

UPDATE DATED 1-20-20

RE: deadliest water supply in texas prison system

SUBJECT MATTER: MCCONNELL PRISON AND INDIVIDUALS NOT RECEIVING RESPONSES FROM ME

I. WATER BEING TOXIC

I am currently dealing with the deadliest water supply in the Texas prison system that i have ever run across. I am attaching a recent lab report that shows deadly levels of arsenic; antimony; cadmium; titanium; and aluminum. What is on the bar coded test portion that is not shown, is mercury ~~na~~ and also barrium as well. Its difficult to bathe or even do simple personal laundry without my own neck locking up in reaction, which is ones lymphatic system being overloaded. Moreover, the argument that i used in my PHD research project is how hair testing should become standard level of procedure in mainstay medical procedures.

II.WHY PEOPLE ARE NOT RECEIVING RESPONSES

#1. Example: I have had ~~xxxxx~~ someone named Cheri Ramus write now twice; and i did respond to her notation via certified mail. However, since this woman over the mailroom has been inside the Texas prison mailroom at thsi same location for almost 22 years she can simply ask the local postmaster for a....'professional-favour' and see to it that certified mail 'receptients' arenever even notified. It is simplistic... 'professional courtesy for anyone that has ben in business for that long and their suppliers. Noraml amil becomes legla mail when one uses certified so this is the way they are now geting around that issue of having the issue of teh deadly water supply being exposed.

#2. Example: I have a friend that i have ben in contact with for a while that immediatly ofered to help in any manner. Yet out of numerous times trying e-mails only 2 ahve been received. The last time intelligence flooded the individuals e-mail box so that it woudl not receive teh e-mail.

#3. Margret Mary; Dee Dee; Nick: note that i have tried to respond to all that did leave physicla contact information; yet Deed Dee with 4 seperate business degrees, you failed to leave any form of contact information beleiving that www.jpap will automaticlay leave your e-mail address. Cheri, i would like to know if you received any of my e-mails, and note that your post office states that you refused to go and sign for your legal mail that i sent via certified.

III. HELP REQUESTED

#1. I beleive it is obviated for anyone that looks at teh water via what is coming out of my body, trhu hair, that i need assitance in a legla capacity to get off thw unit to where i can simply bateh and drink water on a regular basis. I need for someoen that ahs contacts or with fmaily attorney to please ahev them contact em direct thru legal amil and use certified mail to do so. I have issues with medcial mal practice that i need handled as well. I have my own suit at state court which is already bonded, but Texas has made it impossible to have inmates litigate for ~~xx~~ all filings need to be sent off via certified mail(citing texas rule of civil procedure21(a).

#2. I also have executed my own criminal writ and won at the state court level. Yet thsi also needs to be ~~fx~~ forced from the ~~xxx~~ outside. Making the lower court issue judgment is another difficult proces as well, yet i did win at the st-ate level which is almost unherd of.

IV. OATH

The copy attached is a true and correct copy of my personal medical records and i also do hereby 'waive' all elmenst of HIPAA, and do hereby also grant permission for any and all parties to copy and sahre this with whomever they wish all stated under oath, so hel me God, this 20th day of January 2020.

IV. APPLICATION FOR CLEMENCY

I have applied to the Texas govonors office for what is called "EXECUTIVE CLEMENCY"; this is predicated on what is applied and attached herein:

a. Nine seperate and independent trade certifications;

b. My collegiate transcripts that will show i have completed all work required for a Naturopathic doctorate and am almost as well nearly thru with my PHD in health science as well.

The predicate basis for a pardon or clemency is that one has exceptional conduct, and with all that i ahev accomplcihed in the alst ten yrs educationaly I beleive that i have met those merits; and, if you beleive so as well, I am asking that you e-mail the Texas Governors office(now currently Gregg Abbott) and state: "FREE Barry Emmett!!!!".

I have spent the better of 15 yrs on 40, when the state was offering 20 to begin with. There was no one injured and no assult ocured. I fired a warning shot directly above a car to have someone cease following me. This amounts to what is called 'deadly conduct' which maxed out at ten years.

Regardless of all the circumstances, I have done exceptional with my time and have now publshied over 30 natural helath articles and have one of my specialties already in circulation with a publsisher.

Texas uses what is called a 'board' to go over applications for pardon or clemncy. Either e-mail or direct letter to one or both of those offices will assit in helping ...'entice' one to 'vote' for my freedom.

I currently assit numerous peopel in all manners of educating them in how to address their physical or mentla issues or even injuries with all naturla methods. I have sincerely become a productive memembr of society even with faced against all odds.

Should you be reading this I hope and pray that you have it in your heart to take the time to address the Texas govonors office and sate: " FREE Barry Emmett".

May God bless all of you in each of your lifes journey.

end update

A urine elements test can be used to corroborate Al exposure. Al can be effectively complexed and excreted with silicon (J. Environ. Pathol. Toxicol. Oncol., 13(3): 205-7, 1994). A complex of malic acid and Mg has been reported to be quite effective in lowering Al levels (DDI clients).

Antimony High

Hair is a preferred tissue for analysis of Antimony (Sb) exposure and body burden. Elevated hair Sb levels have been noted as long as a year after exposure.

Sb is a nonessential element that is chemically similar to but less toxic than arsenic. Food and smoking are the usual sources of Sb. Thus cigarette smoke can externally contaminate hair, as well as contribute to uptake via inhalation. Gunpowder (ammunition) often contains Sb. Firearm enthusiasts often have elevated levels of Sb in hair. Other possible sources are textile industry, metal alloys, and some antihelminthic and antiprotozoic drugs. Sb is also used in the manufacture of paints, glass, ceramics, solder, batteries, bearing metals, semiconductors and fire retardant fabrics.

Like arsenic, Sb has a high affinity for sulfhydryl groups on many enzymes. Sb is conjugated with glutathione and excreted in urine and feces. Therefore, excessive exposure to Sb has the potential to deplete intracellular glutathione pools.

Early signs of Sb excess include: fatigue, muscle weakness, myopathy, nausea, low back pain, headache, and metallic taste. Later symptoms include hemolytic anemia, myoglobinuria, hematuria and renal failure. Transdermal absorption can lead to "antimony spots" which resemble chicken pox. Respiratory tissue irritation may result from inhalation of Sb particles or dust.

A confirmatory test for recent or current exposure is the measurement of Sb in the urine or whole blood. Comparison of pre and post provocation (DMPS, DMSA, Ca-EDTA) urine Sb levels provides an estimate of net retention (body burden) of Sb.

Arsenic High

In general, hair provides a rough estimate of exposure to Arsenic (As) absorbed from food and water. However, hair can be contaminated externally with As from air, water, dust, shampoos and soap. Inorganic As, and some organic As compounds, can be associated with toxicity. Inorganic As accumulates in hair, nails, skin, thyroid gland, bone and the gastrointestinal tract. Organic As, such as that derived from shellfish, is rapidly excreted in the urine.

As can cause malaise, muscle weakness, vomiting, diarrhea, dermatitis, and skin cancer. Long-term exposure may affect the peripheral nervous, cardiovascular and hematopoietic systems. As is a major biological antagonist to selenium.

Common sources of As are insecticides (calcium and lead arsenate), drinking water, smog, shellfish (arsenobetaine), and industrial exposure, particularly in the manufacture of electronic components (gallium arsenide).

As burden can be confirmed by urine elements analysis. Comparison of urine As levels pre and post provocation (DMPS, DMSA, D-penicillamine) permit differentiation between recent uptake and body stores.

Cadmium high

Hair Cadmium (Cd) levels provide an indication of exposure to Cd. Cd is a toxic heavy metal that has no metabolic function in the body. Moderately high Cd levels, about 4-8 $\mu\text{g/g}$, may be associated with hypertension, while very severe Cd toxicity may cause hypotension. Cd adversely affects the kidneys, lungs, testes, arterial walls, and bones and interferes with many enzymatic reactions. Chronic Cd excess can lead to microcytic, hypochromic anemia and proteinuria with loss of beta-2-microglobulin, and functional zinc deficiency. Cd excess is also commonly associated with fatigue, weight loss, osteomalacia, and lumbar pain.

Cd absorption is reduced by zinc, calcium, and selenium. Cd is found in varying amounts in foods, from .04 $\mu\text{g/g}$ for some fruits to 3-5 $\mu\text{g/g}$ in some oysters and anchovies. The use of tobacco products significantly increases Cd intake. Refined carbohydrates have very little zinc in relation to the Cd. West coast oysters are notoriously high in Cd.

If hair zinc is not abnormal, external contamination may have caused the elevated hair Cd level. Exogenous contamination may come from permanent solutions, dyes, bleach, and some hair sprays. A test for elevated body burden of Cd is urine analysis following administration EDTA.

Titanium High

Titanium (Ti) is measured in hair to assist in the identification of external contamination of hair by treatments and products. Shampoos, dyes, and "highlighting" are the primary sources of Ti, which binds tenaciously to hair.

Ti dioxide is the most common form of Ti used for industrial purposes; e.g. coating of welding rods and as white pigment in paints, dyes, and paper fillers. Ti dioxide and other Ti containing compounds have extremely low toxicity. The elevated level of Ti in the hair sample is most likely without clinical significance unless Ti implants (orthopedic, dental) are in place.

Magnesium High

Magnesium (Mg) is an essential element with both electrolyte and enzyme-activator functions. However, neither of these functions takes place in hair. Body excess of Mg is rare but may occur from excessive oral or parenteral supplementation or as a result of renal damage or insufficiency.

If one rules out external contamination of hair as a result of recent hair treatment, elevated hair Mg is more likely to indicate maldistribution of the element. Physiological Mg dysfunction may or may not be present. Maldistribution of Mg can occur as a result of chronic emotional or physical stress, toxic metal or chemical exposure, physiological imbalance of calcium and phosphorus, bone mineral depletion, and renal insufficiency with poor clearance of Mg (and other metabolites). Elevated hair Mg has been correlated with hypoglycemia and an inappropriately low ratio of dietary Ca : P.

Mg status can be difficult to assess; whole blood and packed blood red cell Mg levels are more indicative than serum/plasma levels. Amino acid analysis can be helpful in showing rate-limited steps that are Mg-dependent (e.g. phosphorylations).

Sodium High

Sodium (Na) is an essential element with extracellular electrolyte functions. However, these functions do not occur in hair. Hair Na measurement should be considered a screening test only; blood testing for Na and electrolyte levels is much more diagnostic and indicative of status. High hair Na may have no clinical significance or it may be the result of an electrolyte imbalance. A possible imbalance for which high hair Na is a consistent finding is adrenocortical hyperactivity. In this condition, blood Na is elevated while potassium is low. Potassium is elevated (wasted) in the urine. Observations at DDI indicate that Na and potassium levels in hair are commonly high in association with elevated levels of potentially toxic elements. The elevated Na and potassium levels are frequently concomitant with low levels of calcium and magnesium in hair. This apparent phenomenon requires further investigation.

Appropriate tests for Na status as an electrolyte are measurements of Na in whole blood and urine, and measurements of adrenocortical function.

Potassium High

High hair Potassium (K) is not necessarily reflective of dietary intake or nutrient status. However, elevated K may be reflective of metabolic disorders associated with exposure to potentially toxic elements.

K is an electrolyte and a potentiator of enzyme functions, but neither of these functions take place in hair. Elevated K in hair may reflect overall retention of K by the body or maldistribution of this element. In adrenocortical insufficiency, K is increased in blood, while it is decreased in urine; cellular K may or may not be increased. Also, hair is occasionally contaminated with K from some shampoos. Observations at DDI indicate that K and sodium levels in hair are commonly high in association with toxic element burden. The elevated K and sodium levels are often concomitant with low levels of calcium and magnesium in hair. This apparent phenomena requires further investigation.

Elevated hair potassium should be viewed as a screening test. Appropriate tests for excess body K include measurements of packed red blood cell K; serum or whole blood K and sodium/K ratio, measurement of urine K and sodium/K ratio; and an assessment of adrenocortical function.

Copper Normal

Hair Copper (Cu) levels are usually indicative of body status, except that exogenous contamination may occur giving a false normal (or false high). Common sources of contamination include: permanent solutions, dyes, bleaches, and swimming pools/hot tubs in which Cu compounds have been used as algacides.

Cu is an essential element that activates specific enzymes. Erythrocyte superoxide dismutase (SOD) is a Cu (and zinc) dependent enzyme; lysyl oxidase which catalyzes crosslinking of collagen is another Cu dependent enzyme. Adrenal catecholamine synthesis is Cu dependent, because the enzyme dopamine beta-hydroxylase, which catalyzes formation of norepinephrine from dopamine, requires Cu.

If hair Cu is in the normal range, this usually means tissue levels are in the normal range.

However, under circumstances of contamination, a real Cu deficit could appear as a (false) normal. If symptoms of Cu deficiency are present, a whole blood or red blood cell elements analysis can be performed for confirmation of Cu status.

Manganese High

Hair Manganese (Mn) levels generally reflect exposure to Mn, but external contamination can influence hair Mn. High hair Mn can be an artifact of contamination from: permanent solutions, dyes, bleaches, and well water (containing high Mn). These possibilities should be considered and ruled out before proceeding with therapies to alleviate excess Mn.

Mn is an essential element which is involved in the activation of many important enzymes. However, Mn excess is postulated to result in glutathionyl radical formation, reduction of the free glutathione pool, and increased exposure of adrenal catecholamines (e.g. dopamine) to free radical damage. Excess Mn causes degeneration of melanin-pigmented dopaminergic neurons which results in abnormally low levels of serotonin and dopamine in the brain. This is hypothesized to be a reason behind the neurotoxic effects attributed to Mn overload.

The brain is particularly affected by Mn excess. Symptoms or conditions consistent with excessive Mn include: disorientation, memory loss, anxiety, hypotonia, abnormal gait, emotional instability, and bipolar-like behaviors (laughing and crying), aberrant or violent behaviors, and tremor or Parkinson-like symptoms.

Causes of Mn excess include: occupational or environmental exposures, contaminated teas, MMT (gasoline additive), coal-fired power plants, contaminated drinking water, some street drugs (cocaine products), and smoking. Conditions predisposing to Mn excess are: iron or calcium deficiency, chronic infection, and impaired liver function (e.g. biliary obstruction) or disease. Mn excess is occasionally associated with alcoholism.

Confirmatory tests for Mn excess include whole blood and a comparison of urine Mn pre- and post Ca-EDTA.

Boron High

Boron (B) is normally found in hair but the correlations among B absorption, and tissue and hair levels of B have yet to be determined. B has a low order of toxicity, but excessive intake induces riboflavinuria. Exogenous contamination of hair with B is possible since B is present in some soaps. B is also present in some cleaners, cements, ceramics, and glass.

Sulfur Low

Sulfur (S) in hair is covalently bound within the cysteinyl residues of hair protein. On average, cysteine constitutes about sixteen percent of the total amino acid content of hair. Although not well documented, hair S levels may vary with S-containing amino acid status in the body. Interpretation of hair S levels is confounded by the fact some hair conditioners and permanent treatments increase hair S while straighteners can significantly lower hair S levels.

Observations at DDI indicate that hair S and urine sulfhydryl amino acid levels are often low in Hg burdened patients.

Appropriate tests to determine sulfhydryl amino acid status are plasma or urine amino acid

Mercury