



**Figure 11: A 16-step recovery flow chart showing the path from heavy metal exposure to recovery.**

Starting at the top of this figure, note that toxicity (high heavy metals) can trigger a cascade of physiological imbalances eventually leading to the symptoms of "mental disorders." The sequential recovery from heavy metals (and other environmental) exposures (throughout structurally, organically and possibly other environmental factors) ends up a diverse array that eventually results in a spectrum of neurodegeneration and brain injury (usually not permanent). It occurs in a full panel of localized medicine testing (a limited, due to insurance constraints or an inability to find a healthcare provider trained in comprehensive alternatives (CAM) or integrative medicine, as heavy metal) neurodegeneration every common person is apt to obtain a full test for heavy metals (usually about \$400) and a full test for gut dysfunction (about \$700). Note that molecular medicine & integrative medical approaches (usually in the lower left side of the diagram) focus the impact of gut and environmental toxicity, and ultimately, chronic gut and environmental toxicity impact psychological and physical progress. [From a communication by Charles Davis, M.D., August 2008]