

**Report re: Med Records
prior to 911**

TIMOTHY J. SMITH, M.D.

2635 REGENT STREET
BERKELEY, CA 94704
Voice: (510) 548-8022
Fax: (707) 824-0111

December 15, 2005

To: Sheldon Karasik

Re: Doug Copp

Dear Mr. Karasik:

I have reviewed Mr. Copp's medical records. His complete medical history in the two year period prior to September 11, 2001 is as follows:

- **He was seen and treated in the Kaiser Urgent Care clinic on January 7, 2000 for an ingrown toenail.**
- **On April 11, 2000, he came to Kaiser for a complete physical exam and was seen there by Michael Tran, M.D., who wrote "Patient is a 48 year old male without significant past medical history."**
- **On that April 11, 2000 visit, Dr. Tran performed a complete and thorough physical exam in which he noted (among several other observations) that Mr. Copp's lungs were clear to auscultation and percussion. Basic screening lab tests were ordered and came back normal. There was no suggestion by patient or physician of any immune system, respiratory system, or central nervous system problems.**
- **On April 24, 2000, upon return from a rescue mission in Venezuela (where he had apparently contracted amoebic dysentery), he was seen and treated for diarrhea.**
- **He was seen by Dr. Tran on May 15, 2000. He had just returned from a rescue mission in Puerto Rico. He had been experiencing fever and diarrhea for four days. He was treated for gastroenteritis at that time.**
- **He was seen on May 26, 2000 for a Campylobacter infection of the gastrointestinal tract, contracted while at a foreign rescue site. This infection was treated successfully with Cipro.**
- **On December 29, 2000 he went to Kaiser complaining of pressure in the right ear and sinus congestion. He was seen by Extended Role R.N. Schexna in Medical Clinic, diagnosed as having nasal**

allergies (rhinitis) and given appropriate treatment.

If I may be of further assistance in evaluating this patient, please contact me.

Timothy J. Smith, M.D.
Timothy J. Smith, M.D.

Timothy J. Smith, M.D.

2635 Regent Street
Berkeley, CA. 94704
Phone (510) 548-8022
Fax: (707) 824-0111

NUTRITIONAL MEDICINE PROGRAM
FOR Douglas Copp DATE Updated 7/8/03

Basic Supplement Program

In the AM on arising:

Homeopathics

- √ BioLight by Inner Light with NADP, colloidal silver and colloidal silica
 - √ 10 drops Traumeel oral drops for injuries and inflammations, with echinacea and chamomille, hypericum
 - √ 5 drops Homoeopathic antidiarrheal medicine
 - √ 10 drops Deep Defense with astragalus, linguisticum, reishi, shiitake, echinacea
 - √ Moisture Eyes by Bausch and Lomb
-

Drugs

- √ 1 Provigil (Alertec) 100 mg. once a day in th AM
 - √ 1 Acetazolamide (generic Diamox)
 - √ 1 Sporanox 100 mg.
 - √ 1 Levothroid 25 mcg.
 - √ 1 Taztia (Tiazac) for blood pressure)
-

Nutritional Supplements

- √ Ester C 1000 mg. 3-5
- √ 3-4 DHEA 25 mg.
- √ 3 Pregnenolone 50 mg.
- √ 3 CardioMag (magnesium carboxylase)
- √ 3 Selenium 50 mcg.
- √ 3 Renewal Research Multivitamin-Mineral
- √ 5 Chlorella 500 mg. per Nutrabiotics with B vitamins, minerals
- √ Mannatech Plus (or Ambrotose)

with wild yam, glutamic acid, glycine, L-lysine, L-arginine, ambrotose

Might also take in AM

- √ Folic acid dose?
 - √ CoQ dose?
 - √ Aged Garlic dose?
-

AM Enema for Cleansing

Enema with Intestamine with glutamine, vitamin C crystals, KCl, lipoic acid--
hold for ten minutes, then put in flaxseed oil and leave in

To enhance healing of the spine:

To Take later in the day

To enhance connective tissue healing

✓ Glucosamine with chondroitin	2	2
Glucosamine speeds healing of connective tissue injuries in the lung, spine and back, and reduces the likelihood of residual problems.		
✓ MSM (methylsulfonylmethane)	2	2
MSM also speeds up the healing of connective tissue injuries, including those in the back and lung, and reduces the likelihood of residual problems.		

Antioxidants

✓ Coenzyme Q-10 100 mg.	0-1	1
✓ Lipoic acid (Thiocid) 100 mg.	1	1

It is important for nerve healing to take the following

✓ Flax/borage caps	3	3
or better yet, 1 tablespoon a day of liquid		
✓ Gingko - you need a total of 240 mg. a day	3	3

✓ Liquid Drink #2: ProGreens 2 scoops (mix with the Intestamine or Perm A vite).

✓ Intestamine (or Perm A vite) Two to three scoops a day.

Intestamine (Allergy Research's "Perm A vite" is interchangeable with Intestamine) provides glutamine (5000 mg per heaping tablespoon) and other intestinal and immune support nutrients (FOS, acacia, N-Acetyl-D-Glucosamine)

For Immune enhancement and Support

✓ Astragalus	3	3
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Nutritional Medicine to lower cholesterol, LDL and triglycerides and to raise HDL:

✓ Policosanol	2	2
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Detoxification

To enhance liver detoxification of toxic chemicals:

✓ Milk Thistle	1-2	1-2
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Also add Brain Power 2 tabs twice a day to enhance brain and CNS healing.

TIMOTHY J. SMITH, M.D.
2633 NECENT STREET
BERKELEY, CALIFORNIA 94704
TELEPHONE (510) 549-6033

12/31/03

Dear Kip:

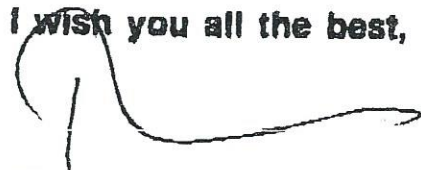
After I calculated the total charges as of 8/11/03 for the final report, I switched systems. I had been keeping track of the time and charges myself, but then after submitting the record to the VCF I started a ledger card system, as we do with all other patients. Thus the charges from 1.) 11/10/03-11/12/03 VCF Hearing and preparation and 2.) 8/15/03 to 12/11/03 (the last date Doug incurred a charge) consultations are summarized on the enclosed ledger card. I hope it makes sense and would be happy to decode if it doesn't.

You didn't ask for my response to the size of the award, and probably don't want to hear it, but here I go anyway: I think it is a travesty. No money for medical benefits even though his disability and the medical support for it was more than recognized? Half the average award? This after a hug, comments that ours was the most thorough presentation of all, and telling Doug he's an American hero? I could go on, but the bottom line is that Doug is an American hero who risked his life for his country, and his country let him down.

I really appreciated working with you and getting to know you. Outcome aside, I got a sense of exhilaration out of the teamwork on the phone and in Washington. I hold you in high regard, Kip, and in no way feel there was more you could have done to get a better award.

Kip: Have a Happy New Year!

I wish you all the best,



Tim

TIMOTHY J. SMITH, M.D.
2635 REGENT STREET
BERKELEY, CALIFORNIA 94704
TELEPHONE (910) 549-8022

Douglas F. Copp

Summary of Charges

Summary of all charges 9/21/02 to 8/11/03

9/21/02 20 minutes.	100
9/23/02 IOV one hour	300
9/24/02 9:35--10:05	150
9/25/02 7:07	300
9/27/02 - 15 minutes	75
9/30/02 - 4:20-5:20	300
9/30/02 9:35-10:34	225
10/2/02 - 30 minute	150
10/3/02 - 3:00 - 5:10	650
10/3/02 3:37	50
10/2/02 5:10 - 7:17	600
10/4/02 - 15 minutes	75
10/4/02 -	35
10/4/03 Fax Rx for nebulizer.	35
10/15/02 9:25-9:45	100
10/15/0 2:45 -3:45	300
4:15 and 6-6:15 = 2 hours	600
10/17/02 3:00 PM-3:40	200
10/17/02 9:57-0:48	270
10/19/02 9:30-11 medical report	450
10/20/02 11:30-1:30 medical report	600
10/20/02 6 hours medical report.	1800
10/20/02 - 11:30-1:30 and 6:00-12:30 medical report	600
	1850
10/22/02 two hours	600
10/23 3:15-3:43	140
10/23/02 - 2 hours (9:20 AM with Braden 9:50 with Copp; 7:00-8:30 PM at office)	600
10/23/02 \$100 for secretarial time	100
11/4/02 15 minutes per phone from office	75
11/4/02 referral letter to Dr. Serena Hu:	50
11/4/02 - spoke for 20 minutes with Gary Gordon, M.D.	100
11/4/02 4:30-6:57	745
11/5/02 - 5:15-5:45	150
11/11/02 5:40-6:42	305
11/12/02 - 45 minutes	225
11/12/02 called Dr. Serena Hu's office	50

2002
\$ 161,021
2003
\$

11/12/02 - 1:25 - 1:47 - Per John Furlong, N.D. consultant at Great Smokies Lab: 105
 10 minutes calling Dr. Hu's office to follow up on the referral. 50
 11/18/02 20 minutes 100
 11/22/02 4:15-5:30 375
 11/22/02 7:54-9:12 395
 15 minutes 12/2/02 75
 12/3/02 9:45-11:32 230
 12/3/02 - 11:45-12:05 consultation with Dr. Vojdani at ISL 85
 12/3/02 12:07-12:44 185
 12/26/02 - 11:50 300
 1/5/03 8:57 AM - 11:08 655
 1/6/03 12:50-1:05 75
 1/9/03 one hour consultation 300
 1/17/03 9:45-10:45 300
 1/17/03 Called Dr. Rosenbaum for Doug Copp. NC
 1/20/03 - one hour 300
 1/24/03 7:03 PM - 7:21 90
 1/27/03 - total 4 calls; 72 minutes 360
 2/2/03 - 55 minutes 3 phone calls 275
 2/4/03 8:30-9:38 40
 2/10/03 - 50 minutes 250
 2/13/03 25 minutes 125
 2/18/03 - 60 minutes 300
 2/21/03 75 minutes 375
 2/22/03--45 minutes per phone with attorney Kip Purcell. 225
 February 24, 2003 letter 60 mins 300
 3/2/03 - 11:40-12:38 290
 3/4/03 - 20 minutes working on phone messages 100
 4/4/03 - 30 minutes including the prior message analysis and note taking. 150
 4/13/03 consult Dr. Rosenbaum 100
 5/5/03 9:30-11:30 600
 5/22/03 90 minutes (8:30-10:00) 450
 5/27/03 8:30 - 9:45-11:30 375
 8 hours on May 31 2400
 June 1 final report 9 hours 2700
 June 2 final report 11 hours 3300
 June 3 10 hours 3000
 7/1/03 Call to Doug 30 minutes 150
 7/8/03 Spoke with Kip Purcell 45 minutes + prep 300
 7/8/03 Doug 6:30-7:33 63 minutes 315
 7/21/03 - 57 mins discusssing letter with Kip Purcell 285
 7/22/03 - 75 minutes, discussed H py infection, resp probs, spoke owth Kumar Biswas, N.D. re Rx for H py. 375
 7/31/03 - 60 minutes 300
 8/9/03 from Seattle-40 minutes 200
 8/10/03 - Case discussion and planning with Kip Purcell - 20 minutes 100
 8/10/03 - 4 hours corrections to and amplification of report 1200

**8/11/03 - 6 hours editing, completing, faxing, certifying, Fedexing report
1800**

Total as of 8/11/03

\$37,485

Calculation of charges from 8/11/03 through 12/31/03

Total of all charges 9/21/02 to 8/11/03 37,485

**Total Charges 8/15/03 to 12/11/03 7,965
(See attached ledger card)**

Grand Total as of 12/11/03 45,450

FROM: TIMOTHY SMITH, M.D.

FAX NO.: 15108433556

Dec. 05 2003 04:18PM P1

BILLING NAME **Copp Louay**

PATIENT'S NAME **(W) 505-281-7977**

RES. ADDR. **(P) 505-281-7977**

OCCUPATION **902-549-5233**

EMPLOYER **PHARM-505-9961**

THE BIPROD SERVICE FORM # 02010

4417 1230 0692 7866 9/05

TIMOTHY J. SMITH, M.D.
 2635 REGENT STREET
 BERKELEY, CALIFORNIA 94704
 TELEPHONE: (510) 548-3022

STATEMENT TO:

P.O. Box 534
 Sandia Park, NM
 87047

DATE	PAYMENTS			PROFESSIONAL SERVICE	FEE	LAST AMOUNT IN THIS COLUMN IS BALANCE DUE
	CASH	BY CHECK OR P.M.O.	BY C.O.D. OR CURRENCY			
8-15-03				3	137	137
8-22-03				3	206	343
9-12-03				3	275	618
10-10-03				3	600	1218
10-11-03				3	184	1402
10-12-03				3	344	1746
10-12-03				3	115	1861
10-13-03				3	350	2211
10-14-03				3	238	2449
10-30-03				3	275	2724
10-28-03				3	206	2930
11-1-03				3	450	3380
10-31-03				3	900	4280
11-2-03				8 - Shuttie	80	4360
11-10-03				8 - Shuttie	30	4390
12-9-03					275	4665

PROFESSIONAL SERVICE CODES:

- 1. Office Visit - New PT.
- 2. Office Visit - Exst. PT.
- 3. Consultation
- 4. Injections - Immunizations
- 5. Nerve Blocks
- 6. Neurostimulators, Peripheral Nerve
- 7. Physical Medicine
- 8. Miscellaneous
- 9. Lab Work
- 10. Patient Payment
- 11. Insurance Payment
- 12. Adjustments &/or Corrections

11/10/03 hearing prep. 3 hours 900 5565

11/11/03 " " 5 " 1500 7065

11/17/03 hearing 2 " 900 (7965)

FROM: ROEY LAW FIR

FRN NO. : 1510843996

Dec. 2003 04:28PM P1

BILLING NAME **Lopp Long**

PATIENT'S NAME **(P) 505-281-7937**

PHONE **(P) 505-281-7937**

OCCURRING **902-549-5233**

DATE OF SERVICE **01/11**

NO. OF VISITS **01/11**

THE MEDICAL SERVICES FROM 9 0200 0

ENTRANCE OR PRESENT REFERRED BY

DOC EXT #

2130 HIBBERD SYSTEMS INC. - PETAHUTKA CA

4417 1230 0692 7806 9/15

TIMOTHY J. SMITH, M.D.
 2636 REGENT STREET
 BERKELEY, CALIFORNIA 94704
 TELEPHONE: (510) 546-3072

STATEMENT OF

P.O. Box 534
 Sandra Park, NM
 87043

DATE	PLAN NUMBER	BY ORDER OR FOR	BY ORDER OR SURRENDER	PROFESSIONAL SERVICE	FEE	NET AMOUNT IN THIS STATEMENT PER PERIOD
8-15-03				3	137	137-
8-22-03				3	200	343-
9-12-03				3	275	618-
10-10-03				3	100	718-
10-11-03				3	154	872-
10-12-03				3	344	1216-
10-12-03				3	115	1331-
10-13-03				3	350	1681-
10-14-03				3	258	1939-
10-30-03				3	275	2214-
10-28-03				3	200	2414-
11-1-03				3	450	2864-
10-31-03				3	700	3564-
11-2-03				9 - Shuttle	80	3644-
11-10-03				8 - Shuttle	30	3674-
					275	3949-

PROFESSIONAL SERVICE CODES

- 1. Office Visit - New Pt.
- 2. Office Visit - Estab. Pt.
- 3. Consultation
- 4. Injections - Immunizations
- 5. Nerve Blocks
- 6. Neuromuscular - Paralysis Nerve
- 7. Physical Medicine
- 8. Miscellaneous
- 9. Lab Work
- 10. Patient Payment
- 11. Insurance Payment
- 12. Adjustment or Correction

11/10/03 hearing prep. 3 hours 900 5565

11/11/03 " " 5 " 1500 7065

11/12/03 hearing 3 900 7965

+ 37,485

Timothy J. Smith, M.D.

2635 Regent Street
Berkeley, CA 94704
Voice: (510) 548-8022
Fax: (510) 843-9998

LABORATORY TEST ORDER

NAME Douglas Copp
Fax 1-505-281-7877

DATE 12/5/03

DIAGNOSIS

World Trade Center Respiratory and Systemic Toxicity Syndrome: hypothyroidism

- PLEASE FAST FROM MIDNIGHT THE NIGHT BEFORE TEST
- COMPLETE BLOOD COUNT WITH DIFFERENTIAL
- COMPREHENSIVE METABOLIC PANEL, SERUM
- LIPID PANEL
- THYROID STIMULATING HORMONE (HIGH SENSITIVITY)
- FREE T-3
- TOTAL T-3
- FREE T-4
- TOTAL T-4
- DHEA-S, SERUM (Ideal levels: Male: 450-800; Female 300-500 mcg/ml)

THE FOLLOWING TESTS REQUIRE SPECIAL ATTENTION:

- LYMPHOCYTE SUBPOPULATION ANALYSIS** TO IMMUNOSCIENCES LAB, BEVERLY HILLS, CA, (1-800-950-4686) (specimen requirements: 1 red top, 1 lavender, 1 yellow, saliva, urine)
- OTHER CHEMICAL ANTIBODIES PANEL** TO IMMUNOSCIENCES LAB, BEVERLY HILLS, CA, (1-800-950-4686)
- FUNGAL ANTIBODIES PANEL 2** TO IMMUNOSCIENCES LAB, BEVERLY HILLS, CA, (1-800-950-4686)
- GAMMA GLUTAMYL TRANSFERASE** TO IMMUNOSCIENCES LAB, BEVERLY HILLS, CA, (1-800-950-4686)
- AUTOIMMUNE PANEL** TO IMMUNOSCIENCES LAB, BEVERLY HILLS, CA, (1-800-950-4686)
- IMMUNE COMPLEX ASSAY** TO IMMUNOSCIENCES LAB, BEVERLY HILLS, CA, (1-800-950-4686)
- NATURAL KILLER CELL ACTIVITY PANEL** TO IMMUNOSCIENCES LAB, BEVERLY HILLS, CA, (1-800-950-4686)

T. Smith, M.D.

Subj: **Re: Agreement regarding Dr. Smith's bill**
Date: 11/5/2003 14:01 Mountain Standard Time
From:
To:

Dear Doug and Kip:

I agree to the terms set forth in the "Agreement" below.

Respectfully,

Timothy J. Smith, M.D.

wrote:

In a message dated 11/4/2003 8:58:08 PM Atlantic Standard Time,
writes:

Subj: **Agreement regarding Dr. Smith's bill**
Date: 11/4/2003 8:58:08 PM Atlantic Standard Time
From:
To:
CC:
Sent from the Internet

Doug & Tim --

After speaking with Tim today, I drafted the following agreement, which I understand would be acceptable to Tim if it's o.k. with Doug. Doug, please call me if you have any questions or concerns about it. Otherwise, please indicate by return e-mail that you agree to it. Tim, please do likewise.

AGREEMENT

This agreement ("Agreement") is entered into by and among Douglas F. Copp ("Copp"), Charles K. Purcell ("Purcell"), and Timothy J. Smith, M.D. ("Dr. Smith"), as of the date of the e-mail into which it is incorporated.

WHEREAS, Copp is pursuing a claim against the September 11th Victim Compensation Fund of 2001 ("Fund"); and

WHEREAS, Purcell is acting as Copp's lawyer in connection with that claim; and

WHEREAS, Dr. Smith, since September 2002, has been treating (or coordinating the treatment of) the injuries for which Copp seeks compensation from the Fund, and in the process has provided approximately \$40,000 worth of medical services to Copp as of the

date of this Agreement, and has done so on the strength of a promise of future payment, and

WHEREAS, Dr. Smith has become Copp's principal physician, and Copp believes that the medical services provided by Dr. Smith have been reasonable and necessary under the circumstances; and

WHEREAS, the parties to this Agreement believe that Dr. Smith's in-person testimony at the upcoming hearing before the Fund's Special Master on November 12, 2003, is critical to the success of Copp's claim against the Fund,

NOW, THEREFORE, the parties agree as follows:

1. Copp will pay Dr. Smith's round-trip airfare to the Washington hearing, as well as Dr. Smith's hotel bill for the evening of November 11, in advance.
2. Regardless of how any check or draft representing a final award from the Fund is made out, Copp will ensure that the check or draft is endorsed to, or the money is paid into, Purcell's trust account for disbursement to Dr. Smith and (subject to Copp's approval) other service providers; provided, however, that in the event that Copp decides to structure a portion of the award, he will agree to receive - and to pay into Purcell's trust account - an unstructured lump sum sufficient to cover the service providers' bills, subject to the following provisions regarding Dr. Smith's bill, and subject to subsequent decisions about all other bills.
3. In the event that the final award from the Fund does not exceed the "presumed award" of \$284,436 ("presumed award"), Copp will pay Dr. Smith \$25,000 or 50% of Dr. Smith's outstanding bill at the time of the final award, whichever is less.
4. In the event that the final award from the Fund is greater than the presumed award but less than \$500,000, Copp will pay Dr. Smith \$37,500 or 75% of Dr. Smith's outstanding bill at the time of the final award, whichever is less.
5. In the event that the final award from the Fund is \$500,000 or more, Copp will pay Dr. Smith 100% of Dr. Smith's outstanding bill at the time of the final award, provided that the bill does not exceed 10% of the award.
6. The parties enter into this Agreement in recognition of the legitimacy of Dr. Smith's bill, but also in recognition of the possibility that Copp's final award will be insufficient to cover that bill in conjunction with other bills. Nothing herein shall be construed as an agreement to pay Dr. Smith a fee contingent on his testimony, or contingent on the size of the final award from the Fund. Regardless of the final award from the Fund, Copp will remain responsible for Dr. Smith's bill. Paragraphs 3-5 above describe the disposition of award proceeds only.
7. The parties enter into this Agreement either by signing below or else by responding affirmatively to the e-mail into which the Agreement is incorporated.

Douglas F. Copp

Charles K. Purcell

Timothy J. Smith, M.D.

I agree now, as I have always agreed. In spite of the fact that the Fund has , to date, negated Tim's treatment, he has greatly reduced my suffering. Paulina has saved her credit cards , for last. This is our last breath. We agree to the terms and conditions.

Doug Copp

Doug Copp
Rescue Chief // Disaster Manager
American Rescue Team International
PO Box 534
Sandia Park, NM, 87047
Phone: 1-505-281-7977
fax: 1-505-281-7877

"The world's most experienced rescue, disaster mitigation and disaster management organization with members in 59 countries."
Doug Copp: Dipl Praktikant ENG (Germany), BA HON PHIL (Canada), Distinction Honorifica (Universidad Nacional-Peru), Fire Capt. Station #4, CBP, Lima, (Peru), AKUT (Turkey), RCFR (Russia), KERO (Kenya), CIBS (Portugal), RAC (Taiwan), MRC (Mexico), HTN (Bulgaria). QSDRT (BRASIL), Bjelovar Fire Dept.(Croatia), UCP(Italy), MGPS (Mongolia), GOER (Argentina)

Timothy J. Smith, M.D.

2635 Regent Street
Berkeley, CA 94704
Voice: (510) 548-8022
Fax: (510) 843-9998

LABORATORY TEST ORDER

NAME Douglas Copp

DATE 11/22/02

Fax 1-505-281-7877

DIAGNOSIS

**World Trade Center Respiratory and Systemic Toxicity
Syndrome; hypothyroidism**

Fungal Culture, sputum

T. Smith, M.D.

FAX TRANSMITTAL

THE AMERICAN RESCUE TEAM
PO BOX 534
Sandia Park, NM 87047
TEL: (505) 281-7977
FAX: (505) 281-7877

TO: Dr. Tim Smith (505)
FAX: 707-824-0111 + -843-9998
FROM: Douglas F. Copp, Rescue Chief
DATE: 07/08/03
RE: Medical Report

Pages including this one: 5

COMMENTS:

I got your message last night. I will call Doug to let him know.

Please see the following corrections as per Doug. Please fax to the number above before sending it to Kip Purcell so I can forward to Doug for review. Thank you very much.

- 1- for the past 18 years
- 2- was the most experienced...
- 3- September 12 2001, authorized by the Director of the FAA and US military, where he began.....
- 4- Locating the remains of 40 individuals.
- 5- He points with pride to the over 125,000 lives his team has saved.....
- 6- and has appeared on the Discovery Channel and all major TV networks worldwide several times.
- 7- I am totally occupied with saving my own life.
- 8- Having spent four days recovering remains under....
- 9- Non-prescription drugs for detoxification,

This Fax contains confidential information.

This information is intended only for the use of the individual(s) named above. If you are not the intended recipient, you are notified that any disclosure, copying, distribution of the taking of any action based on the contents of the telecopy is not permissible. If this has been received in error, please contact the sender immediately.

TIMOTHY J. SMITH, M.D.
2635 REGENT STREET
BERKELEY, CALIFORNIA 94704
TELEPHONE (510) 548-8022

**Kip Purcell, Attorney-at-Law
Rodey, Dickason, Sloan, Akin, & Robb, P.A.
Counselors and Attorneys at Law
201 Third Street NW, Suite 2200
Albuquerque, New Mexico 87102**

June 2, 2003

Re: Mr. Douglas Copp

Dear Mr. Purcell:

Mr. Douglas Copp is 51 year old patient under my care who was permanently disabled as a result of multiple injuries sustained while functioning as a rescue worker at the World Trade Center collapse on September 11, 2001.

As founder and executive director of American Rescue Team International, Doug Copp has worked at every major world disaster in the past 16 years. With experience in hundreds of building collapses (the WTC were buildings numbers 893 and 894) Mr. Copp is the most experienced rescue worker in the world.

18
1
3
Authorized by the Director of the FAA and US Military, Mr. Copp was flown by private jet to Ground Zero on September 12, 2001, where he began searching for trapped victims in the six floors below Ground Zero. Because fires were raging above, and the entire subterranean area was considered extremely unstable, other less experienced teams were not allowed there. These areas were even more toxic than the areas above because of the lack of ventilation, molds, and toxic chemicals being flushed by water from the fire hoses into this space.

For a week Mr. Copp spent 20 hours a day working in this area, directing his team, locating trapped individuals, ~~and saving lives.~~ During this time he was exposed to a toxic array of chemicals of unprecedented proportions—even by the new standards being set six

4
the remains of 40 individuals

floors above him.

Despite the dangerous nature of his work, Mr. Copp had always been healthy, robust, and athletic prior to 9/11/01. He was under treatment for no medical condition, and took no medications. Although he had risked his life countless times, crawling into partially collapsed buildings, he had never sustained an injury.

About Doug Copp

Prior to 9/11, Mr. Copp enjoyed worldwide fame as the world's most experienced rescue worker. In 1985, having saved the life of a 9 day old baby from a maternity ward in a collapsed hospital in Mexico City, he decided to devote his life to rescue. He points with pride to the over 125,000 lives he has saved throughout an illustrious career. He has been awarded dozens of medals and keys to cities by grateful diplomats around the world. He has made over 800 TV appearances, usually as the most experienced rescue worker on over one hundred major disaster scenes. He has been featured in 8 documentaries, and has appeared on ~~ABC~~ several times. Also an inventor, Mr. Copp has developed several advanced technological devices designed to make saving lives easier for rescue workers, and has 32 inventions to his credit. His organization, American Rescue Team International, has members in 59 countries. Mr. Copp has been instrumental in training over ten thousand rescue workers through lectures and training seminars he gives at every disaster and training videos published in North America and Australia.

his (5) team
The (6) story
Channel
and
All major
TV networks
worldwide

Mr. Copp has generated great admiration, respect and appreciation from many world leaders who--having been trapped in the throes of a disaster without preparedness or a workable plan--found themselves dependent upon, and extremely grateful for, Doug's expertise. Among these are President Fujimori of Peru and President Duarte of El Salvador. MR Copp has ~~accomplished~~ accomplished missions for many world leaders and 2 US Presidents.

Mr. Copp has been an invited lecturer at dozens of institutions of higher education, and has given hundreds of lectures. Three of these were recently televised live throughout all of South America.

The chancellor of the National University of Peru recently presented a

significant relief from the constant headaches, earaches, eye pain, and feelings that his head was swollen. This response confirms the hypothesis that these symptoms were caused by allergy-induced cerebral edema. The dementia remains unchanged, however, he has compromised concentration, memory, and reasoning capabilities.

According to Mr. Copp: "I've been at more than one major disaster where the president is thinking of quitting, the generals are running around tearing their hair out, needing to do something, but not knowing what to do--and this is when I'm at my best. I am extremely calm under stress. Stress actually relaxes me, and this is because I never felt so alive as when I was solving problems. This is what I was meant to do. Now, I am unable to think clearly. I have great difficulty solving problems, and thinking is actually painful. Now I have lost so much of my thinking and concentration and memory that there is no way I could manage a disaster scene like I used to--it would be impossible."

(7) I am totally occupied with saving my own life

Respiratory System

(8) recovering remains

On September 15, 2001, having spent four days ~~rescuing people~~ under Ground Zero, Mr. Copp first noticed, during a television interview, that his voice had changed, and that he had begun to cough. Over the next ten days he continued to experience increasingly severe respiratory symptoms, primarily cough and shortness of breath. These were accompanied by pain and tightness in the chest.

The severity of the cough, shortness of breath, and chest tightness continued to increase, and on September 27, 2001, while in Santa Fe, New Mexico, Mr. Copp experienced a severe acute attack in which he felt unable to breathe. He went to the local Emergency Room where he was treated with steroids and bronchodilators.

Since that time, Mr. Copp has continued to experience severe ongoing respiratory distress, with ongoing dyspnea, cough, and chest pain. Unable to walk even short distances without exceeding his lung's ability to supply his tissues with sufficient oxygen, he has been rendered totally incapacitated.

Prior to seeing me, Mr. Copp's respiratory disorder had been treated as

- Albuterol Inhaler \$504/yr
- Intal Inhaler \$948/yr =
- Celluvisc Eye Drops 1200/yr =
- Total cost per year = 14,994

Don Rescigno
 Total cost for 25 years = \$374,850

- ~~Nutritional~~ supplements for detoxification, immune support, environmental illness: \$11,000 per year x 25 years = \$275,000
- Medical and immunological testing to determine effectiveness of therapy and degree of immune dysfunction: \$2000 annually for immunological testing X 25 years = \$50,000
- SPECT Scan 2500 x 3 = \$7500
- Quarterly medical office visits at \$300 per visit to internist: \$1600 X 25 years = \$40,000
- Quarterly medical office visits at \$300 per visit to pulmonologist: Quarterly medical office visits: \$1600 X 25 years = \$40,000
- Quarterly medical office visits at \$300 per visit to family practitioner: \$1600 X 25 years = \$40,000
- Neuropsychiatric therapy: weekly visits at \$300 per visit x 52 visits per year = \$15,400/year X 25 years = \$385,000
- Ophthalmology for Glaucoma, optic nerve cupping, cerebral edema - Quarterly medical office visits: \$1600 X 25 years = \$40,000

Grand Total for all Medical costs: \$2,086,100.00

Summary, Prognosis, and Conclusion

In the week of September 12 to September 18, 2001, Mr. Copp experienced an overwhelming exposure to chemicals and fungi at the site of the World Trade Center terrorist attacks. Previously healthy, Mr. Copp has now been rendered totally disabled. Because of the nature of the damage to his immune, respiratory, and central nervous systems, there is little likelihood that his condition will improve to the point where he would be able to resume work. He is permanently disabled.

This gentleman deserves optimum medical care for the injuries he sustained by placing his own life at risk while selflessly attempting to save the lives of others.

medal to Mr. Copp honoring him as the year's most most noteworthy individual. The ceremony was carried on Peruvian national television.

Medical Review

I first saw Doug Copp in my office on September 23, 2002. At that time, because of dyspnea, he was barely able to climb the steps to my second floor office. He was extremely short of breath even while sitting. He related to me, with frequent pauses to get air, the story of his involvement in the World Trade Center rescue operation. He related his fourteen day experience, probing his way in the darkness through a toxic brew of chemicals, mold, and water in an attempt to locate and rescue survivors who might still be trapped.

Immediately following the World Trade Center collapse, Mr. Copp's most debilitating symptoms related to his back and respiratory system. He had slipped and injured his lumbar spine while four stories below the WTC, causing low back pain, groin pain, and numbness in the left leg.

On the third day of rescue, he began noticing changes in his voice and respiration, caused by the ongoing exposure to toxic fumes and molds. This had persisted and worsened in the year that had passed since the end of the rescue effort. He complained that "I get out of breath doing just about anything, even eating." He experienced a constant pain in his chest, and an ongoing feeling that with the next breath his lungs would go into spasm. He was taking Xopenex and Albuterol. Indeed he had already been hospitalized twice for acute reactive airway disease with life threatening bronchospasm, and had been put on oral prednisone to reduce the respiratory allergic hyperreactivity.

In addition to shortness of breath and frequent asthmatic attacks, he had a variety of other complaints, all of which began during or shortly after September 11, 2001. Since 9/11 Mr. Copp had become edematous and had gained 50 pounds, presumably due to side effects of the prednisone. He had developed hypertension, and was taking Tiazac 120 mg. daily . Whereas prior to 9/11 he could "eat anything," he now had developed a sensitive stomach, and experienced heartburn and indigestion on a regular basis. He had developed a chronic allergic

nasosinusitis.

In terms of neurological symptomatology, he complained that ever since 9/11 he was having episodes of disorientation, memory problems, difficulty concentrating, poor sleep, and blurred vision. A constant headache, fluctuating in intensity, made it "very difficult to do anything."

He told me that he had become very reactive to everyday odors that previously had never been a problem. Now gasoline fumes, solvents, glue, perfumes, smoke, dust, mold, and other common airborne chemicals elicit powerful respiratory attacks. "Now I look at someone with a cigarette as if they are aiming a gun at me."

In subsequent months he developed cerebral allergic reactions in which exposure to any of these allergens triggered an exacerbation of his cerebral edema (swollen brain) with consequent heightened headache and dementia. These have become his most chronic and debilitating problems, and will be discussed below.

Symptoms and Health Problems Secondary to WTC exposure

Please note that prior to his World Trade Center exposure, Mr. Copp was perfectly healthy.

Primary health problems

- Toxic encephalopathy with dementia
- Cerebral allergic hypersensitivity reaction
- Cerebral edema with optic nerve cupping
- World Trade Center cough and syndrome (WTCS)
- Reactive airway disease with chronic immune activation, bronchial edema, and bronchospasm
- Hypertension

Other Symptoms, Signs, and Complaints

General

- Inability to walk farther than 30 to 40 ft without resting
- Low thyroid
- Heartburn

- No libido
- Frequent urination
- Water retention and bloating
- Distended abdomen
- Weight increase
- Feels lousy...and "just plain sick"

Neurological

- Disorientation
- Memory problems
- Difficulty concentrating
- Difficulty sleeping
- Cerebral edema, causing
 - Dementia
 - Glaucoma
 - Blurred vision
 - Optic nerve cupping
 - Constant headache
 - Earaches
 - Reduced hearing
- Respiratory
 - Constant pain in chest
 - Difficulty speaking without prolonged breaks for breath
 - Hyperventilation
 - Constant sense of chest spasm
 - Frequent chest and upper left arm pain

Immunological

- Extreme reactions to cigarette smoke, air pollution, ambient volatile chemicals
- Extreme reactions to heat and stillness of air
- Irritability
- Sinus blockage
- Dry eyes

Overview of Injuries

The complex and unique mixture of toxins presented by the WTC collapse is unprecedented in human history. The environment to which Mr. Copp was exposed was a mixture of vapor, smoke, and very fine particles that originally made up the materials of the WTC, its contents,

and the aircraft that struck it. A complete listing would include tens of thousands of chemicals: cement, glass, asbestos, superheated volatilized polyvinylidene chloride (PVC), polyethylene, acrylonitrile-butadiene-styrene (ABS), reinforced thermosetting resin pipes (RTRP), vinyl coated wiring, carpet, office furniture, hydraulic oil, fuel oil, diesel fuel, jet fuel, cement and drywall dust, organic particulates from burning plastic such as polyvinyl chloride, polychlorinated biphenyls (PCBs), dioxins and other polynuclear aromatic hydrocarbons, thousands of combustion product chemicals, airplane components, burning human bodies, and vaporized toxic metals such as lead, copper, cadmium, tin, iron, steel, mercury.

Mr. Copp's WTC-induced health problems were caused by inhaled and dermatologically absorbed components of these dust and smoke borne toxins. The combined effect of these toxins is impossible to assess, but it is safe to say that all organs and tissues would be adversely affected. The immune system, respiratory system, and central nervous system were most profoundly affected. Although the CNS symptoms are most disabling, his problems actually stem from immune dysfunction with multisystem repercussions, so I will address that first.

Immune System Sensitization, Activation, and Hyperreactivity

For six days, Mr. Copp waded in a toxic soup, breathed toxic air, and had toxins smeared on his body surface. It is unlikely that anyone has ever in human history been exposed to as concentrated or complex a mixture of dangerous chemicals. This mixture placed an overwhelming burden on his immune system, which generated, in response, many hundreds or perhaps thousands of types of antibody molecules (at least one for each toxic chemical). Mr. Copp now, following this overwhelming exposure, experiences ongoing allergic hypersensitivity reactions caused by reexposure to similar molecules in the environment. Sensitized mast cells in Mr. Copp's brain, lungs, and elsewhere cause ongoing allergic reactions. Because his immune cells were "sensitized" by the WTC overload of toxins and fungal allergens, they are now on "hair trigger." His entire immune system now overreacts to even very small exposures to similar chemicals. Immunological testing has revealed elevated antibodies to an array of fungal microorganisms, including *Alternaria Tums*, *Aspergillus fumigates*, *Candida Allicin*, *Cladosporium*

herbarium, Epicoccum nigrum, Geotrichum candidum, Pullularia pullulans, and Rhodotorula glutinis.

In effect, this patient's immune memory cells are hypervigilant and overreact. The ambient pollution to which we are all exposed has become a great danger because his damaged immune system now massively overreacts. The sustained immune reactivity in his brain and bronchioles causes ongoing symptoms. Lung symptoms are limited to recurrent asthmatic type reactions. The consequences in the brain, however are far more severe and disabling: cerebral edema, dementia, and chronic headache. Allergic hypersensitivity reactions like these in brain and lung are also accompanied by ongoing local tissue damage, which perpetuates the process.

Although the prognosis is different from one person to the next, once an individual's immune system has been damaged this way, there is little likelihood that it will return to normal. These patients live out their lives with environmental illness, always on the verge of another acute exacerbation of their extreme allergic hypersensitivity. Before the WTC exposure, when Mr. Copp was exposed to smoke, it did not bother him. Now, because of immune sensitization, even a small amount of secondhand cigarette smoke causes a violent immune overreaction, and he experiences a classic severe asthmatic reaction. This has occurred many times and has sent him to the hospital on more than one occasion.

This patient's history and symptom picture are diagnostic of environmental illness with multiple acquired chemical sensitivities. As a result of cerebral allergic reactions, he experiences an underlying chronic cerebral edema, an inflammatory swelling of the brain caused by allergic hypersensitization, which causes constant low grade headaches, speech disorder, and dementia. He manifests grossly impaired memory and concentration. Acute exposures trigger an immediate exacerbation above his baseline symptomatology. An example of a cerebral reaction is that when Mr. Copp is exposed to the occasional transient fumes while refilling at a gas station, or a whiff of glue, or even ambient pollution, he now suffers an immediate and severe exacerbation of the chronic low grade headaches, confusion, and disorientation caused by this ongoing immune hyper-reactive state.

Ophthalmological examination of Mr. Copp by Dr. DeMonaco revealed optic nerve cupping, a retinal manifestation of the increased pressure in his intracranial space.

Central Nervous System

As a result of the multiple chemical exposures at the World Trade Center, Mr. Copp suffers from a toxic encephalopathy and environmental illness. He experiences cerebral hypersensitivity reactions causing cerebral inflammation and edema. This results in compromised cognitive functioning. Neuropsychological testing performed by Tony J. Kreuch, Psy.D., ABPN, on April 23, 2003 revealed significant cerebral impairment, including memory deficit, impaired concentration, decreased powers of reasoning, and significant impairment of problem solving ability. Dr. Kreuch finds that Mr. Copp suffers from "neuropsychological dysfunction, most likely related to a toxic exposure within a previously high functioning individual. Affected areas include attention, concentration, processing speed, working memory, and acquisition, storage, and retrieval, in addition to executive conceptualization and flexibility of cognition." Dr. Kreuch went on to recommend pharmacological management, and individual counseling with referrals to a psychiatrist, psychotherapist, and speech-language pathologist.

Mr. Copp now evidences organic brain syndrome with dementia, induced by exposure to organic solvents, heavy metals, and other chemicals. He has cerebral edema, with constant headaches, as a consequence of inflammatory changes in the brain caused by exposure to an array of toxic chemicals.

He has lost the ability to focus his thoughts, and is often unable to remember what he was doing. "I am constantly losing things, locking my keys in the car. Can't remember things. It is a lot like Alzheimer's, I think. I have to stop and think, "What am I doing? And a lot of the time I can't remember what I was doing."

Toxins, autoantibodies, and/or toxin-mediated allergic sensitization of brain tissue are all present and responsible for the brain swelling or cerebral edema. Diamox (500 mg. three times a day) has afforded

if it were asthma and bronchitis, using conventional medications such as Advair discus and Albuterol. He had been given inhalers, prednisone, and antibiotics, but with only marginal success in controlling the symptoms. Prednisone had been effective at suppressing the abnormal immune responses, but the price in terms of weight and water gain, bone mass and muscle loss, mental symptoms, immune system suppression, and adrenal atrophy had been detrimental to his overall health and decreased the probability of complete recovery, so he successfully weaned off of steroids several months ago.

It has been well established that exposure to xenobiotic (foreign to living systems) toxins causes immune dysfunction. In Mr. Copp's case, these foreign chemicals caused tissue damage, and immune dysfunction, as described above.

In the respiratory epithelium and elsewhere, xenobiotic exposure has altered protein molecules in his respiratory tree, causing subsequent autoimmune reactions in which the altered proteins are mistaken by his immune cells as foreign and then attacked by antibodies, natural killer cells, and macrophages. The resulting inflammatory reaction manifests in Mr. Copp as chronically inflamed respiratory tissue, shortness of breath, and chronic cough.

Exposure to xenobiotics (including the initial exposure, ongoing low level exposure, and exposure from xenobiotics later released from fatty tissue stores) also causes immunostimulation, which results in spurious immune attacks on normal body proteins. This further inflames the respiratory cells, lowering the threshold for bronchospasm and cough. The autoimmune reactive symptoms and damage to normal protein activate complement cascades which cause more local tissue injury and further lower the threshold for bronchospasm and cough. the result is chronic asthma. This problem has been addressed by implementing a combination of symptom suppressive medications in conjunction with a broad based nutritional supplementation program designed to support and heal the respiratory and immune systems.

Hypertension Mr. Copp takes the blood pressure medication Tiazac 120 mg. daily for hypertension of unknown (but presumably WTC) origin. He had no hypertension prior to 9/11/01.

Hypothyroidism He is in good control at 0.25 mg Synthroid daily.

Low back pain Mr. Copp was seen by Serena Hu, an orthopedist at the University of California, San Francisco who referred him to Neurosurgeon Philip R. Weinstein, M.D. also at UCSF medical Center, who referred Mr. Copp to a neurologist. He was also seen by Dr. Richard Radecki, physical medicine, but could not be fully worked up because an MRI could not be performed due to metal in his lungs.

Diagnoses:

1. World Trade Center cough and syndrome (WTCS)
2. Allergic respiratory hypersensitivity triggered by WTC smoke and dust, causing local immune cell damage with subsequent hypersensitivity to smoke, dusts, molds, heavy metals, volatile compounds and other ambient allergens previously not allergenic to this individual
3. Organic Brain Syndrome with dementia secondary to immune sensitization caused by 2
4. Cerebral edema secondary to 2
5. Chronic headaches secondary to 4
6. Optic nerve supping secondary to 4
7. Glaucoma secondary to 4
8. Environmental illness with multiple acquired chemical sensitivities
9. Reactive airways dysfunction syndrome (RADS) causing bronchial inflammation, swelling, and obstruction and resulting in asthma
10. Hypersensitivity pneumonitis
11. Chronic nasosinusitis
12. Immunotoxicity secondary to xenobiotic exposures
13. Upper respiratory allergies, primarily allergic rhinosinusitis
14. Asbestosis
15. Low back pain
16. Left lower extremity pain, numbness and paresthesias
17. Hypertension
18. Hypothyroidism

Current medications and treatments

- Provigil 75 mg. per day, an alertness medication which partially reverses the dementia-induced lethargy and memory disorder

- Diamox. a medication that removes excess or accumulated fluid used to reduce cerebral edema
- Tiazac 240 mg. a day for hypertension
- Celluvisc eye drops as needed for chemical conjunctivitis
- Xopenex 1.25 mg with nebulizer as needed for acute bronchoconstrictive attacks.
- Albuterol inhaler for reactive airway disease
- Intal inhaler for reactive airway disease
- Advair diacus as needed for reactive airway disease
- Synthroid 25 mcg daily for hypothyroidism
- A comprehensive nutritional supplement program designed to support and enhance healing of the immune, respiratory, and central nervous systems

Required Treatments with Estimated Cost

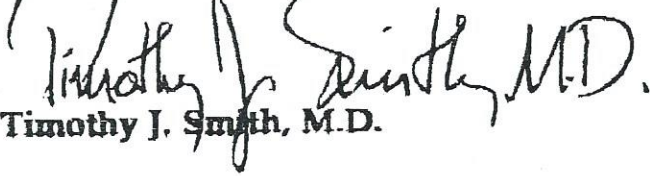
- Comprehensive workup and ongoing treatment by William Rea, M.D., director of the Environmental Health Center, Dallas, the world's leading expert on toxic exposure and environmental medicine. Treatment program including detoxification, skin testing, intravenous therapy, oxygen therapy, living at environmentally controlled units; 6-8 weeks of treatment. Total for one immediate treatment plan \$20,000. Three times a year = 60,000/year X 25 years = \$625,000
- Maintenance treatment for home, hardwood floors to eliminate formaldehyde based wood, air filters and conditioning 374850+, home renovation. One time cost: \$100,000
- Estimated cost of travel to Dallas including hotels three times a year \$750 for 25 years = \$18,750
- Chelation therapy and intravenous nutritional medicine per Robert Froidman, M.D., currently owed \$11,000 for past treatment and estimates \$50,000 to complete all of the intravenous chelation and IV nutrient therapy injections
- Drug Medications
 - Provigil 75 mg. daily; \$2263/yr
 - Thyroid 25 mcg daily \$276/yr
 - Tiazac 240 mg. daily; \$564/yr
 - Sporanox 200 mg. daily; \$3179/yr
 - Diamox 1 500 TR q12h; \$1764/yr
 - Xopenex \$3096/yr

06-20-03 14:54 FROM-RODEY LAW FIRM
FROM :TIMOTHY J SMITH MD

1-505-768-7395
FAX NO. :707 824 0111

T-770 P.15/15 F-435
Jun. 23 2003 03:18PM P14

Sincerely,


Timothy J. Smith, M.D.

FAX TRANSMITTAL

THE AMERICAN RESCUE TEAM

PO BOX 534

Sandia Park, NM 87047

TEL: (505) 281-7977

FAX: (505) 281-7877

TO: Dr. Tim Smith

FAX: 707-824-0111

FROM: Douglas F. Copp, Rescue Chief

DATE: 06/02/03

RE: Updated Medication Cost estimate + Dr. Friedman's report

Pages including this one: 5

FAXED

COMMENTS:

Please see attached as per my conversation with Doug this morning.

This Fax contains confidential information.

This information is intended only for the use of the individual(s) named above. If you are not the intended recipient, you are notified that any disclosure, copying, distribution of the taking of any action based on the contents of the telecopy is not permissible. If this has been received in error, please contact the sender immediately.

Prescribed Medication Cost Estimate / Year

Medication	Dosage	Cost (\$)	Cost/month (\$)	Cost/Year (\$)
Provigil 200mg	1x/day	94.29 (15 tabs)	188.58	2263.00
Levothyroid 0.025 mg	2x/day	22.99 (60 tabs)	22.99	276.00
Tiazac 180 mg	1x/day	46.99 (30 tabs)	46.99	564.00
Sporanox 100mg	1x/day	529.89 (60 tabs)	264.95	3179.00
Diamox 500 mg	3x/day	48.99 (30 tabs)	146.97	1764.00
Advair 500/50 mcg		214.99 (ea)	429.98	5160.00
Xopenex 1.25 mg Nebulizer sol.		64.99 (72 ml)	257.96	3096.00
Albuterol Inhaler		20.99 (ea)	41.98	504.00
Intal Inhaler 14.2 mg		78.99 (ea)	78.99	948.00
Celluvisc eye drops		10.89 (ea)	100.00	1200.00
				\$18,954.00

Cost per Year = \$18,954.00

Projection of 25 Years = \$ 473,850.00

Timothy J. Smith, M.D.

2635 Regent Street
Berkeley, CA. 94704
Phone (510) 540-8022
Fax: (707) 824-0111

NUTRITIONAL MEDICINE PROGRAM

FOR Douglas Copp DATE Updated 7/8/03

Basic Supplement Program**In the AM on arising:****Homeopathics**

- √ BioLight by Inner Light with NADP, colloidal silver and colloidal silica
- √ 10 drops Traumeel oral drops for injuries and inflammations, with echinacea and chamomille, hypericum
- √ 5 drops Homoeopathic antidiarrheal medicine
- √ 10 drops Deep Defense with astragalus, linguisticum, reishi, shiitake, echinacea
- √ Moisture Eyes by Bausch and Lomb

Drugs

- √ 1 Provigil (Alertec) 100 mg. once a day in th AM
- √ 1 Acetazolamide (generic Diamox)
- √ 1 Sporanox 100 mg.
- √ 1 Levothroid 25 mcg.
- √ 1 Taztia (Tiazac) for blood pressure)

Nutritional Supplements

- √ Ester C 1000 mg. 3-5
- √ 3-4 DHEA 25 mg.
- √ 3 Pregnenolone 50 mg.
- √ 3 CardioMag (magnesium carboxylase)
- √ 3 Selenium 50 mcg.
- √ 3 Renewal Research Multivitamin-Mineral
- √ 5 Chlorella 500 mg. per Nutrabiotics with B vitamins, minerals
- √ Mannatech Plus (or Ambrotose)

with wild yam, glutamic acid, glycine, L-lysine, L-arginine, ambrotose

Might also take in AM

- √ Folic acid dose?
- √ CoQ dose?
- √ Aged Garlic dose?

Also add Brain Power 2 tabs twice a day to enhance brain and CNS healing.

