

Reversal of severe spinal ligament instability as well a Mercury and Arsenic toxicity leading to an improvement of emotional and neurological regulation, as well as muscle control in a 42-year old male with cerebral palsy: A case report

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Siri prompt: Review this case report called Reversal of severe spinal ligament instability as well a Mercury and Arsenic toxicity leading to an improvement of emotional and neurological regulation, as well as muscle control in a 42-year old male with cerebral palsy: A case report by Sarah Kotlerman and provide a 2 paragraph summary with 5 multi choice answer quiz questions with answers

Two-paragraph clinical summary: This case report describes the treatment of a 42-year-old man with cerebral palsy (CP), hypertension, severe dizziness, blackouts, memory loss, depression, and significant spinal abnormalities. Comprehensive testing identified severe cervical and thoracic spinal ligament instability, degenerative spinal changes, vestibular dysfunction, stage 2 hypertension, and elevated levels of mercury and arsenic. The patient underwent four intensive week-long programs over 14 months using the Averio Functional Neurological Technique (FNT), combined with nutritional therapy, exercise, anti-inflammatory dietary recommendations, photobiomodulation, movement therapies, and other supportive interventions. The report states that care was guided by repeated objective assessments, including spinal radiographs, vestibular testing, blood pressure measurements, and laboratory analyses.

According to the authors, the patient experienced substantial improvements over the course of treatment. Reported outcomes included a reduction in measurable spinal ligament instability from 13 affected areas to 3, a 41% improvement in vestibular function, normalisation of mercury and arsenic test results, improved kidney function markers, lower blood pressure, increased strength and muscle control, reduced pain, and improvements in mood, including resolution of reported depression and suicidal ideation. The authors conclude that this single case suggests intensive chiropractic care, together with the accompanying rehabilitation and nutritional interventions, may have contributed to these improvements. However, they also acknowledge that this is an observational case report involving only one patient, without a control group, meaning the findings cannot establish cause and effect and should be interpreted cautiously until confirmed by larger, well-designed clinical studies.

Five quiz questions with answers:

1. What were the patient's primary complaints when he returned for care in 2021?

- A. Neck pain and headaches only
- B. Severe dizziness, blackouts, and memory problems
- C. Diabetes and vision loss
- D. Broken bones following a fall

Answer: B

2. How many areas of spinal ligament instability were initially identified on radiographic analysis?

- A. 5
- B. 8
- C. 13
- D. 20

Answer: C

3. Which heavy metals were reported as elevated at the beginning of treatment?

- A. Lead and cadmium
- B. Mercury and arsenic
- C. Aluminium and nickel
- D. Copper and zinc

Answer: B

4. According to the report, what improvement was observed in vestibular function after treatment?

- A. 15% improvement
- B. 25% improvement
- C. 41% improvement
- D. 75% improvement

Answer: C

5. Which statement best describes the authors' conclusion?

- A. The treatment has been proven effective for all people with cerebral palsy.
- B. Surgery is unnecessary for all patients with spinal ligament instability.
- C. This single case suggests potential benefits, but larger controlled studies are needed.
- D. Heavy metal toxicity is the sole cause of cerebral palsy.

Answer: C