

## Why Blood Mineral Analysis? What we need to know.

1. Essential Trace Elements and Toxic Metals circulate in the blood stream for approximately 72 hrs after intake or exposure. Thereafter, elements have either been excreted via urine, stool, even sweat or have been deposited in tissue.
2. If metals are released from tissue, either through the use detoxification (chelation) or nutritional therapy, they circulate and are detectable in the blood stream.
3. Smoking is a cause of metal exposure, and smokers are known to have higher levels of nickel and cadmium in their blood stream. Both of these metals are potentially carcinogenic.
4. Eating fish may contribute to high blood levels of arsenic or mercury. Fish from polluted waters may contain levels of these potentially toxic metals that exceed the recommended daily allowance. Do not eat fish 2 days prior to blood taking.
5. When elevated levels of toxic metals are detected, detoxification should be considered. Check with a physician experienced in chelation therapy, or contact [ebb@googlemail.com](mailto:ebb@googlemail.com). We will find a physician in your area.

## Blood Levels of Mercury Are Related to Diagnosis of Autism: A Reanalysis of an Important Data Set

**M. Catherine DeSoto, PhD**

Department of Psychology, University of Northern Iowa, Cedar Falls, Iowa,  
[cathy.desoto@uni.edu](mailto:cathy.desoto@uni.edu)

**Robert T. Hitlan, PhD**

Department of Psychology, University of Northern Iowa, Cedar Falls, Iowa

The question of what is leading to the apparent increase in autism is of great importance. Like the link between aspirin and heart attack, even a small effect can have major health implications. If there is any link between autism and mercury, it is absolutely crucial that the first reports of the question are not falsely stating that no link occurs. We have reanalyzed the data set originally reported by Ip et al. in 2004 and have found that the original *p* value was in error and that a significant relation does exist between the blood levels of mercury and diagnosis of an autism spectrum disorder. Moreover, the hair sample analysis results offer some support for the idea that persons with autism may be less efficient and more variable at eliminating mercury from the blood.

**Key Words:** autism • mercury • environmental health • neuro-toxin • neurodevelopment • blood