

Discharge Plan Step by Step:

1. Read the information over that is in your notebook. Read Edelson (Living with Environmental Illness) and Randolph (Alternative Approach to Allergies) books. Watch videos on my website. Education is the key to know what to do and I cannot tell you everything you need to know. Even if memory bad skim everything once.
2. Stop current toxic exposure by changing into new prewashed clothing if need be and leaving moldy home for hotel or friends house. Do not wash toxic clothing at your relatives this is not good for them – Read advice for mold victims please for details.
3. Get vitamin Box and start the first week by taking carefully and slowly each supplement one at a time (if very sensitive) daily adding a new one or hourly to see if you have any problem. If you get ill then go back to beginning trying to figure out which one doesn't agree with you.
4. Take medications if they have been prescribed and slowly ramp up to the dose you feel good on and let the doctor know in writing at your next appointment. Type a concise word document for every appointment with Meds, dosages, times you take midodrine (10 mg for example) and vitals before taking and 90 minutes after if on it. If on Cortef write 10/10 /5 mg or whatever you take every 4 hours as well.
5. List all hormones even if not prescribed like dhea and pregnenolone .
6. List good and negative responses to environmental exposures, treatments and foods and then list all questions you would like answered. This can be done for in person appointments as well!
7. Create Oasis bedroom at home. Air filter, hard floor not pine, no books, mags or rubber shoes. Metal and glass furniture. No cell, no electric alarm clock.
8. Order Moutain Valley water 5 gallons in glass – call 501 624 1635
9. When have stable vitals and Heart rate is standing near 72 or same as hen you lay down (10 beats faster is OK) then consider sauna every 4 th day and start with 5 to 10 minutes and then go up by 5 minutes each time if tolerated well. too tired for days is too much sauna do not reenter yet. Goal is 30 minute sauna daily or more if desired.
10. WHEN YOU GET SICK DO NOT SAUNA! It will make you worse not better.
11. Make appointment to talk to doctor within 7 days of going home and then weekly or every 2 weeks to discuss results and discuss further tests that might need to m\be done like nutrition panel if covered by your insurance. Each time type document with your medications and questions as above.
12. You can text brief questions without charge over the first 2 weeks and then there might be charges (360 and hour for phone, email and texting). Never send urgent

problem via email – I read twice a week late at night. Insurance doesn't pay for phone appointments.

13. Locate local physician do continue IV preservative free Vitamins, ALA, or even Phosphotidyl Choline. www.aaem.com and www.ACAM.org
14. Go to hospital with ceramic mask for O2, charcoal mask and sign (provided) that states you are chemically sensitive in case you are admitted. Bring glass bottle water. and your supplements in case you need to stay. Do not discuss mold, EMF or toxic issues or they might right you off as crazy. Stick to dysautonomia, adrenal insufficiency (only if exists) and intolerance of chemical exposures, chronic fatigue etc which are more accepted terms. In an emergency you should know about management of adrenal crisis, have your bracelet on or card in your wallet.
15. I can talk to relatives to persuade them to be empathetic and help you with your recovery. I will charge half the usual rate to do this. It is hard to get others to comply and I would just order products for them from vitacost or needs that are unscented that I suggest and here they are:
16. Earth Science shampoo and conditioner or Jason conditioner. Goats milk soap, kiss my face hand soap liquid and shaving cream, herbal essence deodorant or Jason stick. Alba hair gel and leave in (coconut oil) conditioner. Seventh Generation laundry detergent and fabric softener, Borax, Seventh Generation spray cleaner.
17. All patients should use air tubing headset from amazon with or without ear hook. If EMF sensitive wear barefeet , socks or leather soled shoes only. No tennies!
18. Have stuff for reactions near fridge where you can start with Serotonin and Histamine, Use trisalts and C for reactions and twice daily - watch for diarrhea if too much. Get fresh air immediately or use O2 for a while. Run Epsom salts bath and then lie down and nap. Can also use specific antigen for the exposure – i.e perfume shot if perfume etc.

THE TREATMENT PLAN:

We will deal with the most urgent problems you have first so tell me what is really bothering you the most the day of your visit. I am happy to focus on mental health as well.

I focus on treating dysautonomia (POTS) and adrenal insufficiency first if either are present. After we meet please go to the website www.lisanagy.com and watch first the Penn Med School lecture which gives an overview of the Environmental Medicine approach. Next watch the ILADS talk about adrenal insufficiency and POTS. You can read about POTS also at www.ndrf.org please before the next appointment. Then individual videos will be available soon on each of many subjects like the symptoms of adrenal and other hormone insufficiencies and how we will treat them.

We will start with labs tests MV hospital fasting after midnight and get there at 8 am. Also on a calm day without exercise you will do a 24 hr urine hormone test for Rhein lab start at 10 am or later please and add to jug that you keep in fridge until you freeze 45 cc and ship or bring to us to prepare. You can also do your ASI - saliva test 4 times the same day - re instructions (page 3) the evening before to prepare the next day for what to do. We charge about 20.00 to prep and explain urine and saliva tests and 35.00 for occasional blood tests.

Then you can have an ACTH stimulation test if indicated for adrenal function at the office which takes 90 minutes and you might choose after the test to start GSH (glutathione, takes 10 minutes and costs 75.00 alone and 62.00 with vitamins) if not IV vitamins (140.00 which takes an hour or hour and a half.) Later drips of Neurologic improving Phosphotidyl choline can be done as well as chelation challenge and treatment if metals are found to be high.

If you are very ill the plan is to strengthen you up and then start sauna within 2 to 6 weeks if needed for detoxification from mold toxins or to lower the chemical load to allow clinical improvement in your symptoms. Strengthening is through fixing everything we find wrong with you and using IV vitamins as well if you can afford them or your insurance pays for them in part. I suggest 2 or 3 a week for 2 weeks and then less as you start sauna.

During this process if it applies to your case (most of you) please go unscented as this is important to decrease your Total Load and prevent you from absorbing detergent and fabric softener from your clothing and perfume and lotions from your skin etc. which contain a dozen harmful chemicals. Avoid diesel exhaust by using the recirculate button and keeping windows up while driving near cars or motor bikes. Get good quality glass bottle water from Mountain Valley or glass 5 gallon bottles from me and have them filled by someones well after obtaining a stand and crock from them.

Along with clean water you need to focus on clean air, which means getting a charcoal air filter (hopefully from our office at the best price) made for sensitive patients with a smell free rubber cord and low EMF for 400 square feet from Aireox (349.00), or for 750 sq feet from Austin Air Healthmate 'junior plus' (419.00) with over 10 pounds of charcoal to absorb chemicals as well as dust and mold spores. It is essential that people realize they must follow these basic principals of clean air, food, water and habitat in order to most rapidly improve.

Eating mostly organic will surely help as well because pesticides are the worst thing for us once we have become Environmentally Ill or sensitive - even small amounts in food. The sicker

you are the more important it is to eat on a 4 day rotation – on top of a Paleolithic diet - google so you are not eating the same thing every day. If you feel very ill then fasting is a

If you are living in a moldy smelling home that has a musty basement you should try to figure out how to fix it, find the leaks and hidden mold in walls or ceilings -- and if very ill leave the home while you are working on it and on treatment. Getting into clean clothing that is prewashed with Seventh Generation and Borax will let your body relax and unwind and you might become sensitive to your moldy clothing on day 4 being away from them. You might become more sensitive to chemicals and scents as well as foods as this process evolves and you begin to get healthier.

Everyone goes through this phase to some extent so do not be alarmed. Knowing about your condition and being prepared to handle it is your responsibility. The world is not going to part with chemicals for your benefit. Learning how to protect yourself is essential. You might need to use a charcoal mask (we have thick ones from Dallas and thin 'I Can Breathe as well') if very sensitive to diesel on the boat or to detergent in the grocery store aisle, I do not advise shopping in malls, Home Depot or other stores with a high amount of VOC's in the air (volatile organic compounds). Toxic air in stores will make you potentially have worse dysautonomia, and feel tired or have a headache. Flying is a hardship as well because of jet fuel and newspapers and perfumes on passengers. I recommend a painting respirator (3M with organic vapor cartridge from Home Depot on line) under the seat when you travel if you are chemically sensitive or are 'nervous' when you fly.

If the Venous Blood Gas has a high oxygen value (above 25) which is worse because the tissues are not using the O2 and it remains high in the vein then oxygen therapy will be recommended for 18 days for 2 hours a day and should reverse the damage to the capillaries done by mold toxins or chemicals in the first place – a scientifically studied treatment by Von Ardenne in Europe.

Please pick up a set of shampoo and conditioner that is unscented and perhaps goat's milk lotion and soap to get started on your new plan. These can be later purchased online at Vitacost.com but they take a week to deliver so get these and your first sets of supplements from me and then you can order your own subsequently.

If you smoke, drink coffee or too much alcohol or use drugs I will help you to stop by fixing the reasons why you need these crutches so do not get nervous about being lectured to stop immediately but try not to smoke before coming to office and change clothing if you do for the sake of other patients.

Never use pesticides or be exposed to them ever again once made Environmentally Ill. They can cause you to become ill all over again for years! Avoid diesel exhaust and use the recirculate button on the car or max AC when you drive. Have someone else shop and pump gas for you to lower your exposures.

Please do not bring newspaper or magazines to the office or coffee or pungent foods. I would like you to eat right before doing an IV and bring food (esp carbs) with you if doing ALA as it can lower blood sugar. Books are available to read as are two binders of articles that are key to understanding your condition and the treatment. So please flip through these two as well as read Edelson on Living with Environmental Illness and then Randolph – Alternative Approach to Allergies in the first 10 days as well as watching the video at Penn tonight.