



# ARE YOU A COPPERHEAD?

THE SURPRISING  
CONNECTION BETWEEN  
COPPER AND  
MENTAL HEALTH

ANN LOUISE GITTLEMAN, Ph.D, C.n.s.

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WELCOME

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Ann Louise Gittleman is undisputedly The First Lady of Nutrition.

As a nutritional visionary and health pioneer, she has fearlessly stood on the front lines of diet and detox, the environment, and women's health. Described by Self Magazine as one of the Top Ten Notable Nutritionists in the United States, thousands of nutritionists, health coaches, and practitioners have benefited from her work.

Decades before the Paleo, Paleo Plus, Keto, and Vegan diet trends, Ann Louise Gittleman was the very first to proclaim that obesity and diabetes were caused by a lack of the right type of fat and an excess of the wrong kind of carbohydrate. She wrote about this in her first book, the bestselling *Beyond Pritikin* (1988). She was also the first nutritionist to write about the perils of gluten and discuss the blood type theory in 1997, boldly stating that one diet may not be right for every body in *Your Body Knows Best*.

She has been a tireless crusader for women by offering natural solutions to menopause and perimenopausal symptoms decades ahead of the curve in her award winning *Super Nutrition for Women* as well as *Super Nutrition for Menopause*, and her New York Times bestseller *Before the Change*.

She then revolutionized dieting in the first edition of *The Fat Flush Plan*—an international best seller—by proclaiming that the liver was the body's primary fat burning organ (and detoxifier). In 2010, she led the charge against the hidden hazards of cell phones, iPads, smart meters and WiFi in her groundbreaking *Zapped*—an issue that is just recently gaining momentum. She has appeared on 20/20, Dr. Phil, The View, Good Morning America, Extra!, FitTV and The Early Show. In addition, her work has been featured on ABC, CNN, PBS, CBS, NBC, MSNBC, CBN, Fox News, and the BBC.

She has served as a celebrity spokesperson and formula developer for many of the leading companies in the health foods and network marketing industry. Her work has been featured in a myriad of national publications including Time, Newsweek, Glamour, InStyle, The Oprah Magazine, The Washington Post, and The New York Times.



## THE FALL OF THE ROMAN EMPIRE

- Upper classes poisoned by lead
- Lead used in wine making
- Lead known as “sweet poison”

(Nriagu , Jerome O. Lead and Lead Poisoning Antiquity. New York: John Wiley and Sons, 1983)



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## WHAT'S THE URGENCY



# Copper is America's 21st Century Lead Poisoning

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(Eck, Paul C. and Wilson, Larry, Toxic Metals in Human Health and Disease. Phoenix: Eck Institute of Applied Nutrition and Bioenergetics, 1989.)



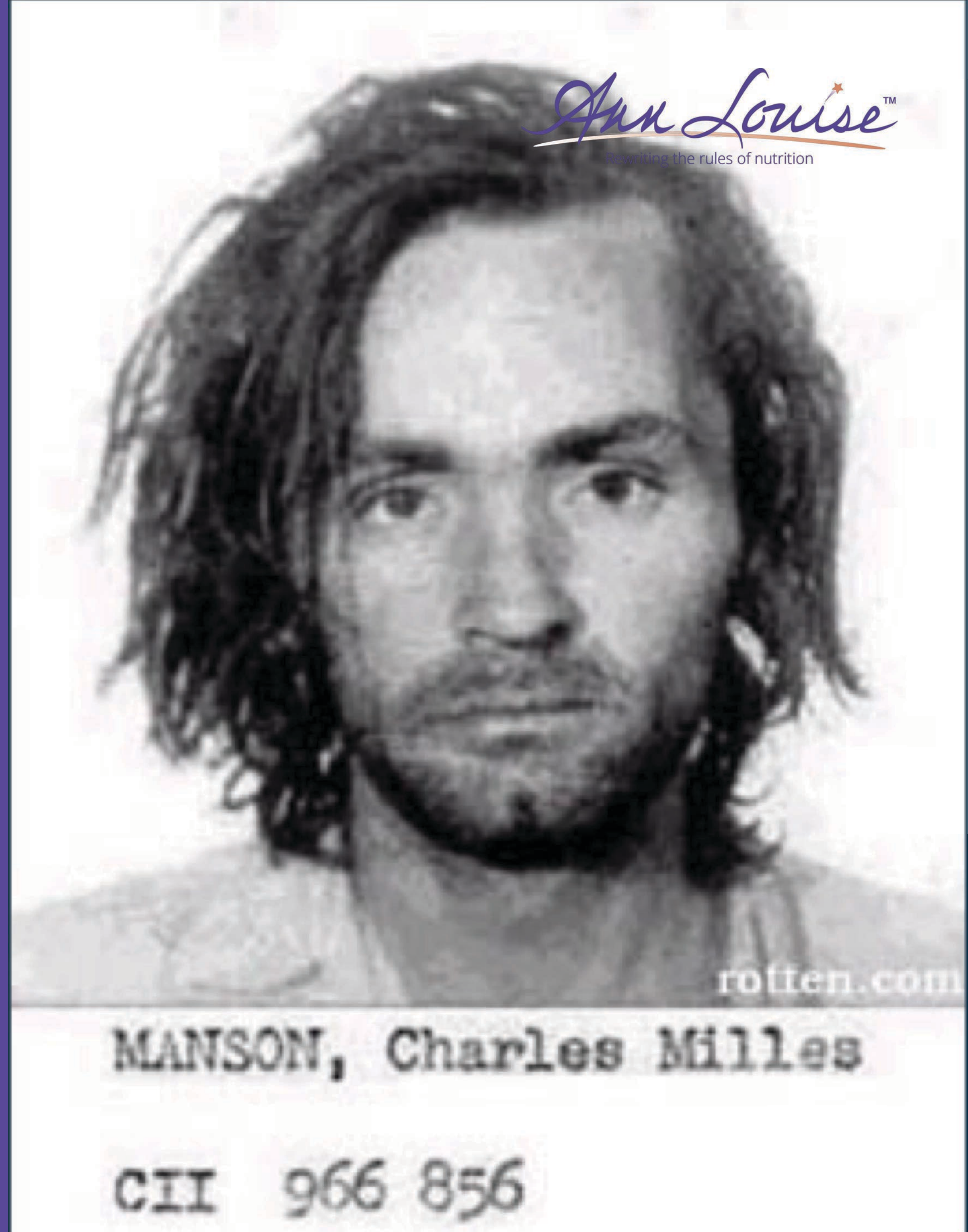
- In his study of schizophrenics in the 70s and 80s, Carl C. Pfeiffer, M.D., PhD. found half to two-thirds of them were copper toxic.
- Copper toxic individuals also deficient in magnesium and zinc, copper balancing minerals
- Copper toxicity = poor methylation linked to inadequate detoxification resulting in excess free radicals

•(Pfeiffer, Carl, M.D., Ph.D. Mental and Elemental Nutrients. New Canaan, CT: Keats Publishing, 1975.)

•(Pfeiffer, Carl, M.D., Ph.D. Nutrition and Mental Illness: An Orthomolecular Approach to Balancing Body Chemistry. Rochester, VT: Healing Arts Press, 1987)

•(Veron, Theresa, "Metals and the Mind," Wise Traditions Winter, 2008)

COPPER TOXICITY IS ON THE RISE





# MODERN DAY RESEARCH DEFINES COPPERHEAD SYNDROME

- Rick Malter, Ph.D. says up to 80% of his psychiatric patients are copper toxic
- Copper is highly electrical and stimulating, so is usually bound by ceruloplasmin, a copper-binding protein in liver
- Adrenal exhaustion (in 8 out of 10 individuals tested with tissue mineral analysis) depresses production of copper-binding protein in liver
- Unbound copper begins to accumulate in various tissues and organs, primarily the brain and liver
- Unbound copper stimulates epinephrine, norepinephrine, dopamine, and serotonin resulting in highly creative and intensely hyperactive individuals
- Off-the-chart copper results in bi-polar and paranoid schizophrenic behavior (Charles Manson)

(Malter, Richard, "Copper Toxicity: Psychological Implications for Children, Adolescents, and Adults." Hoffman Estates, IL: [A Malter Institute for Natural Development reference sheet](#), 1984.)

(Malter, Richard "Trace Mineral Analysis and Psychoneuroimmunology." [Townsend Letter for Doctors & Patients](#), Apr. 1996, 50-62.)





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## COPPER DISORDERS FROM A - Z

- Agoraphobia
- Allergies
- Alopecia
- Anxiety
- Arthritis
- Autism
- Cancer
- Candida Albicans
- Headaches, Migraine
- Hypothyroidism
- Insomnia
- Osteoporosis
- Zinc deficient pancreatic dysfunction



## Copper Overload Questionnaire

To get a good indication of whether you have copper overload, take the following quiz.

1. Do you eat frequent light meals but still lack energy?  
yes \_\_\_\_\_ no \_\_\_\_\_
2. Does your mind tend to race, even when your body is exhausted? yes \_\_\_\_\_ no \_\_\_\_\_
3. Do you consider yourself a highly creative person, but one who is frequently anxious and drained of energy? yes \_\_\_\_\_ no \_\_\_\_\_
4. Do you tend to daydream and live in your head?  
yes \_\_\_\_\_ no \_\_\_\_\_
5. Do you frequently experience insomnia because your mind simply won't calm down? yes \_\_\_\_\_ no \_\_\_\_\_
6. Are you prone to emotional and physical highs and lows?  
yes \_\_\_\_\_ no \_\_\_\_\_
7. Do you have frequent colds and flus, slow wound healing, lack of taste or appetite, or white spots on your fingernails?  
yes \_\_\_\_\_ no \_\_\_\_\_
8. Do you suffer from any of the following conditions—migraine headaches, hyperactivity, panic attacks, mood swings, depression, premenstrual tension, or skin problems—for which no underlying cause has been identified? yes \_\_\_\_\_ no \_\_\_\_\_
9. Do you have high estrogen levels or use the birth control pill, estrogen replacement therapy, or a copper IUD?  
yes \_\_\_\_\_ no \_\_\_\_\_
10. Do you either crave or adversely react to high-copper foods such as chocolate, nuts, avocados, and soy products?  
yes \_\_\_\_\_ no \_\_\_\_\_
11. Does your hair have a natural orange-red tint or copper-colored highlights? yes \_\_\_\_\_ no \_\_\_\_\_
12. Do you have dark areas of pigmentation or skin blotches on your face? yes \_\_\_\_\_ no \_\_\_\_\_

(Gittleman, Ann Louise. Why Am I Always So Tired? San Francisco, CA: Harpers San Francisco, 1999.)

## COPPERHEAD QUESTIONNAIRE



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## THE GOOD SIDE OF COPPER

- Essential for building collagen, joints, and connective tissue; for forming hemoglobin and red blood cells; and for synthesizing neurotransmitters
- Regulates thyroid and adrenals



- Stress
- Diminished Adrenal Activity
- Zinc Deficiency

(Gittleman, Ann Louise. Why Am I Always So Tired?. San Francisco, CA: Harpers San Francisco, 1999.)

WHERE'S THE COPPER COMING FROM?



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## WHERE'S THE COPPER COMING FROM?

- **The Environment**

- Copper Pipes
- Antifungal Copper Sulfate Sprayed on Produce and added to Swimming Pools
- Water Cooler and Ice Maker Tubing
- Copper Clad Cookware
- Occupational exposure (Plumbers, Welders, Machinists, Jewelry Makers)



- **Internal Environment**

- Dental Amalgams

“As of 1976, the new ADA sponsored high copper amalgam was released. Mercury is released 50 times faster from high copper amalgams than the conventional amalgams.”

(Huggins, Hal A. Solving The Ms Mystery, Colorado Springs, CO. Dragon Slayer Pub. 2002)



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## WHERE'S THE COPPER COMING FROM?

- **Endocrine Imbalances**
  - The Pill
  - Copper IUD
  - PRENATAL VITAMINS  
(4 MGS OF COPPER DAILY DOSE)
- **Copper is a feminizing mineral!**



(milligrams per 100 Grams)

Oysters	17.14
Lamb liver	05.60
Yeast, dried	04.98
Tea, bag	04.80
Cocoa powder	03.57
Soybeans	01.17
Curry powder	01.07





## DETECTING COPPERHEAD SYNDROME FROM TISSUE MINERAL ANALYSIS

- Copper Greater Than 3.5 mg% or Less Than 1.0 mg%
- Zinc/Copper Ratio Greater Than 12 or Less Than 6
- Calcium Greater Than 100 mg%
- Sodium/Potassium Ratio Less Than 2.5:1
- Potassium Level Less Than 3 mg%
- Calcium/Potassium Ratio Greater Than 12:1
- Mercury Toxicity Associated with Hidden Copper Toxicity!!!!!!

(Wilson, Lawrence. Nutritional Balancing and Hair Mineral Analysis, Prescott, AZ: L.D. Wilson Consultants, Inc. 1992.)

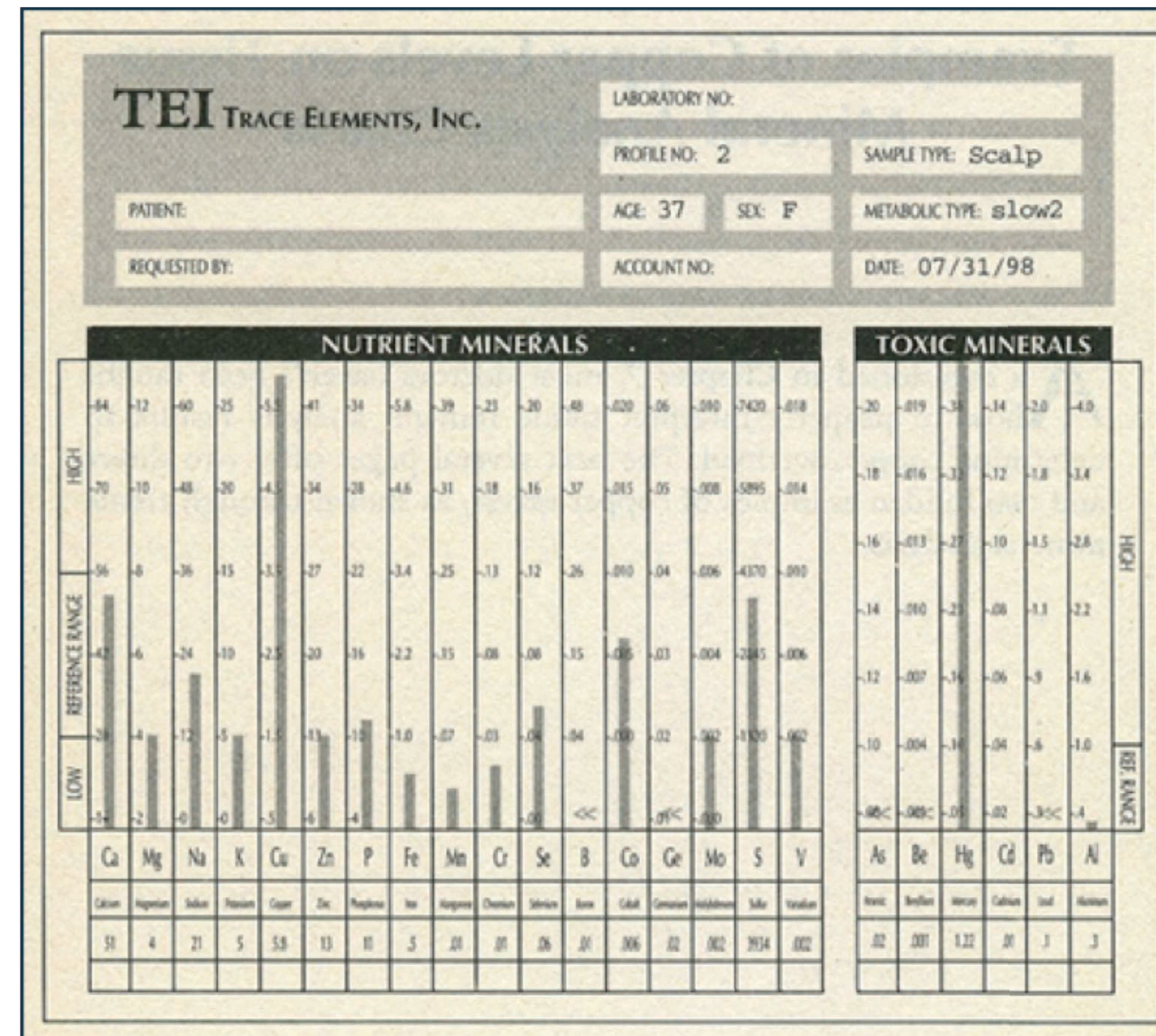




# COPPER HISTORIES

## COPPER HISTORIES OF COPPERHEAD SYNDROME

### Copper Overload Example 1

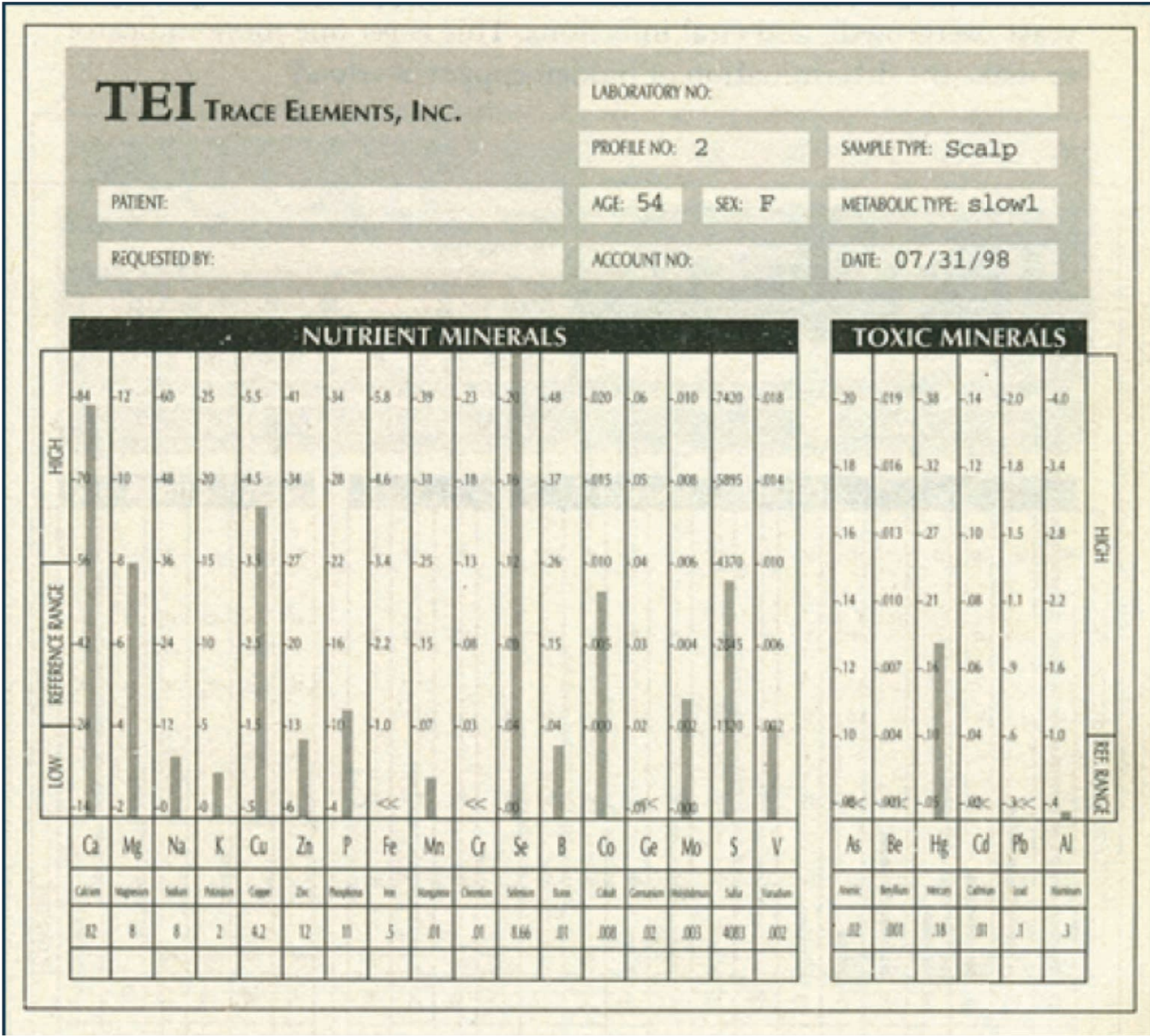




# COPPER HISTORIES OF COPPERHEAD SYNDROME

## Copper Overload Example 2

COPPER HISTORIES



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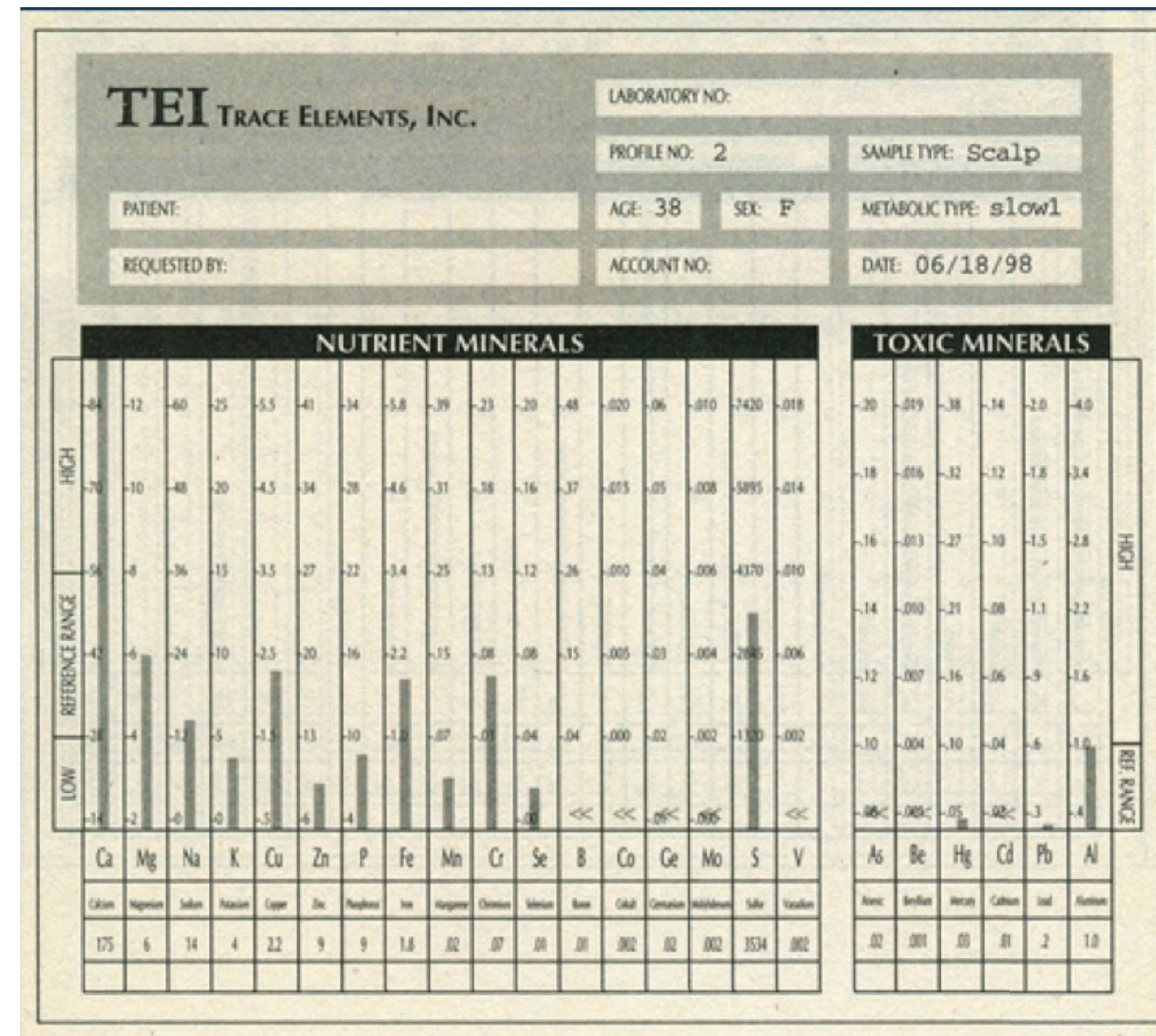




## COPPER HISTORIES

# COPPER HISTORIES OF COPPERHEAD SYNDROME

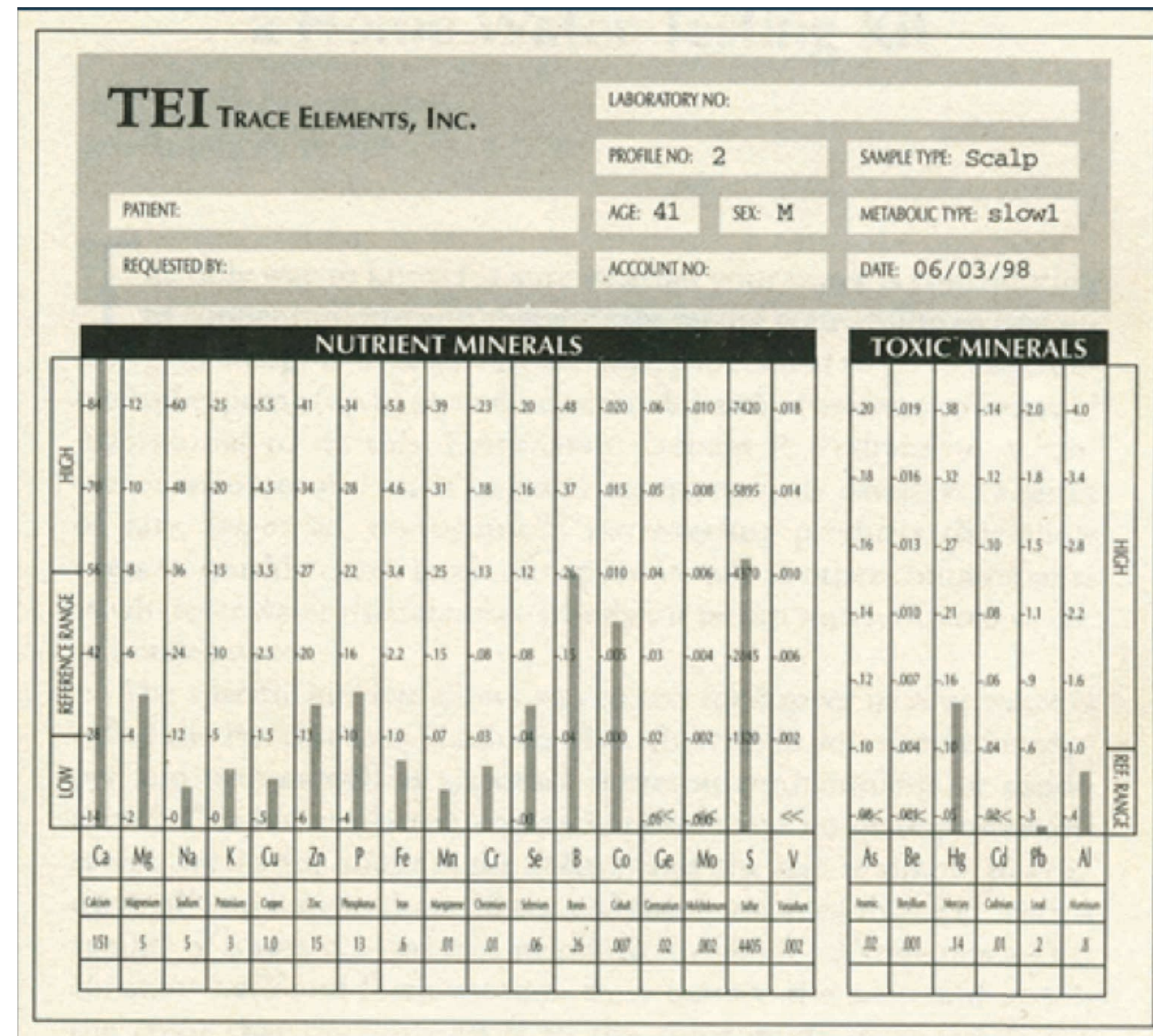
## Copper Overload Example 3





# COPPER HISTORIES OF COPPERHEAD SYNDROME

## Copper Overload Example 4





# Solutions to Balance Copperhead Syndrome

- Develop patience – 6 months to 2 years to correct syndrome
- Tone liver and gallbladder during spring – liver time to avoid copper dumps
- Remove sources of exposure from internal and external environment
- Reduce stress – In bed by 10 PM to replenish and restore glands
- Avoid excessive exercise to decrease cortisol production
- Follow copper controlling diet
  - Increase protein
  - Omit fruit juices and sweets
- Take Tissue Mineral Analysis (TMA) for personalized program to restore adrenal activity through glandular, vitamins and minerals
- Determine oxidation type to assess specific food needs

CALL TO ACTION



## **COPPER OVERLOAD CAUSES SLOW OXIDATION**

- Body retains calcium to buffer copper
- Calcium in turn depresses metabolic function
- Copper overload = thyroid and adrenal slow down

**COPPER OVERLOAD EFFECTS**



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**Zinc**

CALL TO ACTION

## THINK ZINC

- Zinc is copper's primary antagonist
- Zinc is radially lost under stress
- Zinc is an anti-anxiety mineral
- Zinc produces GABA
- Zinc produces adrenal cortical hormones - cortisol and aldosterone





## KICK THE COPPER OUT

- Zinc 50 – 200 mg daily
- Molybdenum 100 mg daily
- Manganese 5 – 15 mg daily
- Vitamin C 500 mg – 3 gm daily
- Vitamin B6 50 – 200 mg daily
- All of the above are natural copper chelating agents that inhibit copper metabolism.
- Get thee a copper-free multiple!!!

CALL TO ACTION





## COPPER DUMPS

### USE SULFUR TO IMPROVE LIVER FUNCTION

- 50 – 150 mg of alpha lipoic acid
- 100 – 300 mg of black radish root
- 100 – 300 mg of N-acetyl-cysteine  
twice a day
- 50 – 150 mg of reduced glutathione

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