

## **CASE STUDY OF C.D. from South Yorkshire, aged 58**

Hello, I would like to tell you of my experience on my road to recovery. I was diagnosed with Rheumatoid Arthritis and Sjogrens Syndrome about 5 years ago, after a long list of vague symptoms:-

Simultaneous diarrhoea and sickness at regular intervals of 2 months or less, joint pains, backache, pins and needles in lower arms and hands, weakness in my hands, very painful feet when getting up in the morning, tinnitus, fatigue, so much so, I had to take a midday nap at work just to get through the afternoons. Dry eyes and mouth, in fact everywhere, my GP put it down to the menopause; I was put on HRT, which helped a bit but not with most of my symptoms. I had a couple of gastric endoscopies along with a carpal tunnel operation, which was a complete failure. I had suffered gastric problems for 20 years and then pains in my hands and feet, etc, etc. The list went on and on.

I ride my horse regularly, and I had great difficulty jumping off him, my legs had no suspension at the knees and ankles, I would literally fall down! I have ridden horses all my life and it became so much worse over about 5 years I thought I would have to stop riding. I am now back to normal, my instructor says she can see the difference too.

The Hospital only offered – demanded, that I take Placquenil and having researched the side effects, I decided I did not want to take this drug; after all, the Hospital clinicians did not do enough research into my symptoms before wanting to give me something, which could make me blind, deaf or have heart problems!

A friend gave me an article about a lady in the Midlands who had similar experiences and symptoms to myself and suggested I look on the Internet for 'Amalgam Free', which I then did and this proved to be a very enlightening experience.

I realised that about seven years ago I had a gold cap put on a back tooth and afterwards always had a metallic taste. I also worked as a photographic technician in a college, where over the years the students had broken a number of mercury thermometers, usually in sinks or on semi porous tiled floors. I also used toners and other chemicals so I had a fair amount of exposure to mercury and other toxic substances over many years.

I approached my GP who nearly threw me out of his surgery and then I asked my Dentist (NHS) for help. He didn't object and referred me to Leeds Dental Hospital – at this teaching Hospital I was more or less shown the door. I decided to do more research and found a private Dentist in Surrey, who did a blood test for mercury levels, which proved I was sensitive to mercury. Surrey was too far to travel for treatment and I had heard that there was a very good dental clinic in Bedford so I contacted the Munro-Hall Clinic for advice on what I should do next.

When I went to the Munro-Hall Clinic, I had a stool test, which was sent to Germany and it came back a couple of weeks later. The results were that I had 300 micgs of mercury per 1 kilo stool. (After treatment, 6 months later, I had another test done on my stool which read 30 micgs 1 kilo stool. Graeme Munro-Hall said it was still quite high as a person with no amalgams would show 1 to 10 micgs per kilo but hopefully that would lessen over time.)

I decided to have all my fillings replaced, undergo stool and blood tests first, and follow a strict regime of diet and vitamin/mineral supplementation before having the treatment done using strict protocols at the Munro-Hall Clinic in Stagsden, near Bedford in September 2005.

I now have fewer aches and pains and much less tiredness. I still attend my Hospital RA Clinics and have 6 monthly blood tests which show a marked reduction in RA factor, which used to be one of the highest my GP had ever seen.

The Doctors cannot explain this as they admit they have no experience of mercury – or most likely, they are led by NHS guidelines.

So thank you to Graeme Munro-Hall and his team for making a difference to my health, that my husband and friends can see daily.