



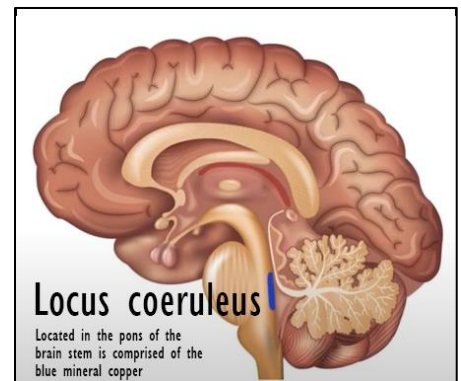
The Truth About Copper and Iron

By Rita Shimniok, Purely Living Wellness

This article may present the most important truths about your health and how your body works, that you have ever read - the withheld truth about essential Copper and why it has purposely been removed from our diet. In most cases, the idea that one is iron anemic and copper toxic is the opposite of the truth. Are you surprised? Low iron circulating in the blood is NOT the same as low iron in the body.

Food for thought – per [Nature Reviews Neuroscience](#) “The locus coeruleus (LC), which is Latin for ‘blue spot’, is a small nucleus located deep in the brainstem that provides the far-reaching noradrenergic neurotransmitter system of the brain. Recently, an array of powerful new neuroscience tools have provided unprecedented access to this elusive nucleus, revealing new levels of organization and function. *We are currently at the threshold of major discoveries regarding how this tiny brainstem structure exerts such varied and significant influences over brain function and behavior.* All LC neurons receive inputs related to autonomic arousal, but distinct subpopulations of those neurons can encode specific cognitive processes, presumably through more specific inputs from the forebrain areas. This ability, combined with specific patterns of innervation of target areas and heterogeneity in receptor distributions, suggests that activation of the LC has more specific influences “

Is it any coincidence that God placed this *blue spot*, made up of the copper mineral, in our brains? Since the 1940s the importance of copper has been withheld from the medical establishment, including Naturopathic teachings. For certain, copper as an essential and necessary mineral has been withheld from the general public, and even today, when I listen to natural health influencers – the majority fail to mention copper.



If you would like to learn more about the [Locus coeruleus](#) this YouTube video provides information about its important functions.

Early in 2023 the book, “Cu-re Your Fatigue” changed my perception of nutrients in the world of holistic health. In November 2023 I participated in training with the Root Cause Protocol Institute. I listened to naturopathic doctors with connections to Bastyr University, a foremost training university for natural medicine. The NDs who have been trained in the RCP admit that the information about iron and copper balance was not a part of the curriculum. Putting their new found knowledge into practice, they were blown away – even with their own health concerns.

Many NDs will attribute oxidative stress to lack of oxygen in the cells. This is a half truth, put forth by the famed research of Otto Warburg. Warburg was investigating the function of ceruloplasmin. If you are familiar with his name do you ever recall hearing the word “ceruloplasmin” or the essential mineral copper that pushes oxygen INTO the cells? As we age copper goes down and iron goes up – all symptoms related to aging are in direct correlation to accumulated iron at the cellular level. Low copper leads to high iron levels, which leads to low magnesium levels, which leads to less Vitamin D stored. **Every nutrient is connected** – which is why standard allopathic lab tests do not paint the entire picture.

We have been taught that oxidative stress is lack of oxygen to the cells (and a major cause of cancer), but the fact is that copper is essential for the process of cellular respiration. Were we informed, through this research, that the cells cannot absorb oxygen without copper? NO! Otto Warburg’s research, quoted by 1000s of holistic healers, for which he won a Nobel prize, is only a **part of the equation**.

- ✓ Hypoxia is low copper.
- ✓ Oxidative stress is HIGH iron.

What Depletes Copper?

What has main stream media been propagating since 2020 – FEAR! Fear and anxiety depletes copper in the body. It is not surprising that “fear porn” was all over the news, as it diminishes function of the immune system.

- GMO, glyphosate
- Pesticides / herbicides
- Ascorbic acid and molybdenum supplements breaks down copper-carrying protein ceruloplasmin.
- Anti-biotics destroys ceruloplasmin protein responsible for transporting copper
- High fructose corn syrup, sugar and synthetic sweeteners blocks the uptake of copper in the body, while raising iron levels thus creating a population of sick people
- Food preservatives – such as [tyrosinase inhibitors](#)
 - depigmentation agents, antibrowning compounds
- N-acetyl Cysteine – (NAC) in a synthetic form (which 1000s have been taking since the pandemic) in large doses on a DAILY basis, rather than when it is needed for respiratory support.
- Nanotechnology – despite what those trying to sell you products are saying, Nattokinase cannot eliminate nano-tech from your body.
- Zinc works in tandem with copper. None of our vitamins and minerals work in isolation...you take one, you're impacting others. Too much zinc throws copper out of balance. 15 mg daily maximum. There are far more forms of synthetic zinc than there are whole food forms. Persons who consume diets high in zinc and low in protein are at risk of copper deficiency.
- Cadmium (primary source is filter paper of smoking), competes for both copper and zinc
- EMF/5G expels copper from your cells.
- Spike proteins and synthetic peptides.
- 20% of ALL of the top causes of death have a root cause of copper deficiency.

What is the Matrix?

Imagine – the red pill is iron, the blue pill is copper. The purposeful manipulation of our diet to deplete and eliminate copper, the most essential mineral, has been nefariously conspired. *Yes, I used the word - conspire.* Anyone, or thing, that manipulates YHWH’s perfect design for our body is truly nefarious.

The blue gel “lake” found inside your mitochondria is called the matrix, it is copper. Silver sits underneath copper on the periodical table, therefore silver displaces the element above, copper. Therefore, should a substance such as colloidal silver be taken daily? *What do you think?*

Once displaced from the body you have lost the ability to activate oxygen, and deactivate oxidants. There are several forms of copper: Cu-0, Cu-1, Cu-2....Copper Zero is the most bio-available form of the mineral copper. This is the copper used in the Core Copper product available from Azure Standard. To learn more about the matrix - please follow this hyperlink: <https://rumble.com/v1vamwe-totw22-dr.-monzo-what-is-the-matrix.html>

Biological Roles and Functions of Copper:

- Binds iron to make ATP energy (fuel for mitochondria).
- Copper activates oxygen and iron carries oxygen – copper pushes oxygen into the cells.
- Copper makes healthy cells – WBC, RBC (2 trillion RBC made in 24 hours. Iron recycling program is run by copper – necessary to make red blood cells).
- Liver, heart and brain are the organs most dependent on copper.
 - Most prevalent liver disease today is non-alcoholic fatty liver disease.

29 Cu Copper 63.546	30 Zn Zinc 65.38
47 Ag Silver 107.87	48 Cd Cadmium 112.41

- Boosts the immune system, kills all germs.
- Copper is required for most enzymes in the body to function.
- Neuropeptides (signaling molecules) all need to be activated via copper enzymes.
- Necessary for the formation of one of the apparent superpower antioxidants, superoxide dismutase (SOD).
- Copper helps **maintain heart health** by managing blood pressure, regulating heart rate, and lowering bad cholesterol and triglyceride levels.
- Copper heals the nervous system:
 - Makes proteins and enzymes to cover the myelin sheath – protects nerve endings
 - Calms stress and anxiety (copper is stored in the brain - when properly absorbed)
 - Makes you smarter – improves cognitive function.
 - Reduces/prevents Alzheimer's, dementia, PTSD, ADHD – the brain lives off of fat **and copper!**
 - *The big push to consume hydrogenated fats such as corn oil, canola, vegetable oils kills brain cells!*
- Critical for the creation of collagen, a core protein found in bones, connective tissues, and skin.
- Copper is anti-inflammatory and is shown to be effective in reducing arthritis and joint pains, strengthens bones. One of the early signs of copper deficiency is osteoporosis.
- Detoxes heavy metals and chemical toxins.
- *Methylation function is copper dependent.* So many have methylation issues!
- Anti-inflammatory effects, including in the stomach
- Copper is essential in the break down fat cells and converting fat into energy.
- Provides vascular integrity, which results in improved circulation..
- Bio-available copper, with magnesium, are essential in activating the three key enzymes responsible for bone regeneration.
- Copper aids in the formation of bone hemoglobin, and red blood cells, and work in balance with zinc and vitamin C to form elastic.
- Controls hormones and endocrine systems like the thyroid –which measures oxidative stress.
 - ***A thyroid issue is the first sign that you have a mitochondria issue.***
 - Big scare about cancer cells and estrogen – in reality it is too much iron in the cells, copper is what controls the hormones.
 - Dr. Russell Blaylock devoted two newsletters, many years ago, talking about too much iron being the root cause of breast cancer (iron supplements are toxic)!
- Converts cholesterol into testosterone, helps with fertility.
- Provides radiation protection, helps prevent sunburn.

Ceruloplasmin is a copper-carrying protein in our blood (color of blue sky. It is critical for transporting copper to where it is needed in the body, and for the metabolism of iron. Without this you have displaced iron, ie. Dysfunctional iron (true definition of anemia)– which results in oxidative stress.

Nearly all top 20 causes of death are caused by copper deficiency.

Copper cures all the symptoms that the top 50 drugs are prescribed for, except potassium.

The darker your skin and hair the more copper receptor sites you have. Copper is what gives you your coloring. If you have light skin/blue eyes tend to sunburn more easily. A PLW client reported fewer gray hairs when she began taking copper, and returning gray hairs when she stopped taking copper. The darker your pigmentation, or if you have red hair, the more copper your body requires.

Copper is not toxic. The source /origin of “copper toxicity” originates from a PhD researcher/MD who worked for Bell Laboratories in upstate New York. Do you wonder why a telecommunications company is involved in such research? Do you recall previously written, that copper is essential for the brain to function?

The research was funded by the CIA as they began research for the MK Ultra mind control program. The research was impeccable. Copper should be 100 mg per deciliter. Ceruloplasmin should be 30mg. It was discovered that copper can become unbound from ceruloplasmin, therefore it was claimed there is unbound copper in the body, which is toxic. This has been disproven through research of Svetlana Lutsenko at John Hopkins. 0.2101. Her research revealed that have 50X more displaced iron in our body than we do copper.

“Copper is the general and iron is the foot soldier.” - M. Robbins

Copper needs 3 types of fats in order to be bio-available. Retinol A and Omega 3s from clean animals (that eat grass, not grains), saturated fats such as coconut oil. These fats come from cod liver, grass-fed beef liver, organs, meat, grass-fed butter or ghee, free-range eggs and raw, organic milk. Ensure your supplement contains fat, or take fat with.

Copper, fulvic humic acids, and boron - all minerals made by YHWH, are the only supplements that are effective in removing nano-technology from the body. The general population has been exposed to nano-tech through many delivery systems, a small portion of which include prescription drugs, vaccines, chem trails, and even contaminated food supplies. The importance of knowing your farmer and obtaining clean food is paramount. Copper, boron and iodine are all effective in protecting one from radiation.

Which Supplements Are Not Serving You?

All synthetic supplements – remember, they deplete copper. You want whole food supplements. PMA members may find a complete list of Dos and Donts on our website. <http://www.purelylivingwellness.com/2024-dos-and-donts.html>

#1 - Iron supplements. Men should have 5000 mg of iron in their body and women 4000. Women tend to be more healthy than men because they shed “rusting” iron through loss of blood monthly. Health concerns often arise once a woman reaches menopause.

Anemia truths. There are three types of anemia. Chronic blood loss can cause anemia which results in low iron. Secondly, the *anemia of chronic inflammation*. The third is **anemia of chronic copper deficiency** – which is unbound iron getting stuck in the tissues, which leads to oxidative stress. This causes chronic inflammation, epigenetics - turns off methylation genes, and mitochondrial dysfunction. Mitochondria provide 95% of all energy in the body – energy that is necessary for the function of breathing air and digesting food.

In the 1880s anemia was cured with cod liver oil and beef liver – both are high sources of copper. Before taking a copper supplement, consider if you have access to grass-fed beef liver from a local farmer.

In the 1940s – about the time glyphosate was introduced into our food crops, the government began fortifying cereals and grains with iron, in the form of iron shavings (heavy metal). Wherever you have inflammation – you have iron stored up in the cells in that particular area. Beware of all foods fortified with iron – they are making you sick.

I hope it is readily apparent that it is imperative to one’s health to remove dysfunctional iron from the body. The ONLY supplement that is proven to remove this type of iron is IP6 with Inositol. We recommend IP6 Supreme from Azure Well as it contains no fillers, and ingredients are sourced for purity.

Vitamin C (synthetic ascorbic acid) pulls copper out of the ceruloplasmin, which is your transport system. Lab made C lacks copper molecules that whole food C contains, therefore it pulls it out of your system. If you look at the history of the famous Linus Pauling you will learn that he was paid by the Rockefellers.

Vitamin D - I see so many taking large amounts of vitamin D (over 2000iu), which is soy based. D is a steroid hormone. It's meant to come from sunshine and food sources, not a supplement. If your levels are low, then it's likely one or a few things are happening: 1) your doc is only checking one form of D, not 25,OH,D and 1,25,OH,D; 2) you don't have the proper co-factors to get D into the cells (magnesium + boron + K2); 3), or you have inflammation going on in the body that needs to be addressed, and adding more D is not the answer.

Taking D long term will lower your magnesium levels, not to mention forces calcium out of the teeth and bones, and into the soft tissues. Hello osteoporosis and kidney stones!

Cholecalciferol destroys your Retinol. Did you know that **cholecalciferol is one of the ingredients found in rat poisoning?**

Zinc. I'm not just talking about a few days to get over something, but ongoing. For those who are zinc takers (over 15mg daily), you could also be doing yourself harm. Zinc works in tandem with copper. None of our vitamins and minerals work in isolation...you take one, you're impacting others. When you take high levels of zinc regularly, you're throwing copper out of balance and leading to a deficiency. As already mentioned, Copper is necessary for the nervous system, women's hormones, and energy production.

[Need For Bio-Available Copper](#)

There are three types of copper: Cu-0, Cu-1, Cu-2, Cu-3 – you want to source from the MINERAL. Copper-0 is the form with greatest bio-availability.

Food sources to obtain copper include beef liver, oysters (which also contain Zinc for balance), shellfish, Shitake mushrooms, leafy greens, cacao and avocado. Spirulina and chlorophyll are powerful super greens containing copper. I add chlorophyll drops into my distilled drinking water, along with trace minerals. Chlorophyll supplements are actually chlorophyllin, which contains [copper](#) instead of [magnesium](#). When doses of chlorophyllin are taken, the copper can be detected in plasma, which implies absorption has [occurred](#).

There are always cautions to be aware of: If you have high levels of uric acids liver organs should be used with caution (IP6 with Inositol helps breakdown uric acid crystals for elimination). Cacao, leafy greens such as spinach and Swiss chard are high in histamine, and oxalates. If you are histamine or oxalate intolerant review food charts to determine which foods are best for you. If you have very high ferritin levels, be aware that liver is also a source of iron.

If you have been diagnosed with Wilson's disease, a genetic disorder that prevents one from getting rid of extra copper in the body, **do not** supplement with copper, obviously. Our bodies require 1.5-3 mg of copper daily – more is not necessarily better, and the type of copper is important.

If you are copper deficient, and you prefer a supplement, we recommend [Core Copper](#), which was developed by Dr. Monzo in collaboration with Azure Well and Morley Robbins. As mentioned, you need the right type of copper for bio-availability. Don't take copper crystal sulphate, which is missing two electrons and creates copper oxide (patina/rust). You don't want to be taking the heavy metal copper- i.e. copper pipes, drinking vessels.

Copper does have detoxification properties so you want to start slow. If supplementing, Dr. Monzo recommends taking 2 mg in month one, and increase to 4 mg in 2nd month. Headaches and nausea are signs of detoxification. Copper is not toxic, but your body likely is. Before you increase, it would be wise to have your bio-available cellular copper tested using the resources described below.

[You Cannot Absorb Copper Without Retinol A](#)

Retinol A is necessary for absorption of essential minerals. You cannot absorb copper without Retinol A, which has to be activated by light. *It is not Vitamin D that is important, it is Retinol A.* All foods that contain D have a perfect ratio of 10 parts Retinol A to one part Vitamin D. The Creator provides a perfect balance of nutrients in whole foods. Researchers have failed to isolate Retinol A and D in research...it was assumed D was the important factor, when all along it was Retinol A.

Avoid synthetic forms of Retinol A – animal sourced Vitamin A is the only vitamin that can coat your gut and prevent bad bacteria from growing. Retinol Palmitate as a source is synthetic A. *You need 24 units of plant sourced Retinol A to one unit of Retinol A sourced from clean animals.* In other words, you would need to “eat a truckload of carrots daily” to provide enough Retinol A.

Recently a fellow Qest4 practitioner reached out to me to help analyze her client's Cellular Health Stressor test. The client had very recently had lab work done, which indicated she was low in iron and high in copper. My analysis was that the individual was not likely absorbing copper – as it belongs in the brain, not in the blood. I inquired about the Retinol A indicated on the test, and asked if the client was perhaps vegetarian. It was confirmed that the person was a vegan. Our

greatest sources of Retinol A come from animal fats, found in sources such as cod liver oil, liver, liver pate, kidneys, butter, cheese, egg yolks and oily fish such as salmon and anchovies.

It important to note that beta-carotene is NOT the same as Retinol A. Preformed vitamin A (retinol) is a lipid-soluble vitamin. It is primarily found in animal sources that contain fat. Vegetable sources contain a lipid-soluble precursor of vitamin A called beta-carotene, or Provitamin A. Preformed Vitamin A is potent and twelve times stronger than beta-carotene. This confuses many vegans, as they believe eating orange vegetables is sufficient. The body needs to be able to convert beta carotene to Retinol A. Fats are important to this process. If you have the BCO1 gene your ability to convert beta carotene to Ret. A is notably diminished. If you love your leafy salads, avoid fat free salad dressings. Most of these dressings use artery-clogging hydrogenated oils anyhow. Check out this [article](#) on our website re: fat choices.

[Accurate Lab Testing](#)

How many times have you had blood drawn for a lab work, only to be told everything is normal? Yet, you know something is “off” in your body. Too often our concerns are written off as “signs of aging”. Let me offer a proposal that getting old, and all the aches and pains attributed to the season in life, would not have to be so if our bodies were perfectly balanced in nutrients and toxins were eliminated.

The Morley Robbins institute offers a lab test called The Full Monty – that will take into account the critical nutrients in your body and toxicities. The cost on average is around \$250 at the time of this writing. If you are able to afford this test, there is likely a blood draw lab near you that can send a sample in for the testing.

A more affordable approach may be an energetic test called the Cellular Health Stressors test. It was developed by my mentor and friend, Dr. Alphonzo Monzo, and utilizes the Qest4 system. Purely Living Wellness can provide this test for \$35, for which you will receive a PDF of information regarding your cellular levels of bio-available magnesium, copper, ceruloplasmin, iron, Retinol A, and PAM Enzyme function. In addition, the scan will provide Cellular Toxin information, several of which include intracellular uric acid levels, unmetabolized copper, inorganic/synthetic iron toxicity level, tissue and organ accumulated iron in milligrams -the latter of which the number should be 5,000 for males and 4,000 for females. To date, the lowest amount of dysfunctional iron stored in cells (per the scans PLW has provided) identified was around 58,000, and the highest result around 182,000 (this person also has a clinical diagnosis of cancer).

[Members of the High Vibration Life Ministries PMA](#) may obtain their first Cellular Health Scan for \$15 with a Comprehensive Scan. It is recommended to monitor progress every two months with a follow up scan for \$35. PLW has developed a tracking aid, available as a PDF which you may fill in with the information you receive in PDF. For an extra \$10, Rita Shimniok will input the data into your chart and send you the update. This test can be provided with a DNA sample of your hair, along with basic membership, \$5, and waiver.

To schedule a Cellular Health Scan please contact Rita Shimniok at rita.purelyliving@gmail.com

[Another Critical Mineral](#)

This article would be amiss if magnesium were not mentioned. It is well known that soils are depleted of essential minerals and supplementation is necessary. Natural medicine practitioners agree that magnesium supplementation is necessary for any wellness routine. As mentioned earlier – nutrients are synergistic. It would require an entirely separate article to discuss the functions and importance of magnesium in the bio-availability factor. Food sources for magnesium include:

- Dark chocolate (also high in oxalates)
- Avocadoes
- Legumes
- Nut such as almonds, cashews and Brazil nuts
- Seeds such as flax, pumpkin and chia
- Grains include wheat, oats, and barley, as well as pseudocereals like buckwheat and quinoa.
- Fatty fish such as salmon, mackerel, anchovies (also Halibut – however, large fish contain mercury and toxins that accumulate over their growth period).

Whole Foods or Supplementation?

Lifestyles are not always favorable for incorporating well-rounded whole foods into our diets.

If the information in this article resonates with you, if the benefits of copper appear to address concerns that you may have we encourage you to pray (or meditate) and ask your Creator for guidance on this issue. Qest4 bio-energetics testing is also beneficial in obtaining information regarding imbalances your body may be experiencing. If deficient in essential minerals discussed, focusing on adding foods, or supplements, that help close the deficiency gap are smart.

Purely Living highly recommends the implementation of whole food supplements from Azure Well if you prefer the convenience to whole food preparation. For 2024 I am personally adding IP6 Supreme and Core Copper to my own regiment, and of course continuing with Cod Liver Oil and magnesium. If you are allergic to fish, please obtain your retinol A from animal fats – such as rendered tallow from grass-fed beef, ghee, white cheeses. If you decide to implement this protocol, Purely Living offers energetic testing so that your baseline may be established, and progress monitored.*

Balance is important. Whole food sources allow the body to more readily utilize needed nutrients and eliminate the excess, whereas synthetic sources are prone to creating imbalances. Medical researcher Morley Robbins states, “It is my conviction that if you have the right amount of bio-available copper and Retinol A you will have no need for doctors.”

If you are new to [AzureLivingWell.com](https://www.azurelivingwell.com) and purchasing their supplements - you can save 25% on your first order by using code **PurelyLiving25**.

In Summary

I admit, since I began this deep dive in early 2023 regarding the truths about Copper and Iron, I am coming to the same conclusion as Robbins and Dr. Monzo. Removing the displaced, that is rusting in the body, and cellular absorption of copper, Retinol A, and magnesium are key to living a life of vitality. How often are we told a health concern we are having is “a sign of aging”, either by your doctor, or the programming inside your own mind.

Unfortunately stress plays a huge role in how our bodies absorb mineral absorption. Life is what it is, right? We cannot always undo the pressures of careers, taking care of aging parents or disabled family members, or putting food on our tables in a struggling economy. In addition to drawing out dysfunctional iron in my body, and supplementing with essential minerals, perhaps the greatest change for my health protocol in 2024 will be spending more personal time in the Word and drawing closer to my Creator God, relying on and trusting in Him.

“Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.” – John 14:27 (NASB)

Before beginning any new protocol that will result in detoxification there are important steps to ensure that your body does not have a detoxification reaction, such as headaches, nausea, lethargy. For those with acute or late stage chronic concerns...I have heard many say they were glad they pushed through. Formerly bedridden for years, they were able to get out of bed in a matter of a few months.

For those who have active lives, are working, and have the gift of time to take things more slowly, I encourage a slow start. I always recommend that people should introduce no more than one new supplement

Remember these 5 laws to detox

1. You must have to have the energy to detox, which requires essential nutrients such as copper
2. Elimination pathways must be functioning – ie several bowel movements daily!
 - a. Need drainers to open elimination channels of the body, such as our Filtering Organ tincture, stinging nettles tea, dandelion leaf and root, burdock and/or curly dock root, plantain
 - b. Liver, lymph, kidneys, digestive tract, lungs and skin
 - i. Kidneys filter – urine is not sterile. Metallic particulate observed during detox.
 - ii. Herbs to support include milk thistle, ground ivy, burdock and curly dock roots
 - iii. Liver must be producing bile, digestive bitters before meals are catalysts, as are consumption of radish or celery
3. Use a whole food chelator – such as IP6 Supreme* (not a binder) synthetics will bind everything
4. Binder – substance binds to toxins when in intestine and bowel (Quantum Energy Fulvic/Humic minerals, zeolite, bentonite clay, broken cell wall chlorella). Where to obtain:
 - a. QEMfulvic/humic powder available through Purely Living Wellness (\$72, 3 mo. Supply)
 - b. AzureWell Pure Chlorella \$24.52 for 30 day supply in capsule form (azurestandard.com)
 - c. AzureWell Bentonite Detoxification Clay, \$29.43 for 30 day supply (azurestandard.com)
 - d. Zeolite –Natural Solutions Zeolite, \$41 for 2 oz. liquid spray (available through PLW)
5. Methylation support if you have a methylation issue
6. Far infrared detoxification from either a sauna or a Richway Amethyst Biomat

* Use with IP6 – whole food IP6 Supreme *will not* pull out your minerals.

Resources:

Books:

- Cu're Your Fatigue – book by Morley Robbins, Root Cause Protocol
- Iron – the Most Toxic Metal, Jym Moon, PhD

Online Sources:

Oxidative Stress: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8707347/>

Locus coeruleus: https://en.wikipedia.org/wiki/Locus_coeruleus

Warburg Citation and Abstract:

<https://www.researchgate.net/publication/51066416> Otto Warburg's contributions to current concepts of cancer metabolism

Tyrosinase Inhibitors <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6327992/>

Mitochondria: <https://www.sciencedirect.com/topics/medicine-and-dentistry/mitochondrial-matrix>

The Root Cause Protocol – **obtain the most accurate blood test available.** <https://therootcauseprotocol.com/>

Green foods high in copper: <https://www.healthline.com/nutrition/foods-high-in-copper>

Foods high in oxalates: <https://ucikidneystonecenter.com/wp-content/uploads/2020/06/Oxalate-Content-of-Foods.pdf>

Wilson's Disease: <https://www.mdpi.com/1422-0067/21/3/1069>

Copper Intake and Bioavailability: <https://www.researchgate.net/publication/16914767> Copper bioavailability and requirements

Preformed Vitamin A (Retinol) vs. Provitamin A (Carotenoids) - <https://www.nutritionadvance.com/foods-high-in-vitamin-a/>

Studies on ATP7A (copper carrying) Enzyme: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3750203/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8067471/>

Vitamin A Absorption: <https://pubmed.ncbi.nlm.nih.gov/15277161/>

Audio Podcasts:

Morley Robbins Interview: <https://www.extremehealthradio.com/ep-615-morley-robbins-iron-toxicity-the-root-cause-protocol-and-how-to-stop-it/>

Dr. Alphonzo Monzo: Copper and Iron Truths - <http://www.purelylivingwellness.com/1-truth-copper-iron-lies.html>

Synthetic Vitamin D:

There are four common active ingredients in mouse and rat poisons: **long-acting anticoagulants, cholecalciferol, bromethalin, and phosphides**. Each has a different mechanism of action of poisoning, and not all are treated with Vitamin K1! It is important to make sure you and your veterinarian have correctly identified the active ingredient in the product ingested to make sure treatment is appropriate.

 [Mouse and Rat Poison](#)

[petpoisonhelpline.com](#) › [poison](#) › [mouse-and-rat-poison](#)

This information is provided for educational purposes only and not intended to diagnoses, treat or cure disease. One should always consult their trusted physician for health concerns.

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