

**Intervention Log – (check all that have been completed)**

Out of moldy home	IV vitamins	Air tubing headset – cell
Out of moldy clothing	IV glutathione	Modified computer
Exchanged car	Glutathione cream	Leather soled shoes
Identify toxic exposure	IV Co Enzyme Q10	
Stopped working	IV Phosphatidylcholine	<b>Websites:</b>
Oasis bedroom	IV Alpha Lipoic Acid	<a href="http://www.vineyardpersonalizedmedicine.com">www.vineyardpersonalizedmedicine.com</a>
Charcoal air filters	IV Amino Acids	<a href="http://www.lisanagy.com">www.lisanagy.com</a>
Charcoal mask	IV Chelation challenge	<a href="http://www.ndrf.org">www.ndrf.org</a>
Mountain Valley water- glass only	IV Chelation DMPS / EDTA	<a href="http://www.aaem.com">www.aaem.com</a>
Changed detergent/Fab S.	Oxygen	<a href="http://www.ehcd.com">www.ehcd.com</a>
Unscented products – all	Allergy shots	<a href="http://www.lessemf.com">www.lessemf.com</a>
Avoidance	Referral to Dallas	<a href="http://www.safelevel.com">www.safelevel.com</a>
Stopped smoking	ALF	
Stopped drinking	Neurotransmitters	<b>Video:</b>
Cortef	Lyme treatment	Intro to VPM (1) - YouTube
Midodrine	IV Lyme treatment	Medical Info Short Clips:
Florinef	Coinfection treatment	2 3 4 5 6 7 8 9 10
Sex hormones	Nystatin	UPenn Med Lecture 1 2
Human Growth Hormone	Secondary antifungals	ILADS 1 2
Oxytocin	Rotational Diet Reviewed	Nightline
Human Chorionic Gonadotropin	4-Day Fast	Dr. Doris Rapp Allergy Testing
Metformin	Off gluten	Dr. Randolph
Berberine	Off milk	
LDN	Organic food	<b>Books:</b>
Sauna	Organic meat	Edelson – Living with Env Illness
Sauna supplements	Paleolithic diet	Randolph – Alt Approach to Allergies
Cholestyramine		Rapp – Impossible Child
Betonite Clay		Gorman – Non Toxic Alternatives
Charcoal	HR Variability	Rogers – Tired or Toxic etc.
PectaSol	EKG	Jeffries – Safe Use of Cortisol
Lithium	Thyroflex	Jeffries – Audio tape
VIP Spray	Oral potential meter	

**Tests Ordered:**

MVH Labs	Realtime - Mycotoxins	Metamatrix – Toxics Blood
ACTH Stimulation Test	Nutrition Panel	Metamatrix – Toxics Urine
Saliva - Cortisol	IgeniX - Lyme	Detoxigenomics
24h Urine Hormone	IgeniX - Coinfections	Stool - Diagnostechs
Neurotransmitters	Urine Metals Pre/Post	Stool - Genova
Melatonin	Hair Metals	
Food allergy   Mold   Candida	Porphyrns	

