

case study



Case Study: Silver Toxins: the Acne Connection

by Dr Khush Mark BSc MSc MS PhD

In April 2005, I had my first session with Peter who was 27 years-old and working as an Accountant. His goal for seeking my expertise was to improve his health (as he had very poor digestion and generally felt fatigued all day), and especially his facial acne.

As usual, during the first session we went through the health profile questionnaire (which he had already returned completed before this session). It was quite obvious that his nutrient intake was 'poor', and that his general stress levels and work environment were possible contributing factors to his 'below par' health. He was working long hours, sometimes skipping meals and having to travel a lot with his work on a weekly basis, staying in hotels and B&Bs.

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During the first session we discussed his nutritional habits, and I made various recommendations where necessary, including putting him on a 'healing gut' programme. Over the years his gut had taken quite a 'beating' from the antibiotic medications. His nutritional programme included eliminating dairy and wheat to take some 'stress' off his digestive system, and implementing more fresh fruits and vegetables, as well as drinking filtered water. His supplement protocol was more focused around healing the gut, which included a therapeutic probiotic, zinc, aloe vera, some amino acids in the form of a protein shake and digestive enzymes, as well as some essential fatty acids.

Six weeks later, at his follow up session, some of his symptoms had improved quite dramatically. His digestion was no longer an issue (bloating, indigestion, etc., had all cleared up) and his energy had improved from three out of ten to nine out of ten. His skin was less oily, but the acne had not improved. I then did a body scan (basically testing various organs energetically using the Dr Voll Electro-Acupuncture system). The body scan allows a practitioner to access information about the client's health that would otherwise be rather impossible to access, and also more quickly than standard 'trouble

shooting' detective type of work that I was used to doing in my earlier years.

The Dental Acne Connection

During the body scan, it appeared that something was not quite right with Peter's jaw area, and when I questioned him further, it turned out that his front four teeth (top two and bottom two) had major work done on them when he was nine years-old. (He had a football accident that resulted in major teeth surgery.) Interestingly enough, his acne also started at that time. I then focused on energetically testing the front four teeth, and sure enough they showed a weak energetic response. At this point, I tested Peter for a few remedies to see what would bring his jaw area back into balance, one for viral infections and the other for metal toxicity. He was pretty surprised, but also relieved, at these findings, as he then continued to mention that he had recently had some major surgery on one of his front teeth, and where he had a root canal the gum had started to go black and became very painful. At this point, I referred him to a dentist, as I felt that his front four teeth were responsible for the CAUSE of his acne. Although this was rather a bold 'conclusion' to reach, the results of the body scan, along with Peter's teeth history, seemed to confirm that the teeth were a priority that needed to be

addressed before we could move forward. The teeth, after all, are 'organs' in themselves, and any issue with the teeth can create havoc in other parts of the body.

The results from the dentist indicated that Peter had an intolerance to the silver which was apparently present in his front four teeth since the age of nine, and that he also had an abscess in one of his top teeth (which explained why the antiviral and heavy metal remedies energetically balanced the jaw area). Over the next few months Peter had some major work done on his four front teeth, including removing the silver (and other metals) and treating the abscess. During these months he continued to see me for some support with his heavy metal detoxification, as well as any other imbalances that showed up on the body scan. Again, during these months of surgery, the body scan indicated the requirement for heavy metal clearing, especially silver and cadmium, and later a treatment for a parasitic infection on completion of his teeth work.

Detox Results

Whilst Peter was having the surgery, and following the metal detox protocol, his acne began to clear, and by November 2005 it was completely gone! When I last saw Peter for a body scan, in January 2006, the teeth area was energetically balanced and his skin was completely clear of any acne. He also pointed out that he was now having three bowel movements a day rather than the one originally, triggered during the parasite cleanse. The acne had cleared before the parasite cleanse was carried out in December, so the causal link to the acne were the toxic metals in the mouth.

I have to say as a Nutritionist and Homeopath in training, I learned quite a lot from this case study, not only about the importance of teeth in relation to the rest of the body but, more so, also about approaching a case 'holistically'. Five years ago, my approach would have been to target the acne, for example with probiotics, vitamin A, zinc, selenium, essential fats, etc., and not address the cause. Using the body scan technique I have not only learned more about the 'workings' of the amazing human body and mind, but also getting to the root cause of a health issue, which has made my work so much more rewarding and interesting.

About the Author

Dr Khush Mark BSc MSc MS PhD is a lecturer and Consultant in Nutrition and Metabolic Typing. She runs private practices from Harley Street in London and Kingston in Surrey. She also uses the body scan technique in her practice. Khush lectures for the British College of Human Nutrition and the Centre for Nutrition Education. Currently she is completing her studies in Homeopathy at the College of Practical Homeopathy in North London, and runs a low cost homeopathic clinic from Central London. She may be contacted via Tel: 020-8549 1813; Mob: 07734 115 657; info@khushmark.com; www.khushmark.com

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