



Key: \ominus = inhibiting effect; \oplus = enhancing effect.

Starting at the top of this figure, note that toxicity (e.g., heavy metals) can ignite a cascade of physiological imbalances eventually leading to the symptoms of "mental disorders." The combined toxicity from heavy metals, gut (gastrointestinal) dysbiosis (overgrowth of unfriendly organisms) and possibly other environmental toxins sets off a domino effect that eventually results in a depletion of neurotransmitters and brain injury (usually not permanent). If access to a full panel of functional medicine testing is limited, due to economic constraints or an inability to find a healthcare provider trained in complementary/alternative (CAM) or integrative medicine, at the very least I recommend that every consumer pursue a way to obtain a hair test for heavy metals (usually about \$60) and a stool test for gut dysbiosis (about \$100). Note that nutritional treatments & psycho/social/spiritual interventions (mostly at the lower left side of the diagram) lessen the impact of gut and environmental toxicity, and conversely, chronic gut and environmental toxicity impair psychological and spiritual progress. [from a communication by Charles Gant, M.D., August 2008]