

Blood Test

(1) neutropenia - consistent $\pm$ MCAS.

(2) mercury elevated - known
mast cell trigger

→ Zeolite drops chelate
into stool.

2 x daily away from food
(one of them before bed).

→ Vitamin C 2 gram 2x daily
any brand is fine.

→ Alpha Lipoic Acid = ALA
400mg twice daily

→ DMSA - 4x daily - can be with food.
Monday - Friday
for 4 weeks

(3) low trace elements

Zinc 30mg picolinate 2x daily FOR LIFE.

manganese 15mg bisglycinate
2 daily FOR LIFE

Kingsway

iherb.com

Elevated Anion Gap

$$(Na + K) - (Cl + CO_3).$$

11 is ideal

you are 14. = acidic.

need to alkalize diet. - reduce carbohydrate to a minimum is the the easiest strategy

- Cortisol - 348 ideally 150-200.
a marker of stress.
so need to use any technique possible to lower.

can you keep the job and not be
STRESSED?