



I, GANNA KIRITHARAN  
Je soussigné(e), (NAME)

of 307-10 STONHILL COURT, SEARBOROUGH, 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 glittering 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 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)

ASST  
Sworn by the said GANNA 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. Selvananthan'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. Selvananthan 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 form 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 suffering from Hyper Insulinemia and he advised me to stop Insulin injection and prescribed another injection, but I did not took 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 added 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>o</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. But from end of September 2011 again my fasting blood glucose value started to fluctuate again. So I carried out challenged urine test on 12<sup>th</sup> October 2011 and again on 5<sup>th</sup> December 2011 and found that 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.
  26. So I took more precaution to protect my-self from poisoning attempts and increased the ventilation of my room and work site.
- Following Details Added on 12 May 2012.**
27. I may continue to experience repeated poisoning attempts until as late as May 2012 first week.
  28. Because of this continued criminal activity my fasting blood glucose value 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. Also I did a Challenged urine test on 7<sup>th</sup> March 2012 and found Arsenic level in Urine continued to increase.
  30. Because of this continued criminal activity some people living in my environment also may stated to saw some toxic symptoms due to Toxic metal toxicity.

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.

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## 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.

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 replied 'they must be coming off the kettle' and in another comment 'they must be coming off the teabags.'"



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