Tuesday Minute Transcript

This Week's Topic

For Patients Sensitive To Chemicals... Think Molybdenum

"It functions as a cofactor for a number of enzymes that catalyze important chemical transformations in the global carbon, nitrogen, & sulfur cycles."

Do you have patients that are sensitive to chemicals, automobile exhaust, smoke, perfume, or for that matter any commercialized or synthetic odor. You know the person who goes into a salon and has a reaction to the chemicals in the air or has mental fog when they get close to the perfume aisle in a department store. This person might experience headaches when they get close to a heavily chlorinated pool.

This is someone who may be considered carbohydrate sensitive. If they eat sweets, for instance, they frequently experience what we in the nutritional field call "candida yeast syndrome." We all have sugar highs and lows but this person really has systemic issues.

This person may also have a tendency toward anemia, though they have taken all the iron, B12, folate, vitamin C, and copper necessary to correct the problem. Looking at their blood chemistry panel you might see a low uric acid. By now some of you have guessed the missing nutrient… molybdenum.

Molybdenum is an essential trace element for virtually all life forms. It functions as a cofactor for a number of enzymes that catalyze important chemical transformations in the global carbon, nitrogen, and sulfur cycles.

I first learned about molybdenum from my friend Dr. Wally Schmitt. Years ago, he explained in a lecture called "Common Threads," that

one of the byproducts of yeast metabolism is acetaldehyde and that molybdenum is necessary to convert acetaldehyde into acetic acid and ultimately Acetyl CoA. If the body is not processing acetaldehyde efficiently, it can build up in the system; then exposure to a small dose, whether by smell or internal fermentation, becomes an excess and can weaken the system. Since then, I have been able to help many people with these symptoms.

"Dr. Wally" developed an interesting test where he would find a strong muscle, any strong muscle, and then have the patient smell some type of acetaldehyde substance, for instance, nail polish remover. If the strong muscle weakened, then there was a good chance the body was already overloaded with acetaldehyde. Something as small as a good whiff, would cause a strong muscle to go weak. He then instructed the patient to chew a tablet with molybdenum, re-sniff, and then re-test the muscle. To everyone's amazement, the weak muscle would be strong about 85% of the time.

Just to give you an idea of how fast it can work, I was giving a lecture to a group of doctors in Minnesota, and we were close to a heavily chlorinated indoor pool. One of the doctors had an immediate headache upon entering the seminar. She was going to leave the seminar when I asked her to chew 3 Mo-Zyme Forte tablets and see if anything changed. Mo-Zyme Forte by Biotics Research supplies 150 mcg of molybdenum in a vegetable culture tableting base. To my delight within 30 minutes her headache was completely gone.

Molybdenum isn't going to fix the severely environmentally challenged patient. In these cases there are so many mechanisms going on that one mineral is not enough; however, you will be surprised how many people it will help.

So when you are doing your history or listening to your patients talk about life in general and you hear that chemicals, automobile exhaust, smoke, perfume, or for that matter any commercialized or synthetic odor causes them to react… think molybdenum and Mo-Zyme Forte.

Thanks for reading this week’s edition of the Tuesday Minute.

I appreciate and always look forward to the many comments I get from you, and I want to thank you for all the encouraging words. If you want to pass on a Tuesday Minute to a colleague or friend, you can do so at the upper right hand corner of this page. Have a great week, and I'll see you next Tuesday.