

From: Rosalie Bertell
To: Gretel Munroe
Subject: RE: Veterans - treatment
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We have an article on our web site which might help in the diagnosis by a toxicologist.
See www.iicph.org

I also recommend using DISTILLED (not bottled) water for three months for drinking and cooking. Take as much as possible every day. It will help to flush out inorganic particles but will not remove organic. It is safe even for a pregnant woman. The recommendations you have made seem safe and sensible. I would just add the DISTILLED water.

The best test of internal contamination is a 24 hour urine analysis.

Sometime with distilled water, the person temporarily feel worse because you are pulling the metal out of tissue and into the blood. It is more uncomfortable when it is in the blood. Getting it out of the body (rather than back into tissue) is important - hence the sweating and increased urination help. If the discomfort is too much, stop for a few days and then begin again.

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