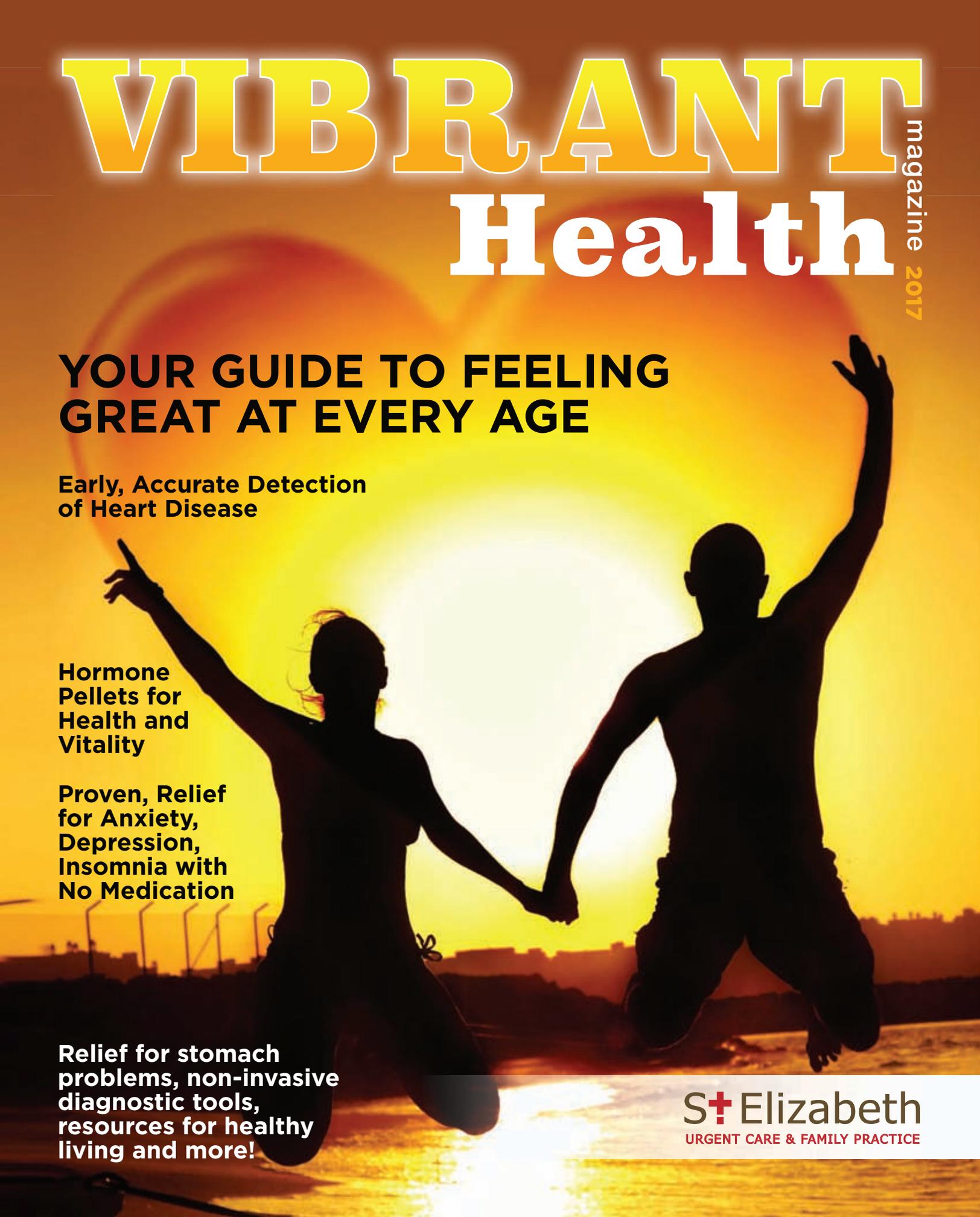


# VIBRANT

# Health



magazine 2017

## YOUR GUIDE TO FEELING GREAT AT EVERY AGE

**Early, Accurate Detection of Heart Disease**

**Hormone Pellets for Health and Vitality**

**Proven, Relief for Anxiety, Depression, Insomnia with No Medication**

**Relief for stomach problems, non-invasive diagnostic tools, resources for healthy living and more!**

**S+ Elizabeth**  
URGENT CARE & FAMILY PRACTICE

## Welcome to Vibrant Health at St. Elizabeth Urgent Care & Family Practice

When it comes to your health, prevention and wellness are far easier to accomplish than fighting disease. Most people are uncertain how to maintain their health and perform at optimum levels, especially when being bombarded daily with unhealthy choices. It is easy to give in to these temptations.

Vibrant Health magazine was created originally by Dr. Merritt to help you learn about maintaining and monitoring health and preventing disease. We use many new advanced technologies that measure physiological changes electrically, such as the Multichannel Cardiogram (p. 6), which can tell if you have heart disease. Our Esteck Body Scan (p. 16) can peer inside the inner workings of your body and detect many hidden problems. Our new BioTe hormone pellet program (p. 4) restores sex hormone levels to normal levels to help people feel years younger. Our IV Nutritional and EDTA Treatments (p. 10) restore health in many ways and remove lead and other metal ions that stop our body from functioning normally. Our Nexalin Brain Stimulator (p. 20) treats depression, anxiety and insomnia and reduces or eliminates the need for prescriptions in many cases. Our Weight Loss Clinic (p. 28) offers much hope for success. Our practitioners know how to integrate supplements and nutrition into your health care too.

In addition to ground-breaking, advanced technology, we offer occupational health, DOT, Medicare and annual wellness exams, as well as hearing tests, pulmonary function tests, balance tests and much more.

Last fall, our clinic began participation in the second national chelation (TACT) trial. Persons with diabetes who have had a previous heart attack can qualify to participate in this 40-week treatment study using EDTA. This trial may change the landscape of cardiac care. Results from the first TACT trial proved treatment with EDTA chelation so effective in preventing further events that only a stent placement during an acute MI had better long-term outcomes.

Read, research, ask questions and participate in achieving better health.



To your health,

*Dot Merritt, MD*

Dot Merritt, MD

[dmerritt@wellnowhealth.net](mailto:dmerritt@wellnowhealth.net)

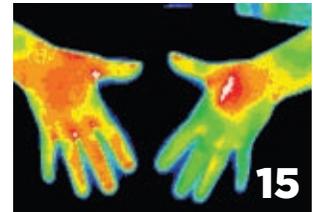
*Dr. Merritt will be the principal investigator at St. Elizabeth Family Practice for the TACT 2 trial this fall. If you have diabetes and have suffered a past heart attack, email her at [dmerritt@wellnowhealth.net](mailto:dmerritt@wellnowhealth.net) to learn if you qualify for this trial.*

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# WHAT IS ANDROPAUSE?

Both men and women suffer from symptoms of hormone loss as they age

**As early as their 30's**, women can experience mood swings, fatigue, mental fog, depression, weight gain, night sweats and low libido. A decade or so later, hot flashes can begin and the misery steps up a notch!

What about the guys in all of this mess? Why don't they have to suffer like we do? Don't they age too? Well, the answer is ABSOLUTELY! On average, males begin hormone decline at 35, losing up to 5% of testosterone production per year. Why is this important? Isn't testosterone just for sexual health? Not necessarily. Testosterone, produced primarily by the male testicles and by the female ovaries, and to a lesser degree by the adrenal glands (yes ladies females make and NEED testosterone!) has many functions in our bodies beyond sexual health. Testosterone is primarily a BRAIN hormone. As we age and testosterone production declines, we feel those brain symptoms!

Do any of these sound familiar? Mental fog, decreased mental clarity and difficulty focusing, memory loss, mood swings, irritability, anxiety, depression, sleep disturbances, extreme fatigue (especially in the afternoon), just to name a few! Men do not typically do not lose their sex drive, so don't use that as a marker for hormone balance! Women AND men experience varying degrees of these symptoms, and it can significantly decrease our overall sense of wellbeing and wreak havoc on relationships of all kinds!

Often, when people seek help from their primary practitioners, they are band-aided with antidepressants, sleeping and anti-anxiety pills and a host of other medications. These drugs have side effects such as weight gain, "zombie like" state, dependency for sleep, decreased sex drive and so forth, not a good remedy! Furthermore, they do not address the root problem that is causing the complaints!

Several studies show bio-identical testosterone protects many disease states! Men with low

testosterone are 3 times more likely to get Alzheimer's dementia, women are at a higher risk. Studies show men over 55 with higher levels of testosterone demonstrated significant reduction in coronary artery disease and heart attacks. Testosterone builds bone up by up to 8.3% per year, preventing and reversing osteopenia and osteoporosis.

What about middle age belly fat? Low testosterone increases cortisol and insulin levels, which increases fat and the risk of type 2 diabetes! Further, for women, countless studies shows testosterone protects the breasts from cancer. Breast cancer tissue can have both estrogen and insulin receptors, bio-identical testosterone has been shown to down-regulate estrogen receptors in the breasts and decrease insulin levels. The more we study this vital hormone, the more we learn it protects the brain, breasts, bones, heart and decreases the risk of a host of age related disease states!

So how do I know if I my hormones are out of whack? First of all, seek an expert in hormone balance. If you feel "off", pay attention to how you feel and think twice about filling the prescriptions given to quell symptoms if they tell you "your hormones are normal" or optimal, for you. For instance, we know an optimal testosterone level in males is around 900-1200 (ten times higher than women), a "normal lab reference range can be anywhere from 200-1200 for men, depending on the reporting lab! Men are typically symptomatic under 600 and women under 80, but that's in the "normal range!"

This is where we see the long term health benefits stated above. Methods that put your hormones on a roller coaster by taking something every day, or a shot every week, although sometimes better than nothing, don't give us the benefit of balanced hormones 24 hours a day. Additionally, complete thyroid panels and vitamin D3 levels should be checked as there is a synergy between them all. Again, "normal" reference ranges may be optimal for you.

# Q&A

## **How often will I need pellets?**

For women: usually every 3-4 months.

For men: usually every 4-5 months.

## **Why are pellets better than creams, patches, shots or pills?**

They are pure hormone that is not metabolized into by products by going through the liver, stomach or skin. This delivery system allows your body to use the right amount of hormone as the blood flow surrounding the pellets pick up what is needed.

## **Where do the pellets go?**

Because they are pure hormone without fillers and synthetic ingredients, they completely dissolve.

## **How long will it take for my body to become leaner utilizing pellets?**

That depends on your age, activity level and how much you exercise. Testosterone decreases fat and increases muscle and lean body mass. Testosterone also increases your natural growth hormone production, thereby improving your stamina and increasing muscle mass.

## **Are there any side effects and/or complications?**

All side effects are temporary and treatable and occur less than 2% of the time, when pelleted correctly.

## **How long will it take for the pellets to get into my system and work?**

24-72 hours. Optimal effect occurs three weeks after insertion.

## **I have no libido - will this help?**

Good hormone balance will greatly improve your libido. The addition of testosterone in pellet form can change everything for the better!

## **SPECIFICALLY FOR WOMEN**

### **I get horrible headaches - will they help me?**

Yes! We have had great success, especially with women who have menstrual migraines, and new migraines that appear after age 35.

### **Do I need to take other medication?**

If you still have a uterus, you will need to be on natural progesterone as well.

## **Why do I need estrogen?**

Estrogen is the most important hormone for a woman. It protects her against heart attack, stroke, osteoporosis, and Alzheimer's. It also keeps us looking young and healthy.

## **Why do I need testosterone?**

Testosterone is the third female hormone and is as essential as estrogen and progesterone. We need testosterone to keep our thought process quick and our libido healthy. It improves bone density, muscle mass, strength and prevents some types of depression. It is also the source of energy and solid sleep!

## **Will I grow unwanted hair from testosterone?**

There is less chance of excess hair growth with natural testosterone than with synthetic hormones. Facial hair will grow with testosterone pellets, but normally no more than when you were in your thirties.

## **SPECIFICALLY FOR MEN**

### **Does testosterone cause prostate cancer?**

No. Metabolites of testosterone, Dihydrotestosterone and estrone cause prostate enlargement and contribute to prostate cancer. Estrone increases and testosterone decreases as men age and gain belly fat. Testosterone pellets are the only replacement that reverses that trend.

### **How do I take testosterone pellets and not convert them to Dihydrotestosterone and estrone?**

Your blood levels of estrone and DHT are checked after treatment to see if they are elevated. Some men still convert to these metabolites even on testosterone pellets. If they are converting, we troubleshoot with natural supplements such as DIM and Saw Palmetto, or an aromatase inhibitor prescription.

### **What if I have prostate enlargement already?**

Testosterone pellets will make it better, if you do not convert it to DHT; we will treat that if it happens.

### **Will my testicles shrink while on testosterone pellets?**

Yes, they will. Testicles are suppressed by taking any kind of testosterone and will not make as much testosterone and will not make as much testosterone while the pellets are working. This is not permanent and the testicle retains its ability to produce testosterone.



# YOUR VIBRANT HEART

New MCG Technology detects heart disease with more accuracy than traditional testing

By Diana Dunne

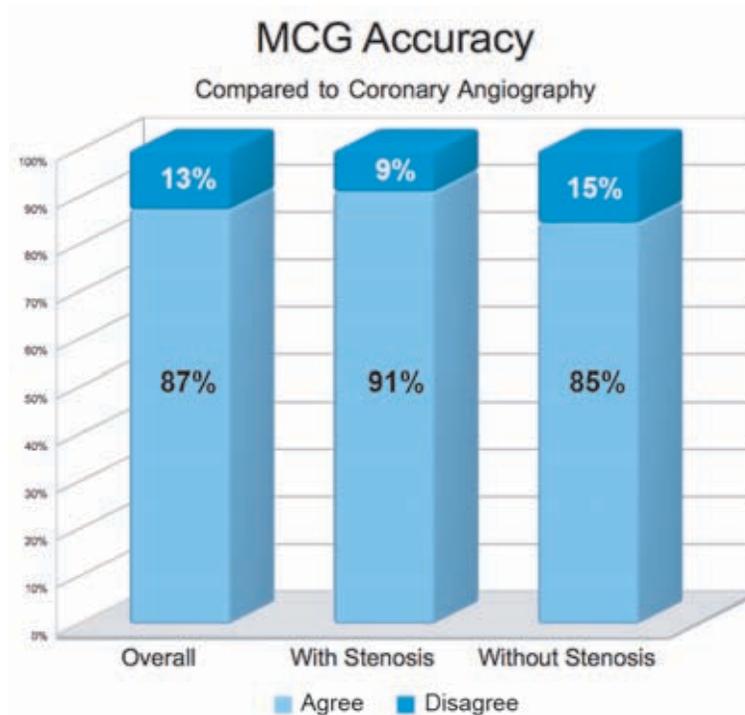
**Could new** diagnostic technology have saved actress Carrie Fisher and others like her who die from undiagnosed heart disease?

“The answer is, quite possibly, yes,” says Dorothy Merritt, M.D.

“The MCG is a non-invasive 8-minute test that outperforms all other cardiac tests—like nuclear stress testing, CT angiograms, and calcium scoring in diagnosing blocked arteries. MCG Technology represents a radical departure from traditional stress testing and uses complex mathematical calculations based on extremely sensitive electrical readings obtained

from the sensors that make it almost as accurate as the gold standard, a heart cath. In addition to blood flow, the sensors can see electrical and mechanical issues within the heart as well, making it the most complete test of the heart that can currently be done in less than 10 minutes.

Dr. Merritt—a local internist known for adopting medical technology ahead of general use—is the first in the Houston area to use this equipment in her practice. “Now we can diagnose blockages to coronary artery flow without needles, radiation, nuclear material or side effects. We can be assured that the accuracy rivals a



*International Journal of Medical Sciences* April 2009 6(4):143-155

## HOW DOES MCG COMPARE?

Modality	Premier Heart MCG	Angiogram	EST <sup>2</sup> EKG	EST <sup>2</sup> Echo	EST <sup>2</sup> Nuclear	12-lead Resting EKG	Troponin	MRI Angiogram <sup>3</sup>	CT Angiogram <sup>3</sup>
Measures	Myocardial Systems Expression <sup>5</sup>	Coronary Anatomy	Physical Stress Induced EKG Changes	Physical Stress Induced Echo Changes	K+ Channel Effect from Physical Stress	2D Vectorized Time-Domain ECG Signal	Heart Muscle Enzymes	Coronary Anatomy	Coronary Anatomy
Sensitivity 40-50% <sup>1</sup> (Partial Occlusion)	80 to 90%	Gold Standard	-NA-	-NA-	-NA-	-NA-	-NA-	-NA-	-NA-
Sensitivity 50-70% <sup>1</sup> (Partial Occlusion)	90 to 95%	Gold Standard	-NA-	-NA-	-NA-	20% (CAD)	-NA-	74%	82 to 92%
Sensitivity >70% <sup>1</sup> (Stenosis)	95 to 100%	Gold Standard	45%	31 to 90%	44 to 91%	20% CAD 52% MI	-NA-	54%	82%
Specificity	80+ to 90%	Gold Standard	85%	46 to 100%	81 to 90%	97% CAD 9% MI	-NA-	75%	20 to 75%
Time Required	5 Minute Test 1-5 Minute Report <sup>4</sup>	Long prep and testing time	30-40 Minutes	30-40 Minutes Technically Demanding	~6 Hours	Minimal Lag Time	~6 Hours	A few minutes	A few minutes
Quantitative & Objective	Yes	No	No	No	No	No	Yes	Yes	Yes

Information (except MCG data) from: Cleveland Clinic Intensive Cardiology Review Course, 2001.

MCG Data from: Premier Heart Clinical Trials

<sup>1</sup> - Percentage of luminal encroachment by atherosclerotic plaque

<sup>3</sup> - Ann. Intern. Med. 2006; 145:407-415

<sup>2</sup> - EST Indicated Exercise Stress Testing

<sup>4</sup> - Dependent on internet connection speed

<sup>5</sup> - Quantifies stress/strain between the myocardium and blood flow

heart catheterization within 3-5 percent,” Dr. Merritt says. “It accurately differentiates a 50-80 percent block that may be amenable to aggressive medical and lifestyle changes from a block that’s greater than 80 percent and might need emergent cardiology intervention.”

Dr. Joseph Shen is the founder of Premier Heart, LLC and developer of a scientifically and clinically proven, innovative medical diagnostic system, Multifunctional Cardiogram (MCG). “This technology will fundamentally change how heart disease is diagnosed

In one very large study, up to 62 percent of people who are sent for invasive diagnostic coronary angiograms (which is very expensive and accompanied by risk of death or injuries) do not need the procedure.

for patients all over the world,” Shen says. “It is the culmination of the dreams, aspirations, and efforts of two generations of dedicated scientists, mathematicians, engineers, and physicians over the course of three decades.”

MCG uses rapid, automated, cloud-based diagnostics through the Internet to give people around the world access to the most accurate diagnostic tool ever created, directly from primary care providers’ offices or a patient’s home, bypassing the need for costly imaging technologies currently in use. “We created MCG technology to solve an intractable problem in cardiology: the extreme and unacceptable inaccuracies of the traditional EKG,” Dr. Shen explains. “The EKG can only detect approximately one-third of patients with severe coronary artery disease, leaving them in danger of dying from their undetected illnesses. The problem

## ANSWERS TO FREQUENTLY ASKED QUESTIONS ABOUT MCG TECHNOLOGY

### How do I get the test if I already have a doctor?

Dr. Merritt does screenings for patients desiring screening who already have other doctors and just want the test. Just call 713.482.4535 to schedule.

### Am I at risk for heart disease?

Take the Framingham 10-year cardiac risk assessment at <http://cvdrisk.nhlbi.nih.gov/calculator.asp>

### What is the cost of the MCG Technology test?

The test is \$300, but can be discounted with special coupon offer below.

### Does insurance cover MCG Technology testing costs?

Dr. Merritt's office can give you a receipt to file with a T (technology) code (precursor to a CPT code). Medicare quit paying for all T codes this year. Money from HSA's and other pre-tax health savings accounts can be used for this test.

### Where can I read more about this technology?

Find more information, including study results, at [www.premierheart.com](http://www.premierheart.com).

is even worse for women due to differences in their biological characteristics. More women are dying from heart disease than men, in part, due to missed diagnoses. MCG has solved this problem by drawing knowledge from a large database of information gathered from an equal number of male and female patients.”

The time for a radical, much needed change is now, as MCG takes the first, most crucial steps toward digital medicine, delivering five times more accurate diagnoses than traditional EKGs for both women and men. We are incredibly proud to be part of this movement in diagnostic cardiology to save lives and deliver more cost efficient heart disease diagnosis for all.

“MCG technology is a game-changer,” Dr. Merritt says. “Now every 50-year-old (or younger person with risk factors) can get an 8-minute test that will tell them if they need an interventional cardiologist or aggressive diet, lifestyle, or pharmaceutical intervention—or nothing. All these expensive and unnecessary admissions for ‘chest pain’ can be effectively prevented to the tune of tens of thousands of dollars saved each time. And the 20 percent of asymptomatic, unsuspecting people we lose every year to acute coronary syndrome—like James

Galdonfini—will, hopefully, live longer lives due to earlier detection in asymptomatic patients.”

Dr. Merritt notes that people who are at high risk for developing heart disease can be identified in population models such as the Framingham model, which gives a 10-year risk score. But if you want to know what is happening today in real time, then you need an MCG done. “Also, traditional risk models disregard the risk of bone and blood lead on vascular disease, which have been identified as the ‘silent killer in the U.S.’ and a big problem in Galveston-Houston,” she says. Dr. Merritt has been treating elevated lead in patients for over 15 years with IV EDTA chelation and was a principal investigator for the 10-year TACT trial that recently published a number of studies showing its effectiveness in patients with a previous heart attack—particularly in diabetics—where there was a 51 percent reduction in recurrent heart attacks after treatment with EDTA. Even noncompliant patients—like those who didn’t take statins—had a 41 percent reduction in new heart attacks. “I have been using MCG Technology to measure patients’ blood flow pre- and post-chelation. It absolutely objectively shows major improvements in circulation to the heart during just one treatment.”

MCG Technology is portable and can be administered for workplace screenings. “All we need is an electrical outlet, a table to lay on, and a Wi-Fi connection to the server.

With cutting edge technology this simple, every person over 50, and anyone with risk factors, should be tested. It’s quick, painless, and affordable. If Gandolfini had simply had MCG Technology, he might still be with us today.

## MCG Technolog Passport to Cardiovascular Health Special

### 2017 SAVINGS

**\$150 per test (includes 2 tests within six month period)**

**Regular cost is \$300 per test.  
Qualifies for HSA.**



## ACTUAL PATIENT CASE: RON CROWDER AND HIS WALK ACROSS THE RANCH

# MEDICAL MYSTERY SOLVED!

Ron Crowder was working on the back side of his ranch when the vehicle he was driving broke down. As he faced the prospect of walking the two miles back to his house, his first thought was, Man, this is not good. His second was, This is going to take forever.

Left with few choices, he gamely set off walking across the ranch, a slow and steady route that took him up and down several hills. As he walked, Crowder realized that he was making good time, despite health problems that had once prevented him from walking more than 200 feet without his legs and feet hurting so much he was forced to sit down.

When he reached his destination in little over an hour, Crowder realized he had made the two-mile trek without stopping once to rest. And, amazingly, his legs and feet didn't hurt. He was surprised at his stamina and elated to have completed the walk without pain.

The walk across his ranch really opened this 56-year-old funeral director's eyes about his health. He'd almost been too busy to notice that, not only was he feeling better, but his activity level had been steadily increasing. He wasn't diligent about exercise or watching his diet, but had made one major change in his life – he had begun EDTA IV chelation therapy 10 months earlier.

When I met Ron Crowder he was suffering from rheumatoid arthritis and complications from living with chronic disease, including diabetes. He had no energy and described himself as, "Too tired to do anything all the time." For decades he had been taking steroids, pain relievers, anti-inflammatory drugs and other arthritis medicines. He'd had knee and hip replacements, a bypass in his leg, and heart stents. His cardiologist advised him that heart bypass surgery was his next step.

Crowder said a friend told him about chelation therapy and gave him a book, *Bypassing the Bypass*. He became interested and began investigating

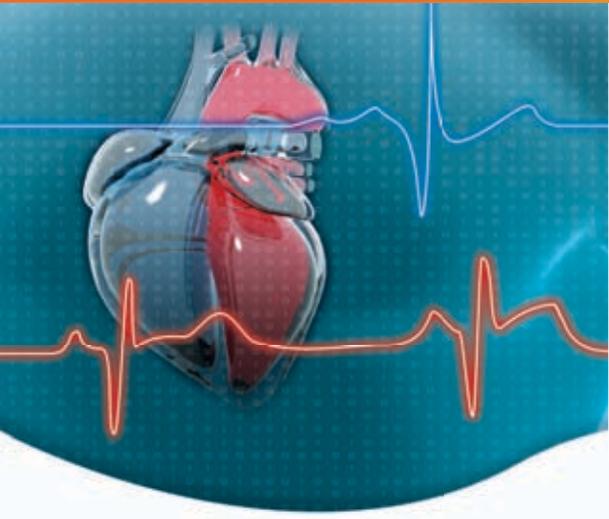
chelation therapy on his own, then consulted with his cardiologist, who was very receptive to the idea. This eventually led him to become my patient.

With simple testing I determined that Crowder had high levels of lead, mercury and arsenic in his body, and that he was a good candidate for EDTA chelation – a process that uses the modified amino acid, EDTA, to bind up to heavy metals and remove them from the body. Chelation therapy can also reduce free radical formation and the damage it causes.

He began chelation therapy twice a week, then switched to an every-other-week maintenance program. After just two months Crowder realized he was starting to feel better and within six to nine months he began to notice remarkable improvements – more energy, stamina, and less pain. His cardiologist scheduled a stress test for him, which Crowder passed.

Crowder's story is not unusual. I have worked with hundreds of patients who have experienced improvement in their health and vitality after chelation therapy. Chelation therapy is FDA approved for heavy metal toxicity, but has been used for years as an alternative treatment for many degenerative and vascular conditions. A medical article in the *New England Journal of Medicine* (and four subsequent articles from the same author) showed significant reversal of renal sufficiency from low levels of environmental lead. TACT, a national trial, showed up to 58% benefit over standard of care cardiac treatment. Other notable improvements include reduction of neurological symptoms, skin conditions, respiratory symptoms, gastrointestinal, genital and urinary symptoms.

In conjunction with beneficial lifestyle changes (quit smoking, lose weight, exercise regularly, take vitamins and mineral supplements), chelation therapy can have a positive effect on overall health.



# TRIAL TO ASSESS CHELATION THERAPY (TACT)

## EDTA Chelation

\$32 million scientific study holds promise for low cost, less invasive, effective treatment for cardiovascular disease

By Diana Dunne

**Years from now**—25, 50, maybe even 75—today’s diseases could be a thing of the past. But today heart disease, cancer, and diabetes still cause too many untimely deaths.

### Heart Disease and the TACT Trial

The mainstream medical community recently received surprising positive news from the extensive National Institute of Health-sponsored trial that has turned up the first substantial evidence in support of EDTA chelation therapy for patients with coronary disease. Known as the TACT (Trial to Assess Chelation Therapy), the highly controversial trial was presented at the American Heart Association and showed up to 50% reduced disease in diabetes over regular standard medication prescriptions for diabetics with previous heart attacks and patients who had

### NNT: NUMBER NEEDED TO TREAT (OVER A 5-YEAR PERIOD)

NNT is one way to clearly communicate scientific data in general terms that are understood by everyone. It clearly states how many people need to receive a treatment to see a benefit.

### TACT TRIAL CONCLUSIONS



1) In the diabetic subset of post-heart attack patients treated with 40 treatments of EDTA and high dose vitamins, there was one cardiac event reduction for every 5.5 patients treated.



2) In the diabetic subset that just received EDTA (no vitamins), 7 patients had to be treated to prevent one cardiac event.



3) In the entire group of diabetics and non-diabetics, who were treated with EDTA and vitamins, 12 patients had to be treated to prevent one cardiac event.



4) In the entire group of diabetics and non-diabetics that were treated with just EDTA (no vitamins) 18 patients had to be treated to reduce the cardiac events by one.

### Summary

Compared to patients treated with optimal medical therapy, the EDTA group with vitamins were superior, and in the diabetic subgroup the results were downright incredible.

*“This effect size is sufficient to put us at a crossroads.”*

-Gervasio Lamas. NIH Trialist and PI in the TACT Trial

### Are You a Diabetic Who’s Had a Heart Attack?

TACT 2 begins soon.

See if you qualify!

Email Dr. Merritt at

[dmerritt@wellnowhealth.net](mailto:dmerritt@wellnowhealth.net).

## Dr. Merritt, one of more than 100 principal investigators who enrolled patients in this landmark study, discusses EDTA Chelation and the TACT Trial.

### Why are you such a believer in EDTA chelation treatment?

I was researching an amino acid called NAC, and ended up on a chelation website, ACAM.org. What I found both intrigued and alarmed me—pages and pages of scientific references, mostly to positive cardiovascular studies, and pages of court cases against doctors who used it to treat patients for vascular-related disease. It was my introduction to the politics of medicine.

Many medical doctors thought I was crazy when I began to incorporate EDTA into my medical practice, treating people with an amino acid that binds lead and other metals, along with some B vitamins—and is very safe despite all the fear mongering among people who don't understand what the procedure really is.

I have experienced firsthand how people have attacked doctors who offer their patients chelation therapy. It's been a roller coaster of attacks at every level: personal attacks, attacks at the Texas Medical Board level for advertising, attacks by insurance companies who drop chelation docs for no reason and now even from the chief of all 'quackbusters,' who attacks all chelation docs who have a website. But I've stood firm in my beliefs, based on the science, not the emotion, and because of my dedication to offering my patients everything I possibly can to improve their health

and the quality of their lives. I have seen countless cases of patients experiencing improvements—some quite miraculous—because of EDTA chelation. The treatment has obvious benefits, in my opinion. I do not do this instead of traditional therapy, but rather in addition to evidence-based therapies that we now have, including smoking cessation.

### How will the TACT trial affect your practice and your patients?

The trial has certainly been sending shockwaves through the medical community. Costing \$32 million, it was the first large-scale scientific study designed to investigate the relationship between disodium EDTA chelation and the reduction of cardiovascular disease.

The study revealed that there were no significant complications with EDTA. Secondly, it determined that EDTA improved outcomes 40-50% in diabetics with previous heart attacks.

These findings show that EDTA chelation does get the kind of positive results that many of us were already aware of. It is safe, low-cost, and now 'proven,' even though the calcium EDTA version has been FDA approved for lead toxicity since 1955. I am going to continue to offer this safe treatment and hope that the attitudes of the medical community change as the research continues to show it is both cost effective and effective.

heart attacks in their largest heart artery, the LAD (left anterior descending). **In fact, a stent during a STEMI (acute heart attack) is the only thing superior to EDTA chelation in the post-heart attack diabetic, and this also includes all prescription drug therapy!**

Intravenous chelation therapy with EDTA (Ethylene Diamine Tetra-acetic acid; a crystalline acid that acts as a strong chelating agent for metals) has been around since the 1950s, when it was approved to treat lead poisoning. "Angina and heart problems were noted to improve and people started doing chelation for preventive, as well as a complementary treatment for atherosclerotic vascular disease," Dr. Merritt explains. "This controversial off-label use of EDTA over the past 50 years has been the subject of contentious litigation and evokes highly emotional and scientifically unjustified responses from doctors, 'quackbusters,' and professionals who don't even know what EDTA is, but have an opinion."

Despite claims of lack of evidence and the skepticism of the medical community as a whole, supporters like Dr. Merritt have kept the therapy alive

within integrative medicine circles. "Now we may have the first modern prospective trial that shows that EDTA treatment is an evidence-based therapy for coronary disease, at least in diabetics," she says.

### ARE YOU A CANDIDATE FOR EDTA CHELATION AS A "COMPLEMENTARY" TREATMENT TO YOUR CURRENT OPTIMAL MEDICAL TREATMENT?

- Have you had a coronary bypass or heart attack?
- Are you diabetic? (Diabetics have a high risk for developing cardiovascular disease and had the best outcomes with EDTA and vitamin treatment.)
- Do you have vascular disease that can't be fixed with a bypass, or other optimal medical therapy?

Know your lead levels and know your risk for developing vascular, neurological, and degenerative diseases

By Dorothy Merritt, MD

**Of all** environmental toxins, lead is probably the most widely recognized as hazardous to our health. Now, for the first time in 20 years, U.S. health officials have lowered the threshold for lead poisoning in young children.

Lead is a heavy metal that causes major health problems in the U.S. population today—for all age groups, and even at low doses. In fact, 38 percent of the U.S. adult population has a lead level that puts them at high risk for developing vascular, neurological and degenerative disease according to *Circulation*, the American Heart Association journal.

Lead toxicity is not the same as lead poisoning. Lead “poisoning” is a term that refers to the arbitrary level set by government agencies to determine compensation amounts. According to scientific studies, there is no level of lead that is NOT toxic. All levels of lead are toxic to health and cause increased cardiovascular and neurological symptoms like tachycardia, high blood pressure, chest pain, shortness of breath, numbness/tingling, neuropathy, depression and more.

Young children, under the age of 6, are especially affected by even lower lead levels than originally believed. “There is no safe level of blood lead in children,” says Christopher Portier, of the Centers for Disease Control and Prevention. The new, lower level standard for young children was established in mid-May to 5 micrograms of lead per deciliter ( $\mu\text{g}/\text{dl}$ ) of blood. The old standard was 10 micrograms. This means that hundreds of thousands more youngsters could be diagnosed with high levels of lead.

Lead can harm a child’s brain, kidneys and other organs. High levels in the blood can cause coma, convulsions and death. Lower levels can reduce intelligence, impair hearing and behavior and

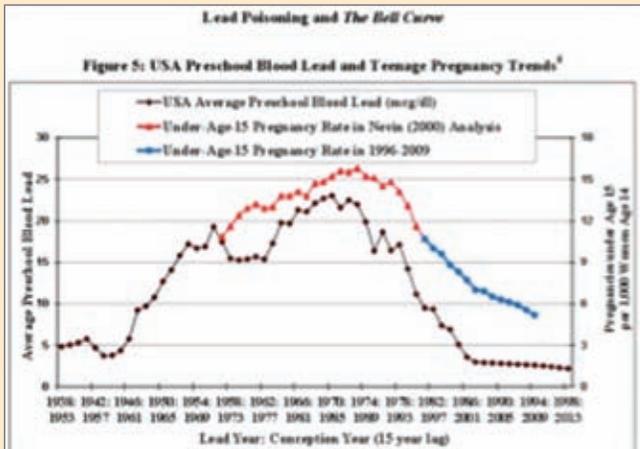


cause other problems. Attention deficit disorder and depression are eight times more common in young adults with a blood level of  $.7\mu\text{g}/\text{dl}$ , and there are many more social and criminal problems in adolescents exposed to lead during childhood.

#### Lead in the Soil

Although lead has been banned in the U.S. from paint, gasoline, and other sources since 1978, children can acquire lead poisoning by simply playing in contaminated soil. The EPA notes that it is not uncommon to find high levels of lead in soil in large urban areas because of decades of pollution from sources including flaking lead-based paint, dust from





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vehicles burning leaded gasoline, as well as by lead smelters and other factories – even those that have not been in operation since the 1930s.

Recent studies of the dirt left in Joplin, Missouri, where a tornado leveled the town and took off a lot of topsoil, are showing toxic levels in the exposed dirt now. Twenty percent of the average daily exposure comes from water. Major cities like Houston; Chicago; Flynt, Michigan and many others are now reporting big exposures that were previously not suspected. These sites must be cleaned up.

Pilot projects in the Oakland/San Francisco Bay area and New Orleans are using organic amendments like fish bones to clean up the land. Workers till fish bones into the soil requiring treatment, then cover it with 3–6

## LEAD LEVELS LINKED TO CARDIOVASCULAR DISEASE

Blood lead levels generally considered safe may be associated with an increased risk of death from many causes, including cardiovascular disease and stroke, according to a report in "Circulation," Journal of the American Heart Association. (2006)

A study published in "Circulation" tracked 13,946 adults for 12 years, comparing lead levels and cause of death. It found that those with a level between 2.6Qg/dl and 10Qg/d were two-and-a-half times more likely to die of a heart attack than those with levels under 3.6, 89 percent more likely to die of stroke, and 55 percent more likely to die of cardiovascular disease.

**In fact, there is an 800-900 percent increase in cardiovascular death in adults with excessive lead in their bones. This is higher than all current risk factors combined.**

A simple and inexpensive blood test can determine your blood lead levels. (See all the other diseases)

inches of clean soil and plants. Fish bones are made of the phosphate mineral apatite, which readily combines with lead to form pyromorphite, a stable crystalline mineral that can't be absorbed by the human digestive system. "We have seen reduction in bioaccessibility in some lab samples up to 50 percent within just a few weeks of treatment," says Steve Calanog of the U.S. Environmental Protection Agency (EPA).

### Lead in the Bones

For children, avoiding exposure is key to remaining lead-free. Adults are another story. Unfortunately, 90 percent of the lead a person has been exposed to is in his or her bones and is released into the body with age, particularly after 40. Menopausal women and andropausal men experience 4-10 times more bone turnover and are at higher risk for releasing stored lead into the blood stream and tissues where it can cause harm. Illness and disease cause bone lead to release faster and compounds existing medical conditions. People with chemotherapy treatment, hyperthyroidism, low vitamin D3, low calcium and osteoporosis are all at increased risk.

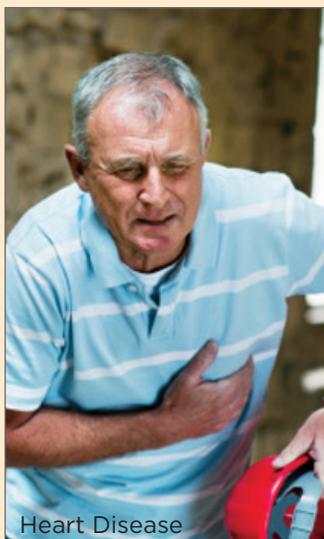
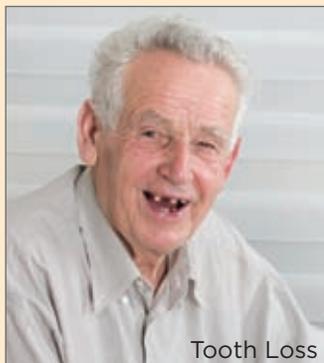
Employees that have higher lead exposure risk at

work are electricians, plumbers, painters, ceramic workers, munitions specialists, paint and ink manufacturers, electrical tower and generating station maintenance workers. The distribution of workers with blood lead levels that were 25  $\mu\text{g}$  or greater showed 70 percent were in manufacturing, 17 percent in construction and the rest in mining and other service industry work. Employees involved in building finishing were by far exposed to the highest lead levels in their occupation.

### Prevention and Treatment

For people with multiple symptoms of lead toxicity there are prescription treatments like EDTA and DMSA that take the lead out. For people without symptoms, there are things you can do to keep the lead locked in the bones and away from tissues and blood, like taking calcium and vitamin D3, exercising and making sure your hormones are well balanced. How do you determine if your lead levels are too high? Get a simple, inexpensive blood lead level once a year when you visit your doctor for your annual wellness exam. Ask your health care provider to request this on your lab slip.

### LEAD EXPOSURE ALSO CAUSES:



*"The findings with bone lead are dramatic. It is the first time we have had a biomarker of cumulative exposure to lead and the strong findings suggest that even in an era when current exposures are low, past exposures to lead represent an important predictor of cardiovascular death, with important public health implications worldwide,"*

-Marc Weisskopf, assistant professor of environmental and occupational epidemiology at HSPH and lead author of the study.

# THE MTHFR MUTANTS

By Dorothy Merritt, MD

**There are** two ways to handle disease: Treat it, or prevent it. For a significant portion of the population, a daily vitamin supplement with methyl folate, instead of regular folate, may help prevent the serious symptoms and disease that stem from a common gene mutation found on the MTHFR gene. A simple and inexpensive blood test can determine if you have this common gene mutation.

## Are you at risk?

Each of us has two copies of the various MTHFR (methylene tetrahydrofolate reductase) genes. The purpose of this gene is to convert regular folate in your diet to the biologically active methyl folate. The body needs this form of folic acid for a myriad of functions, including the production of neurotransmitters, immune system function, cardiovascular health, and much more. This is often called the “methylation pathway”

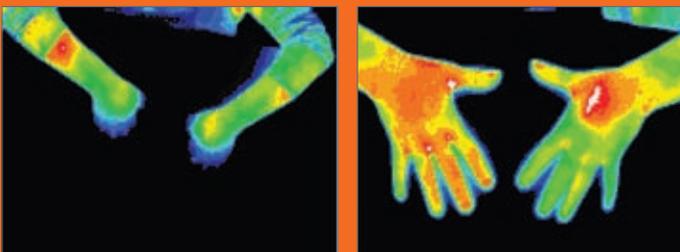
and there is much more to it than this one gene, but the MTHFR gene acts as the ringleader of this pathway.

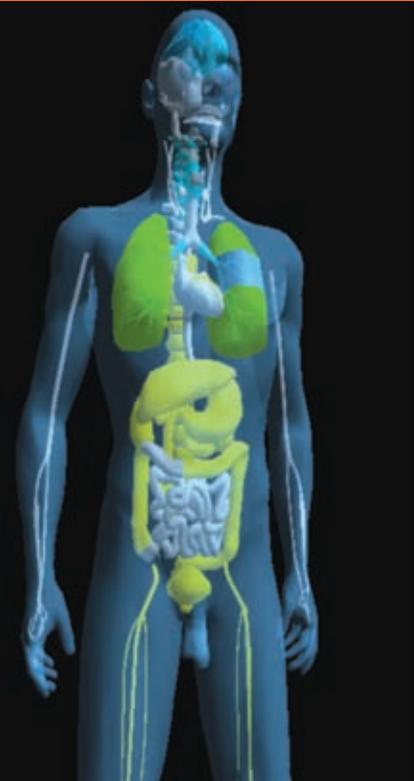
There are many variations of the mutation, and since we each have two copies of each gene, there are a number of possible combinations. For instance, you can have two healthy MTHFR genes, one healthy copy and one mutated copy, or two mutated copies. Generally, people with two mutated copies will have more significant health problems than people with one mutated copy. Overall, studies suggest that as much as 60 percent of the U.S. population has an MTHFR mutation and four years of testing in my internal medicine clinic show a 90 percent incidence in patients who come for symptomatic illness. This is true for B12 also.

## THE REAPPEARING HANDS: TINA'S STORY

Tina had numbness and a sense of coldness in her hands for years. Nothing had helped. Her employer chose her for health fairs to demonstrate how thermography (see images) would pick up a neuropathy in the hands (absence of imaging). Tina's hands are thermally “amputated” on the before picture. After taking about two weeks of Deplin (Methylfolate), reimaging reveals normal hands—and after years of experiencing severe numbness and cold hands, her symptoms disappeared. The “after” thermography picture reveals the “reappearance” of Tina's hands after taking Methylfolate.

*Tina is Dr. Merritt's actual patient.*





## ESTECK BODY SCANNER SYSTEM Sees the Big Picture

A comprehensive, noninvasive inventory of the “real time” physiological state of your body

By Dorothy Merritt, MD

**Your organs** and glands play a major role in your overall health. When they are working together with 100 percent function, you feel good and with vitality. But how do you really know about their health and how your body is functioning? With the EIS/Esteck Body Scanner System, a non-invasive full body scan technology that detects disease and much more.

Esteck Body Scan is a medical bio-sensor system that scans a unique region throughout the body called the interstitial space, providing a view of your full body physiology. It provides certain hormone levels, pH balance, and in-depth metabolism indicators. It can predict individual electrolyte levels, quantify the autonomic nervous system (ANS), and can measure the cardiovascular system as well as the digestive system, urogenital system, endocrine gland function, brain, lungs, heart, prostate, and more. The Esteck Body Scanner also tracks how the body improves during a health program. It projects the results on to an image for easier understanding but the absolute results are available for review by the doctor.

For example, if I have a chronic fatigue patient and I want to know if their thyroid is functioning correctly,

or if their brain serotonin is low, or if they have diabetic tendencies, heart problems, or other organs not that are not functioning optimally, the Esteck Body Scanner can give me objective, physiological data in a matter of minutes. I don't

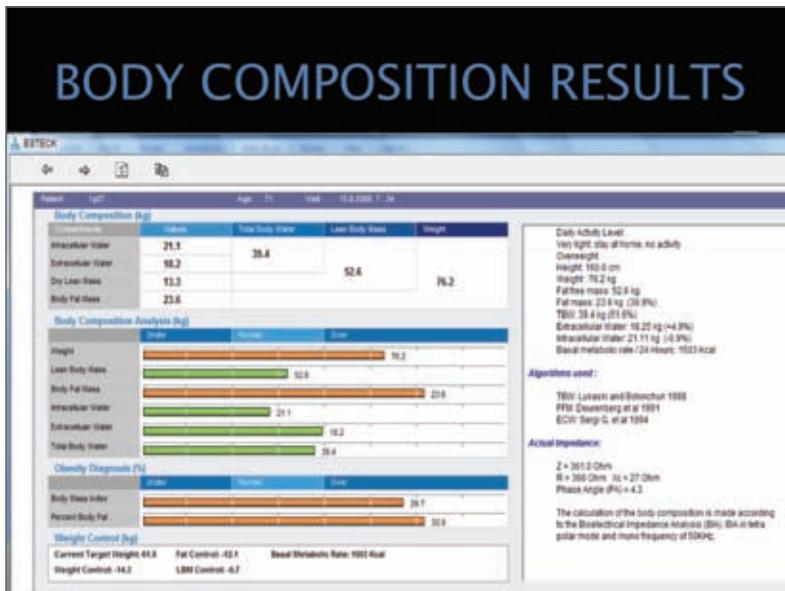
have to rely on the machine to give me a programmed answer. I can click on each organ and see the actual readings, then make my own judgments. It has been my experience that the data correlates accurately with patient symptoms, and leads me to the right evaluation and treatment decisions very quickly.

I use the Estek body scan to “listen” and record your body's health in real time, which allows you to make changes and together we can monitor the changes over time.

### THE ESTECK BODY SCANNER SYSTEM IS UNIQUE

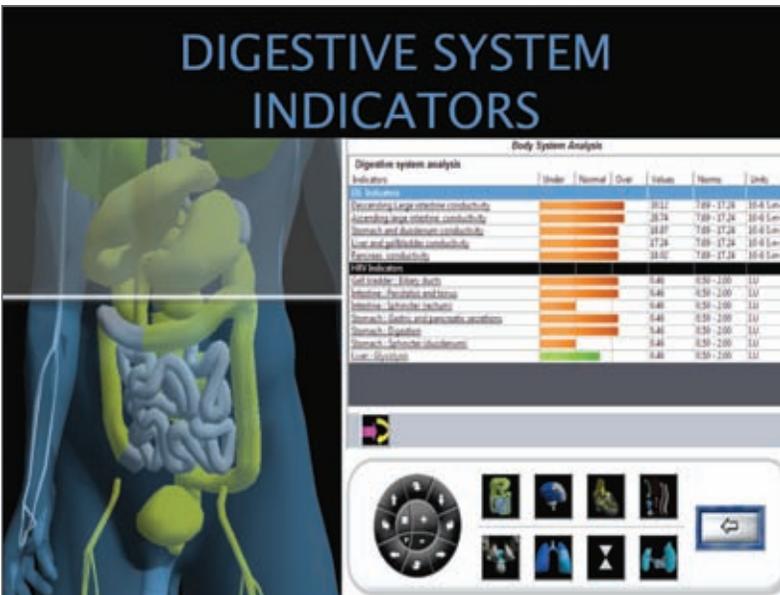
“The ESTECK Body Scanner is an internist's ‘right hand.’ Though it does not replace certain medical testing, it provides a unique view where other medical tests cannot.”

- Dr. Dorothy Merritt



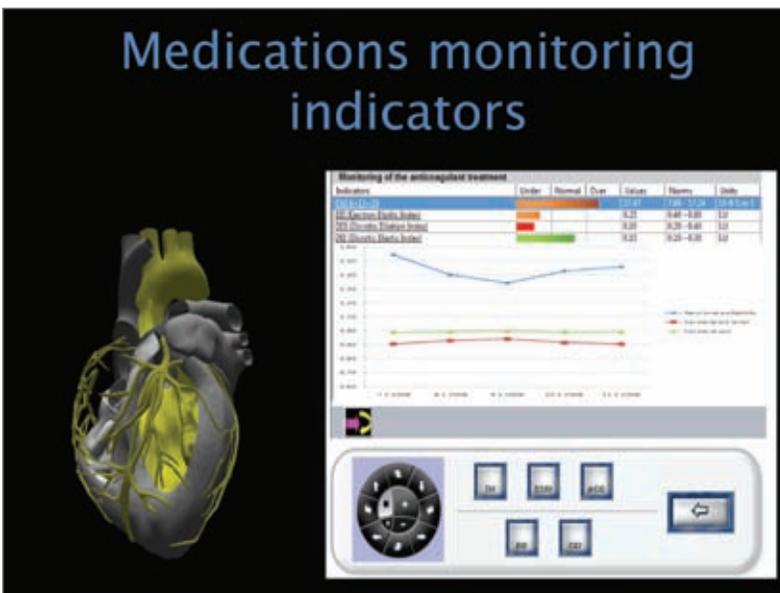
## DR. MERRITT'S ACTUAL PATIENT SAYS:

"I didn't even mention the pain in my arms or legs to Dr. Merritt. She found it on the Body Scan machine and asked me about it. I can't believe the accuracy of this machine." Rick G.



## ESTECK Body Scanner—In-Depth Information and Immediate Results

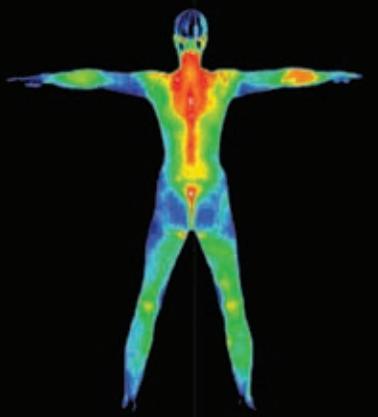
- The Body Scan takes approximately three minutes to perform and requires about 30 minutes for the physician's detailed interpretation and review with patient.
- The patient observes all scan results on the screen.
- The patient receives a written recommendation regarding supplements, diet, lifestyle changes, and other appropriate treatments.
- The scans are repeatable and health progress can be monitored with follow-up visits.
- See and feel how your health improves with this system!



## 2017 SPECIAL!

**\$100 per Esteck Scan**  
**\$50 per Follow-up Test**  
**(Up to two within 12 month period)**

Office charge is separate and will be billed to insurance.



# DIGITAL INFRARED THERMAL IMAGING

Complementary diagnostic tool can detect changes in the body that may indicate injury or disease

By Dorothy Merritt, MD

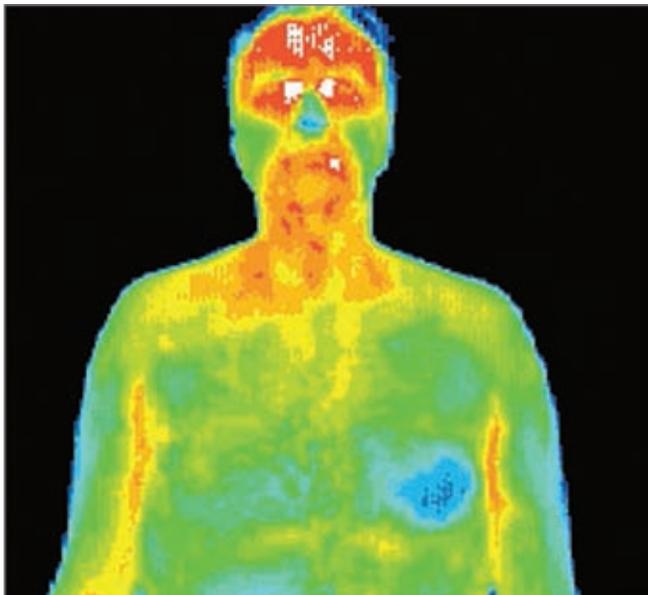
**It is widely acknowledged** in scientific and medical communities that cancers, even in their earliest stages, need nutrients to maintain or accelerate their growth. In order to facilitate this process, blood vessels must remain open, inactive blood vessels are activated, and new ones are formed through a process known as neovascularization.

This vascular process causes an increase in surface temperature in the affected regions, which can be viewed with infrared imaging cameras. Newly formed

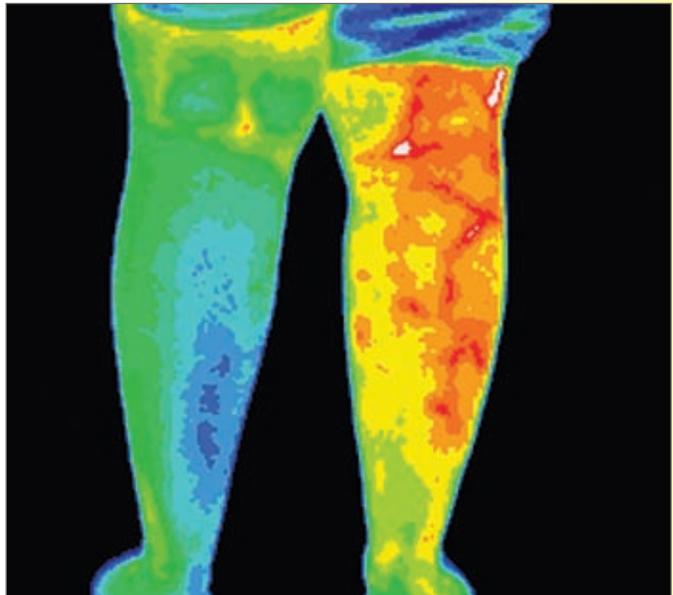
or activated vessels have a distinct appearance, and can be detected by these cameras as well. Medical Digital Infrared Thermal Imaging (DITI), also known as Thermography, uses infrared imaging cameras to detect these types of physiological changes in the body.

Heat is also an indication that inflammation exists, and typically inflammation is present in precancerous and cancerous cells, plus a host of other diseases such as arthritis, fibromyalgia, fibrocystic breast disease, and

## DR. MERRITT'S CASE STUDIES



Thermographic imaging of a 55-year-old male patient who underwent screening with whole body thermography. An unsuspected cardiac shadow (blue) turned out to be a 60 percent left anterior descending arterial block that was not symptomatic at the time. Detection allowed further workup and risk modification to occur and patient is now on an aggressive optimal medical therapy as well as EDTA chelation.



50-year-old female patient who was almost run over by a car and injured her leg jumping out of the way. Thermogram shows blue and green tones, compared to the normal leg, indicating an acute nerve injury that took weeks to repair itself.

## BREAST CANCER IS THE #2 CAUSE OF CANCER DEATH IN THE U.S.

1982 FDA approved: Thermography was approved as an adjunctive diagnostic breast cancer screening procedure.

1950s to present: Thermography for the purpose of breast cancer screening has undergone extensive research since the late 1950s, with more than 1000 peer-reviewed studies published in the medical literature.

The U.S. Preventive Services Task Force found that a 10-year study of annual mammograms performed in Sweden on 1,904 “low risk” women between the ages of 39-49 would prevent just one death from breast cancer.

A recent study showed that 97 percent of nodules which were indeterminate by mammogram were correctly identified as cancer by thermography.

heart disease—to name a few. Thermographic imaging allows the examiner to visualize and quantify changes in skin surface and body temperature. An infrared scanning device is used to convert infrared radiation emitted from the skin surface into electrical impulses that are visualized in color on a monitor. This visual image graphically maps the body temperature, and the spectrum of colors indicates an increase or decrease in the amount of infrared radiation being emitted from the body surface. Since there is a high degree of thermal symmetry in the normal body, subtle abnormal temperature asymmetry’s can be easily identified.

DITI is highly sensitive to pathology in the vascular, muscular, neural, and skeletal systems and can contribute to the pathogenesis and diagnosis made by the clinician. It has been used extensively in human medicine in the U.S., Europe, and Asia for the past 20 years. Unlike most diagnostic tools, thermography is noninvasive, and is often used as a complement to more invasive diagnostic tools such as x-ray, CT Ultrasound, and MRI.

### Thermography and Breast Health

A recent study in the Journal of Surgery showed that 97 percent of small nodules, which were indeterminate by mammogram, were correctly identified as cancer by thermography. Thermography is a wonderful tool for assessing physiological changes associated with fibrocystic breast disease, mastitis, mammary dysplasia, and even cancer (or cancer risk).

Cancer tissue is more metabolically active can be seen in its early stages—up to 10 years before a tumor is visible on a mammogram.

A mammogram uses radiation to detect the internal anatomical structure of the breast. It is still considered the “gold standard” for early detection of breast cancer but it has come under fire as not very useful for prevention between ages 40-60. Thermography is radiation-free ,and has the advantage of detecting early physiological changes, which may be associated with future cancer growth. As such, thermography is an excellent tool for assessing overall breast health.

When thermography and mammography are used together, the detection of breast cancer increases by 10 percent. Ideally, many feel that thermography can be used to monitor physiological changes in women’s breasts in the short term, while resorting to mammography to confirm significant findings and guide diagnosis of significant disease.

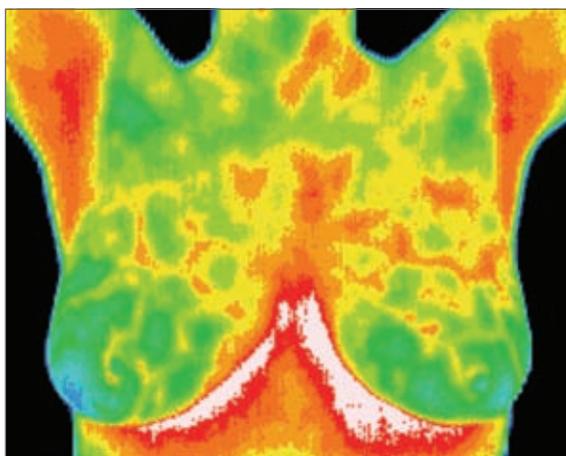
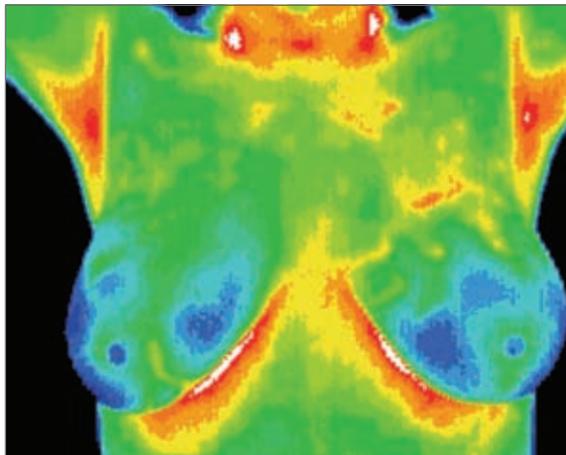


Image above shows normal breast tissue. Image below indicates recruitment of blood vessels (red and orange colors) and areas of concern.



# HIGHLY EFFECTIVE TREATMENT FOR ANXIETY, DEPRESSION, AND INSOMNIA

without Serious Side Effects

If you can do it, get off those meds

By Diana Dunne

**In an average year** in the U.S. approximately 40 million people suffer from anxiety and another 20 million become clinically depressed. This number continues to grow and is projected to continue growing through the next decade at least. The symptoms of

these disorders cause substantial distress for the sufferers and their families and cost society dearly each year in lost time and poor job performance. Diagnosis of Depression costs insurance 90 percent more than other medical claims. Diagnosis of stress-related conditions cost insurance 49 percent more.

Medication has been considered the primary treatment for mood disorders and its use continues to increase. The number of Americans taking antidepressants alone has doubled in the last decade. Now, recent research has raised questions about their effectiveness. Both anxiety disorder, clinical depression, and insomnia are treatable conditions. Tremendous progress has been made in the last two years for treating both without the use of drugs.

Anxiety and antidepressant medications may relieve some symptoms, but they shouldn't be thought of as a cure. While they can provide temporary relief, they do not treat the underlying causes of these disorders. Once you stop taking the drugs, symptoms often return in full force. These meds also come with unpleasant and sometimes dangerous side effects, and can be habit forming and physically addictive, making it difficult to stop taking them once you've started.

Questions also exist as to their effectiveness. A major U.S. government study released in 2006 showed that fewer than 30-50 percent of people become symptom-free on antidepressants, even after trying two different medications. Many who do respond to medication slip back into depression within a short while, despite sticking with drug treatment. (Never stop your current meds before consulting with a medical professional.)

## DR. MERRITT'S PATIENT SAYS:

"After 40-plus years of marriage, I witnessed my wife Margaret falling into periods of depression, having a high level of anxiety, and not being able to sleep. (Her depression was a concern to me because I have been on depression meds for about 20 years.)

Margaret completed 10 Nexalin treatments at MPCP, and even before the final treatment I was extremely impressed that her overall attitude toward life and its challenges. She mellowed out and took on a positive disposition. What was really rewarding was that I witnessed her sleeping at night without medications. Gosh, the overall outcome was that she had relief from her old anxiety, moods of depression, and inability to sleep.

Since completion of her Nexalin treatments about six months ago, she has gone through two major surgeries and her attitude and frame of mind has remained positive and under control. Thanks for your services in helping us have a better life to live!"

- Al K.

## NEXALIN IS A DRUG-FREE THERAPY WITH PROVEN RESULTS FOR THE TREATMENT OF A VARIETY OF ANXIETY DISORDERS

The Nexalin Device has extensive clinical experience—the clinical trials have studied more than 700 subjects and provided more than 10,000 therapies. The device produces a patented waveform that provides Transcranial Electrical Stimulation (TES). In clinical



trials, this unique waveform resulted in the greatest increase in beta-endorphins. The FDA classification of the device for clinical trials places it into a non-significant risk (low risk device) category.

The patented waveform of Nexalin advanced therapy is administered through medical grade conductive pads, which are placed on the forehead and behind each ear. Patients recline comfortably in a soothing environment, and most feel nothing during their quiet, 40-minute session. Many relax to the point of falling asleep! Relief starts as early as the first therapy and most experience some relief by the third session.

Some anxiety disorders that respond positively to Nexalin treatment therapy include:

- **Panic Disorder:** Feelings of terror that strike suddenly and repeatedly with no warning. Other symptoms include sweating, chest pain, palpitations, and a feeling of choking.
- **Obsessive-compulsive disorder (OCD):** Plagued by constant thoughts or fears that cause a person to perform certain rituals (obsessions) or routines (compulsions).
- **Post-traumatic stress disorder (PTSD):** A condition that can develop following a traumatic and/or terrifying event, such as a sexual or physical assault, the unexpected death of a loved one, or a natural disaster.
- **Social anxiety disorder:** Also called social phobia, social anxiety disorder involves overwhelming worry and self-consciousness about everyday social situations.
- **Specific phobias:** An intense fear of a specific object or situation, such as snakes, heights, or flying.
- **Generalized anxiety disorder:** Involves excessive, unrealistic worry and tension, even if there is little or nothing to provoke the anxiety.

## Nexalin Technology: Proven relief without medication

Pharmaceutical therapies operate by replacing or inhibiting the uptake of neurochemicals in the brain with a drug. Nexalin technology—a leading edge, non-invasive, and drug-free therapy—gently resets the part of the brain that helps to regulate neurochemicals, the hypothalamus.

Nexalin therapy works by permitting your body to manage the production and uptake of these neurochemicals on its own. With a regimen of consecutive therapy sessions, Nexalin therapy stimulates the hypothalamus' ability to normalize the production of these neurochemicals.

In the studies done so far, the results for depression, anxiety, and insomnia range between 80-97 percent sustained improvement from the initial two- to three-week treatment.

## PRACTICE GOOD SLEEP HABITS

Good sleep habits (also called sleep hygiene), prepare you for a good night's sleep and help beat insomnia. Make these a regular part of your nighttime routine:

- Go to sleep and wake up at the same time each night and day.
- Avoid naps during the day, they make you less sleepy at night.
- Avoid caffeine, nicotine and alcohol late in the day.
- Get regular exercise at least three to four hours before the time you go to sleep.
- Don't eat a heavy meal late in the day.
- Be sure that your bedroom is dark, quiet, and a comfortable temperature.
- Create a bedtime routine to help you relax before sleep. Read a book, listen to music, take a bath.

## Get a Good Night's Sleep with No Pills

Almost everyone has trouble falling asleep, or staying asleep, from time to time. And often, practicing good sleep habits is all it takes to beat a bout of insomnia and get back into your sleep groove. If practicing good sleeping habit doesn't work, Nexalin generally will. The first thing most people have after only a few treatments, is good sleep



# THE STOMACH ELECTRIC

## Quick and painless, the EGG can help diagnose your stomach problems

By Dorothy Merritt, MD

**If your** medicine cabinet is a lineup of the usual suspects shown below, then you have something in common with three-quarters of your fellow Americans. In November 2013, Fox News reported that a recent survey revealed some stunning statistics—74 percent of Americans are living with digestive symptoms like diarrhea, gas, bloating, nausea, and abdominal pain. Over half of them have never discussed it with their doctors, but continue to self-medicate with over-the-counter temporary fixes.

There are lots of reasons why so many people have tummy troubles, though they are not always easy to diagnose. Sometimes the problems are minor—pop a few digestive enzymes and your body can more efficiently break down the foods you eat and absorb vital nutrients. Sometimes more serious conditions—like celiac disease, Crohn’s disease, pancreatic disease, gallbladder complications, or even cancer or diabetes are the problem. If you are ready to discover the root cause of your digestion issues, there is a noninvasive test that takes under an hour and delivers results immediately—the EGG. EGG stands for the ElectroGastroGram, a device that records the myoelectric activity (electrical activity produced by a muscle) of the stomach’s electric pacemaker. Like the heart, the stomach also

“pumps,” moving your food through the process of digestion. Electrical activity “paces” the movement and, in some cases, it can be functioning too quickly or too slowly. When the electric pacemaker in the stomach is off, it causes digestive discomfort and the unpleasant symptoms frequently experienced by so many Americans.

### How Does the EGG Work?

The three electrodes detect when your nervous system sends a message to your stomach to move the contents forward. During the test, you are asked to drink a glass of water to start the process. A band is placed around your chest to record breathing. Like the electrocardiogram (ECG), the test that measures the electrical activity of your heart, the EGG interprets the electrical activity and motor function of your gut. Three electrodes are placed over the stomach area while you recline quietly in a chair. These electrodes detect when your nervous system sends



The 3CPM EGG records the gastric pacemaker with three electrodes placed over the stomach area while the patient quietly reclines in a chair.

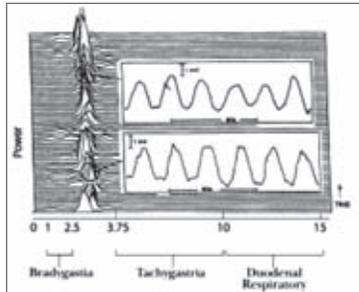
If these medications are part of your routine, learn how noninvasive testing with EGG can diagnose the root cause of, and suggest treatment for, your digestive distress.



a message to your stomach to move the contents forward. During the test you will drink a glass of water to start the process. Then you simply relax in a quiet environment for about 40 minutes. After the recording is finished, your doctor will analyze the data and discuss the root causes of your symptoms, as well as suggested treatment. The EGG is simple, painless, and affordable.



The interface device (shown above) turns the signals from the abdominal electrodes into a recording that looks like the ones below. The normal cycles per minute in the stomach is "3" as shown on the recording below.



**ELECTROGASTROGRAM (EGG)** discovers the root cause of nausea, IBS, reflux, diarrhea, pain, bloating, and other digestive disorders.

**What is EGG?**

EGG is a noninvasive test to measure the myoelectric activity of the stomach to determine whether symptoms are due to the stomach's electric pacemaker functioning too fast or too slowly.

**How long does the test take?**

The EGG takes under an hour. Two hours prior to the test, you will eat a small meal of toast and juice. During the test you will drink a glass of water, and rest quietly. You will receive your results and treatment plan immediately after the test and a copy will be sent to your referring physician.

**Is the test billed to my insurance?**

No, but it is payable with your HSA.

**Is there an age limit on testing?**

The EGG is suitable for children and adults with gastrointestinal disorders that remain undiagnosed after EGD (diagnostic endoscopic procedure).



**WHAT TO DO WITH YOUR EGG DATA?**

If EGG data indicates the electric pacemaker in your stomach is off, you should avoid high tyramine foods. Tyramine is naturally occurring in some foods and releases dopamine, norepinephrine, and epinephrine—which can all cause tachycardia of the gut and heart, as well as migraines. Tyramine levels are often higher in fermented foods, as well as meats that are aged or smoked.

Other foods to avoid include:

- Chocolate
- Cheeses (except ricotta, cottage, cream and Neufchâtel cheeses), Sour Cream, and Yogurt
- Soy products like Soy and Teriyaki sauce, Tempeh, and Miso soup
- Sauerkraut and Kimchi
- Broad (fava) beans, Green bean pods, Italian flat (Romano) beans, and Snow peas
- Avocados and Cacti
- Bananas, Pineapple, Figs, Red plums, Raspberries, Coconuts
- Eggplant
- Peanuts, Brazil nuts
- Processed meat
- Yeast



Some patients need to "block" their stomach nerves 30 minutes before eating. Tiny doses of clonazepam, Neurontin, or natural Kavinace usually work. Other connected nerves are treated with tiny doses of serotonin blocking substances like cyproheptadine, which block related diarrhea.

If the pacemaker of the stomach is slow, there are a couple of medications that can help empty the stomach faster, or you can eat smaller meals with more frequent feedings.

Wellnow Health offers a comprehensive menu of services for employers and municipalities who desire to control and decrease their healthcare costs.

Our board-certified physicians provide caring treatment to employees and treat injuries both during and after-hours with regards to OSHA regulations.



For employer convenience, Wellnow Health is located in a major industrial corridor. Learn more at [www.wellnowhealth.net](http://www.wellnowhealth.net) or call **409.572.2535**.

“Dr. Spangler is part-owner of St. Elizabeth Family Care and has developed a unique house calls service that, in addition to standard home care, offers chelation for homebound patients who have medical illness related to elevated lead levels.” - Dr. Dorothy Merritt

## Bay Area House Calls

LET THE DOCTOR COME TO YOU

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Dickinson, Texas 77539

**281.218.7200 or  
409.515.3220**

[www.HouseCallsDoc.com](http://www.HouseCallsDoc.com)

*Insurance Accepted including Medicare and Medicaid.*



### WHAT'S A HOUSE CALL?

A House Call is just like any doctor's office visit except that the medical team comes to you. To maintain continuity of care, hospitalized patients are seen by Dr. Spangler in the hospital and he follows them home upon their discharge, so patients don't have to deal with new medical care providers who are unfamiliar with their medical history.

BAHC patients are typically seen earlier and more frequently than if they had to make arrangements for an office visit, so they often require less hospitalization and less emergency room treatment.

BAHC's team of health care providers includes: Medical Assistants, Physician's Assistants, Nurse Practitioners and Medical Doctors.

Medical Services Include:

- Vital signs and physical examination
- X-rays, 3-D Body Scan, EKG, PT/INR, Ultrasounds and Dopplers
- Lead and heavy metal testing, blood and lab work
- Injections, EDTA chelation and infusions
- Monitoring and treating chronic conditions
- Assistance with additional scheduling needs
- Coordinated care through home health agencies

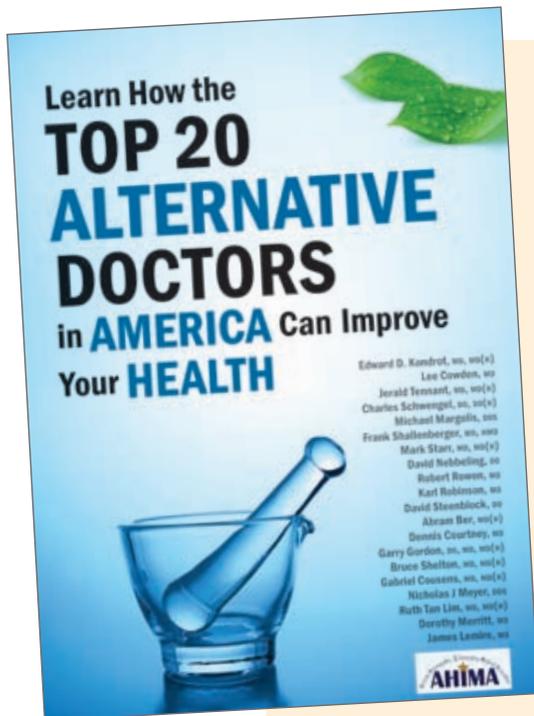
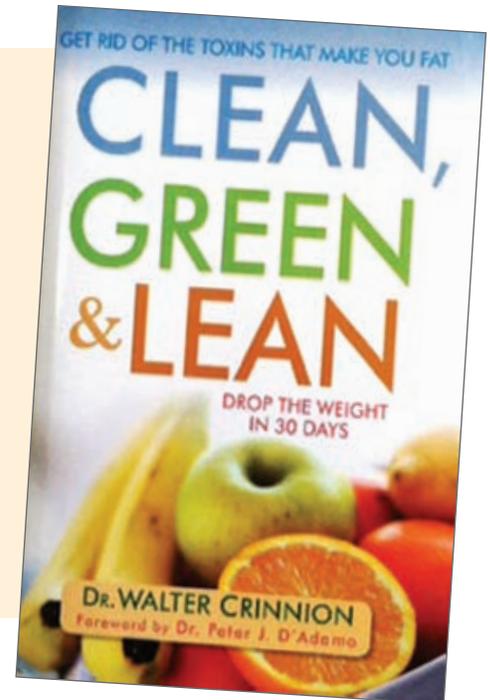
# IMPROVE YOUR HEALTH

with these ground-breaking books

## CLEAN, GREEN & LEAN

By Walter J. Crinnion, ND - Expert in the field of environmental medicine

Walter J. Crinnion, ND, is a board certified naturopathic doctor and considered one of the foremost experts in the field of environmental medicine. Naturopathic medicine is based upon a handful of principles that include: Treat the cause, the healing power of nature, and doctor as teacher. This step-by-step guide will show you how to remove the toxicants from your home, your food and your body. Available at [www.drcrinnion.com](http://www.drcrinnion.com).



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# NITRIC OXIDE and Your Health

Just say “NO” to aging and disease

By Dorothy Merritt, MD

## Cellular Communication is “NO” small task

Nitric oxide (NO) is a molecule that our bodies produce naturally when given the right exercise and food. NO helps make it possible for the 50 trillion cells in your body to communicate with each other by transmitting signals.

In the last twenty years we’ve learned more about how NO works thanks, in large part, to three scientists that were awarded the Nobel Prize for this discovery. Since then, many articles have been published that highlight the importance of NO for memory, behavior and mood, as well as keeping the eyes healthy—mostly by helping nerve cells talk to each other. NO also helps the immune system fight off bacteria and defend against tumors. It reduces inflammation, increases endurance and strength and increases vascular blood flow. Every cell in your body responds to NO and can stimulate its production if treated right.

Many herbs, drugs, and treatments are effective due to their influence on NO production, increased ATP, and stem cells.

Unfortunately your cells quit producing NO between ages 40 to 50, and amino acids like arginine don’t work then, and can actually cause harm after this age. The body can only produce NO after this age with nitrite foods and exercise.

## Nitric Oxide and Eye Health

Glaucoma, retinal degeneration and uveitis (the third leading cause of blindness in developed countries) can all arise from an NO imbalance in the eye. Inducible nitric oxide actually lowers intraocular pressure and a precise regulation of NO may lead to new therapeutic options, likely safer and more efficacious, than currently available treatments for various sight-threatening eye diseases. Scientists have even discovered that circles under the eyes are due to reduced NO in the skin and have formulated a skin lotion that reverses this by increasing NO in the skin.

## Nitric Oxide and Heart Disease

Nitric oxide has gotten the most attention due to its cardiovascular benefits. Nitroglycerin acts by releasing nitric oxide, which relaxes narrowed blood vessels, increasing oxygen and blood flow. The interior of your arteries produce nitric oxide. When plaque builds up in your arteries, the capacity to produce nitric oxide is diminished.

## Nitric Oxide and Erectile Dysfunction

Viagra , Cialis and Levitra are impotence medications that work because of their action on nitric oxide. One cause of impotence is unhealthy and aged arteries that feed blood to the sexual organs. These drugs work by creating more nitric oxide, causing a cascade of enzymatic reactions magnifying and extending nitric oxide, causing more blood flow.

## How to Increase Your Nitric Oxide Levels

The most common way to increase nitric oxide is through exercise, which causes the lining in the arteries to release nitric oxide into the blood, which allows for more blood to pass through the arteries. As we age, our blood vessels and nitric oxide production become less efficient due to free radical damage, inactivity and poor diet, causing our veins and arteries to deteriorate.

Another way to increase nitric oxide is through diet, most notably by consuming the amino acids

L-arginine and L-citrulline. arginine (before age 40) and L-citrulline anytime, which can be found in nuts, fruits, meats and dairy, directly creates nitric oxide and citrulline inside the cell (see diagram 1). Citrulline is then recycled back into arginine, making even more nitric oxide. Enzymes that convert arginine to citrulline, and citrulline to arginine need to

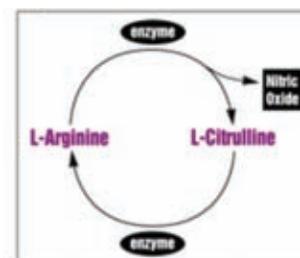


Diagram 1

## FOODS AND SUPPLEMENTS THAT BOOST NITRIC OXIDE

	Nitrite+Nitrate	ORAC	NO Index
HIGH	mg/100g	μmol/100g	NOI
Kale	1950	3500	68250
Swiss chard	822	2500	20550
Arugula	612	2373	14523
Spinach	741	1515	11226
chicory	625	1500	9375
wild radish	465	1750	8138
Bok choy	310	2500	7750
collard greens	317	2200	6974
beets	174	3632	6320
Chinese cabbage	161	3100	4991
Lettuce	268	1447	3878
Cabbage	125	2496	3120
Mustard greens	116	1946	2257
Cauliflower, Raw	202	829	1675
parsley	115	1301	1496
kohlrabi	177	769	1361
Carrot	190	666	1265
Broccoli	39.5	3083	1218

Spices			
Basil	6693	314446	21045543
Parsley	1333	267536	3565393
Oregano	581	67553	392582
Ginger	577	48504	279790
Turmeric	67	200129	133845
Curry	127	80933	102492
Cocoa	55	159277	87240
Cloves	116	74349	86144
Cumin Seed	45	29257	13304
Cinnamon	6	76800	4327
Mustard Seed	1	28811	237

Juices	mg/100ml	μmol/100ml	NOI
beet root	279	1727	4818
vegetables juice	20	548	110
carrot	6.8	195	13
pomegranate	1.3	2681	35
red wine	1	3000	30
green tea	0.02	1253	0
Acai	0.06	1767	1

Protect your enzymes and boost nitric oxide levels by consuming an abundance of healthy foods and taking antioxidant supplements. Proven nitric oxide inducers include:



**Green Tea • Spinach • Soy • Garlic • Vitamin C • Beets • Pomegranate • B Vitamins • CoQ10**

function optimally for efficient nitric oxide production. We can protect those enzymes and nitric oxide by consuming healthy foods and antioxidants like fruit, garlic, soy, vitamins C and E, Co-Q10 and alpha lipoic acid, allowing the production of more nitric oxide.

Other proven nitric oxide inducers include beet powder, spinach, pomegranate, green tea, certain Chinese herbs, microcurrent stimulators, NAC (N-Acetyl-Cysteine), EDTA chelation treatment, hyperbaric oxygen, ozone treatments, B vitamins and much more. Nitric oxide only lasts a few seconds in the body, so the more antioxidant protection we provide, the more stable it will be and the longer it will last. Doctors are utilizing this science by coating stents (mesh tubes that prop open arteries after surgery) with drugs that produce nitric oxide. Nitroglycerin induces NO causing relief of angina due to instant increase in blood flow.

With nitric oxide deficiencies occurring frequently due to aging, inactivity, smoking, high cholesterol, fatty diets and lack of healthy foods, increasing your nitric oxide levels can help increase your energy and overall wellness.

**Measure your own NO with nitric oxide sticks  
AVAILABLE ONLINE at [www.neogenis.com](http://www.neogenis.com).**

### Easily Monitor Your NO Levels

A new, inexpensive saliva “dip stick” allows you to monitor your body’s nitric oxide levels with instant feedback. These are available online from Neogenis , a company that also produces a supplement proven to increase NO levels within an hour by combining beet powder, citrulline, hawthorne and other natural ingredients.

When your hormones are in balance, it's like a choir singing in perfect harmony. It just grooves. That's when your body is capable of performing at its best, keeping you healthy, vibrant and energetic.



## Who Said Hormones & Health Had To Be Expensive?

### *What You Need to Know:*

1. Not all hormone therapies are created equal
2. Hormone replacement therapy is not a one-size-fits-all
3. You need an expert



### **Experience the BioTE® Method**

Developed by pioneer and expert, Dr. Gary Donovitz, BioTE® Therapy was designed to deliver the right kind of hormone (biologically identical) in the right amounts (doses based on accurate testing and proper analysis of the results) using the right delivery system (pellets - which deliver straight into the blood stream whenever the body needs it).

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## Can **PLATELET-RICH PLASMA (PRP)** Help You?

Treatment used by professional athletes is available to you

**During the** past several years, much has been written about a preparation called platelet-rich plasma (PRP) and its potential effectiveness in the treatment of injuries.

Many famous athletes — Tiger Woods, tennis star Rafael Nadal, and several others — have received PRP for various problems, such as sprained knees and chronic tendon injuries. These types of conditions have typically been treated with medications, physical therapy, or even surgery. Some athletes have credited PRP with their being able to return more quickly to competition.

Even though PRP has received extensive publicity, there are still lingering questions about it, such as:

- What exactly is platelet-rich plasma?
- How does it work?
- What conditions are being treated with PRP?
- Is PRP treatment effective?

### **What Is Platelet-rich Plasma (PRP)?**

Although blood is mainly a liquid (called plasma), it also contains small solid components (red cells, white cells, and platelets.) The platelets are best known for their importance in clotting blood. However, platelets also contain hundreds of proteins called growth factors which are very important in the healing of injuries.

PRP is plasma with many more platelets than what is typically found in blood. The concentration of platelets — and, thereby, the concentration of growth factors — can be 5 to 10 times greater (or richer) than usual.

To develop a PRP preparation, blood must first be drawn from a patient. The platelets are separated from other blood cells and their concentration is increased during a process called centrifugation. Then the

increased concentration of platelets is combined with the remaining blood.

### **How Does PRP Work?**

Although it is not exactly clear how PRP works, laboratory studies have shown that the increased concentration of growth factors in PRP can potentially speed up the healing process.

To speed healing, the injury site is treated with the PRP preparation. This can be done in one of two ways:

- PRP can be carefully injected into the injured area. For example, in Achilles tendonitis, a condition commonly seen in runners and tennis players, the heel cord can become swollen, inflamed, and painful. A mixture of PRP and local anesthetic can be injected directly into this inflamed tissue. Afterwards, the pain at the area of injection may actually increase for the first week or two, and it may be several weeks before the patient feels a beneficial effect.
- PRP may also be used to improve healing after surgery for some injuries. For example, an athlete with a completely torn heel cord may require surgery to repair the tendon. Healing of the torn tendon can possibly be improved by treating the injured area with PRP during surgery. This is done by preparing the PRP in a special way that allows it to actually be stitched into torn tissues.

### **What Conditions are Treated with PRP? Is It Effective?**

Research studies are currently being conducted to evaluate the effectiveness of PRP treatment. At this time, the results of these studies are inconclusive because the effectiveness of PRP therapy can vary.

Factors that can influence the effectiveness of PRP treatment include:

- The area of the body being treated
- The overall health of the patient
- Whether the injury is acute (such as from a fall) or chronic (an injury developing over time)

### Chronic Tendon Injuries

According to the research studies currently reported, PRP is most effective in the treatment of chronic tendon injuries, especially tennis elbow, a very common injury of the tendons on the outside of the elbow.

The use of PRP for other chronic tendon injuries — such as chronic Achilles tendonitis or inflammation of the patellar tendon at the knee (jumper’s knee) is promising. However, it is difficult to say at this time that PRP therapy is any more effective than traditional treatment of these problems.

### Acute Ligament and Muscle Injuries

Much of the publicity PRP therapy has received has been about the treatment of acute sports injuries, such as ligament and muscle injuries. PRP has been used to treat professional athletes with common sports injuries like pulled hamstring muscles in the thigh and knee sprains. There is no definitive scientific evidence, however, that PRP therapy actually improves the healing process in these types of injuries.

### Surgery

More recently, PRP has been used during certain types of surgery to help tissues heal. It was first thought to be beneficial in shoulder surgery to repair torn rotator cuff tendons. However, the results so far show little or no benefit when PRP is used in these types of surgical procedures.

Surgery to repair torn knee ligaments, especially the anterior cruciate ligament (ACL) is another area where PRP has been applied. At this time, there appears to be little or no benefit from using PRP in this instance.

### Knee Arthritis

Some initial research is being done to evaluate the effectiveness of PRP in the treatment of the arthritic knee. It is still too soon to determine if this form of treatment will be any more effective than current treatment methods.

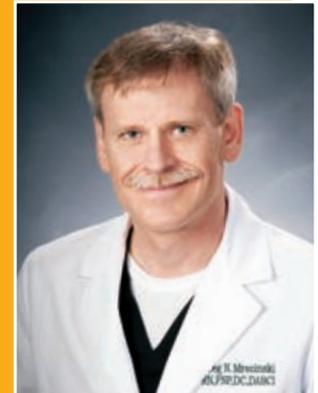
### Fractures

PRP has been used in a very limited way to speed the healing of broken bones. So far, it has shown no significant benefit.

## Meet Dr. Greg Mrozinski, RN, FNP, DC, DABCI

After receiving an honorable discharge from the Navy, Dr. Greg Mrozinski received his bachelor degree in biology, then graduated Magna Cum Laude from Texas Chiropractic College with his Doctor of Chiropractic degree in 1996.

Dr. Greg, as he is known to his patients, began his chiropractic practice in Clear Lake and continued his education, becoming a Certified Chiropractic Sports Practitioner in 2002.



Following several more certifications (in acupuncture, electro-diagnosis and manipulation under anesthesia), Dr. Greg received his bachelor in nursing degree and became a registered nurse. He then received his Masters of Nursing degree and is also a Licensed Family Nurse Practitioner.

Since his early years of study, Dr. Greg has focused on combining natural and mainstream medicine to individualize treatment for each of his patients.

Dr. Greg uses a three-prong approach to diagnose illness and restore wellness. First, he understands a patient's structural components: bone, muscle, organs and other physiology.

Second, he examines chemical nature: nutrition, medication, hydration and others.

Lastly, he reviews each patient's electrical nature: their moods, emotions, energy and more.

This approach treats the whole person. Services Dr. Greg offers include:

- Medication management / Primary Care
- Orthovist / Synvisc / PRP / Steroid joint injections
- Trigger point injections with B12 and lidocaine
- Clinical nutrition / SpectraCell evaluations
- IV vitamins
- IV chelation
- BioTe pelleting

**“Greg is the best ‘body mechanic’ I have ever met.” - Dr. Merritt**

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## NEIGHBORS TAKING CARE OF NEIGHBORS



### **DOROTHY MERRITT, MD**

Dr. Dorothy Merritt is returning to Dickinson after 28 years to join St. Elizabeth Family Care and Wellnow Health to continue her practice of Internal Medicine and EDTA Chelation. Her outpatient practice consists of adult medicine with an integrative flavor combining genetics, environmental medicine, lead treatments, nutritional therapies, and has a clinic full of high tech machines for diagnosis and treatment.



### **NADIA NEKOOI, PA-C**

Nadia Nekooi PA-C, is a native of Dickinson TX. She is a compassionate individual with an uncanny ability to get to the bottom of what ails people. She completed her undergraduate at Texas A&M and her Physician Assistant training in New York City. After additional training in New York, Nadia returned to Texas to work with Surgeon Dr. Beverly G. Lewis in Texas City for several years. She then then moved her scope of practice to internal medicine with Dr. Dorothy Merritt, her own primary care doctor since the age of 12.



### **GARY SPANGLER, JR., MD**

Dr. Gary Spangler, Jr. founded Bay Area House Calls with a vision to provide quality in-home visits to geriatric patients who are unable to physically go to their doctor's office appointments. His vision and concept of "Medical Home" care is carried out by the primary care practice team of physicians, nurse practitioners, physician assistants, medical assistants and office professionals to provide exceptional care for patients. Dr. Spangler has 10 years of experience as a Lymphedema Specialist and the training of chronic wounds and lymphedema care.



### **CLAY GOLIGHTLY, PA-C**

Clay has three years' experience in Urgent Care, weight loss and occupational medicine and a master's degree in patho physiology and molecular biology. He worked for NASA in human research and bio astronautics. Clay earned is PA license at UTMB in 2013.



### **ANGEL MANUEL RIVERA MD**

Dr. Rivera is skilled in the diagnosis and treatment of patients suffering from acute and chronic diseases such as asthma, hypertension, diabetes, strokes and COPD. Areas of interest include urgent care, occupational health and primary care settings.



### **GREG MROZINSKY RN, FNP**

Dr. Mrozinsky has 20 years of experience in health care. He started chiropractic in 1996 and became a nurse practitioner in 2011. He has a natural medicine background with a great deal of ortho experience. Dr. Mrozinsky been trained in and performed chiropractic, acupuncture, and nutritional therapies, sports medicine, needle EMG/NCV nerve testing and family practice as a nurse practitioner.