

I first met Dr. Kalidas back in 2003. At that time, my husband and I had been trying to have a baby for more than five years. I was 35 and he was 45. We had tried on our own for a few years. Got pregnant twice. But both resulted in early term miscarriages. As older potential parents, we felt time was running out. So we looked for the best fertility specialists in Orlando. He put both my husband and myself through a panel of tests and reported that there was no medical reason he could determine why we were struggling to have a baby. The next step was fertility medication's. But that didn't work we switched to fertility medication's with artificial insemination. The next step was IVF. Back in those days, the proposal was to fertilize and implant five embryos. Then follow up with selective reduction for the embryos that appeared most viable. It was at this point that I decided to stop fertility treatments. Selective reduction of embryos was not something that I could wrap my mind around.

My husband was not willing to consider adoption and I was not willing to do this form of IVF. So, as far as I knew, this was the end of the line. I spent the next few months trying to let go of the idea of having a family. I applied to graduate school in nursing and tried to imagine a life without being a mother. One particular night all the frustration, pain and grief came crashing down. I broke down, sobbing for hours. Exhausted I finally fell asleep. But something amazing happened that night. I startled at about two in the morning. Although I was alone in the room, it was as if my grandmother, who had passed away years before, had just been standing beside my bed. I had this intense understanding that she had come to tell me not to worry that everything was going to be OK. Although I've always been a person of faith, I had never had an experience quite like this before. But beginning that night I had a great sense of peace. As the weeks passed with this new fragile hope, I began to consider, that there might still be avenues we had not explored. I had never been someone who considered "alternative medicine". With a BS In Microbiology, I was firmly planted in the science that could be defined by rigorous research. Nonetheless, I ran across an alternative health magazine that featured Dr. Kalidas. After researching his credentials I made an appointment.

Dr Kalidas was a very different kind of doctor. He warm kind demeanor helped to quiet my anxiety and he asked many many questions. After an initial set of tests, Dr. Kalese asked a question I had never imagined. He asked if I had ever broken a thermometer as a child. Or possibly ate a significant amount of large game in my diet. No, I had not ever experienced either of those things. He let me know that I had a significant amount of mercury in my body. And that the amount was large enough that it could cause problems with fertility. I was mystified. After so many years of trying and all the time we had spent with doctors, why had no one ever thought to look at this?

He explained that it was a relatively simple process to get the mercury out of my body. He prescribed 6 weeks of oral chelation. Within a week, I was taking action to improve my health in a way I never knew was quite literally stealing my happiness. It took some time before I realized where the mercury had come from. But I finally remembered the time back in high school that I spilled a jar of mercury. I was the lab tech for the organic chemistry class. In a little supply closet at the back of the classroom I made up all the reagents for the students. In putting the jar mercury away, I spilled it. Being afraid I would get into trouble, I chased those glistening balls of metal around the floor with my hands and a piece of notebook paper until I got them all back in the jar. How was I to know that that moment would have such a profound effect on my life. After six weeks of calculation, Dr. Kalese redid the test for mercury. He was pleased to report that the levels were significantly reduced, but he thought I should do one more week to get it into normal levels. I would never complete that next round of chelation.

It was a rainy afternoon when I went to pick up the prescription for the chelation pills. The pharmacist said he would not release them to me without another pregnancy blood test since I was not on birth control. So if I went to the lab. When the technician told me that I was pregnant, I was so shocked, I almost fell out of the chair. But in that moment there was also a part of me that knew everything was going to be OK. As I walked back to my car, there was a double rainbow in the sky.

Nine months later, my oldest child was born. Followed by a baby brother two years later. Motherhood has been the greatest blessing I have experienced in my life. Had I not been willing to explore outside of the traditional medical framework and found Dr Kalidas, it would not have been possible.

Dr Kalidas, saying thank you is not nearly enough. But from the bottom of my heart, with joy and wonder at the amazing humans my children have become, I thank you.