

Viral Warts

A FAMILY AFFAIR – After test results revealed high levels of toxic elements, this young man’s parents immediately made appointments. What we found was a heavy toxic element load in all three, possibly pointing to a source in their home environment.

Unlike most people I see, this patient had just 1 complaint –

- ✓ **Warts** (nearly 200 all over his body; some the size of small marbles)

Within 3 months –

- ✓ **All Warts Gone!**
- ✓ **Lost 45 lbs**
- ✓ **“Never had so much energy!”**

“This was a great case to show how seemingly minor problems – like warts – may be indicators of more serious problems occurring within and around the body. Remember health cannot be determined by how you look or feel, but by how efficiently the body functions. ”

-Dr. Van D. Merkle

Patient Profile:

05-02-07 – At 22-years old, this young man felt his health was great. Patients are required to fill out a very extensive health survey before their first appointment and out of six pages worth of possible symptoms and daily habits, only one problem was checked – warts.

Nothing out of the ordinary appeared in his vitals, at 6’0” he was on the heavier side at 210 lbs and his blood pressure was 124/78. In talking with the patient and his mother, they relayed that the warts have been moderate to severe for about 5 years with high numbers appearing on his hands and feet. He also had a few in others in areas like the thigh and back of neck. The patient had been burning off the warts which left some scarring but now he was ready to try something new.

Patient’s tests results:

05-11-07 – A few problems stuck out right away on the patient’s blood test – the cholesterol panel, serum iron and red blood count. At just

22-years old his total cholesterol, triglycerides and LDL (bad) cholesterol were all above clinical limits and the VLDL (very bad) cholesterol was also high. His HDL (good cholesterol) was low and the combination of cholesterol markers put him at an increased coronary risk. These findings suggested hyperlipidemia or too much fat in the blood which can be brought on by excess weight, poor diet, caffeine intake, toxic elements or a lack of exercise. Left alone, this problem can cause liver and/or pancreatic dysfunction, diabetes mellitus, anemia, infection or inflammation.

The Red Blood Count is also clinically high which could indicate many things but is most likely caused by dehydration, inflammation from the warts or heavy exercise. The Serum iron is also something to watch because iron stores are frequently used to build red blood cells and a chronic high iron count can lead to future problems.

Results of Initial Blood Test:

Test Description	Date:	Current Result	Current Rating	Prior Result	Delta	Healthy	Clinical
Serum Iron	05/08/2007	200.00	HI			85.10 - 120.00	40.00 - 155.00
Ferritin		56.00	Opt			30.10 - 218.30	22.00 - 322.00
Total Cholesterol		207.00	HI			140.10 - 170.00	100.00 - 199.00
Triglyceride		155.00	HI			80.10 - 115.00	10.00 - 149.00
HDL Cholesterol		42.00	lo			50.00 - 55.00	40.00 - 59.00
VLDL Cholesterol		31.00	hi			5.10 - 20.10	4.10 - 40.10
LDL Cholesterol		134.00	HI			50.10 - 75.10	6.00 - 99.10
Total Cholesterol / HDL Ratio		4.90	hi			0.00 - 4.00	0.00 - 5.00
Triglyceride/HDL Ratio		3.69	hi			1.00 - 2.20	0.50 - 4.00
White Blood Count		5.50	Opt			5.10 - 8.00	4.00 - 10.50
Red Blood Count		5.77	HI			4.51 - 5.50	4.10 - 5.60
Hemoglobin		15.40	hi			13.30 - 15.20	11.50 - 17.00
Hematocrit		46.50	Opt			39.51 - 47.00	34.00 - 50.00
MCV		81.00	lo			85.10 - 97.00	80.00 - 98.00
MCH		26.70	LO			28.10 - 32.00	27.00 - 34.00
MCHC		33.20	Opt			33.10 - 34.99	32.00 - 36.00
Platelets		316.00	hi			175.10 - 250.00	140.00 - 415.00
Polys/Neutrophils (SEGS-PMNS)		56.00	Opt			55.10 - 65.00	40.00 - 74.00
Lymphocytes		34.00	Opt			25.10 - 40.00	14.00 - 46.00
Monocytes		8.00	hi			5.10 - 7.10	4.00 - 13.00
Eosinophils		2.00	Opt			0.00 - 4.10	0.00 - 7.00
Basophils		0.00	Opt			0.00 - 0.00	0.00 - 3.00

Blue = clinically very high or clinically very low

Red = clinically high or clinically low

Yellow = a little high or a little low; this can be considered a warning sign that the value is not optimal.

Loads of deficiencies/imbbalances showed up in the essential elements portion of the patient's hair test results suggesting a difficulty for the body to heal and repair. High amounts of the toxic elements aluminum, lead, arsenic and nickel were also present, which may have depleted the body of its essential elements. Running a urinary chelation challenge will help clue us in on how efficiently the body expels these toxic elements.

Results of Initial Tissue Mineral Analysis:

Test Description	Date:	Current Result	Current Rating	Prior Result	Delta	Healthy	Clinical
Toxic Elements							
Aluminum	05/05/2007	11.00	hi			0- 5.20	5.21- 12.00
Antimony		0.03	hi			0- 0.03	0.04- 0.06
Arsenic		0.12	HI			0- 0.05	0.06- 0.08
Lead		5.70	HI			0- 0.99	1.00- 2.00
Mercury		0.13	Opt			0- 0.50	0.51- 1.10
Nickel		0.39	hi			0- 0.20	0.21- 0.40
Silver		0.05	Opt			0- 0.06	0.07- 0.12
Tin		0.12	Opt			0- 0.15	0.16- 0.30
Titanium		0.71	hi			0- 0.50	0.51- 1.00
Total Toxic Representation		3.00	HI			0- 2.00	2.01- 3.00
Essential Elements							
Calcium		394.00	lo			400.00- 417.00	375.00- 1100.00
Magnesium		310.00	HI			43.00- 48.00	40.00- 140.00
Sodium		390.00	HI			25.00- 35.00	12.00- 90.00
Potassium		320.00	HI			21.00- 22.00	20.00- 90.00
Copper		20.00	hi			12.00- 15.00	9.00- 26.00
Zinc		140.00	lo			150.00- 165.00	130.00- 200.00
Strontium		3.60	hi			1.40- 1.80	1.00- 6.00
Sulfur		41200.00	LO			45000.00- 45500.00	44500.00- 52000.00
Barium		1.40	Opt			1.20- 1.45	0.50- 3.00
Cobalt		0.01	lo			0.02- 0.03	0.01- 0.04
Iron		12.00	hi			7.00- 8.50	5.80- 14.00
Germanium		0.03	LO			0.05- 0.05	0.05- 0.06
Rubidium		0.26	HI			0.03- 0.09	0.03- 0.25
Zirconium		0.40	hi			0.10- 0.27	0.04- 1.00

Blue = clinically very high or clinically very low

Red = clinically high or clinically low

Yellow = a little high or a little low; this can be considered a warning sign that the value is not optimal.

In the urinary chelation challenge, we first test toxic elements present in an ordinary urine sample. Then we provide patients with a chelator (DMSA) which pulls hidden stores of toxic elements from the body by molecular weight. High levels of nickel emerged in the pre-challenge but when we added DMSA, lead levels jumped from 2.70 to 50.0! Lead is the heaviest of the toxic elements tested. Nickel levels dropped slightly because the chelator targeted heavy lead particles first.

Results of Initial Urinary Chelation Challenge:

Test Description	Date:	Current Result	Current Rating	Prior Result	Delta	Healthy	Clinical
Agent	05/11/2007	DMSA		05/02/2007			
Dose		1500 mg		Pre-Chall			
Interval		6		6			
Toxic Elements							
Lead (UA)		50.00	HI	2.70	☹	0- 4.00	4.01- 5.00
Mercury (UA)		0.00	Opt	0.00		0- 2.00	2.01- 3.00
Nickel (UA)		6.10	hi	6.40	☺	0- 5.00	5.01- 10.00

Blue = clinically very high or clinically very low

Red = clinically high or clinically low

Yellow = a little high or a little low; this can be considered a warning sign that the value is not optimal.

Doctor analysis:

05-24-07 – In my experience high levels of Nickel often lead to all kinds of skin problems – particularly warts. This toxin is widely present and finds its way into the body thanks mainly to air pollution created during the burning of coal and petroleum products. One of my first steps in treatment is going to be clearing out the Nickel and also Lead and Arsenic using strong chelators and using supplements like fish oil, vitamin D and vitamin E which are good for overall skin health.

Cholesterol is commonly elevated in presence of toxic elements whether it be heavy metals or chemical toxins. It is thought that this elevated cholesterol level is protective of the brain, nerves and other important tissues. We also need to change his eating habits so that as heavy metal levels drop, the cholesterol values will have no problem getting into optimal ranges.

I feel the patient is committed to making a change and will have great support in this endeavor from his mother. Because of this I suspect we will see improvement with the warts rather quickly.

Patient assessment:

06-28-07 - The very small warts are going away, the large warts are getting smaller and the medium sized warts, well ironically there's no change yet. I talked to both the patient and his mother today and they are very happy with the progress. After just about one month, things are getting better. Most of the improvements were on the hands, but when he looked at his feet he could only find one remaining wart! The ones on the thigh are gone completely. He still has another month or so to go before we recheck his blood work and do another urinary chelation challenge so this amount of progress is phenomenal!

07-30-07 – I talked to the patient's mother once again and the warts are 100% gone! He feels good and is excited that he's doing so well. They will retest his blood work in a few weeks and I'm interested to see how his cholesterol looks.

08-27-07 – It's been about three months since the patient started making healthy life changes including supplements targeted at correcting imbalances and deficiencies seen in his test results as well as improved dietary choices. His physical symptoms – warts – are gone, but how efficiently is his body operating? A recheck of the blood showed amazing results! The Serum Iron and Red Blood Count are now optimal and the cholesterol values are much healthier, moving his coronary risk from 4.90 to 3.0. He also lost 45 lbs and was amazed by how easily the weight came off! He said, "I never had so much energy!"

Results of 2nd Blood Test:

Test Description	Date:	Current Result	Current Rating	Prior Result	Delta	Healthy	Clinical
	08/13/2007			05/08/2007			
Serum Iron		109.00	Opt	200.00	☺	85.00 - 120.00	40.00 - 155.00
Ferritin		89.00	Opt	56.00		30.00 - 218.00	22.00 - 322.00
Total Cholesterol		149.00	Opt	207.00	☺	140.00 - 170.00	100.00 - 199.00
Triglyceride		57.00	lo	155.00	☺	80.00 - 115.00	10.00 - 149.00
HDL Cholesterol		50.00	lo	42.00	☺	50.00 - 55.00	40.00 - 59.00
VLDL Cholesterol		11.00	Opt	31.00	☺	5.00 - 20.00	4.00 - 40.00
LDL Cholesterol		88.00	hi	134.00	☺	50.00 - 75.00	6.00 - 99.00
Total Cholesterol / HDL Ratio		3.00	Opt	4.90	☺	0.00 - 4.00	0.00 - 5.00
Triglyceride/HDL Ratio		1.14	Opt	3.69	☺	1.00 - 2.20	0.50 - 4.00
White Blood Count		4.40	lo	5.50	☹	5.00 - 8.00	4.00 - 10.50
Red Blood Count		5.50	Opt	5.77	☺	4.50 - 5.50	4.10 - 5.60
Hemoglobin		15.00	Opt	15.40	☺	13.30 - 15.20	11.50 - 17.00
Hematocrit		44.80	Opt	46.50		39.50 - 47.00	34.00 - 50.00
MCV		81.00	lo	81.00	☹	85.00 - 97.00	80.00 - 98.00
MCH		27.20	lo	26.70	☺	28.10 - 32.00	27.00 - 34.00
MCHC		33.40	Opt	33.20		33.00 - 34.00	32.00 - 36.00
RDW		14.60	hi			13.50 - 14.50	13.00 - 15.00
Platelets		283.00	hi	316.00	☺	175.00 - 250.00	140.00 - 415.00
Polys/Neutrophils (SEGS-PMNS)		62.00	Opt	56.00		55.00 - 65.00	40.00 - 74.00
Lymphocytes		30.00	Opt	34.00		25.00 - 40.00	14.00 - 46.00
Monocytes		6.00	Opt	8.00	☺	5.00 - 7.00	4.00 - 13.00
Eosinophils		2.00	Opt	2.00		0.00 - 4.10	0.00 - 7.00
Basophils		0.00	Opt	0.00		0.00 - 0.00	0.00 - 3.00

Blue = clinically very high or clinically very low

Red = clinically high or clinically low

Yellow = a little high or a little low; this can be considered a warning sign that the value is not optimal.

Not only did his blood work improve, but also his body's toxic element load. The Lead dropped from 50 to 20 and then as expected lighter toxic elements showed increased elimination with the Mercury rising to 7.20 and the Nickel to 10.0. It's good that these are coming out instead of tying up processes in the body and raising cholesterol levels. We will take a break from chelation and start another cycle of DMSA in a few months.

Results of 2nd Urinary Chelation Challenge:

Test Description	Date:	Current Result	Current Rating	Prior Result	Delta	Healthy	Clinical
	08/13/2007			05/11/2007			
Agent		DMSA		DMSA			
Dose		1500mg		1500 mg			
Interval		6		6			
Toxic Elements							
Lead (UA)		20.00	HI	50.00	☺	0- 4.00	4.01- 5.00
Mercury (UA)		7.20	HI	0.00	☹	0- 2.00	2.01- 3.00
Nickel (UA)		10.00	HI	6.10	☹	0- 5.00	5.01- 10.00

Blue = clinically very high or clinically very low

Red = clinically high or clinically low

Yellow = a little high or a little low; this can be considered a warning sign that the value is not optimal.

12-28-07 – Lead levels have now dropped to 16.0 and Nickel to 6.10. This is good and shows a significantly decreased body burden of toxic elements. He has not had a relapse of warts and still feels great.

Results of 3rd Urinary Chelation Challenge:

Test Description	Date:	Current Result	Current Rating	Prior Result	Delta	Healthy	Clinical
Agent		DMSA		DMSA			
Dose		1500mgs.		1500mg			
Interval		6		6			
Toxic Elements							
Lead (UA)		16.00	HI	20.00	😊	0- 4.00	4.01- 5.00
Mercury (UA)		13.00	HI	7.20	😞	0- 1.60	1.61- 3.00
Nickel (UA)		6.10	hi	10.00	😊	0- 5.00	5.01- 10.00

Blue = clinically very high or clinically very low

Red = clinically high or clinically low

Yellow = a little high or a little low; this can be considered a warning sign that the value is not optimal.

Dr. Merkle's Final Thoughts:

Nickel is a carcinogen which can be taken in the body by eating food, drinking water, breathing air, or direct skin contact and as a result has landed itself on the Hazardous Substance List in the U.S. as being one of the most dangerous alloys. Nickel is a pollutant in the atmosphere thanks to the burning of coal and petroleum products and sewage sludge incineration. It's also found in cigarettes, costume jewelry, kitchen appliances, scissors, hair clips, hydrogenated oils and margarine. Baking powder and cocoa powder have been shown to contain excessive amounts of nickel, perhaps related to leaching during the manufacturing process. Soft drinking-water and acid beverages can also dissolve nickel from pipes and containers.

The most dangerous effect from nickel is an increased cancer risk, but many people also develop nickel allergies/sensitivity and can develop skin problems. This toxin can be removed from the body by using chelating agents. Natural chelators like chlorella, spirulina and cilantro are great for everyday cleansing but if the levels of toxic elements elevate in your body due to overexposure or an inability to efficiently flush out the metals it is essential to get tested with a certified clinical nutritionist who can advise in the use of stronger chelators.

I do not know the source of the young man's exposure however both his parents were also tested for heavy metals. His mother's nickel levels were very high and the father had such high concentrations of lead and mercury that the lighter weighted nickel has not had a chance to come out yet. This suggests possible exposure around the home either from nearby industrial areas or leaching from pipes into their water. Tests are available to determine heavy metal concentrations in a water sample and this may be a good option for this family.

-Dr. Van D. Merkle

This case report showcases a real patient's results using the Science Based Nutrition™ system of analysis, which takes into account hundreds of numeric data and their roles, combinations and inter-relationships as related to disease diagnosis. This patient is/was under the care of Dr. Van D. Merkle, creator and founder of Science Based Nutrition™, Inc. and is meant to serve as an example of results achieved using the Science Based Nutrition™ report. Contact your local health professional and ask him/her to provide you with the Science Based Nutrition™ report. Results will vary based on patient ability/willingness to follow the recommended nutritional protocols, among many other factors. Any suggested nutritional advice or dietary advice is not intended as a primary treatment and/or therapy for any disease or particular bodily symptom. Nutritional counseling, vitamin recommendations, nutritional advice, and the adjunctive schedule of nutrition is provided solely to upgrade the quality of foods in the patient's diet in order to supply good nutrition supporting the physiological and biomechanical process of the human body.