

BEING SICK SHOULD NOT CAUSE FINANCIAL DISASTER

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What are necessary diagnostics? Which are not?

Before we can answer this question, we must have a thorough patient history

Patients must be evaluated carefully.

Ask the right questions

Patients know a lot

Important metal-related questions for parents of children with neurological disorders

Did the mother smoke before or during pregnancy?

Was it her first child?

Did she have abortions before the pregnancy?

Does she have amalgams in mouth? Since when?

Did she have dental treatment during pregnancy or shortly before?

Did she get immunized before and during pregnancy?

Important metal-related questions for parents of children with neurological disorders

Did she work and what is/was her job?

What hobbies does she have? (painting, ceramics?)

Does she have tatoos? Many?

Did she take medication? If yes, which?

Was she under medical treatment? If yes, for what?

Does she eat a lot of fish?

Did she eat a lot of fish during pregnancy, during nursing?

Important metal-related questions for parents of children with neurological disorders

Was the child born with known deficiencies?

If it was normal, when did abnormalities appear? How?

If related to vaccination, how serious was the reaction?

Important food-related questions for parents of children with neurological disorders

Was the child nursed?

If no, why not?

If yes, for how long?

What changes were noted after the child started ,the bottle‘

What changes were noted after the child started eating ,people food‘

Did the child cry more?

Important question for parents of children with neurological disorders

Is your water safe?

Ask your local water company for information.

They routinely test city water and provide information without charge

Are the water pipes in your house old? Could lead be a problem?

Have your water tested.

Lead in water is a cause of neurological disorders!

When we ask for the wrong test, we are wasting effort and money.

FACTS:

1. Not all doctors or patients are clear on what test is needed for the patient's condition
2. Laboratories are generally not asked for advice
3. Not all doctors and patients understand the importance of proper sampling
4. Few patients know how to interpret test results
5. If test results are misinterpreted, treatment will be ineffective and the money for the test is wasted.
6. Patients who think that they save money by dealing with the laboratory directly will be disappointed.

When test results are questionable, we are wasting effort and money.

FACTS:

1. Laboratories are trained in analysis and data interpretation
2. Doctors are trained in treating patient conditions
3. The cooperation of laboratory specialists and expert doctors results in treatment success
4. Patients should find a doctor they can trust. He/she will be able to properly communicate with the laboratory
5. This will save money and time for all involved

Important!

NO TEST PROVIDES THE TOTAL ANSWER

Wrong sample taking (or shipping) can cause false results

When results don't support the patient case history, we need to double check with supporting diagnostics

What medical tests should we ask for?

If the patient history points towards metal intoxication, consider a hair mineral analysis.

This is a painless test, particularly useful for small children

It detects metal exposure that happened in the past.

Urine provocation is another possibility

**Blood metal testing is only needed if immediate exposure is suspected
(we talk about that later)**

Bacteria and Fungi in Stool?

We all have bacteria and fungi in our feces- in various quantities

Microbiological testing – after diet changes and supplementation failed

Question: When do we need the test?

Answer: When digestive disorders are not solved through diet (and medication)

How can we make symptoms disappear?

Eat slowly

Eat BEFORE you are very hungry

Chew thoroughly

Drink water etc before you start eating, not during your meal
(water dilutes the stomach acid, needed for digestion)

Focus on eating (don't read, watch TV etc

Rest after eating

What symptoms?

Flatulence?

Burping?

Burning?

Headaches?

Fatigue

Hyperactivity?

Anger?

Regular bowel movements? Once daily?

If not, eat more fiber (i.e. more vegetables and whole grains)

Eat less meat

Cut down on animal fat

Focus on good olive oil

Eat less sweets

Microbiological testing for patients with digestive disorders

**Microbiological testing must be performed locally
Shipping time increases bacterial and fungal growth**

No laboratory can overcome that fact!

Normalizing Intestinal Flora through diet and supplements

Reducing sugar and alcohol

Sufficient fiber

Sufficient water (Not juices)

Regular Bowel Movement

Probiotics

Adequate B-vitamins and zinc (but not too much)

What you should do 3 days before microbiological stool testing

Induce mild diarrhea

(linseeds or linseed oil, magnesium, herbal teas etc)

Patient must drink plenty of water or diluted fennel tea

What you should do 2 days before microbiological stool testing

Low sugar diet

Plenty of water

Medium fiber intake

1-2 capsules Probiotics, 3x daily before meals

(Children, depending on age. You can open capsule and empty content into yogurt, rice or mix into apple sauce etc)

What you should do 1 day before microbiological stool testing

No sugar

Plenty of water

Medium fiber intake i.e. eat oatmeal or brown rice cooked in water at least once daily (oats cooked in water or fennel tea, add unsweetened apple sauce for taste)

No Probiotics

What you should do on the day of microbiological stool testing

Before sampling, drink unsweetened fennel or chamomile tea or water only

Eat oat meal or brown rice

Take stool sample

The patient can now eat and drink normally

Food Intolerance or Allergy Testing

-know the difference

IgE RAST Test– allergy reaction can be severe. A positive IgE may be seen for a life time- even when symptoms are no longer seen

IgG – Blood Test – sensitivities change with time, exposure and the patient's condition. Sensitivities rarely last a life time.

Skin Testing through Patch or Scratch Test – False positive results may be caused by skin problems, medication such as histamines, antidepressants etc.

Food Intolerance or IgG Food Allergy Testing

**Prior to testing, follow the same program as
you would for
Microbiological Testing of Stool**

**Reason: your body is intelligent
It remembers food!**

Food Intolerance

Ask and Test Yourself

- 1. List 7 of your Favorite Foods**
- 2. List 7 Foods you hate**
- 3. Name the foods you ate yesterday**
- 4. How many of your favorite foods did you eat**
- 5. Did you eat any of the foods you hate?**

Food Intolerance

Ask and Test Yourself

IF YOU EAT THE SAME FOOD OVER AND OVER AGAIN, ARE THEY OF THE SAME FOOD GROUP?

FAT, PROTEIN, CARBOHYDRATES, SIMPLE SUGARS?

WHICH?

Do It Yourself - Food Intolerance Test

Avoid your favorite food for 4-6 days

Do you feel better after day 2?

If yes, you should avoid that food for a period of time. How long?

Your body will tell you!

The Rotation Diet

Rotate food groups on a 4-day cycle
Your digestive system will recuperate from
constant attacks on specific digestive areas

Supporting digestion

REDUCING FAT

HELPS liver, gallbladder, pancreas

**EATING MORE FIBER HELPS ELIMINATING
CHOLESTEROL**

Supporting digestion

**REDUCING PROTEIN
HELPS STOMACH AND PANCREAS**

TRY THE VINEGAR TEST!

Supporting digestion

**REDUCING SUGAR
HELPS PANCREAS AND INTESTINAL TRACT**

**PROBIOTICS HELP NORMALIZE THE
INTESTINAL FLORA**

Supporting digestion

Antacids buffer Stomach Acidity but do not remove the cause of the problem (usually wrong foods and bad eating habits)

**Antacids have a rebound (Bumerang) effect
The more antacids we take,
The more we need**

Supporting digestion

**If you feel bloated or heavy after eating,
a lack of stomach acidity may be the cause**

Try the Vinegar Test

Supporting digestion
ELIMINATES FOOD INTOLERANCE PROBLEMS

REMEMBER

FOOD INTOLERANCE IS TEMPORARY

**WHEN DIGESTIVE FUNCTION IMPROVES,
FOOD INTOLERANCES DISAPPEAR**

Amino acid test results are easily influenced by diet

To get good results, a controlled diet is a must!

Test only makes sense for newborns (and sampling is done under controlled conditions)

For older children and adults, the test provides misleading results- if sampling is NOT performed under controlled conditions.

Genetics- your individual detoxification potential!

The **Glutathion Transferases** are needed for proper detoxification.

They may be checked if an intoxicated patient does not respond properly to detoxification treatment.

Make sure the appropriate detoxification treatment is used.

Thank you.

Get well soon!