

# Rosacea, Chronic Fatigue & Poor Digestion

## *Patient Comment:*

*I went off the face prescriptions and my rosacea is gone! I still get a little red but all of the bumps and itchiness are gone! The vitamin increases must have really worked. Thanks!*

## **Initial Symptoms:**

- **Rosacea**
- **Very Bad Concentration & Memory**
- **Irritable Bowel Syndrome**
- **Graves Disease**
- **Lightheaded & Dizzy**
- **Chronic Fatigue**
- **Diarrhea**
- **Anxiety -Thought She Was "Going To Die"**

## **Four and a half months later:**

- **Rosacea Gone!**
- **Better Digestion**
- **Memory & Concentration Improving**
- **Increased Energy**
- **Diarrhea Subsidied**
- **Anxiety Significantly Reduced**

*"These symptoms did not emerge overnight and it was important the patient understand it takes time for symptoms to recede. It was 4 ½ - months before she saw noticeable results but she's been steadily improving ever since."*

*-Dr. Van D. Merkle*

04-07 – When we first saw the 41-year old patient she had multiple complaints including poor digestion, skin problems, chronic diarrhea, severe anxiety and fatigue. She slept at least 10 hours each night but still required a two hour nap to make it through the day and was unable to concentrate. At 5'6 the patient weighed 139 lbs and her blood pressure was 110/70. She used two prescription face creams for Rosacea (metronidazole and desonide), weekly self-injected allergy shots and Synthroid and Cytomel due to a thyroid loss from Grave's Disease. We ran several tests including blood work, tissue mineral analysis, and metabolic urinalysis then used these to pinpoint which vitamins and minerals were needed to correct her problems.

The patient completed a urinary chelation challenge which revealed very high levels of lead and mercury, and clinically high levels of arsenic appeared in the tissue mineral analysis showing a heavy toxic load. We formulated a weekly chelation cycle to accompany her daily supplement regimen and recommended dietary changes to aid digestion.

07-07 - Three months later the patient claimed she was feeling worse so we retested her blood work and did another chelation challenge. We saw higher levels of Mercury coming out in the urine which explained the problem. When toxic elements are eliminated from the system quickly, it can cause temporary problems such as anemia, inflammation and liver and kidney irritation so we slowed her chelation cycle. A few weeks later she decided to try going off the prescription face creams but her face began looking like "raspberry pie" and was "wickedly itchy" in the summer heat.

We made a few more vitamin changes and by early September her symptoms started to improve, she no longer needed a daily nap and she was able to go off both Rosacea medications! She continues to faithfully take her supplements and has made great dietary changes. As more of the toxic elements are eliminated from her system, she should see even better results.

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.