

Blood Tests, Home Test Kits, & Havana Syndrome Testing

Blood Tests

ERYTHROCYTE SEDIMENTATION RATE: ESR

- Tests for inflammation, Cancer, & infection.
- High rates are often related to infections & malignant diseases.
- Dysregulations in immune responses lead to chronic inflammation which may result in further tissue damage.
- Can be from radiation exposure.

CREATINE KINASE ISOENZYMES: CPK, CK, Total CK, Creatine Phosphokinase

- CK is an enzyme found in the heart, brain, skeletal muscle, and other tissues.
- It is released into the blood when there is muscle damage.
- General CK tests will show any damage & isoenzymes test can locate where the damage is in the body.
- The damage can be caused by radiation & direct attacks to various parts of the body.

CARBON MONOXIDE/CARBOXYHEMOGLOBIN: COHB & CARBOXY

- Carbon monoxide is a gas, exposure to it is normal, but too much of it can cause poisoning.
- When poisoned the body swaps oxygen in your red blood cells with carbon monoxide and leads to damage.
- Symptoms are dull headache, weakness, nausea, vomiting, dizziness, difficulty breathing, fainting.
- This can be results of radiation exposure & direct poisoning via Hydrogel sensors in the blood stream.

SJORGENS/RHEUMATOID FACTOR: SSA & SSB

- Used to diagnose Sjogren's syndrome and rheumatoid arthritis.
- Sjogren's syndrome is caused by the immune system mistakenly attacking the body.
- It affects areas that produce fluids like tears or saliva resulting in symptoms such as a dry mouth & eyes.
- This can be a result of radiation exposure.

CARCINOEMBRYONIC ANTIGEN: CEA

- A blood test used to help diagnose and manage certain types of cancers.
- Carcinogens are substances or exposures that can cause cancer.
- Examples include home and workplace chemicals, environmental or medical radiation, smoke, and even some viruses and medications.
- High levels can lead to infection, cirrhosis of the liver, and inflammatory bowel disease.

METHYLMALONIC ACID: MMA

- Detects vitamin B12 deficiency.
- Your body makes large amounts when you have a drop in the amount of vitamin B-12.
- When Proteins break down it is produced as a reaction and is excreted through your kidneys.
- A deficiency in in B12 can be linked to radiation exposure.

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CHOLINESTERASE, PLASMA, OR RED CELL: CHOL & CHS (2 types in blood)

- Acetylcholinesterase in red cells, pseudocholinesterase, acylcholine, and acylhydrolase in serum.
- acetylcholinesterase and pseudocholinesterase help the nervous system work properly, and the nerves need these substances to send signals.
- Cholinesterase testing has 2 main uses; to detect organophosphate pesticide exposure and poisoning. Cholinesterase is a family of enzymes present in the central nervous system, tissue, muscle, and red blood cells.
- Levels of Cholinesterase can be decreased & function is impaired due to exposure to insecticides.
- It is for inactivating acetylcholinesterase at nerve endings which cause system dysfunction.

HOMOCYSTEINE:

- Homocysteine is an amino acid used by the body to make protein and build and maintain tissue.
- Excessive homocysteine levels in the blood may damage artery walls & form blood clots, increase the risk of stroke, heart disease, disease of the blood vessels of the arms, legs and feet.
- These tests are useful in accompaniment with Methylmalonic Acid tests and diagnose vitamin B12 & folic acid deficiency.
- Amino Acids and their functioning can be harmed by radiation.

ANTINUCLEAR ANTIBODIES: ANA

- Anti-nuclear antibodies are autoantibodies which is an indication of systemic autoimmune diseases that can be caused by radiation exposure.
- It is a group of antibodies produced in the immune system when it fails, they attack the body's cells, causing fatigue, tissue, organ inflammation, joint and muscle pain.
- Linked to autoimmune disorders such as rheumatoid arthritis, scleroderma, Sjogren's syndrome, and lupus.
- The test is used as an initial screen to assess the need for more specific tests (ENA and DNA antibodies)

ANTI-DS DNA & LUPAS : anti-double stranded DNA

- Lupus is an auto immune disorder that occurs when your body's immune system attacks your own tissues and organs.
- It can cause problems with your skin, joints, kidneys, and other organs.
- The anti-dsDNA antibody test is for Systemic Lupus Erythematosus (SLE) because Anti-dsDNA antibodies aren't found in any other autoimmune disorders.

TROPONIN I & TROPONIN T: TNI & TNT

- Measures levels of troponin T or I proteins in the blood.
- Released when the heart is damaged, example: heart attack, stroke, anxiety, tachycardia.
- The more damage the more troponin T and I there will be in the blood.
- These Troponin blood tests are now considered an alternative to Creatine Kinase Isoenzymes blood tests.
- This can be a result of radiation exposure and direct attacks to the Heart.

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PROTEIN TESTS:

- The major effect of radiation on the cell is the disruption of the DNA strand, with the DNA structure damaged, the cell cannot reproduce in its normal function.
- Protein synthesis is affected, with numeral processes necessary for proper cell function, a common effect is the generation of cancer cells.
- Errors in protein synthesis disrupt cellular fitness, cause disease phenotypes, protein deficiency, diseases, infection risk, loss of muscle mass, autoimmune disorders such as Lupus.
- Auto immune disorders such as antiphospholipid syndrome (APS) is characterized by the presence of antiphospholipid antibodies in the body.
- This occurs when your immune system mistakenly creates antibodies that make your blood much more likely to clot.
- Autoimmune diseases induced by radiation can cause cancer.

PROTEIN C ANTIGEN & PROTEINS ANTIGEN:

- This test measures the level of protein C in your blood.
- Protein C helps your blood clot normally.
- If you have a protein C deficiency, it means that your blood may clot too much, (blood clots).

PROTEINS FREE & PROTEINS TOTAL:

- Antigen testing is appropriate when a functional activity deficiency is present.
- If low, Total Protein S Antigen assesses the Protein S deficiency as either Type I or III (IIa).
- Type II (IIb) Protein S deficiency has normal concentrations of Total and Free Protein S Antigen.

URINE & HAIR TESTS KITS

Toxic Elements Screen / Toxic Metals / Toxic & Essential Elements:

- Detects toxic metals and high levels of toxic metals exposure such as Arsenic, Lead, and Mercury.
- Gastrointestinal and kidney dysfunction, nervous system disorders, skin lesions, vascular damage, immune system dysfunction, birth defects, and cancer are examples of the complications of heavy metals toxic effects.
- This can be from traces of Implants, their coatings into the Blood stream, radiation exposure and direct poisoning as attackers release chemicals into the bloodstream using hydrogel sensors.

Amino Acids Profile:

- Detects high or low levels of amino acids.
- Radiation exposure of high or low levels of amino acids such as Tryptophan can be detected.
- High levels can cause symptoms of vomiting and digestive issues.
- Amino acid deficiency can result in decreased immunity, digestive problems, depression, fertility issues, lower mental alertness, and other health issues.
- Each of the essential amino acids plays a role in the body, and the symptoms of deficiency vary accordingly.
- Amino Acids are needed for vital processes including the building of proteins and synthesis

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of hormones and neurotransmitters.

- When protein molecules are degraded there is a variety of products and amino acids are degraded.

GPL Mycotox & Mycotoxins Profile:

- Detects exposure to molds.
- This could be from radiation or direct poisoning via hydrogel sensors in the blood stream.
- If you live in a property with mold or black mold this could be shown in the results.
- It can cause irritation, lung irritation, sickness, headaches, skin rash & coughing.

Toxic Organic Chemical Exposure Profile & Toxic Non Metal Chemical Profile:

- Tests for exposure to toxic chemicals.
- Victims may find highly toxic chemicals are in their systems from RF exposure, traces from implants and their coatings, or from direct poisoning with the use of hydrogel sensors.
- Examples of chemicals may be found are rocket fuel related, Agent Orange, pesticides, industrial, agricultural & possibly Military grade.
- Toxins such as these can cause organ failure, immune system disorders, cancer & more.

Location of Kits and Sites are International

1. **Directlabs.com**
2. **Doctorsdata.com**
3. **Greatplainslabrotory.com**
4. **Biolab.co.uk**
5. **Embracingnutrition.co.uk**

- Some are done with urine samples and others hair.
- There are other sites similar, the ones listed are the most popular worldwide.
- Most of these websites will ship Urine & Hair test kits to other countries.
- Blood tests need to be done in your own country as blood test kits cannot be sent overseas.
- For those who live in the USA these tests can be found at the weblinks listed.
- These blood tests translate to other countries. You would need to research the names and how to get them depending on your countries health care system. Use a private hospital or investigate any other ways specific to your country of residence.
- Not all victims will get the same results, not all victims will get evidence from each test.

Havana Syndrome Testing

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Electro Hypersensitivity: (EHS)

EHS is not a widely accepted diagnosis. The WHO and other similar institutions are in fact seemingly discrediting the health condition. The criteria are directly linked to patients being in or around EMF related producing products, devices, 5G masts and more. The main symptoms shown to be a common thread are relating to cerebral issues, autoimmune disorders and cancer. In more recent years, and due to research and some lawsuits the WHO has acknowledged EHS more, yet it still is not an actual listed diagnosis. It is potentially a useful tool when applying for medical research funding. There are numerous groups, medical associations, and charities to do with EHS. See links below.

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7139347/>
- <https://phiremedical.org/>
- <https://www.who.int/teams/environment-climate-change-and-health/radiation-and-health/non-ionizing/emf/hypersensitivity#:~:text=WHO%2C%20through%20its%20International%20EMF,consequences%20of%20low%2Dlevel%20EMF>
- <https://www.es-uk.info/>

The above website is a UK based EHS charity who are working with Iicator's head technical advisor Mr Barrie Trower – ex MI5 and weapons expert. Barrie is currently aiding a class action lawsuit in the UK with renowned QC lawyer Mr Michael Mansfield & a group named “Action against 5G”. Barrie has also won other cases relating to the dangers of 5G and WIFI for children in schools and pregnant women. The website below has a database of almost every EHS related organisation around the world, As well as 5G & WIFI radiation awareness groups.

- <https://www.microwavenews.com/www.html>

Loreta Report:

Once each test, scan, assessment, and report are completed, they would be sent to a neurologist specialising in QEEG and Loreta reports using DTI software – Diffusion tensor imaging. The results should all be taken into consideration, including the technical evidence, though technical evidence cannot be used in the medical Loreta report. The Loreta report is completed using the recordings from the QEEG scan. The most widely accepted software for QEEG and Loreta / DTI analysis is “Neuro-guide”. Depending on the person results, if not enough medical evidence is discovered then sending anything for a finalized report would not be done. Finding a neurologist who not only conducts the QEEG scan but also can complete the Loreta report would save time and possibly cost. This type of report is based on the time taken to conduct a QEEG scan, around 30 minutes to one hour, so doing other tests prior and sending the neurologist everything relevant and useful is of the utmost importance. And then going forward having each person repeat the QEEG annually and having final Loreta reports updated is advised.

A choice of different areas of the brain can be made according to symptoms, existing health issues and using Havana syndrome symptom criteria. Alison Smith's Loreta report looked at the brain both globally and locally. With focus areas on global connectivity, left and right hemisphere communication, DTI connectivity, Brodman regions, and a function known as source localisation. NETWORKS - executive function, default mode, salience, central autonomic, ataxia, dorsal attention, ventral attention, tinnitus network, pain network, and “normal person” comparisons are made.

- <https://qeegsupport.com/category/loreta/>
- https://appliedneuroscience.com/PDFs/Sample_Report.pdf

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VGN: Videonystagmography

Additional Diagnosis: RNM, REM, & Ocular Imaging

- <https://medlineplus.gov/lab-tests/videonystagmography-vng/>
- <https://www.tbi.clinic/services/videonystagmography-vng/>
- <https://my.clevelandclinic.org/health/diagnostics/22630-videonystagmography>

VEMP: Vestibular Evoked Myogenic Potentials

Additional Diagnosis: Inflammation ear, vestibular nerve, migraines/headaches

- <https://www.sciencedirect.com/topics/neuroscience/vestibular-evoked-myogenic-potential#:~:text=Vestibular%20Evoked%20Myogenic%20Potential%201%20Neuro-Otol-ogy.%20...%202,Superior%20Semicircular%20Canal%20Dehis-cence.%20...%20More%20items...%20>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9445971/>

<https://www.dizziland.com>

Email: info@dizziland.com

Phone : (949) 274-8399

Blood Tests:

- Vitamin-Shows the depletion and chemical reaction.
- Heavy Metals: Shows neurotransmitters.
- Glucose/blood Sugar: Sugar levels.
- Thyroid: Shows sugar, insulin, and attacks.
- Trace Element: Shows different reactions through minerals.
- Amino Acids
- Human Toxin-Shows pesticides, and human toxins within the body.
- Allergy: Shows different allergic reactions within the body.

Additional Tests:

- FMRI-proves your not mentally ill and no brain damage.
- EEG-Brain waves and attacks
- Brain Nerve-memory index, oxygen levels, heart palpitations.
- Nerve Conduction-nerve damage, reflexes, medical condition association
- (exp: carpal tunnel,).

Havana Syndrome Doctors

Dr. Michael Ellis Hoffer MD: University of Miami (Havana Syndrome)

Location: UHealth Ear Institute at the Clinical Research Building

I was told that he is no longer able to give the Havana Syndrome diagnosis anymore but is giving out DEW (Directed Energy Weapon(s)) diagnosis instead.

- <https://substack.com/redirect/1a09cb30-59d8-4062-b650-a856c1320ff5?j=eyJ1IjojoiM-jNuY3h4In0.uP5spuhJkOdNRCifPHxjIVhUCA6YOsKifyEpsQOpgnw>

1) Audiological Evaluation:

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- Hospital Fees: \$ 1,375
- Insurance Coverage: Tricare, Blue Cross Blue Shield are known.

2) New Patient Appointment:

- Total Fees: \$ 1,250
- Insurance Coverage: Tricare, Blue Cross Blue Shield are known.

Dr. Shejenko: Takes Insurance, Deductibles need to be paid

Location: New Jersey

- https://r.search.yahoo.com/_ylt=AwrEaSj1IKNmygQAhJhXNyoA;_ylu=Y29sbwNiZjEEcG9zAzEEdnRpZAMEc2VjA3Ny/RV=2/RE=1723176438/RO=10/RU=https%3a%2f%2fdoc-tor.webmd.com%2fdoctor%2flydia-shajenko-71695a09-32f4-4003-a0eb-24a2c540172e-overview/RK=2/RS=cpcah5cOEb_232UM1t8zK.Z0PkM-
- https://search.yahoo.com/lo-cal/s;_ylt=AwrEaSj1IKNmygQAe5hXNyoA;_ylu=Y29sbwNiZjEEcG9zAzEEdnRpZAMEc2VjA3Nj?ei=UTF-8&p=Dr.+shajenko+NJ&selectedId=223759961&fr=crmas

- 1) **Consult:** \$400
- 2) **Short term 2hr EEG:** \$600
- 3) **Loreta scan brain mapping:** \$650
- 4) **NCV/EMG Upper and Lower extremity:** \$600
- 5) **Transcranial doppler:** \$550
- 6) **VNG:** \$350
- 7) **Extended 72hr continuous EEG:** \$1500/day - \$4,500.

Havana Syndrome Criteria

Tests:

- BPPV Assess
- Neuro-Vestibular Assessment £850
- Hearing Assessment
- Positioning/Repositioning Manoeuvres
- vHIT
- VEMP (cervical and ocular)
- SHIMP
- Oculomotor Testing
- Caloric If suspected Meniere's EcochG can be performed in addition = +£250

Brain Scans & Neuro Vestibular Assessments

QEEG - Quantitative EEG - looks at multiple areas of the brain, its activity, how well it is working & communicating internally, different networks within the brain - Eg - exec function, pain network & more. A QEEG is best done as follows - 10 minutes eyes open, 10 minutes eyes shut, 10 minutes sat still, 10 minutes activity. (Considered better than a FMRI - more in depth).

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MEG - Magnetoencephalography (MEG) is an imaging technique that allows us to measure the magnetic fields produced by electrical activity in the brain.

fMRI - Functional MRI - An fMRI scan is a special type of MRI that shows how different parts of your brain are working. They help doctors measure blood flow in the brain without having to do surgery. fMRI imaging is a safe, non-invasive way to diagnose conditions and to find out if certain treatments are working.

TBI – Traumatic brain injury investigations – Consisting of scale questionnaire’s – these differ from country to country, blood work, and scans.

CT / HIGH RESOLUTION MRI / X-RAY / PET WHERE NECESSARY.

vHIT: The VHIT is an instrumented bedside technique used to diagnose reduction in vestibular function in one ear vs. the other. An examiner abruptly accelerates and then decelerates the head, moving the head in rapidly at high speed and then stopping it.

VEMP (cervical and ocular): Cervical VEMPs (cVEMPs) assess the saccule and the inferior vestibular nerve, whereas ocular VEMPs (oVEMPs) assess the utricle and superior vestibular nerve.

SHIMP: SHIMP test provides additional information about the vestibulo-ocular reflex system and is especially useful in patients with bilateral loss. Purpose: Identify if vestibular residual function is present. It also is a “covert saccade killer” for unilateral losses.

Oculomotor Testing: The Vestibular/OculoMotor Screening assessment specifies that an examiner ask a participant to perform horizontal and vertical saccades, 10 repetitions of each; then, the participant subjectively assesses their headache, dizziness, nausea, and foginess on a scale from 0 to 10.

Caloric: Caloric stimulation is a test that uses differences in temperature to diagnose damage to the acoustic nerve. This is the nerve that is involved in hearing and balance. The test also checks for damage to the brain stem.

EcochG; ElectroCochleoGraphy (ECoG) tests are objective assessments used in the diagnosis of Meniere's disease and other disorders. ECoG tests measure electrical potentials generated in the cochlea, a part of the inner ear, in response to audio stimulation. Cochlea tests – If issues / damage is discovered this can help in aiding showing there are auditory symptoms.