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of heme, excess

amounts of porphyrin

compounds are

created, which are

then toxic to the

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porphyria recently is

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Porphyria (por-FEAR-
e-uh) refers to a
group of disorders
that result from a
buildup of natural
chemicals that
produce porphyrin in
your body. Porphyrins
are essential for the

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function of hemoglobin is a protein in your red blood cells that links to porphyrin, binds iron, and carries oxygen to your organs and tissues.

In Diet

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Some liver diseases
may cause porphyria
even in the absence
of genetic
predisposition. These
include

hemochromatosis and
hepatitis C. Treatment

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of iron overload may be required. Patients with the acute porphyrias (AIP, HCP, VP) are at increased risk over their life for hepatocellular carcinoma (primary liver cancer) and may require monitoring.

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It starts off with a chapter on famous people who likely had porphyria causing their chronic illnesses or supposed mental illnesses.

The liver is where the heme production is

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This hidden problem
is often "the last piece
of the puzzle" for

many chronic

many chronic

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illnesses. The author
Chronic And
suggests up to 20% of
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mankind may have a
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illnesses. Journal articles detail that tests for porphyria can be inaccurate. Poor

tolerance of the

Sun--via skin blistering or nervous system reaction--is

often due to porphyria.

wellatlast: Fourth

Edition

In fact, Dr. Rochlitz (in

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(an earlier book on

Porphyria) outlined a

mechanism based

around the P450

enzymes which

describes how

porphyria directly and

inevitably causes

mast cell activation.

Thus the two

disorders are much

more closely linked

(and common) than is

generally appreciated.

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The book's 21
chapters, 6
appendices and index
reveal how hidden
porphyria may affect
some 20% of our
species and may
cause many allergy-
like disorders and
other chronic
illnesses. Hidden

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porphyrics often have a lifetime of "odd" complaints including anxiety and reactions to foods and chemicals like fragrance, auto or diesel exhaust, and cigarette smoke. They also often have a history of poor tolerance for stress, caffeine, alcohol, medicinal drugs, and

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even vitamins, and
sun or light exposure.

Food intolerances
often include citrus
fruits, tomatoes and
spices. There may be
addiction in the
earliest

phases. Porphyria's
seven or eight
separate maladies
involve the inability to
properly synthesize
the iron-containing

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protein, heme. Heme
does not just go into
making the well-
known protein

hemoglobin. Heme is
part of a set of
enzymes that involve
both detoxifying
chemicals ingested or
breathed in; and in
metabolizing our own
hormones. In addition
to causing episodic
deficiencies of heme,

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excess amounts of porphyrin compounds are created, which are then toxic to the

body. Hidden

porphyria recently is being linked to

fibromyalgia, chronic fatigue,

hypoglycemia, anxiety or panic states,

Alzheimer's, MCS and

EMFS. Many

supplements, just like

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drugs, may not help; rather they excite certain heme proteins that then can cause a full-blown porphyria reaction. The books reveals how to prevent attacks of both porphyria and the other side of the coin—MCS, EMFS and food sensitivities, with its breakthroughs in diet, supplements,

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and energy balancing.
Liver, thyroid, adrenal,
and gastrointestinal
illness and solutions
are also detailed.

Appendices include
many food groups
including oxalates,
salicylates, sulfur,
sialic acid, histamine-
forming foods, lectins,
nightshades, gluten
and other factors.

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Millions of people are suffering from chronic illnesses that, unbeknownst to them, are the result of exposure to environmental illnesses with breakthroughs such as mold and Borrelia, which causes Lyme disease. Millions. Because the symptoms of these illnesses are so varied

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and unusual, many of these individuals have sought medical care only to be dismissed, as if what they are experiencing is "in their head." Many (if not most) have tried to tough it out and continue to function without hope of improvement.

Unfortunately, their illnesses are very

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real. Toxic is a book of hope for these individuals, their loved ones, and the physicians who provide their care.

Over many years of helping thousands of patients recover their health (even after their previous doctors had given up on them), Dr. Neil

Nathan has come to

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Understand some of
the most common
causes for these
debilitating illnesses,
which allows for the
utilization of more
precise and effective
forms of treatment.

The goal of this book
is to shed light on
these complex
illnesses so that
suffering patients and
their families can get

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the help they so
desperately need.

Inside, you will find: □

Information about how
extreme sensitivity
and toxicity develop in
the body, how
sensitivity and toxicity
differ, and how they
often overlap. □

Detailed descriptions
of each of the five
major causes of
extreme sensitivity

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and toxicity: mold,
Bartonella (a co-
infection of Lyme
disease), mast cell
activation, porphyria,
and carbon monoxide
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outline of the cell
danger response, a
revolutionary model
developed by Dr.
Robert Naviaux that
explains how the body
essentially gets

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"stuck" fighting a threat even after the danger has passed. □ A system-by-system plan for "rebooting" the body to break the cycle of illness and allow healing to begin. □ Information about coping with stress and embracing an emotional and/or spiritual awakening on the path to wellness.

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researcher of the
disease dismisses
traditional
treatment—heat,
exercise, and rest—in
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medications that often
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relief and eventual
complete recovery.
Offering new hope for
advances in
treatment, the
discussion covers the

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difficulty of diagnosing fibromyalgia, the overlaps with chronic fatigue syndrome, the unrelatedness of arthritis, and the possibility that food allergies may trigger attacks. Patient success stories along the way encourage readers while data samples, references, and appendices

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details.

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current activities of the NHMP; identifies important scientific, technical, and programmatic issues; and makes recommendations regarding the design of the program and use of its products.

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response to
colleagues who have
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general medical situations and all chapters have been revised, rewritten, or replaced. This book is organized into 21 chapters written by 31 contributors. A separate section on spinal cord disorders has greatly expanded the previous chapter on myelomeningocele and it includes a

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discussion on spinal
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causes of paraplegia.

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