

# Anxiety/Poor Concentration

*There were no real red flags in this patient's test results, but several minor problems piled atop one another with big consequences.*

## In just 2 months-

- ✓ *Night Sweats Nearly Gone*
- ✓ *Increased Energy*
- ✓ *Excessive Hunger Under Control*
- ✓ *No Depression Symptoms*
- ✓ *Sleeping 6 Hours A Night*
- ✓ *Off All 5 Medications Including Estradiol, Lexapro, Yasmin, Tylenol and Cortisporin*

## Initial Symptoms-

- ✓ *General Anxiety Disorder*
- ✓ *Insomnia*
- ✓ *Nightly Nightmares*
- ✓ *Poor Concentration/Memory Loss*
- ✓ *Headaches*
- ✓ *Constipation*
- ✓ *Weight Gain*
- ✓ *Adult Acne*

*"While some people don't consider anxiety, concentration problems, headaches and constipation to be major medical issues, these kinds of symptoms can seriously alter your quality of life and be signs of a more serious underlying problem."*

*-Dr. Van D. Merkle*

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### Patient Profile:

**01-31-07** - The 33-year old patient presented with General Anxiety Disorder (GAD), concentration problems and memory loss. At the time of the initial visit, she weighed 144 lbs at 5'3" and her blood pressure was 100/70. Almost daily mood swings accompanied by menopausal symptoms, hot and cold flashes, excessive hunger and weight gain (15 lbs in 3 months), a lack of energy, regular headaches, chronic constipation and hemorrhoids left her "feeling somewhat crazy" and "not like herself". She was drinking at least 1 soda per day for the caffeine and was under considerable emotional stress waking 3-4 times each night often by recurring nightmares or night sweats. She was already taking a basic multi-vitamin and an enzyme therapy supplement as well as 5 different drugs to control her anxiety, depression, headaches, constipation and an infection in her ears.

**Doctor analysis:**

**02-26-07** – Nearly every toxic element we tested for came back too high on the tissue mineral analysis and the patient's essential elements were not in optimal ranges, some being way too high and others being too low. This shows the patient was expending her stored essential elements to flush out the excess toxins; essential elements that would normally be used for vital processes like healing and repair. Each of the toxic elements seen on the chart also comes with a long list of side effects which match most of the patient's symptoms. For example, just a few side effects of high Lead are irritability, mental disturbances, constipation, altered sleep, headaches, poor memory and the inability to concentrate. High Nickel levels can lead to insomnia and headaches and high Mercury can cause chronic fatigue, thyroid problems and depression.

Many of the medications this patient was on also have corresponding side effects. My goal was to clear out the toxic elements and get the patient healthy enough for her body to start healing and repairing itself instead of relying on prescriptions which simply mask the problem. Because of the high toxic elements in the hair, I recommended she take Chlorella, a chelating supplement, to help flush the remaining toxins out. She was also placed on a valerian root supplement to help her sleep and several other vitamins and minerals based on deficiencies seen in her hair and blood tests.

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**Patient assessment:**

**04-26-07** - After just *two months* under our care, 16 of the patient's blood test results improved including the bad LDL cholesterol which dropped to 77 and the thyroid markers T3 and T4 moved to optimal levels. The patient noted her headaches, constipation, hemorrhoids and menopausal symptoms are gone and she continues to see great improvements with her mood, energy and anxiety problems. Her night sweats and excessive hunger are also 95% better. The hot and cold flashes are gone along with the infection and ringing noise in her ears. She's now able to sleep six hours a night and no longer feels depressed. The patient gave up caffeinated soda, is doing her best to eat healthy and stick to exercising and so far has lost 10 lbs.