

Internal Balance is a Brentwood, Tennessee Company owned by Tamara Mariea. We specialize in the area of environmental toxicology and clinical detoxification. Our company has been involved in the area of chemical and heavy metal (i.e. arsenic, lead mercury, uranium, cadmium etc.) toxicity testing since 2000. In addition to our testing services, Internal Balance provides consulting and detoxification services. Tamara's background is in Nutritional Biochemistry and Environmental Toxicology, having previously spent 7 years in the environmental field with considerable experience as a Hazardous Materials Specialist and Environmental Consultant, previously holding a CHMM (Certified Hazardous Materials Management) certification.

Comprehensive Metals Analysis Testing Services provided by Internal Balance are all performed by CLIA Approved Laboratories and are recognized and medically verifiable via standard written laboratory protocols:

1. **Medical monitoring clinical evaluation of exposed individual:** Test collection for the following Heavy metals analysis would be coordinated on-site along with evaluation and documentation of vitals (i.e. BP, HR (Heart Rate), and pulse oximeter measurements for oxygen saturation levels). \$45
2. **Whole Blood Toxic Metals:** Erythrocyte concentrations are good indicators of body pools of essential elements such as magnesium, potassium, selenium, chromium, and zinc. Various regulatory agencies have deemed whole blood to be the preferred specimen for assessment of toxic element exposure to aluminum, arsenic, cadmium, lead\* and mercury. Recent and Increased exposure to toxic elements is generally reflected by levels in whole blood. \$125
3. **Hair/Nail Analysis (Hard tissue):** This could be collected and saved for later analysis as a baseline, but would need to be collected now. \$95
4. **Urinary Excretion for Toxic Metals Analysis:** (Both Chronic and Acute Toxicity Evaluation) \$125
5. **Fecal Excretion for Metals Analysis (Heavy Metals):** This is a heavy metal excretability test that not only shows exposure but increase excretion can indicate recent exposure. \$125
6. **Porphyryns analysis:** Urinary porphyryns are a biomarker evaluating evidence and functional toxicity of mercury, Arsenic, Lead, PCB, Pesticides, Herbicides and other heavy chemical exposures and toxicities. Porphyryns are responsible for the production of the heme molecule synthesized inside the cell. The presence of heavy metals in the system creates stress within this energy producing mechanisms of the cell. This will ultimately suppresses heme production thereby decreasing the oxygen carrying capacity of the red blood cell. \$175

Total Testing: \$695 per individual I recommend one member per household

This is an optimal and comprehensive testing protocol for heavy metal exposure assessment. It would be ideal to collect for all of this analysis; however, the fecal testing could be done in 90 days from this point indicating further ongoing exposure. Heavy metals have tissue specificity and because of this it is necessary to collect from multiple tissue samples (i.e. hard tissue (hair and nails), blood tissue, fecal and urine to understand full body burden and exposure. Due to the fact that heavy metals are excreted at an individual pace by people, it is critical that we stay within a 21-27 day window from time of exposure to capture the potential toxic exposure limits.

My staff and I could be there Wednesday or Thursday and we would be there all day from 9am-5pm. I will attempt Monday to investigate insurance coverage, however, I do know that if there is a prescription for each individuals PCP (primary Care Physician to have this toxic medical monitoring performed due to the incident an potential exposures we are highlighting here, then it is more likely for them to get coverage after payment has been made for these tests by their insurance companies. Therefore having individuals visit their physician prior to our arrival this week would be prudent. This would also allow for documentation at their physicians office of the incident occurring. I will have recommendations for people the day I am there on a one page hand-out for physician involvement medical monitoring and documentation. The more people that have these test run the better. Documentation is critical in all of these situations. We look forward to working with your organization on this critical matter.

Please contact me ASAP regarding how many people we should accommodate whether WED or THUR would work for you. I believe this would give me preparation time. It would also allow folks to properly evaluate whether they would like to participate.

Sincerely,

Tamara Mariea, PhD, CCN

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