIMEN DATA		RATIOS		
<b>COMMENTS:</b>		ELEMENTS	RATIOS	RANGE
Date Collected: 07/10/2018	Sample Size: 0.199 g	Ca/Mg	11.8	4- 30
Date Received: 07/13/2018	Sample Type: Head	Ca/P	6.84	0.8- 8
Date Completed: 07/17/2018	Hair Color: Black	Na/K	3.65	0.5- 10
Methodology: ICP/MS	Treatment:	Zn/Cu	35	4- 20
	Shampoo:	Zn/Cd	> 999	> 800

# URINE TOXIC METALS



LAB #: U100928-2270-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 43

CLIENT#: 25809  
 DOCTOR: Fred Hui, MD  
 The Chelation Center Downtown  
 421 Bloor St East, #204  
 Toronto, ON M4W 3T1 CANADA

## POTENTIALLY TOXIC METALS

METALS	RESULT µg/g creat	REFERENCE RANGE	WITHIN REFERENCE RANGE	ELEVATED	VERY ELEVATED
Aluminum	260	< 25			
Antimony	0.2	< 0.3			
Arsenic	33	< 108			
Barium	7.6	< 7			
Beryllium	< dl	< 0.5			
Bismuth	0.1	< 10			
Cadmium	1.4	< 0.8			
Cesium	6.5	< 9			
Gadolinium	0.4	< 0.3			
Lead	28	< 2			
Mercury	23	< 3			
Nickel	25	< 10			
Palladium	< dl	< 0.3			
Platinum	0.07	< 1			
Tellurium	< dl	< 0.3			
Thallium	0.3	< 0.5			
Thorium	< dl	< 0.03			
Tin	21	< 9			
Titanium	N/A	< 15			
Tungsten	0.2	< 0.4			
Uranium	0.2	< 0.03			

## URINE CREATININE

	RESULT mg/dL	REFERENCE RANGE	2SD LOW	1SD LOW	MEAN	1SD HIGH	2SD HIGH
Creatinine	71.4	45 - 225					

## SPECIMEN DATA

**Comments:**

Date Collected: 9/27/2010	pH upon receipt: Acceptable	Collection Period: timed: 2 hours
Date Received: 9/28/2010	<dl: less than detection limit	Volume:
Date Completed: 10/3/2010	Provoking Agent: DMP5 CAEDTA	Provocation: POST PROVOCATIVE
Method: ICP-MS		

Toxic metals are reported as µg/g creatinine to account for urine dilution variations. Reference ranges are representative of a healthy population under non-challenge or non-provoked conditions. No safe reference levels for toxic metals have been established.

V12



LAB #: U110620-2251-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 43

CLIENT #: 25809  
 DOCTOR: Fred Hui, MD  
 The Chelation Center Downtown  
 421 Bloor St East, #204  
 Toronto, ON M4W 3T1 CANADA

### Toxic Metals; Urine

TOXIC METALS					
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	16	< 25		
Antimony	(Sb)	0.6	< 0.3		
Arsenic	(As)	18	< 108		
Barium	(Ba)	14	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	3.5	< 10		
Cadmium	(Cd)	0.8	< 0.8		
Cesium	(Cs)	5.4	< 9		
Gadolinium	(Gd)	< dl	< 0.3		
Lead	(Pb)	15	< 2		
Mercury	(Hg)	3.4	< 3		
Nickel	(Ni)	19	< 10		
Palladium	(Pd)	< dl	< 0.3		
Platinum	(Pt)	< dl	< 1		
Tellurium	(Te)	< dl	< 0.8		
Thallium	(Tl)	0.9	< 0.5		
Thorium	(Th)	< dl	< 0.03		
Tin	(Sn)	10	< 9		
Tungsten	(W)	< dl	< 0.4		
Uranium	(U)	< dl	< 0.03		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	16.3	45- 225					

SPECIMEN DATA			
Comments:			
Date Collected: 6/16/2011	pH upon receipt: Acceptable	Collection Period: timed: 2 hours	
Date Received: 6/20/2011	<dl: less than detection limit	Volume:	
Date Completed: 6/21/2011	Provoking Agent: DMPS EDTA	Provocation: POST-PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			



LAB #: U110701-2354-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 43

CLIENT #: 34074  
 DOCTOR: Wendy Pitblado  
 77 Lowell Street North  
 Cambridge, ON N1R 5E2 CANADA

### Toxic Metals; Urine

TOXIC METALS					
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	6.3	< 25		
Antimony	(Sb)	0.2	< 0.3		
Arsenic	(As)	5	< 108		
Barium	(Ba)	4.9	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	< dl	< 10		
Cadmium	(Cd)	0.6	< 0.8		
Cesium	(Cs)	3.9	< 9		
Gadolinium	(Gd)	< dl	< 0.3		
Lead	(Pb)	5.8	< 2		
Mercury	(Hg)	0.5	< 3		
Nickel	(Ni)	6.6	< 10		
Palladium	(Pd)	< dl	< 0.3		
Platinum	(Pt)	< dl	< 1		
Tellurium	(Te)	< dl	< 0.8		
Thallium	(Tl)	0.3	< 0.5		
Thorium	(Th)	< dl	< 0.03		
Tin	(Sn)	0.3	< 9		
Tungsten	(W)	0.05	< 0.4		
Uranium	(U)	< dl	< 0.03		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	105	45 - 225					

SPECIMEN DATA			
Comments:			
Date Collected: 6/30/2011	pH upon receipt: Acceptable	Collection Period: timed: 6 hours	
Date Received: 7/1/2011	<dl: less than detection limit	Volume:	
Date Completed: 7/5/2011	Provoking Agent: DMSA	Provocation: POST PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			



LAB #: U110715-2059-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 43

CLIENT #: 34074  
 DOCTOR: Wendy Pitblado

77 Lowell Street North  
 Cambridge, ON N1R 5E2 CANADA

*Toxic Metals; Urine*

TOXIC METALS					
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	31	< 25		
Antimony	(Sb)	0.2	< 0.3		
Arsenic	(As)	< dl	< 108		
Barium	(Ba)	7.5	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	< dl	< 10		
Cadmium	(Cd)	0.7	< 0.8		
Cesium	(Cs)	5.5	< 9		
Gadolinium	(Gd)	< dl	< 0.3		
Lead	(Pb)	6.1	< 2		
Mercury	(Hg)	0.8	< 3		
Nickel	(Ni)	9.8	< 10		
Palladium	(Pd)	< dl	< 0.3		
Platinum	(Pt)	< dl	< 1		
Tellurium	(Te)	< dl	< 0.8		
Thallium	(Tl)	0.3	< 0.5		
Thorium	(Th)	< dl	< 0.03		
Tin	(Sn)	0.8	< 9		
Tungsten	(W)	< dl	< 0.4		
Uranium	(U)	< dl	< 0.03		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	33.7	45 - 225					

SPECIMEN DATA			
Comments:			
Date Collected: 7/14/2011	pH upon receipt: Acceptable	Collection Period: timed: 6 hours	
Date Received: 7/15/2011	<dl: less than detection limit	Volume:	
Date Completed: 7/16/2011	Provoking Agent: DMSA ALA	Provocation: POST PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			



LAB #: U111013-2412-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 44

CLIENT #: 34074  
 DOCTOR: Wendy Pitblado

77 Lowell Street North  
 Cambridge, ON N1R 5E2 CANADA

*Toxic Metals; Urine*

TOXIC METALS					
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	7.1	< 25		
Antimony	(Sb)	0.2	< 0.3		
Arsenic	(As)	7.8	< 108		
Barium	(Ba)	9.1	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	< dl	< 10		
Cadmium	(Cd)	0.7	< 0.8		
Cesium	(Cs)	7.6	< 9		
Gadolinium	(Gd)	< dl	< 0.3		
Lead	(Pb)	5.7	< 2		
Mercury	(Hg)	0.7	< 3		
Nickel	(Ni)	12	< 10		
Palladium	(Pd)	< dl	< 0.3		
Platinum	(Pt)	< dl	< 1		
Tellurium	(Te)	< dl	< 0.8		
Thallium	(Tl)	0.4	< 0.5		
Thorium	(Th)	< dl	< 0.03		
Tin	(Sn)	0.4	< 9		
Tungsten	(W)	0.08	< 0.4		
Uranium	(U)	< dl	< 0.03		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	59.1	45- 225					

**SPECIMEN DATA**

Comments:

Date Collected: 10/12/2011      pH upon receipt: Acceptable      Collection Period: timed: 6 hours  
 Date Received: 10/13/2011      <dl: less than detection limit      Volume:  
 Date Completed: 10/17/2011      Provoking Agent: DMSA      Provocation: POST PROVOCATIVE  
 Method: ICP-MS      Creatinine by Jaffe Method

Results are creatinine corrected to account for urine dilution variations. **Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions.** Chelation (provocation) agents can increase urinary excretion of metals/elements.



LAB #: U111207-2237-1  
 PATIENT: Gana Kirijharan  
 ID: KIRIJHARAN-G-00001  
 SEX: Male  
 AGE: 44

CLIENT #: 34074  
 DOCTOR: Wendy Pitblado

77 Lowell Street North  
 Cambridge, ON N1R 5E2 CANADA

*Toxic Metals; Urine*

TOXIC METALS					
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	< dl	< 25		
Antimony	(Sb)	< dl	< 0.3		
Arsenic	(As)	9.1	< 108		
Barium	(Ba)	8.8	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	< dl	< 10		
Cadmium	(Cd)	0.6	< 0.8		
Cesium	(Cs)	6.1	< 9		
Gadolinium	(Gd)	< dl	< 0.3		
Lead	(Pb)	6	< 2		
Mercury	(Hg)	1.1	< 3		
Nickel	(Ni)	13	< 10		
Palladium	(Pd)	< dl	< 0.3		
Platinum	(Pt)	< dl	< 1		
Tellurium	(Te)	< dl	< 0.8		
Thallium	(Tl)	0.4	< 0.5		
Thorium	(Th)	< dl	< 0.03		
Tin	(Sn)	0.2	< 9		
Tungsten	(W)	< dl	< 0.4		
Uranium	(U)	< dl	< 0.03		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	50.1	45- 225					

SPECIMEN DATA			
Comments:			
Date Collected: 12/5/2011	pH upon receipt: Acceptable	Collection Period: timed: 6 hours	
Date Received: 12/7/2011	<dl: less than detection limit	Volume:	
Date Completed: 12/9/2011	Provoking Agent: DMSA	Provocation: POST PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			





LAB #: U120309-2366-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 44

CLIENT #: 34074  
 DOCTOR: Wendy Pitblado

77 Lowell Street North  
 Cambridge, ON N1R 5E2 CANADA

**Toxic Metals; Urine**

TOXIC METALS					
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	4.7	< 25		
Antimony	(Sb)	0.1	< 0.3		
Arsenic	(As)	9.7	< 108		
Barium	(Ba)	13	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	< dl	< 10		
Cadmium	(Cd)	0.4	< 0.8		
Cesium	(Cs)	5.7	< 9		
Gadolinium	(Gd)	< dl	< 0.3		
Lead	(Pb)	5.5	< 2		
Mercury	(Hg)	0.7	< 3		
Nickel	(Ni)	10	< 10		
Palladium	(Pd)	< dl	< 0.3		
Platinum	(Pt)	0.2	< 1		
Tellurium	(Te)	< dl	< 0.8		
Thallium	(Tl)	0.5	< 0.5		
Thorium	(Th)	< dl	< 0.03		
Tin	(Sn)	0.4	< 9		
Tungsten	(W)	< dl	< 0.4		
Uranium	(U)	< dl	< 0.03		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	72.4	45- 225					

SPECIMEN DATA			
Comments:			
Date Collected: 3/7/2012	pH upon receipt: Acceptable	Collection Period: timed: 6 hours	
Date Received: 3/9/2012	<dl: less than detection limit	Volume: 700 ml	
Date Completed: 3/12/2012	Provoking Agent: DMSA	Provocation: POST PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			



LAB #: U120718-2342-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 44

CLIENT #: 34074  
 DOCTOR: Wendy Pitblado

77 Lowell Street North  
 Cambridge, ON N1R 5E2 CANADA

**Toxic Metals; Urine**

TOXIC METALS						
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE	
Aluminum	(Al)	5.2	< 25			
Antimony	(Sb)	< dl	< 0.3			
Arsenic	(As)	7.8	< 108			
Barium	(Ba)	11	< 7			
Beryllium	(Be)	< dl	< 1			
Bismuth	(Bi)	< dl	< 10			
Cadmium	(Cd)	0.5	< 0.8			
Cesium	(Cs)	4.2	< 9			
Gadolinium	(Gd)	< dl	< 0.3			
Lead	(Pb)	7.1	< 2			
Mercury	(Hg)	< dl	< 3			
Nickel	(Ni)	7.7	< 10			
Palladium	(Pd)	< dl	< 0.3			
Platinum	(Pt)	< dl	< 1			
Tellurium	(Te)	< dl	< 0.8			
Thallium	(Tl)	0.3	< 0.5			
Thorium	(Th)	< dl	< 0.03			
Tin	(Sn)	0.4	< 9			
Tungsten	(W)	0.2	< 0.4			
Uranium	(U)	< dl	< 0.03			

URINE CREATININE						
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD +2SD
Creatinine	59.3	45- 225				

SPECIMEN DATA			
Comments:			
Date Collected: 7/17/2012	pH upon receipt: Acceptable	Collection Period: timed: 6 hours	
Date Received: 7/18/2012	<dl: less than detection limit	Volume: 950 ml	
Date Completed: 7/21/2012	Provoking Agent: DMSA ALA	Provocation: POST PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			



LAB #: U130705-2457-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 45

CLIENT #: 34074  
 DOCTOR: Wendy Pitblado

77 Lowell Street North  
 Cambridge, ON N1R 5E2 CANADA

## Toxic Metals; Urine

TOXIC METALS						
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE	
Aluminum	(Al)	12	< 25			
Antimony	(Sb)	< dl	< 0.2			
Arsenic	(As)	27	< 75			
Barium	(Ba)	15	< 7			
Beryllium	(Be)	< dl	< 1			
Bismuth	(Bi)	< dl	< 2			
Cadmium	(Cd)	0.8	< 0.8			
Cesium	(Cs)	7.2	< 9			
Gadolinium	(Gd)	< dl	< 0.5			
Lead	(Pb)	11	< 2			
Mercury	(Hg)	8.6	< 3			
Nickel	(Ni)	10	< 8			
Palladium	(Pd)	< dl	< 0.1			
Platinum	(Pt)	< dl	< 0.1			
Tellurium	(Te)	< dl	< 0.5			
Thallium	(Tl)	0.3	< 0.5			
Thorium	(Th)	< dl	< 0.03			
Tin	(Sn)	0.3	< 4			
Tungsten	(W)	0.2	< 0.4			
Uranium	(U)	< dl	< 0.03			

URINE CREATININE								
		RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine		49.6	45- 225					

SPECIMEN DATA			
Comments:			
Date Collected: 07/03/2013	pH upon receipt: Acceptable	Collection Period: timed: 6 hours	
Date Received: 07/05/2013	<dl: less than detection limit	Volume: 1000 ml	
Date Completed: 07/08/2013	Provoking Agent: ALA DMSA	Provocation: POST PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			



LAB #: U140717-2343-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00001  
 SEX: Male  
 AGE: 46

CLIENT #: 34074  
 DOCTOR: Wendy Pitblado

77 Lowell Street North  
 Cambridge, ON N1R 5E2 CANADA

## Toxic Metals; Urine

TOXIC METALS					
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	3.3	< 25		
Antimony	(Sb)	0.5	< 0.2		
Arsenic	(As)	14	< 75		
Barium	(Ba)	8.8	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	0.2	< 2		
Cadmium	(Cd)	0.4	< 0.8		
Cesium	(Cs)	4.8	< 9		
Gadolinium	(Gd)	< dl	< 0.5		
Lead	(Pb)	16	< 2		
Mercury	(Hg)	1.8	< 3		
Nickel	(Ni)	6.8	< 8		
Palladium	(Pd)	< dl	< 0.1		
Platinum	(Pt)	< dl	< 0.1		
Tellurium	(Te)	< dl	< 0.5		
Thallium	(Tl)	0.4	< 0.5		
Thorium	(Th)	< dl	< 0.03		
Tin	(Sn)	0.6	< 4		
Tungsten	(W)	0.2	< 0.4		
Uranium	(U)	< dl	< 0.03		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	53.0	45- 230					

SPECIMEN DATA			
Comments:			
Date Collected: 07/16/2014	pH upon receipt: Acceptable	Collection Period: timed: 6 hours	
Date Received: 07/17/2014	<dl: less than detection limit	Volume:	
Date Completed: 07/18/2014	Provoking Agent: DMSA ALA	Provocation: POST PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			



LAB #: U160920-2244-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00002  
 SEX: Male  
 AGE: 48

CLIENT #: 34074  
 DOCTOR: Wendy Pitblado

77 Lowell Street North  
 Cambridge, ON N1R 5E2 CANADA

**Toxic Metals; Urine**

TOXIC METALS					
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	56	< 25		
Antimony	(Sb)	< dl	< 0.2		
Arsenic	(As)	39	< 75		
Barium	(Ba)	11	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	0.3	< 2		
Cadmium	(Cd)	0.6	< 0.8		
Cesium	(Cs)	5	< 9		
Gadolinium	(Gd)	< dl	< 0.5		
Lead	(Pb)	4.1	< 2		
Mercury	(Hg)	< dl	< 3		
Nickel	(Ni)	19	< 8		
Palladium	(Pd)	< dl	< 0.1		
Platinum	(Pt)	< dl	< 0.1		
Tellurium	(Te)	< dl	< 0.5		
Thallium	(Tl)	0.4	< 0.5		
Thorium	(Th)	< dl	< 0.03		
Tin	(Sn)	0.3	< 4		
Tungsten	(W)	0.1	< 0.4		
Uranium	(U)	< dl	< 0.03		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	47.7	35- 240					

SPECIMEN DATA			
Comments:			
Date Collected: 09/19/2016	pH upon receipt: Acceptable	Collection Period: timed: 6 hours	
Date Received: 09/20/2016	<dl: less than detection limit	Volume:	
Date Completed: 09/22/2016	Provoking Agent: DMSA 1.5G ALA 1.5	Provocation: POST PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			



LAB #: U170725-2088-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00002  
 SEX: Male  
 AGE: 49

CLIENT #: 34074  
 DOCTOR: Wendy Pitblado

77 Lowell Street North  
 Cambridge, ON N1R 5E2 CANADA

### Toxic Metals; Urine

TOXIC METALS						
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE	
Aluminum	(Al)	< dl	< 25			
Antimony	(Sb)	< dl	< 0.2			
Arsenic	(As)	110	< 75			
Barium	(Ba)	16	< 7			
Beryllium	(Be)	< dl	< 1			
Bismuth	(Bi)	< dl	< 2			
Cadmium	(Cd)	< dl	< 0.8			
Cesium	(Cs)	6.7	< 9			
Gadolinium	(Gd)	< dl	< 0.5			
Lead	(Pb)	1.8	< 2			
Mercury	(Hg)	1.4	< 3			
Nickel	(Ni)	13	< 8			
Palladium	(Pd)	< dl	< 0.3			
Platinum	(Pt)	< dl	< 0.1			
Tellurium	(Te)	< dl	< 0.5			
Thallium	(Tl)	0.3	< 0.5			
Thorium	(Th)	< dl	< 0.03			
Tin	(Sn)	0.3	< 4			
Tungsten	(W)	0.3	< 0.4			
Uranium	(U)	< dl	< 0.03			

URINE CREATININE								
		RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine		55.8	35- 240					

SPECIMEN DATA			
Comments:			
Date Collected: 07/24/2017	pH upon receipt: Acceptable	Collection Period: timed: 6 hours	
Date Received: 07/25/2017	<dl: less than detection limit	Volume:	
Date Completed: 07/26/2017	Provoking Agent: DMSA 1500MG ALA 1	Provocation: POST PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			



LAB #: U180213-2106-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00002  
 SEX: Male  
 AGE: 50

CLIENT #: 25809  
 DOCTOR: Fred Hui, MD  
 The Chelation Center Downtown  
 421 Bloor St East 202  
 Toronto, ON M4W 3T1 CANADA

*Toxic Metals; Urine*

TOXIC METALS					
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	11	< 25		
Antimony	(Sb)	1.3	< 0.2		
Arsenic	(As)	30	< 75		
Barium	(Ba)	9.5	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	0.6	< 2		
Cadmium	(Cd)	0.3	< 0.8		
Cesium	(Cs)	4.4	< 9		
Gadolinium	(Gd)	< dl	< 0.5		
Lead	(Pb)	10	< 2		
Mercury	(Hg)	5.4	< 3		
Nickel	(Ni)	24	< 8		
Palladium	(Pd)	< dl	< 0.3		
Platinum	(Pt)	< dl	< 0.1		
Tellurium	(Te)	< dl	< 0.5		
Thallium	(Tl)	0.3	< 0.5		
Thorium	(Th)	< dl	< 0.03		
Tin	(Sn)	4.7	< 4		
Tungsten	(W)	0.09	< 0.4		
Uranium	(U)	< dl	< 0.03		

URINE CREATININE						
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD +2SD
Creatinine	64.2	35- 240				

**SPECIMEN DATA**

Comments:

Date Collected: 02/12/2018      pH upon receipt: **Acceptable**      Collection Period: **Random**  
 Date Received: 02/13/2018      <dl: less than detection limit      Volume:  
 Date Completed: 02/14/2018      Provoking Agent: **EDTA 29 DMPS 100M**      Provocation: **POST PROVOCATIVE**  
 Method: **ICP-MS**      **Creatinine by Jaffe Method**

Results are creatinine corrected to account for urine dilution variations. **Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions.** Chelation (provocation) agents can increase urinary excretion of metals/elements.

V13



LAB #: U180905-2094-1  
 PATIENT: Gana Kiritharan  
 ID: KIRITHARAN-G-00002  
 SEX: Male  
 AGE: 50

CLIENT #: 25809  
 DOCTOR: Fred Hui, MD  
 The Chelation Center Downtown  
 421 Bloor St East 202  
 Toronto, ON M4W 3T1 CANADA

## Toxic Metals; Urine

TOXIC METALS					
		RESULT µg/g creat	REFERENCE INTERVAL	WITHIN REFERENCE	OUTSIDE REFERENCE
Aluminum	(Al)	8.7	< 25		
Antimony	(Sb)	0.4	< 0.2		
Arsenic	(As)	29	< 75		
Barium	(Ba)	6.4	< 7		
Beryllium	(Be)	< dl	< 1		
Bismuth	(Bi)	0.6	< 2		
Cadmium	(Cd)	0.5	< 0.8		
Cesium	(Cs)	5.2	< 9		
Gadolinium	(Gd)	< dl	< 0.5		
Lead	(Pb)	12	< 2		
Mercury	(Hg)	4.7	< 3		
Nickel	(Ni)	16	< 8		
Palladium	(Pd)	< dl	< 0.3		
Platinum	(Pt)	< dl	< 0.1		
Tellurium	(Te)	< dl	< 0.5		
Thallium	(Tl)	0.4	< 0.5		
Thorium	(Th)	< dl	< 0.03		
Tin	(Sn)	5.2	< 4		
Tungsten	(W)	0.2	< 0.4		
Uranium	(U)	< dl	< 0.03		

URINE CREATININE							
	RESULT mg/dL	REFERENCE INTERVAL	-2SD	-1SD	MEAN	+1SD	+2SD
Creatinine	54.9	35- 240					

SPECIMEN DATA			
Comments:			
Date Collected: 09/04/2018	pH upon receipt: Acceptable	Collection Period: timed: 2 hours	
Date Received: 09/05/2018	<dl: less than detection limit	Volume:	
Date Completed: 09/06/2018	Provoking Agent: DMPS 180MG EDTA 2	Provocation: POST PROVOCATIVE	
Method: ICP-MS	Creatinine by Jaffe Method		
Results are creatinine corrected to account for urine dilution variations. Reference intervals and corresponding graphs are representative of a healthy population under non-provoked conditions. Chelation (provocation) agents can increase urinary excretion of metals/elements.			
V13			



Following are the Symptoms and other clinical presentation observed by Gana Kiritharan over the last few years which may be due to mercury and/or other heavy metal poisoning.

Changes observed after starting the chelating therapy are explained in “Changes of Symptoms During Chelating Therapy.”

### **1. Skin problems**

I may be experiencing 2 or 3 small lumps under the skin in right arm. (No pain, Not growing, no lymph nodes.)

On my left side of the chest I developed few scatted purple papules. There was no discharge from these rashes.

I experienced excessive itching in my legs.

I experienced pimples which are not infected as other situation and fail to heal in normal way.

### **2. Muscle twitching.**

Around early 2003, while I was living in Ottawa, for the first time I observed some neurological symptoms in my body. Important one of them is Muscle twitching around left eye and left shoulder region.

I did not consult my family Doctor, but took some Aspirin and symptoms relieved after two or three weeks.

Again around later part of 2004 or early part of 2005; while I was living in Toronto I developed similar neurological symptoms.

The muscle twitching symptom became prominent during last few months and started to affect both eyes. Some times it even difficult to open both eyes.

### **3. Elevated Blood Glucose, Cholesterol and Triglyceride levels.**

I was diagnosed with high blood cholesterol and triglyceride problem around end of 2002 (while I was in Ottawa), and high blood glucose (diabetes) around end of 2004 (while I was in Toronto). My fasting blood triglyceride level and fasting blood glucose level moving up and down which may be difficult to explain. (Please see the Graphs presented).

### **4. Bad Smell in the Breath.**

Also for last two or three years I am experiencing a bad smell in my breath. I can describe it as some thing similar to a smell come from ventilation ducts when the air conditioner is starting. But this smell may be more irritating for your nose.

This smell may come after one or two hours after eating the poison food and stays for one to three hours. If I do some physical work or take sleep after the food, I do not remember having this smell.

## **5. Musculoskeletal System**

### **A. Muscle Cramps.**

I was experiencing muscle cramps for last few years. It may not be associated with my exercise. It may even come while I was lying on the bed. These cramps got relived in few minutes without any continuous pain.

Recently I experienced a sever muscle cramp while returning from a bicycle ride for 4 or 5 km. The cramp came on quadriceps muscle and it may affected my knee joint tendons severely. Though the cramp got relived next day pain associated with the knee tendon did not heal for a while.

During 2010 May first week I experienced a sudden sever back pain around my upper back. I took some Aspirin and gave some massage with hot water bottle. It got relived in two or three days.

### **B. Joint and Muscle Pain.**

Though I was experiencing general tiredness and muscle cramps explained above over a long period of time I did not experienced any localized pain until this year.

For last few months (from March – April 2010) I may be experiencing moderate to sever form of muscle and joint pain in my upper and lower limbs and also in the back.

It may start in one or two hours after I wake up from the bed and may stay for all the day.

It is a kind of inflammatory pain (a pain you may experience if you have infected wound.)

### **C. Characteristic Back Pain.**

I also experienced a characteristic back pain described by other victims of mercury poisoning. It localized between two shoulder blades and go up to the back of your neck. It starts with pin and needle feeling in the skin turning back into pain and gradually increases in severity. It may come while I am in bed but standing, walking carrying a back pack will increase the occurrence and severity of this pain.

### **D. Decreased Muscle Tone and Slow Moving.**

I may also experienced decreased muscle tone with slow moving. One problem I experienced because of decreased muscle tone may be difficulty in sitting in chair strait. In order to sit a chair strait, I should use my arms fixed to arm rest of the chair as clutches. Whenever I am unable use my arm like this (when using computer keyboard) my body will bend like a question mark in the chair.

## **6. Gingivitis**

For last three years or so I am experiencing gingivitis, bleeding of gum and frequent infection of the gum. I also may be experiencing excessive salivation.

I talked to my dentist on 9<sup>th</sup> of June 2010. Dentist confirmed the dental filling done for me in 2003 was not done with mercury and as the Gingivitis may be cased by several factors she advised me to consult a gum specialist.

## **7. Symptoms Affecting my Eye.**

I experience dim vision especially after exercise, occasional imaginary geometric figures appearing in the visual field. I also experienced burning sensation of my eyes. I experienced discharge from Eyes and complained during eye examination last few times.

I went for a complete examination of my eyes on 11<sup>th</sup> June 2010. Ophthalmologist observed only dry eyes. No other damages were observed during eye examination. Ophthalmologist prescribed “Tears Naturale” for the dry eye.

## **8. Gastrointestinal Effects**

In 2007 I experienced sever peptic ulcer symptoms and got treatment for it. I was experiencing constipation with anal fissures and related bleeding and in 2007 or 2008 went to see a GI surgeon regarding this. My few blood reports in 2008 and 2009 may have shown mild anemia. Last few months I was experiencing gastritis.

## **9. Neurological Problems.**

- A. Impairment of speech: I experienced difficulty in speaking fast or pronouncing difficult words.
- B. Hearing: I experienced difficulty in understanding rapidly told instructions.
- C. Information does not come through: If some body asks some thing suddenly I experienced difficulty in answering as the asked details failed to come immediately.
- D. Poor Muscle Coordination: I experienced following may be because of poor muscle coordination.
  - 1. Tried to fall while climbing up or down on stairs.
  - 2. Dropped Coins when giving or receiving at shops.

## **10. General Tiredness and Sleep Pattern.**

I felt tired and sleepy all the time. Some times I slept for 14 hours a day. Many instances I wakeup after every 2 hours. Some times I was able go back to sleep immediately but many instances the sleep got disturbed and made the rest of the day sleepy and tired.

This either decreased my capacity to work or made the work very painful.

I also experienced disturbing dreams.

## **11. Psychological disturbances**

I am experiencing identifiable short term memory loss over last few months.

I am also experiencing low self esteem, doing things by rote, depression and irritability.

## **12. Cardiovascular problems**

I am experiencing high blood pressure and taking Ramipril 10 mg for it. The dosage was increased by my MD from 2.5 mg to 10 mg over last few years.

### **13. Urinary Symptoms**

I may be experiencing urgency, frequency (only passing a small amount of urine each time) and end dribbling urinary symptoms for a long period of time. I went to see a specialist while I was in Ottawa (2002 or 2003) and he conducted an endoscope examination and told me he did not find any obvious pathology in my Urinary Tract.

### **14. Respiratory problems**

I am experiencing coughing persistently once in while.

### **15. Immunological Effects**

I am experiencing frozen shoulder left side which started two years before.

**Following are some pictures taken by Gana Kiritharan during his experience of Heavy Metal Toxicity.**

Gingivitis



Tenia in back of Neck during First Round of Chelating Therapy.



Papule (Started to heal) in chest.



Swollen Right Side of Thyroid.



Pimple Old (Dark Patches) and New



Black Color Dots.



Roughening of Skin

Angular Stomatitis



Gana Kiritharan's Male Adult Baldness Problem May be Aggravated by Toxic Metals.  
Before Hair Transplant (2006) 5 Months After Hair Transplant Presently (2010)



DATE	FASTING GLUCOSE	Hemoglobin A1C	TRIGLYCE RIDE	CHOLEST EROL	HDL CHOLESTEROL	HEMOGL OBIN	AST	ALT	Aik Phos	CK	CREATINI NE	eGFR	MICROALBU MIN (RUR)	CREATININE (RUR)	MicroAlb / Crea
19-Jun-2002	6.2		7.08	6.09	0.99	149					77				
11-Sep-2002	6.5		11.4	7.69	1.26										
22-Oct-2004	8.16		6.63	4.87	1.04	159	30	42		487					
2-Mar-2005	7.4	0.087	2.25	5.07	1.19	149	28	34		330	95		19.2		
30-Mar-2006	5.11		5.2	1.93	1.4										
23-Sep-2006	11.5	0.089	3.73	4.38	0.96	152						99			
28-Dec-2006	8.2	0.079	4.79	4.56	1.13		28	31			70	116	39.6		
17-Apr-2007	7.9	0.077	2.27	3.84	1.22		24	25			92	83	31.9	12.1	2.6
7-Mar-2008	9.2	0.097	3.14	5.84	0.98	133					81	97	46.3	21.7	2.1
28-Mar-2009	11.9	0.11	3.16	5.3	1.19	135		27					15.6	14.2	1.1
12-Dec-2009	11.8	0.108	4.18	6.39	1.08	133		30					22	15.6	1.4
26-May-2010	14.7	0.117	3.25	4.92	1.17	144		37	40	222	72	103	80.3	38.4	2.1
6-Dec-2010	14.6	0.112	4.63	5.79	1.3	153		36			55	>120	250.7	15.3	15.3
8-Feb-2011	11.8	0.107	5.48	5.42	1.27	150	25	29		274	64	>90	10	>2	Unab to Cal
9-May-2011	12	0.105	2.81	4.77	1.2										
7-Sep-2011	8.8	0.074					25	32	27		75	98			
17-Dec-2011	12.4	0.084	3.74	6.46	1.36	145		26							
17-Mar-2012	8.4	0.083	3.5	5.3	1.31	143		20		215	80	91	48.6	17.4	2.8
13-Jul-2012	7.8	0.077													
4-Jan-2013	12.5	0.09	4.59	6.58	1.17			26		194	82	88	40.7	16.7	2.4
19-Jul-2013		0.128	7.72	5.74	1.12	158			45	160	67	111			
10-Jan-2014	14.6	0.132	8.49	6.4	1.1	150		19		137	55	>120	79.2	21.9	3.6
22-Aug-2014	18.7	0.118	8.43	6.6	1.31	162		29		120	65	114	96.2	15.3	6.3
21-Aug-2015	19	0.128	5.38	5	1.21	161		28		130	67	109	80	13.4	6
19-Feb-2016	17.6	0.131						26			59	114	114.6	12.5	9.2
22-Aug-2016	17.3	0.116	3.62	4.04	1.19	156		31			71	106	74.2	7.7	9.6
2-Feb-2017	16.4	0.107				144			47	81	55	116			
31-Jul-2017	12	0.092	2.86	4.78	1.47	141				135	57	115	46	8.5	5.4
23-Jan-2018		10.8									119	110	34	15.5	2.2
10-Sep-2018	12.7	10.1	3.53	4.45	1.3	142			47	238	59	111	94	15	6.3