

Grace Ziem, M.D., Dr. P.H.
Occupational and Environmental Health
16926 Eyer's Valley Road
Emmitsburg, MD 21727-9729
Phone 301-241-4346 Fax 301-241-4348
Website: chemicalinjury.net

PATIENTS

Unfortunately, there are not enough physicians qualified to scientifically treat chemically injured persons. It is my responsibility to provide proper care to the patients I have already accepted until they improve sufficiently that they no longer need such care.

With the development of the neural protocol (with doses based upon individual test results and patient response) patient progress has been much more rapid and I can take new patients more frequently than was ever possible.

However, the requests for becoming a patient continue to increase rapidly and I regret that I am no longer able to accept all new patients. I have a responsibility to make very painful decisions regarding who is likely to benefit the most. I also want to provide everyone as much information as possible so that they can achieve significant health improvements even if they are not able to see me as a patient.

What patients need to know about our patient care process.

1. ENVIRONMENTAL CONTROLS ARE THE MOST IMPORTANT

If you do not have a relatively nontoxic environment, you will not be able to adequately benefit from the medical treatment, because frequent exposures in or near the home (workplace/school) causing frequent symptoms interfere with the healing process. If this is your situation, you need to do the following:

- a. **Go to the website, chemicalinjury.net**, to the Health and Environment History Questionnaire section. Go to the questions developed at Johns Hopkins by Dr. Davidoff (#1). If you have multiple frequent symptoms (on question 1) and have worsening of symptoms to multiple exposures listed in question #12, it is probably essential for you to focus on reducing exposures in and near your home environment.
- b. Obtain a copy of the essential reference entitled Less Toxic Alternatives (Ninth Edition) by Carolyn Gorman. The ISBN # is 1-57397-022-0. Carolyn Gorman is the most experienced health educator in the United States regarding what products are and not safe. This economic and easy-to-use reference will save you significant suffering and medical bills.
- c. Review the **Environmental Control Plan** on this website.
- d. For pesticide issues consult the excellent 501C3 organization, www.beyondpesticides.org. (202-543-5450). For nontoxic pest control products, consider www.gardensalive.com.
- e. Another listing of nontoxic products is the text, Endangered Brains, by Dr. K.H. Kilburn, Princeton Scientific Publishers, ISBN # 0-9745460-0-3.

- f. Determine whether you are eligible for **reasonable accommodation**. If you have a medical condition that significantly effects a major life activity, such as breathing, frequent severe pain, difficulty thinking clearly etc., you are probably qualified for reasonable accommodation under disability legislation such as the Americans with Disabilities Act and the Fair Housing Act. Consult this website and Chemical Injury Information Network www.CIIN.org for more ideas, after you have thought through what accommodations are possible and reasonable.

Accommodations need not be free. Wheelchairs, elevator, restroom and drinking fountain designs are all required reasonable accommodations even if no one with a wheelchair works in the building because they are essential for access.

You need a doctor's statement that you are “a qualified individual for reasonable accommodation” because you have a medical condition affecting the major life activity of _____”.

Before seeking a doctor’s statement you should make a typed list of the specific accommodations that you feel are both necessary and reasonable. Try to have alternatives that are reasonable. For pesticide problems, beyondpesticides.org is an excellent information source.

2. MEDICAL TREATMENT

Neural Protocol

- a. If you have frequent respiratory and/or neurologic symptoms, often accompanied by fatigue and/or aching, you likely will need treatment using healing substances to help correct the biochemical disturbances. (Scientists often call these changes neural sensitization: I have described the healing approach as a "neural protocol" because the brain and nervous system are an important part of the mechanism causing widespread symptoms.

This treatment can cost up to \$350.00 monthly and sometimes more, depending upon your test needs. Your specific treatment should be based upon testing through SpectraCell Laboratories. If you can use the “basic NPS formula” rather than special compounding you can do the treatment much more economically. I have based the “basic NSP” Rx on test and treatment results of many hundreds of patients.

If you do the neural protocol, first consult TREATING CHEMICAL INJURY STEP BY STEP on this website.

Also remember that **proper daily use of nebulized hydroxocobalamin is the most effective and inexpensive way of slowing down the inflammation cycle** described in the New Treatment section of this website. It is essential to try to follow the step-by-step guidelines on this website and to follow proper nebulizer use technique and frequency to achieve progress. Three times daily will give you much faster progress and once daily barely helps.

The most common cause of any irritation symptoms with the protocol is that the body is

too inflamed for the concentration being used. The substance should be immediately discontinued until all irritation is cleared, and then reintroduced at a significantly more dilute level. It should only be used if there is no irritation or other symptom increase. Sometimes individuals with significant gastric stomach inflammation can experience some symptoms with the capsules. Usually following the step-by-step guidelines is adequate to manage this. You may need to begin with a small pinch of one capsule diluted with food or liquid. Remember, some healing is better than none and as healing progresses the concentration and amounts can be gradually increased.

Nebulizer

- a. I hope to develop more materials to help individuals more easily use the nebulizer. At this time the AeronebGo nebulizer is unique because it achieves a sufficiently small particle size of mist that when used with a nasal nipple, the healing substance can go directly into the nose and the brain to help brain healing. When breathed into the lungs by either the nasal attachment or directly through the mouthpiece, the particle size of mist is small enough to allow the substances to not only help heal the respiratory tract but also to enter the body and improve levels throughout the body. Most nebulizers will not achieve these effects because the particle size is not sufficiently small. (Particle size needs to be 5 microns or less.)

It is easy to clog the filter of any nebulizer. From the very beginning, follow the nebulizer care instructions carefully every time you use the nebulizer. The tiny filter you see when you remove the cap of the nebulizer has many hundreds of invisible holes to allow the mist to pass through in a very small particle size. These can be easily clogged with residue of glutathione (or other healing substances) if not adequately cleaned and back flushed.

The nebulizer filter also can be clogged by placing the (concentrated) hydroxocobalamin directly on the filter rather than first adding water and/or glutathione.

Without immediate rinsing and back flushing after every use, filter clogging is likely. Preventing filter clogging allows you to nebulize in about seven minutes, but if your filter begins to clog, nebulizing can take between ten and thirty minutes!

The more often you nebulize the faster you will heal. This entire protocol is not like taking vitamins! It is an entirely different concept.

These are substances intended to interrupt the vicious biochemical cycle illustrated on my website under New Treatment. Because the cycle operates continuously, nebulization is not effective when done once a day.

This need for continuous protection is true for vitamin C, which must be taken at least twice daily because it does not last for 12 hours. This same is also true for the NSP capsules, which ideally should be gradually worked up to 3 times daily, without pushing irritation.

Never tough out any symptoms using the protocol.

These are pure healing substances if compounded by Key Pharmacy. They are in bioactive form without fillers, additives or other junk and most of them you are born with, but have been depleted by toxic injury chronic illness.

Vitamin E can be taken once daily, but it is essential that a high gamma tocopherol be used. "Mixed" tocopherols" do not contain enough gamma tocopherol to be effective as a peroxyinitrite scavenger. Peroxyinitrite is an extremely damaging free radical and 200 IU gamma tocopherol (a form of natural vitamin E) is required to reduce damage in all lipid tissues such as cell membranes, brain and nerves.

- a. If you have or are able to achieve a home environment that does not increase your symptoms, you may only need treatment for up to two years, and then merely follow a maintenance dose with yearly SpectraCell testing. **SpectraCell Laboratories (800-227-5227) is the only laboratory that tests your body's NEED for specific healing, substances including those needed for reducing inflammation such as reactive airway disease, other aching, fatigue, and improving brain and nerve function.**
 - b. Your goal should be to achieve average or above levels for ALL substances on the SpectraCell FIA 5000 panel, because the comparison population (marked in black) is the general (often "junk food/fast food nutrient depleted") eating American public.
3. **SPECTRACELL FIA 5000 testing should be repeated every 8 to 12 months to ensure that you are continuing to improve your nutritional levels of all substances that are below optimal level for healing.**
- a. Diet is essential to speed the healing process. Foods grown without pesticides have much higher nutrient levels – consult **Organic Foods** on this website.
 - b. Consult the factsheet: **Eating for Healing** on this website.
 - c. Consult the factsheet: **Alkaline Diet** on this website. Both of these are under the New Treatment section. Inflammation causes the body to become much more acidic. This interferes with detoxification, slows cell repair, depletes minerals, interferes with ALL body functions and causes osteoporosis.
 - d. I also recommend that you review other relevant sections under **Medical Care** on this website.

4. **INTESTINAL HEALING IS ESSENTIAL TO HEALTH.**

For individuals with fatigue, or any other frequent symptoms, I strongly recommend the extended GI-2 panel with MB2S panel by DiagnosTechs Laboratories (800-878-3787). This can be done with a simple kit the lab mails to your home ordered by your physician.

The laboratory has a wonderful clinical support system, so that ANY physician can call the lab after they see the results and will receive highly qualified, state-of-the-art medical recommendations from on staff physicians for each abnormality. I have found the clinical support of this laboratory to be of outstanding quality.

5. **HELP YOUR HEALTH CARE PROVIDER HELP YOU BETTER**

Fill out the Quick Environmental Health Questionnaire and take to your health care provider.

The front of the questionnaire can be ready by him/her in two minutes to see if you have a problem and how severe it is.

If there is a problem, page 2 of the questionnaire tells more about what may have caused it and what makes it worse.

You should also use page 2 with the book Less Toxic Alternatives and Dr. Ziem's Environmental Control Plan to correct what you can.

I hope this information is helpful to you. For the many people needing scientific healing care that we cannot accept as patients, I recommend the above steps as appropriate.

If you locate a physician who is serious about helping you through the protocol and learning more about this treatment approach, I may be able to speak with him/her (depending on my schedule), but I would need a copy of your SpectraCell test results and at least a copy of the Quick Health Environmental Questionnaire. This is a shorter questionnaire designed for busy health care providers.

We will accept new patients as we are able, but I insist that you do **NOT** argue in any way with my staff about scheduling. I will not accept argumentative persons as patients because our experience has been that such patients create occupational stress for my staff. Therefore, being "pushy" with my staff will virtually guarantee that you will not become my patient in the future. I must also protect the occupational health of my staff even though I understand your need and desperation.

It is my sincere wish to train physicians about concepts which have taken me forty years of intensive study to learn.

6. A BETTER WEBSITE CAN HELP MORE PEOPLE

I hope to be able to update the website as I am able, although my website funds are rather limited. If you wish to make a contribution designated only for updating the website to help teach people (chemically injured persons, their family, friends and health care providers) about these issues, you can make a donation designated specifically for this purpose. I guarantee it will only be used for this purpose.