

However, this must be performed by an experienced dentist who can protect you properly during treatment. If you need to get in touch with a doctor or dentist who can help you eliminate metals from your body, the MELISA® Medica Foundation will provide recommendations.

MELISA® in the world

Laboratories licensing MELISA® are operating in Germany, Belgium, Czech Republic and the USA. MELISA® can also be ordered at private clinics in England, France, Switzerland and South Africa. The prices for testing may vary. The price for testing at our laboratory MELISA® Diagnostics is:

- **Minor screening:** €35 per metal (1-9 metals)
- **Basic screening:** 10 metals for €300, plus €35 for each subsequent metal
- **Advanced screening:** 20 metals for €450

The MELISA® Medica Foundation

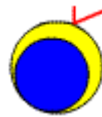
The foundation is dedicated to research on metal allergy and its use in treating so-called "incurable" diseases such as Chronic Fatigue Syndrome, Multiple Sclerosis or other autoimmune and allergic diseases. We also cooperate with universities and medical professionals all over the world. The foundation is based in Stockholm, Sweden.

For more information, please visit our website. We have a library that offers extensive literature in the field of metal allergy and from which you can download full scientific articles on studies using the MELISA® test.

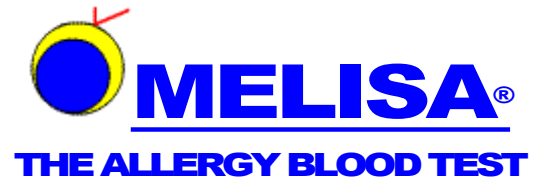
CONTACT US

For more information about our research, publications and the MELISA® test, please contact:

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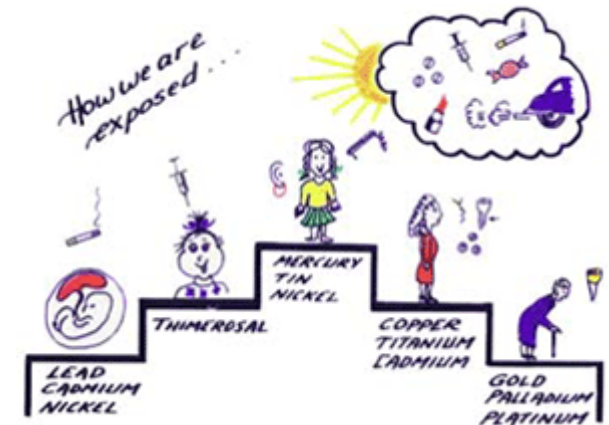


MELISA® Medica Foundation



MELISA® is the world's number one blood test which diagnoses and measures allergy to metals. This type of allergy may be difficult to diagnose without a blood test since the symptoms vary and might be unspecific. Some symptoms of metal allergy are pain, fatigue, skin problems and a general feeling of ill-health (such as flu-like symptoms). By avoiding contact with the offending metal, significant health benefits may be achieved.

Everyday metals may cause health problems! The most common sources of metal exposure are dental materials such as amalgam (which contains 50% mercury), gold crowns, bridges, titanium pins and screws. Other sources are smoking, food, jewellery, cosmetics and occupational exposure.



Who should have the MELISA® test?

Anybody who wants to obtain optimal health should be tested with MELISA®. Since we are exposed to metals in our everyday life, it is useful to find out if there is any metal that should be avoided as it causes an allergic reaction. For patients with health problems metal allergy may be the underlying cause. Finally, if properly diagnosed, the progress of serious diseases such as Multiple Sclerosis may be stopped or even improved.

Research has shown that many diseases are linked to metal allergy. These include:

- Skin diseases (psoriasis, eczema)
- Autoimmune diseases (Multiple Sclerosis, thyroiditis, Sjögren's disease)
- Gastrointestinal diseases
- Chronic Fatigue Syndrome, Myalgic Encephalitis and Multiple Chemical Sensitivity.
- Autistic disorders (allergy against thimerosal – a mercury preservative in vaccines – can be detected by MELISA®)

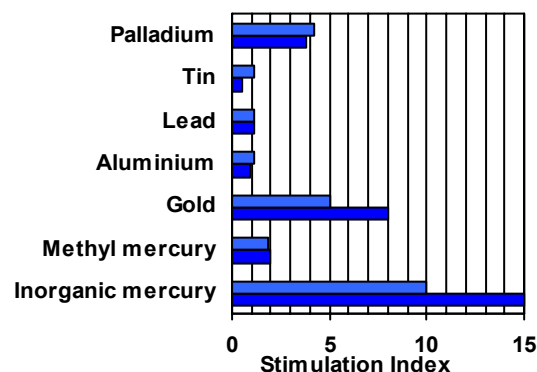
There are other ways of detecting allergy, but MELISA® is by far the safest and most accurate method. Other tests, such as skin tests, expose the patient to the potentially harmful substance.

The importance of metal allergy identification with MELISA®

- Helps you avoid triggers which causes the symptoms
- Reduces the risk of continued exposure increasing your sensitivity and health problems
- Differentiates between metal toxicity and metal allergy
- Finds out if your dental metal fillings are causing your health problems

Allergy vs. toxicity

It is important to differentiate between metal allergy and metal toxicity. **MELISA® does not measure the levels of metals in a patient's body; it measures whether the patient is allergic to metals.** For example, hair samples may show levels of mercury or other substances which are below the official "safe limit" – but the patient can still be allergic. **For allergic individuals, there is no such thing as a "safe" limit.** Even trace amounts of a substance pose danger if the substance triggers an allergic reaction.



A MELISA® test result. Two concentrations of each metal are tested. A positive reaction to palladium, gold and inorganic mercury is shown.

Before testing

Before you send blood for testing, you need to decide which metals to test for. MELISA® can test for 40 metals, including four different types of mercury; inorganic mercury (found in dental amalgam), methyl mercury (fish), ethyl mercury/thimerosal (vaccines) and phenyl mercury (root-fillings). You can also choose between different test panels, especially composed based on the metal content of amalgam, gold and root-fillings. **If you take steroids or other immunosuppressive drugs, the test could be false negative.**

The MELISA® Medica Foundation also offers a pre-screening questionnaire which can be filled in and sent to us. We offer this service free of charge as it is important for a proper screening to bear in mind all the metals you are exposed to now (dental fillings, occupation, body implants etc) and have been exposed to in the past.

Sending blood: what to tell your doctor

Blood can be sent to any licensed MELISA® laboratory, as long as it arrives within 48 hours – optimally within 24 hours – and is kept at room temperature and in an upright position. Doctors should use Becton-Dickinson Vacutainer or Greiner Vacuette tubes (9 ml nominal volume) with sodium citrate (sterile interior, blue lid). The tubes can be ordered from the MELISA® Medica Foundation. For a screening of 10 metals, 36 ml blood or 4 large tubes of blood are needed.

The MELISA® test report

The results of a MELISA® test are expressed as a Stimulation Index and illustrated graphically (left). Normally, each substance is tested in at least two concentrations to obtain the optimum result (as shown in the graph). The patient is also told the sources of exposure for the relevant metal – and how to best avoid them.

After testing

If the results show that you have an allergy to one or more metals, you need to avoid exposure to these metals. Our research has shown that patients with Chronic Fatigue Syndrome diagnosed with metal allergy can achieve substantial health improvement if they avoid the offending metal. This usually means replacing your dental metal fillings.