

IIMEC13

CFS Pilot: 4 cases > 2.0ug/g hair
High mercury is associated with low selenium

	Al	Pb	Hg	U	Sn	Se
Reference range (ug/g hair)	< 7.0	< 0.8	< 1.0	< 0.06	< 0.3	0.7-1.2
WHO safe level			< 2.0			
M	0.2	0.05	2.70	0.001	0.02	0.55
M	1.0	0.14	0.48	0.085	0.03	0.87
M	6.3	0.09	0.53	0.006	0.05	0.91
M	2.3	0.08	0.39	0.046	0.04	0.77
F	9.3	0.58	1.10	0.280	0.20	0.73
F	3.1	0.51	2.70	0.210	0.08	0.67
F	44.0	4.40	2.60	0.003	0.45	0.17
F	1.8	0.03	0.11	0.002	0.05	0.84
F	7.7	0.10	0.08	0.002	0.01	0.98
Croatia	0.6	0.07	6.90	0.008	0.03	0.76
Finland	4.8	0.12	0.80	0.640	0.06	0.49

www.investinme.org

Laurel Crosby

36:17 / 1:02:01

37:54 We took some new patients and did hair analysis on them to see about the mercury. So these are not the severe patients and what we found from that is that, this is mercury (pointing to Hg column) that's just a chemical symbol for mercury (Hg), and you can see in red that there were several patients that had a little over the limit on mercury and one patient had lead (Pb) toxicity. The other thing that's interesting about this if you have too much mercury you often have too little selenium (Se) and selenium is used as an antioxidant. We have all this oxidative damage, so you probably do not want to be low in selenium, so probably the low selenium is probably worse than the mercury being high. This is not terribly high, we've talked to each of the patients that were mercury high and it looks like they're all because they eat a lot of fish and especially things like salmon. It's okay to eat fish but don't overdo it because all these big fish have a fair amount of mercury in them. Then a little bit of a surprise is this one patient from Finland who has a fair amount of uranium. That's probably environmental, I don't know where that comes from and we don't know the medical consequences of the uranium.