

Your password for web site: 12356

NATUROPATHIC EVALUATION *for Sharon Langley*

Reviewed and summarized by: Dr. Mary Ann Jenson, ND

Although you are not experiencing any life-threatening health problems, several important issues have arisen. Your fatigue may be explained by several conditions, but in your case iron deficiency anemia is the most likely explanation.

Of particular concern to you are depression, hidden food allergens, FBD, anxiety and the need for liver detoxification. Fortunately these conditions should be treatable, as detailed in this report. Your comment about bread and vaginal yeast infections has caused me to include information on candida in your report, which may not have shown up otherwise because of a lower score.

Information on cervical dysplasia has been included although you reported it as a historical problem only. Recommendations can be reviewed and appropriate changes made to help prevent a recurrence. Information on Prolotherapy has been included also because of your TMJ, R knee, R shoulder and L hip. This is provided only for your awareness, so that someday if joint problems worsen, you will be aware of this valuable treatment.

Information on an emotional freedom technique is included since you mentioned in your notes about some lingering grief and difficult relationships.

Links to red palms are considered in your report, but here is a condensed version in one place:

Palmar Erythema: Palmar erythema or "liver palm" occurs in two clinical forms. In the first variety, there is an exaggeration of normal mottling, the hands are warm and bright red, especially on the palm itself, on the dorsa of the hands, and on the fingers and the bases of nails. The second type of palmar erythema is characterized by well-demarcated redness of the hypothenar eminence which gradually spreads to other parts of the hand. The soles of the feet may show similar changes. The mottling blanches on pressure, and when a glass slide is pressed on the palm, it flushes synchronously with the pulse rate. Patients may complain of throbbing or tingling palms. "Liver palms" occur not only in liver

disease (cirrhosis and HVC), but also during pregnancy and in a number of chronic diseases such as chronic polyarthritis, chronic lung disease, subacute bacterial endocarditis, chronic febrile diseases, leukemia, and thyrotoxicosis.

It has been suggested that palmar erythema in liver disease and pregnancy is due to hyperestrogenism, and palmar erythema has also been ascribed to ingestion of those oral contraceptives with a higher estrogen content. The high incidence of palmar erythema in patients with an alcoholic fatty liver has been blamed on direct effects of ethanol on the vasculature. In a number of individuals the characteristic mottling and blotchy redness are of no clinical significance and palmar flushing may be familial.

A very advanced 'heads up' is being included regarding the cutting edge subject of nanobacteria infection. You will notice this in your report under that subject. Just something for you to be aware of and investigate as time passes regarding possible future health issues and what you may then be able to do to prevent progression.

You are doing an excellent job selecting wholesome foods. Due to your significant water intake and low salt consumption, you may want to add additional salt to your water or food in an attempt to raise (normalize) your blood pressure. The general rule is 1/2 teaspoon of salt added for every 2 quarts of water consumed. Overall, your level of vitamin and mineral supplementation appears to be more than adequate, but may need to be adjusted based on information provided in this report.

Progesterone is usually prescribed by natural doctors whenever levels appear to be low or when natural/synthetic estrogens are also being used. It is important that progesterone and estrogen work in harmony in order to prevent estrogen dominant consequences.

When natural treatments or counseling and support do not produce the needed results in conditions such as depression, prescription medications may be needed. Finding the correct drug and dosage may require some experimentation, but for many people the relief provided is worth the effort and side effects that they may encounter.

Using natural methods along with low dose or intermittent drug use may achieve the level of control you need while producing fewer side effects. For example, supplementation with an omega-3 fatty acid (2gm EPA per day from fish oil) significantly reduced symptoms in patients being treated with antidepressant medications for recurrent unipolar depression. [*Am J Psychiatry* 2002;159: pp.477-479]

It is good to see that you are exercising sufficiently, but caution is advised due to your being underweight. Continuing with your Yoga routine would be good, but instead of so much aerobic exercise, switching to weightlifting, three times per week, will burn fewer calories while assisting in weight gain of a good kind.

For aging well, consider the following general suggestions which were discovered as being the most important. Get regular exercise, avoid being overweight, get an education, marry and love, be future-oriented, be thankful and forgiving, empathize with others, and be active with other people. Wealth and income aren't on the list because they were poor predictors of success as a human being. Alcohol abuse and tobacco use were devastating. Being somewhat overweight was not as significant as expected - at age 50 it showed up as a problem, but at 70 it just wasn't important. [*Aging Well* by George E. Vaillant, M.D.]

You indicated on your questionnaire that you do not know your blood type, and none was requested, so no blood type recommendations can be made at this time. When your blood type is known, you may visit our web site [here](#) to see the foods recommended for you, and those to consider avoiding.

There should be a few naturopathic doctors in Maine. You may discover if there are any near you by visiting our directory [here](#) or by referring to the yellow pages.

Please do not be overwhelmed or discouraged by so much information. Apply the most significant and easy to understand things and when you are comfortable, move on to others. I encourage you to return and review your report in the future when you are ready for more changes.

I wish you well in future relationships. Sometimes it is best to be very cautious (especially physically) until you know the other party very well, and their motives have had a chance to be tested.

It has been my privilege to serve you!

It is important to remember that the main purpose of this report is to highlight items that might be of concern to

you based on the medical history and symptoms that you indicated on the questionnaire. Various factors (such as questions answered incorrectly or simply the variation in symptoms between one patient and another) can and do give rise to false indications on occasion. As a result of our multidisciplinary approach to evaluating your health, occasional conflicting information is unavoidable and you must decide which suggestions are more appropriate for you.

Before taking any action based on this report always consult a licensed healthcare professional.

Throughout this report are hyperlinks that allow easy navigation between index entries, related topics, the glossary and our web site. After following a link within this report, use your browser's "Back" button to return to where you were. Links to our web site, indicated by "(web)", open in a new browser window.

Conditions in order of decreasing significance

Possible conditions that we have identified:	Information on Conditions you are aware of:
Serious: (You should do something about these) <i>Fortunately we could not detect any!</i>	Serious: (You may be dealing with these already) Depression
Significant: (These should be looked into) Allergy to Foods (Hidden) Liver Detoxification / Support Requirement	Significant: Fibrocystic Breast Disease
Moderate: (Worth thinking about) Low Adrenal Function / Adrenal Insufficiency Dysbiosis, Bacterial Low Progesterone or Estrogen Dominance Hypoglycemia Low Serotonin Level Weakened Immune System Mercury Toxicity (Amalgam Illness) Anemia (Iron deficiency) General Detoxification Requirement Low HGH (Human Growth Hormone) Low Melatonin Level Cancer / Risk (General Measures) Increased Intestinal Permeability / Leaky Gut Iron Requirement Yeast / Candida	Moderate: Anxiety Premenstrual Syndrome Sulfite Sensitivity Bursitis Obsessive–Compulsive Disorder (OCD) Allergies Indoor Stress
Minor: (In case you are interested) Nanobacteria Infection Glaucoma	Minor: Seasonal Affective Disorder (SAD) Neck Pain TMJ Problems Bruxism (Clenching/Grinding Teeth)
	General Advice and Information: Ayurvedic Dosha – Vata Dominance Constitutional Temperature Lipo–Oxidative Type Autonomic Nervous System Balance Carbo–Oxidative Type Metabolic Diet Type

Treatments most likely to benefit you

Important: (Highly recommended) <i>There is nothing that you require urgently.</i>	Coffee Enema
Recommended: Caffeine/Coffee Avoidance Continued Magnesium Theanine (L-Theanine) TMG (Tri-methyl-glycine)	Possible: Progesterone Continued Zinc Inositol Essential Fatty Acids Test Copper Levels DMAE Emotional Freedom Technique (EFT) Glutamine Silymarin/Milk Thistle (Silybum marianum) Ozone / Oxidative Therapy Medicinal Mushrooms Continued Calming / Stretching Exercises Continued Processed Foods Avoidance Vitamin B Complex Test Adrenal Function
Useful: Test for Hormones Test for Food Allergies Continued Alcohol Avoidance Vitamin B6 (Pyridoxine) Tryptophan / 5 HTP Prolotherapy Vitamin B12 (Cobalamine) Counseling	

Conditions/Diseases Indicated by [The Analyst™](#):

Condition: Depression

Likelihood 100%

Seriousness

Because of the serious nature of depression, you need to be under a doctor's care. If you are already seeing a professional about this but feel you are not clearly on the road to recovery, you should seek additional help without delay.

Depression is a serious yet common psychological condition that changes how you think and feel and also affects your social behavior and sense of physical well-being. We have all felt sad at one time or another, but that is not depression. Sometimes we feel tired from working hard, or discouraged when faced with serious problems. This too, is not depression. These feelings usually pass within a few days or weeks, once we adjust to the stress. If these feelings linger, intensify and begin to interfere with work, school or family responsibilities, then it may be depression. Each year over 6% of American adults experience a period of clinical depression.

...[click here to see full details and recommendations on our web site.](#)

Depression is suggested partly by:

- **Obsessive-Compulsive Disorder (OCD) (Degree: Moderate)**

Depression is a common complication of OCD: "up to 80% of people diagnosed with [obsessive compulsive](#) disorder also suffer from depression" [Barlow, 1988]. This should not be surprising, given the distressing, time consuming, and interfering nature of obsessions and compulsions.

- [Low Self-Esteem \(web\)](#) (Degree: Minor)

...and partly by your responses to the following question(s):

- **Whether you have depression now, past depressive episodes or both, how severe is / was it?** *Moderate – I am still able to function*
- **Have you experienced depression in the past?** *A repeating but tolerable problem*
- Have you used prescription antidepressant medication during the past 2 years? *In the past only*
- Depression in close family members? *Yes, in more than one family member*

Research supports the existence of a genetic component toward developing depression.

- Motivation. Are you...? *Lacking in initiative/apathetic/procrastinating*
- Have you had suicide thoughts or attempts? *I thought of it as an option*
- Do you suffer from depression during or before your period? *Moderate*
- Do you have an overall loss of interest or pleasure in activities that you once enjoyed? *Slightly*
- Do you have difficulty concentrating, keeping your attention focused? *Mild*
- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? *It is a slight problem but I function quite well*

Condition: Allergy to Foods (Hidden)

Likelihood 91%
Seriousness

It appears very likely that you have hidden food [allergies](#).

Food [allergy](#) and sensitivity is an important, complex, and often overlooked cause of symptoms and disease. Chasing down the culprits may require the services of a Natural Doctor.

...[click here to see full details and recommendations on our web site](#).

[Allergy to Foods \(Hidden\)](#) is suggested partly by:

- [Bruxism \(Clenching/Grinding Teeth\)](#) (Degree: Minor)

Hidden food [allergies](#) may contribute to the [chronic](#) clenching of teeth.

- [Weakened Immune System](#) (Degree: Moderate)

Food [allergies](#) divert some of the [immune system](#)'s resources away from preventing and dealing with illness. Thus, continuous consumption of a food which is causing symptoms weakens your immune system. A weakened immune system enables infections and cancerous growths to develop and take hold. Many patients report that they suffer from more than one symptom or illness when reintroducing a known food [allergen](#) into their diet after a period of abstinence.

- [Headaches, Migraine/Tension \(web\)](#) (Degree: Minor)
- [Picky-Eater Syndrome \(web\)](#) (Degree: Minor)

Food [allergies](#) are sometimes addictive in nature, requiring continued consumption of the allergenic food in order to prevent the appearance of withdrawal symptoms. However, eating the same foods over and over increases the likelihood of eventually becoming allergic to them.

- [Environmental Illness / MCS \(web\)](#) (Degree: Minor)

People with multiple chemical sensitivities often have multiple food [allergies](#) as well. While reactions to chemicals in the environment are generally quicker and more easily identified, food allergies are usually delayed, making it harder to pinpoint the offending food. People with MCS are often unaware of hidden food allergies which could be contributing to their overall allergic load.

- [IBS \(Irritable Bowel Syndrome\) \(web\)](#) (Degree: Minor)

The presence of food [allergy](#) is concealed in a variety of diagnoses including [irritable bowel syndrome](#).

...and partly by your responses to the following question(s):

- Do you find that only specific foods cause bloating? **Yes**
- Did you have [allergies](#) or signs of [allergy](#) such as an "[allergic crease](#)" across the nose, runny nose or bags under the eyes? **Yes, one or two severe**
- [Allergies](#) in close family members? **Minor in two parents or significant in one**
- Indoor [allergies](#). Do you suffer when exposed to house dust, molds, and so on? **Current minor problem**
- Does your heart sometimes race or palpitate such that you can feel it beating? **Occasionally / moderately**
- Are there any foods that you eat often and would have difficulty giving up? Examples include bread, milk or cheese. If so, please make notes below: **Probably**
- Do you have bags under your eyes? **Yes, somewhat**
- Do you have dark circles / areas under your eyes? **Yes, some**
- Pulse rate – What is your resting pulse rate? **71 to 80**
- How would you rate your stamina? **I have poor endurance**
- Do you have difficulty falling asleep? **Occasionally**
- Have you had [Eczema](#)? This includes many kinds of red, blistering, oozing, scaly, brownish, thickened and itching skin conditions, and may be known as [dermatitis](#): **Current minor problem**
- Are you sensitive to cigarette smoke? **Seriously**
- Do you have frequent colds or flus? **2–3 per year**
- Do you feel worse when in moldy or musty places? **Somewhat**
- Have you had adolescent [acne](#)? **Yes, moderately / briefly**
- Do you have 'spacey' or unreal feelings? **Occasionally**
- Do you generally become sleepy after eating? **Occasionally**

Condition: Liver Detoxification / Support Requirement

Likelihood

88%

Seriousness

Hampered detoxification processes can result in a condition labeled by many [naturopathic](#) and nutrition-oriented physicians as the "congested" or "sluggish" liver, or the more recently coined "impaired hepatic detoxification". Standard liver [enzyme](#) blood tests may or may not be elevated in such cases.

...[click here to see full details and recommendations on our web site](#).

Liver Detoxification / Support Requirement is suggested partly by:

- **[Fibrocystic Breast Disease](#) (Degree: Significant)**

Impaired liver function can result in excess circulating estrogens and a worsening of breast tenderness.

- **[Low Progesterone or Estrogen Dominance](#) (Degree: Moderate)**
- **[Headaches, Migraine/Tension \(web\)](#) (Degree: Minor)**

A 'sluggish liver' often contributes to headaches.

- **[Night Blindness \(web\)](#) (Degree: Minor)**

Reduced night vision can be linked to a variety of conditions caused by impaired liver function which in turn reduces [vitamin A metabolism](#).

- **[Yeast / Candida](#) (Degree: Moderate)**

- **Chronic Fatigue / Fibromyalgia Syndrome (web) (Degree: Moderate)**

In one evaluation of 200 [Chronic Fatigue](#) and [Fibromyalgia](#) patients it was found that 80% had a significant impairment of liver detoxification function.

Patients suffering from toxic burdens may experience a wide range of symptoms, among them fatigue and poor tolerance for exercise. These processes have been postulated to be a central factor in the development of CFS. Oxidative damage to [mitochondria](#) and the detoxification process itself is being considered as a fundamental mechanism in the development of CFS. [1 Bland JS, HealthComm Inc., 1997; Int Clin Nutr Rev 1988;8(4): pp.173-5]

...and partly by your responses to the following question(s):

- How 'clear' is your mind / thinking? **My mind is often 'foggy'**
- If you have ever tried coffee enemas, did they provide a noticeable benefit in energy or mental clarity? **Somewhat**
- Do you become sick after drinking wine, as opposed to other alcoholic beverages? **Seriously**
- What is your current average alcohol consumption? **A few drinks per week or less**
- Do you have bags under your eyes? **Yes, somewhat**

Some health care providers believe that dark circles under the eyes indicate toxicity and a need for detoxification.

- Do you have dark circles / areas under your eyes? **Yes, some**
- Have you used [over-the-counter](#) pain medications? **Some / occasionally**
- Do you experience bizarre, vivid or nightmarish dreams? **Occasionally**
- Are you sensitive to cigarette smoke? **Seriously**
- How does coffee affect you? Adverse reactions include feeling 'wired', 'hyper' or jittery, nauseated or hungry: **Occasional adverse reaction**
- Do you perspire/sweat...? **Less than average**
- Do you make a point of avoiding [aspartame](#)? It is commonly found in low-calorie drinks and foods: **I try very hard to avoid it**
- Have you experienced breast tenderness, soreness or swelling associated with your cycle? **Mild**
- Are you sensitive to chemicals (perfume, insecticides, exhaust fumes)? **Mildly**
- Is your [stomach](#) upset by greasy food? **Mildly**

Condition: Fibrocystic Breast Disease

Likelihood **100%**

Seriousness

Fibrocystic breast disease (FBD) is a term given to a group of [benign](#) conditions affecting the breast. This group of conditions is very common in younger women, occurring in about 20% of [premenopausal](#) females. Both breasts become tender or painful and lumpy, and the symptoms vary at different times in the menstrual cycle. Despite the fact that signs and symptoms of fibrocystic disease appear to be quite distinct from textbook signs and symptoms of breast [cancer](#), any lump in the breast should be diagnosed by a healthcare professional to rule out the possibility of cancer.

...[click here to see full details and recommendations on our web site.](#)

Fibrocystic Breast Disease is indicated mainly by your responses to the following question(s):

- **Cysts in breasts:** **Current minor problem**
- Have you experienced breast tenderness, soreness or swelling associated with your cycle? **Mild**

Condition: Anxiety

Likelihood 100%

Seriousness

[Anxiety](#) can be an appropriate or inappropriate response to threats of many types. An appropriate response would be to become anxious regarding threatening circumstances (physical, emotional, financial threats). In this case, taking immediate action to reduce the threat would be appropriate. If the threat is going to be prolonged and can not be changed, then how the threat is viewed must be changed to reduce the likely mental and health consequences.

...[click here to see full details and recommendations on our web site.](#)

[Anxiety](#) is suggested partly by:

- [Caffeine Intoxication \(web\)](#) (Degree: Minor)

...and partly by your responses to the following question(s):

- Worry / [anxiety](#). Do you tend to be...? **Generally anxious/nervous**
- Approximately how often do you have feelings of insecurity? Examples include worrying about what people think of you, or wondering if you are working hard enough: **Occasionally severe or often moderate**
- Disposition. Are you...? **Sometimes tense / easily angered/impatient/hostile**
- Have you used prescription antianxiety medication during the past 2 years? **In the past only**
- Do you have difficulty falling asleep? **Occasionally**
- Do you fall asleep only to wake up after a few hours and have trouble falling back to sleep? **Occasionally**

Condition: Low Adrenal Function / Adrenal Insufficiency

Likelihood 54%

Seriousness

The adrenal glands, located above the kidney, often become 'exhausted' as a result of the constant demands placed upon them. An individual with [adrenal exhaustion](#) will usually suffer from [chronic fatigue](#), may complain of feeling stressed-out or anxious, and will typically have a reduced resistance to [allergies](#) and infection.

...[click here to see full details and recommendations on our web site.](#)

[Low Adrenal Function / Adrenal Insufficiency](#) is suggested partly by:

- [Fibrocystic Breast Disease](#) (Degree: Significant)

[The Safe Uses of Cortisol, William Mck. Jefferies, MD 1996, p.156]

- [Anxiety](#) (Degree: Moderate)

[Adrenal insufficiency](#) can lead to a host of problems, including a weakened immune response, [anxiety](#) and [panic attacks](#).

- [Unresolved Grief \(web\)](#) (Degree: Moderate)

Adrenal fatigue increases the time it takes to recover from illness, injury and trauma, including emotional trauma.

- [Low Progesterone or Estrogen Dominance](#) (Degree: Moderate)

The inner most layer of an adrenal gland is the zona reticularis which produces small amounts of sex [hormones](#). Specifically, it produces [androgen](#), [estrogen](#) and progesterone. [Adrenal exhaustion](#) can therefore cause [hormone](#) deficiencies.

- **Headaches, Migraine/Tension (web) (Degree: Minor)**

...and partly by your responses to the following question(s):

- How would you rate your stamina? **I have poor endurance**
- Stress. Do you collapse or go into shock from too much stress? **Moderate problem**
- Do you have fatigue that gets worse as the day progresses (afternoon or evening tiredness)? **Sometimes / moderately**
- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**
- Do you feel that you are under stress? **Moderately**
- If you have [acne](#), is it worse with stress and before or during your period? **Definitely**
- Do you have palms and fingertips that are more red than average? **Definitely**
- Do you have trouble waking up and getting out of bed in the morning? **Occasionally / moderate**
- Stress – do you find that you can't work under pressure? **Moderate problem**
- Have you experienced depression in the past? **A repeating but tolerable problem**
- Eye sensitivity to bright light. Do you feel sunlight is too strong for you, or need to wear sunglasses a lot? **Seriously – I always need sunglasses**
- Does being emotionally upset result in exhaustion? **Sometimes**
- Were you ever molested / sexually abused / raped as a child? Only include incidents that occurred up until the age of 18: **There was occasional molestation**

Females who have been abused are more sensitive to life's stresses many years after the original abuse event(s). This elevated stress response can lead to [adrenal exhaustion](#).

- Do you have frequent colds or flus? **2–3 per year**
- Do you tend to recover slowly from colds and / or feel weak afterwards? **Sometimes**
- How many cups of caffeinated coffee do you drink per day? **Three**

Caffeine raises adrenaline levels and heavy coffee consumption can lead to a state of adrenal gland exhaustion, where the adrenal glands are no longer able to adequately respond to stress by releasing enough adrenaline.

- Do you perspire/sweat...? **Less than average**
- Do you find that flu / influenza stays longer and hits harder than for other people? **Moderately**
- Have you had adolescent [acne](#)? **Yes, moderately / briefly**
- Have you had adult [acne](#)? **Major episode(s) now resolved**
- Do you have an overall loss of interest or pleasure in activities that you once enjoyed? **Slightly**
- Have you experienced breast tenderness, soreness or swelling associated with your cycle? **Mild**
- Asthma: **Major episode(s) now resolved**
- Do you have a history of [allergies](#) as an adult? **Minor (1 or 2 mild allergies)**
- Do you have any [allergies](#) or reactions to certain foods which improve if you avoid those foods? **One or two mild**

Low Adrenal Function / Adrenal Insufficiency is [contra-indicated](#) by your responses to the following question(s):

- Do you fatigue (get tired easily) even with light exertion? **No**

Condition: Dysbiosis, Bacterial

Likelihood 75%

Seriousness

You can see full details and recommendations on our web site by [clicking here](#).

Dysbiosis, Bacterial is suggested partly by:

- [Allergy to Foods \(Hidden\) \(Degree: Significant\)](#)
- [Eczema \(web\) \(Degree: Minor\)](#)

Fecal and [duodenal](#) flora in patients with [atopic eczema](#) have been studied. Evidence of small bowel dysbiosis and subtle malabsorption phenomena was found in the majority of cases.

- [Hydrochloric Acid Deficiency \(web\) \(Degree: Minor\)](#)
- [IBS \(Irritable Bowel Syndrome\) \(web\) \(Degree: Minor\)](#)

Some bacterial infections of the small bowel increase passive intestinal permeability. [IBS](#) has been studied in patients with [diarrhea](#), cramps and specific food intolerances. Abnormal fecal flora has been a consistent finding, with a decrease in the ratio of anaerobes to aerobes, apparently due to a deficiency of [anaerobic](#) flora. Previous exposure to antibiotics – metronidazole in particular – was associated with the development of this disorder.

...and partly by your responses to the following question(s):

- What amount of [refined sugar](#) consumption, if any, produces a noticeable decline in your health? **Even the smallest amount causes problems**
- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**

Condition: Premenstrual Syndrome

Likelihood 100%

Seriousness

The first step in helping women with [PMS](#) is to determine which subgroup most accurately fits their symptom picture. If it is not obvious from reading this or other information, selected laboratory tests can be called upon.

...[click here to see full details and recommendations on our web site](#).

Premenstrual Syndrome is suggested partly by:

- [Premenstrual Syndrome PMS C \(Craving\) \(web\) \(Degree: Moderate\)](#)
- [Premenstrual Syndrome PMS D \(Depression\) \(web\) \(Degree: Minor\)](#)
- [Premenstrual Syndrome PMS A \(Anxiety\) \(web\) \(Degree: Minor\)](#)

...and partly by your responses to the following question(s):

- Do you suffer from [Premenstrual Syndrome \(PMS\)](#)? **Moderate**

Condition: Low Progesterone or Estrogen Dominance

Likelihood 73%

Seriousness

It appears that you have too much [estrogen](#) and/or too little progesterone.

THE [ESTROGEN](#) DOMINANCE EFFECT

Female problems seem to be on the rise. Between 40% and 60% of all women in the West suffer from [PMS](#). In addition, women suffer from a plethora of symptoms, some [menopausal](#) and others not. Something quite serious seems to be happening. There is strong evidence that the proper hormonal balance necessary for women's bodies to function healthily is being interfered with by a number of factors.

...[click here to see full details and recommendations on our web site.](#)

Low Progesterone or Estrogen Dominance is suggested partly by:

- [Premenstrual Syndrome](#) (Degree: Moderate)
- [Fibrocystic Breast Disease](#) (Degree: Significant)

FBD may be caused by excessive estrogenic stimulation of the breasts due to abnormal [hormone](#) levels or by an exaggerated response by hypersensitive tissues to normal hormone levels.

- [Anxiety](#) (Degree: Moderate)
- [Stress](#) (Degree: Moderate)

Stress increases cortisol production; cortisol blockades (competes for) progesterone receptors. Additional progesterone is required to overcome this blockade.

- [Premenstrual Syndrome PMS A \(Anxiety\) \(web\)](#) (Degree: Minor)

...and partly by your responses to the following question(s):

- Is your skin yellow-tinged? **Somewhat**
- Do you have palms and fingertips that are more red than average? **Definitely**

It has been suggested that palmar erythema in liver disease and pregnancy is due to hyperestrogenism, and palmar erythema has also been ascribed to ingestion of those oral contraceptives with a higher [estrogen](#) content.

- Do you suffer irritability related to your menstrual cycle? **Occasionally / moderate**
- Have you experienced breast tenderness, soreness or swelling associated with your cycle? **Mild**
- Do you suffer from depression during or before your period? **Moderate**
- How would you rate your stamina? **I have poor endurance**
- How 'clear' is your mind / thinking? **My mind is often 'foggy'**
- Disposition. Are you...? **Sometimes tense / easily angered/impatient/hostile**
- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**

Condition: Hypoglycemia

Likelihood 70%

Seriousness

It is likely that you have [hypoglycemia](#).

[Hypoglycemia](#) is a general term used to describe a mixed bag of symptoms that are due to a derangement

of [glucose metabolism](#). Under the strict medical definition, hypoglycemia mainly refers to a drop in [fasting blood sugar](#) below 50mg% (normal range 70–90mg%). This drop can be associated with differing symptoms depending on the rate at which the blood sugar falls.

...[click here to see full details and recommendations on our web site](#).

Hypoglycemia is suggested partly by:

- **[Depression](#) (Degree: Serious)**

Endogenous depression – depression originating from within as opposed to being due to external factors – is a known symptom.

- **[Anxiety](#) (Degree: Moderate)**
- **[Headaches, Migraine/Tension \(web\)](#) (Degree: Minor)**

...and partly by your responses to the following question(s):

- What amount of [refined sugar](#) consumption, if any, produces a noticeable decline in your health? **Even the smallest amount causes problems**
- Do you feel shaky, headachy, tired, faint or nauseous when meals are delayed? **Occasionally / moderately**
- Do you suffer from fatigue that is relieved by eating? **Occasionally / moderately**
- Do you fall asleep only to wake up after a few hours and have trouble falling back to sleep? **Occasionally**
- How would you rate your stamina? **I have poor endurance**
- Indoor [allergies](#). Do you suffer when exposed to house dust, molds, and so on? **Current minor problem**
- Do you have fatigue that gets worse as the day progresses (afternoon or evening tiredness)? **Sometimes / moderately**
- Is your appetite generally...? **Strong**

Hunger is a symptom of [hypoglycemia](#).

- Do you have a sugar, chocolate or [carbohydrate](#) craving associated with your cycle? **Occasionally / moderate**
- Does your heart sometimes race or palpitate such that you can feel it beating? **Occasionally / moderately**
- When depressed, do you also feel agitated, anxious or have difficulty falling / staying asleep? **Yes, to some extent**
- Do you crave coffee or sugar in the afternoon? **No**
- How stable are you emotionally? **I occasionally have emotion/mood swings**
- Do you have difficulty concentrating, keeping your attention focused? **Mild**

Condition: Sulfite Sensitivity

Likelihood 100%

Seriousness

Sulfites are commonly used in the processing and storage of several foods and drinks. They were finally banned for use on produce in 1986. At that time the [FDA](#) also required other beverages containing sulfites, such as wine, beer and dried fruit to have warning labels.

...[click here to see full details and recommendations on our web site](#).

Sulfite Sensitivity is indicated mainly by your responses to the following question(s):

- Do you suffer from **sulfite sensitivity**? Sulfites are often used as food additives and preservatives: **Yes, moderately**
- Do you become sick after drinking wine, as opposed to other alcoholic beverages? **Seriously**

Condition: Bursitis

Likelihood 100%

Seriousness

This condition occurs when **bursa** (sacs of fluid that cushion movement between the bones, tendons and muscles at your joints) become painfully inflamed. Usually caused by repetitive movement or prolonged excessive pressure, other causes include **acute** or **chronic** infection (notably staphylococcal) or **tuberculosis**. It can also occur alongside other common joint problems such as **arthritis** or **gout**.

...[click here to see full details and recommendations on our web site.](#)

Bursitis is indicated mainly by your responses to the following question(s):

- Have you had **Bursitis** (painful inflammation of joints, usually caused by overuse and/or excess pressure)? **Current minor problem**
- Do you feel that you are under stress? **Moderately**

Calcification of soft tissues, especially following trauma, is common. During stress, **calcium** is drawn out of the bones although the **serum** calcium may remain normal.

Condition: Obsessive–Compulsive Disorder (OCD)

Likelihood 100%

Seriousness

OCD is characterized by obsessive thoughts and/or compulsive behaviors that significantly interfere with normal life. Obsessions are unwanted, recurrent, and disturbing thoughts which the person cannot suppress and which can cause overwhelming **anxiety**. Compulsions are repetitive, ritualized behaviors that the person feels driven to perform to alleviate the anxiety of the obsessions. The obsessive and compulsive rituals can occupy many hours of each day. It affects men, women, and children, as well as people of all races, religions, and socioeconomic backgrounds.

...[click here to see full details and recommendations on our web site.](#)

Obsessive–Compulsive Disorder (OCD) is indicated mainly by your responses to the following question(s):

- **Obsessive–Compulsive** Disorder / behavior – OCD: **Current minor problem**

Condition: Low Serotonin Level

Likelihood 59%

Seriousness

You may have low [serotonin](#) levels. You need to be under a Natural Doctor's care regarding this issue.

When [serotonin](#) levels are low, many psychological problems can develop including serious depression.

...[click here to see full details and recommendations on our web site.](#)

Low Serotonin Level is suggested partly by:

- **Depression (Degree: Serious)**

[Serotonin](#) levels can dictate if you feel depressed or not. Antidepressant medications like Paxil, Zoloft, St. John's Wort, and Prozac work by preventing serotonin destruction and loss. These antidepressants inhibit serotonin uptake (or reuptake) by the neurons in the brains. Low serotonin levels cause depression.

- **Anxiety (Degree: Moderate)**

[Serotonin](#) levels are often low among people with [anxiety](#) disorders.

- **Obsessive-Compulsive Disorder (OCD) (Degree: Moderate)**

Although the exact cause is not known, experts believe that OCD may be caused by low levels of a chemical in the brain called [serotonin](#).

- **Headaches, Migraine/Tension (web) (Degree: Minor)**

...and partly by your responses to the following question(s):

- How stable are you emotionally? I **occasionally have emotion/mood swings**
- How is your quality of sleep when you are able to sleep without interruption or pain? **Sometimes broken up / difficult**

Condition: Weakened Immune System

Likelihood 59%

Seriousness

The [Immune system](#) is highly complex and important. A strong and balanced immune system is required for health maintenance. Using natural agents, it is possible to help restore an immune system imbalance or weakness.

...[click here to see full details and recommendations on our web site.](#)

Weakened Immune System is suggested partly by:

- **Stress (Degree: Moderate)**

Studies show that stress and depression affect the body physically and can weaken the [immune system](#). Suppressor-T cells, also known as CD8 cells, are part of the immune system. Studies by Manuck et al in 1991 showed that psychological stressors induced cell division among CD8 cells, thereby increasing the number of CD8 cells and suppressing immune function. However, this response was only seen in those subjects who also showed high heart rate change and [catecholamine](#) change during the stressors i.e. those people who are significantly affected by stress.

- **Low Adrenal Function / Adrenal Insufficiency (Degree: Moderate)**

[Adrenal insufficiency](#) can lead to a host of problems, including a weakened immune response, [anxiety](#) and [panic attacks](#).

- **[Yeast / Candida](#) (Degree: Moderate)**

[Candidiasis](#) is more common and severe in individuals with weakened immune systems.

...and partly by your responses to the following question(s):

- Do you have frequent colds or flus? **2-3 per year**

Lowered immune function may result in an increase in [acute](#) illnesses such as colds and the flu, but over time it also may contribute to the development of [chronic](#) disease.

- Do you tend to recover slowly from colds and / or feel weak afterwards? **Sometimes**

Condition: Mercury Toxicity (Amalgam Illness)

Likelihood 58%

Seriousness

You can see full details and recommendations on our web site by [clicking here](#).

Mercury Toxicity (Amalgam Illness) is suggested partly by:

- **[Depression](#) (Degree: Serious)**
- **[Allergy to Foods \(Hidden\)](#) (Degree: Significant)**
- **[Bruxism \(Clenching/Grinding Teeth\)](#) (Degree: Minor)**

People with mercury amalgam fillings who grind their teeth or chew gum can suffer additional mercury release.

- **[Anxiety](#) (Degree: Moderate)**
- **[Insomnia \(web\)](#) (Degree: Minor)**
- **[Hypoglycemia](#) (Degree: Moderate)**

Heavy metals such as mercury, cadmium, lead and thallium poison the [glucose metabolizing](#) catalysts, thus reducing the flow of energy throughout the body. It is interesting to note that the symptoms of heavy metal poisoning are similar to symptoms associated with [hypoglycemia](#) i.e. hyperactivity, mood swings, manic depressive behavior, poor concentration and impulsive and unpredictable behavior.

- **[Weakened Immune System](#) (Degree: Moderate)**

In vitro studies suggest that even low, environmentally relevant exposure levels of mercury, which are not toxic, still contribute to immune dysfunction by interfering with proper [lymphocyte](#) functioning. [*Scand J Immunol* 50(3): pp.233-241]

- **[Headaches \(web\)](#) (Degree: Minor)**
- **[Sensitive Teeth \(web\)](#) (Degree: Minor)**
- **[Yeast / Candida](#) (Degree: Moderate)**
- **[Chronic Fatigue / Fibromyalgia Syndrome \(web\)](#) (Degree: Moderate)**

...and partly by your responses to the following question(s):

- How many mercury amalgam ("silver") fillings do you have? **4 to 7 in good condition, or 1 to 3 in poor**
- Excitability. Are you...? **Excitable, easily stimulated**

Nervous excitability can be a symptom of mercury toxicity.

- Disposition. Are you...? **Sometimes tense / easily angered/impatient/hostile**
- Are you generally moody and somewhat emotional by nature? **Somewhat**
- Do you perspire/sweat...? **Less than average**
- Does your heart sometimes race or palpitate such that you can feel it beating? **Occasionally / moderately**
- How would you rate your irritability or usual level of irritation? **I sometimes get very irritated**
- Do your gums bleed easily? **Somewhat**

- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**
- Do you have difficulty concentrating, keeping your attention focused? **Mild**

Condition: Anemia (Iron deficiency)

Likelihood 58%

Seriousness

Iron deficiency **anemia** is the most common form of anemia. Iron is an essential component of the **hemoglobin** molecule: without iron the bone marrow is unable to produce hemoglobin. The red cell count falls and those which do enter circulation are smaller than normal (microcytic) and lacking in hemoglobin, hence they are pale (hypochromic). The deficiency of iron may be *absolute* (there is no iron available for the production of hemoglobin – this is true iron deficiency anemia) or *relative* (the iron is present in storage in the marrow but other reasons prevent its incorporation into **red blood cells**). Iron deficiency anemia is usually easy to resolve. An anemia that does not respond as expected may require the help of a hematologist and additional testing.

...[click here to see full details and recommendations on our web site.](#)

Anemia (Iron deficiency) is suggested partly by:

- **[Headaches, Migraine/Tension \(web\)](#) (Degree: Minor)**

...and partly by your responses to the following question(s):

- Do you have any white areas (not spots) on your nails that are **not** due to nail injury/trauma? **Pink at the base, turning white towards the ends**
- How would you rate your stamina? **I have poor endurance**
- What is your skin color prior to suntan, compared to others of your race, or family members? **A little lighter/paler**

When the level of oxygen-carrying **red blood cells** drops, the body must adapt to lower levels of oxygen. By drawing blood away from organs that can function with less oxygen, the body can supply the two most important organs, the brain and the heart, with enough oxygen to survive. Because skin is one of the first major organs to sacrifice blood supply, anemic patients are characteristically pale.

- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**
- Does your body temperature, during the day and under normal conditions, sometimes measure below 98.0 degrees F (36.7 degrees C)? Only answer this if you are confident that your answer is accurate: **Definitely not**
- Your sex is: **Female**

In the United States, 20% of all women of childbearing age have iron-deficiency **anemia** (compared to 2% of adult men). The primary cause is blood lost during menstruation. About six times as many women as men have anemia. However, this gender gap narrows to less than 2 to 1 in people older than age 65.

Condition: General Detoxification Requirement

Likelihood 48%

Seriousness

Toxicity is of much greater concern in the twentieth century than ever before. There are many, many chemicals that we are exposed to which did not exist until recently. The air, soil and water are becoming increasingly polluted with them. This exposure, along with the common use of drugs, eating devitalized/refined foods, failing to exercise or drink enough water has resulted in a toxic storehouse within us creating a wide range of symptoms and disease.

...[click here to see full details and recommendations on our web site.](#)

General Detoxification Requirement is suggested partly by:

- [Depression](#) (Degree: Serious)
- [Headaches \(web\)](#) (Degree: Minor)
- [Hydrochloric Acid Deficiency \(web\)](#) (Degree: Minor)

...and partly by your responses to the following question(s):

- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**
- Do you have difficulty concentrating, keeping your attention focused? **Mild**

Condition: Low HGH (Human Growth Hormone)

Likelihood 69%

Seriousness

You may have a need for HGH therapy.

Growth [Hormone](#) levels have been found to decline with age in every species so far tested and this decline is a major factor in the aging process. In numerical terms, humans produce on a daily basis some 500mcg of Human Growth Hormone (HGH) at 20 years of age, 200mcg at 40 years, and 25mcg at 80.

...[click here to see full details and recommendations on our web site.](#)

Low HGH (Human Growth Hormone) is suggested partly by:

- [Premature/Signs of Aging \(web\)](#) (Degree: Moderate)
- [Low Self-Esteem \(web\)](#) (Degree: Minor)
- [Chronic Fatigue / Fibromyalgia Syndrome \(web\)](#) (Degree: Moderate)

It has been known for 25 years that FM patients have an abnormal sleep pattern involving stages 3 and 4 of non REM sleep. As GH is secreted predominantly during stages 3 and 4 of non-REM sleep, it was originally hypothesized that FM patients may have impaired GH secretion. IGF-1 levels are abnormally low in some [fibromyalgia](#) patients. In an analysis of IGF-1 levels in 500 female FM patients and 152 age matched non-FM subjects the mean IGF-1 level in the FM patients was 137±58 ng/ml versus 216±86 ng/ml in controls. Eighty-five percent of the FM patients had IGF-1 levels below the 50th percentile of the control population and 56% fell below the 20th percentile.

...and partly by your responses to the following question(s):

- How would you rate your stamina? **I have poor endurance**
- Do you have difficulty staying awake after midnight? **Yes, always**
- Does your health seem to be declining as you age? **Slightly – minor issues are turning up**
- How is your quality of sleep when you are able to sleep without interruption or pain? **Sometimes broken up / difficult**

Condition: Allergies Indoor

Likelihood 100%

Seriousness

Whether we start sneezing in a dusty room, or get itchy from wearing a wool sweater, [allergies](#) affect most of us sooner or later. Fortunately there are ways to control these symptoms. Seasonal or year-round allergies affect an estimated 86 million people in the U.S. If you are one of these individuals, you know the symptoms – nasal congestion, sneezing and itching of the eyes (in about half of cases), nose, throat or skin. For those with [asthma](#), an allergic reaction can also trigger an asthma episode. Allergic symptoms range from mild to debilitating.

...[click here to see full details and recommendations on our web site.](#)

[Allergies Indoor](#) is indicated mainly by your responses to the following question(s):

- **Indoor [allergies](#). Do you suffer when exposed to house dust, molds, and so on? Current minor problem**
- Do you have a history of [allergies](#) as an adult? **Minor (1 or 2 mild allergies)**
- [Allergies](#) in close family members? **Minor in two parents or significant in one**
- Do you feel worse when in moldy or musty places? **Somewhat**

Condition: Low Melatonin Level

Likelihood 55%

Seriousness

You can see full details and recommendations on our web site by [clicking here.](#)

[Low Melatonin Level](#) is suggested partly by:

- **[Depression](#) (Degree: Serious)**
- **[Premenstrual Syndrome](#) (Degree: Moderate)**

[Melatonin](#) can exhibit strong effects on the reproductive system, and the activity of the female [hormones estrogen](#) and progesterone is closely tied with its regulation of the sleep-wake cycle. Abnormal biological rhythms and sleep-wake cycle disturbances are often a primary feature of periodic depression, another common characteristic of [PMS](#). [Melatonin](#) imbalances have been specifically linked to PMS.

A study reported finding that women with PMS had an earlier decline in melatonin secretion, resulting in a shorter overall secretion time. "The data demonstrate that women with [premenstrual syndrome](#) have chronobiological abnormalities of melatonin secretion... The fact that these patients respond to treatments that affect circadian physiology, such as sleep deprivation and phototherapy, suggests that circadian abnormalities may contribute to the pathogenesis of [premenstrual syndrome](#)." [*Arch Gen Psychiatr* 1990;47(12): pp.1139-46]

- [Anxiety](#) (Degree: Moderate)
- [Insomnia \(web\)](#) (Degree: Minor)
- [Low Progesterone or Estrogen Dominance](#) (Degree: Moderate)

One of melatonin's roles is the reduction of [estrogen](#) production in the body, and probably also reduction of the number of estrogen receptors. Studies have shown that the protective, estrogen-reducing effects of [melatonin](#) are significantly reduced by excessive exposure to light (including late night TV viewing) and probably electromagnetic fields, chemical pollutants such as pesticides and fungicides, and many commonly prescribed drugs, such as beta blockers for heart disease, high blood pressure and headaches.

...and partly by your responses to the following question(s):

- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**

Condition: Stress

Likelihood 100%

Seriousness

A hereditary vulnerability and concerns such as economic or political uncertainties, a decreasing quality of life, looming unemployment, and fear of old age or abandonment has led to a general increase in persons who report stress. Other contributing factors include insufficient regular leisure or physical activity, poor diet, an inadequate family structure and lack of a support network. These personal, social, economical and dietary factors interact with biological factors to make stress a **leading cause of ailments**, from a simple heartburn to a decrease in immune responsiveness, and from this to [cancer](#) and other diseases.

...[click here to see full details and recommendations on our web site](#).

Stress is suggested partly by:

- [Unresolved Grief \(web\)](#) (Degree: Moderate)
- [Headaches, Migraine/Tension \(web\)](#) (Degree: Minor)
- [Periodontal Disease – Gingivitis \(web\)](#) (Degree: Minor)

Research demonstrates that stress can make it more difficult for the body to fight off infection, including periodontal disease. [*Journal of Periodontology July 1999*]

...and partly by your responses to the following question(s):

- **Do you feel that you are under stress? Moderately**
- Do you have fears or phobias? **Moderate phobia / some fears, somewhat irrational**
- What is the status of your relationship with the person you are married to or living with? **Unstable**
- Disposition. Are you...? **Sometimes tense / easily angered/impatient/hostile**
- How many hours do you work each week? 'Work' is defined as tasks which, given the choice, you would rather not do – this can include childcare, housework, studying and so on: **35 to 47**
- Do you fall asleep only to wake up after a few hours and have trouble falling back to sleep? **Occasionally**
- Worry / [anxiety](#). Do you tend to be...? **Generally anxious/nervous**

- How would you rate your stamina? **I have poor endurance**
- Were you ever molested / sexually abused / raped as a child? Only include incidents that occurred up until the age of 18: **There was occasional molestation**

One study showed that an average adult female is 6 times more sensitive to stress if she was sexually molested as a child.


- Were you inappropriately physically punished / abused as a child? Do not include sexual abuse here: **Occasional severe physical punishment/abuse**
- Have you experienced breast tenderness, soreness or swelling associated with your cycle? **Mild**
- Does your heart sometimes race or palpitate such that you can feel it beating? **Occasionally / moderately**
- How is your quality of sleep when you are able to sleep without interruption or pain? **Sometimes broken up / difficult**
- Do you have trouble waking up and getting out of bed in the morning? **Occasionally / moderate**
- Can you characterize your depressive episodes as feeling "low" with a strong desire to sleep, sleeping a lot and having trouble getting out of bed? **Yes, to some extent**
- Indoor **allergies**. Do you suffer when exposed to house dust, molds, and so on? **Current minor problem**
- How 'clear' is your mind / thinking? **My mind is often 'foggy'**
- Do you crave coffee or sugar in the afternoon? **No**
- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**

Stress is contra-indicated by your responses to the following question(s):

- How often do you laugh? **Many times during the day**
- Do you practice Yoga? **A few times per week**

Condition: Cancer / Risk (General Measures)

Likelihood  33%

Seriousness 

There are many tactics that can be employed to reduce the risk of getting cancer. When an increased risk of cancer is suggested, taking appropriate actions early on can lower this risk. This condition is included in the report of anyone who has a known cancer, has had cancer or for those who MAY BE AT GREATER RISK. It contains general treatment recommendations that may be useful in dealing with or preventing a wide range of cancers. Information on preventing metastases is found under specific cancers.

...[click here to see symptoms and recommendations on our web site.](#)

Cancer / Risk (General Measures) is suggested partly by:

- **Low Melatonin Level (Degree: Moderate)**

People with higher levels of melatonin might be less likely to develop cancer, and people with lower levels seem to be more likely to develop at least some forms of cancer. At pharmacological levels (5–50mg), melatonin seems to be useful in fighting active cancers. Neither of these effects are huge – a lack of melatonin does not always cause cancer, and a large dose of melatonin does not always cure cancer. However, both effects seem large enough to be important.

...and partly by your responses to the following question(s):

- Cancer (of any type) in close family members? **Yes, more than one family member**
- According to the age you entered you fall in the range: **41 to 50**

- How many cups of caffeinated coffee do you drink per day? **Three**

Studies linking coffee consumption with [cancer](#) are conflicting and inconclusive at this point, but there is a suggestion of a higher incidence of cancers of the pancreas, ovaries, bladder, and kidneys in coffee drinkers.

Cancer / Risk (General Measures) is [contra-indicated](#) by your responses to the following question(s):

- [Selenium](#): **Long term use of 50 to 100mcg daily**

Condition: Increased Intestinal Permeability / Leaky Gut

Likelihood 51%

Seriousness

Leaky gut – or leaky gut syndrome (LGS) – is a poorly recognized but very common problem, which is rarely tested for. This condition results from an overly-permeable intestinal lining with spaces between the cells of the gut wall. These spaces allow “foreign” material ([bacteria](#), toxins and food) to leak into your body where they should not be, placing an additional burden on the immune and detoxification systems.

...[click here to see full details and recommendations on our web site.](#)

Increased Intestinal Permeability / Leaky Gut is suggested partly by:

- [Allergy to Foods \(Hidden\)](#) (Degree: **Significant**)
- [Yeast / Candida](#) (Degree: **Moderate**)

...and partly by your responses to the following question(s):

- Do you have any [allergies](#) or reactions to certain foods which improve if you avoid those foods? **One or two mild**
- Do you have a history of [allergies](#) as an adult? **Minor (1 or 2 mild allergies)**
- Have you used [over-the-counter](#) pain medications? **Some / occasionally**
- Do you find that only specific foods cause bloating? **Yes**
- Asthma: **Major episode(s) now resolved**
- Indoor [allergies](#). Do you suffer when exposed to house dust, molds, and so on? **Current minor problem**

Condition: Iron Requirement

Likelihood 50%

Seriousness

[Iron](#), a [mineral](#), functions primarily as a carrier of oxygen in the body, both as a part of [hemoglobin](#) in the blood and of [myoglobin](#) in the muscles. Most people get enough iron in their diet, but [chronic](#) bleeding from any cause, including menstruation results in iron loss which may exceed intake, resulting in an additional requirement. A shortage of iron is most commonly evidenced by iron-deficiency [anemia](#). However, body stores of iron must be significantly depleted before anemia begins to develop.

...[click here to see symptoms and recommendations on our web site.](#)

Iron Requirement is suggested partly by:

- **[Anemia \(Iron deficiency\)](#) (Degree: Moderate)**

...and partly by your responses to the following question(s):

- How many cups of caffeinated coffee do you drink per day? **Three**

Research has shown that drinking coffee causes a significant loss of several vitamins and [minerals](#), including vitamins B and C, [calcium](#), [iron](#), and [zinc](#).

- Are your fingernails brittle – do they chip, peel or break easily? **Somewhat**

Condition: Yeast / Candida

(This has been included for your information)

Likelihood 45%

Seriousness

Based on your symptoms and history, intestinal [candidiasis](#) is possible.

[Candida](#) can be a difficult condition to diagnose, some treatments are less than effective, and recovery can be prolonged. However, when candida is a problem (whether lab testing confirms it or not) and treatment is effective, there can be great health gains. Attempts at diagnosis are made through questionnaires, blood tests, and stool tests. Some doctors use a questionnaire only because of lab test confusion.

...[click here to see full details and recommendations on our web site.](#)

Yeast / Candida is indicated mainly by your responses to the following question(s):

- What amount of [refined sugar](#) consumption, if any, produces a noticeable decline in your health? **Even the smallest amount causes problems**
- Do you feel worse when in moldy or musty places? **Somewhat**
- How would you rate your stamina? **I have poor endurance**
- Are you sensitive to cigarette smoke? **Seriously**
- Do you have 'spacey' or unreal feelings? **Occasionally**
- Indoor [allergies](#). Do you suffer when exposed to house dust, molds, and so on? **Current minor problem**
- Have you used [over-the-counter](#) pain medications? **Some / occasionally**
- Asthma: **Major episode(s) now resolved**
- Are you sensitive to chemicals (perfume, insecticides, exhaust fumes)? **Mildly**
- Do you generally become sleepy after eating? **Occasionally**

Yeast / Candida is [contra-indicated](#) by your responses to the following question(s):

- Do you suffer from bloating or digestive disturbances after eating? **No**

Condition: Seasonal Affective Disorder (SAD)

(This has been included for your information)

Likelihood 100%

Seriousness

Seasonal affective disorder (SAD) is a mood disorder characterized by recurrent depressive episodes that occur and resolve with changes of season. Although recurrent spring–summer depressions have been documented and may be classified as SAD, the most common form of the disorder involves onset of depression in the late fall or early winter with remission in the spring or summer. Thus, winter pattern SAD is the focus of the majority of studies that have been conducted.

...[click here to see full details and recommendations on our web site.](#)

Seasonal Affective Disorder (SAD) is indicated mainly by your responses to the following question(s):

- **Does your depression seem to develop or worsen during the darker winter months? (This is sometimes known as *seasonal affective disorder*):** Noticeably
- Does your body temperature, during the day and under normal conditions, sometimes measure below 98.0 degrees F (36.7 degrees C)? Only answer this if you are confident that your answer is accurate: Definitely not

Condition: Neck Pain

(This has been included for your information)

Likelihood 100%

Seriousness

Many people experience neck and back discomfort at sometime in their lives. Problems can occur suddenly after an accident or injury, or may occur as the result of a slow, gradual process due to lack of exercise or poor posture. Incorrect posture throws the head forward and puts a tremendous amount of stress on the muscles in the back of the neck and upper shoulders. Muscles in this position maintain a constant state of contraction, resulting in injury and subsequent discomfort.

...[click here to see full details and recommendations on our web site.](#)

Neck Pain is indicated mainly by your responses to the following question(s):

- **Do you suffer from neck pain?** Current / chronic minor problem

Condition: TMJ Problems
(This has been included for your information)

Likelihood 100%
Seriousness

You can see full details and recommendations on our web site by [clicking here](#).

TMJ Problems is indicated mainly by your responses to the following question(s):

- Have you suffered **TMJ** (Temporo–Mandibular Joint, hinge of the jaw) malfunction involving clicks, pops, locking or noises? **Current minor problem**

Condition: Bruxism (Clenching/Grinding Teeth)
(This has been included for your information)

Likelihood 100%
Seriousness

You can see full details and recommendations on our web site by [clicking here](#).

Bruxism (Clenching/Grinding Teeth) is suggested partly by:

- **Sensitive Teeth (web)** (Degree: Minor)

Many people are unaware that they clench or grind their teeth while asleep. Signs can include sensitive or even chipped teeth.

...and partly by your responses to the following question(s):

- Do you suffer from clenching or grinding of teeth (**Bruxism**)? **Seriously – some damage to teeth**

Condition: Nanobacteria Infection
(This has been included for your information)

Likelihood 21%
Seriousness

Baylor scientists and others have searched for years to prove that a [virus](#) or other infection might explain why some get severe heart disease and others get none. A breakthrough in Finland, by Nobel Prize nominees Neva Ciftcioglu PhD and Olavi Kajander MD, PhD, has opened the door to a stunningly successful treatment program, now available locally.

...[click here to see full details and recommendations on our web site](#).

Nanobacteria Infection is indicated mainly by your responses to the following question(s):

- Have you been diagnosed with ductal calcification or vascular calcification of the breast? This is sometimes found during routine mammography: **Possible calcification**

Although early in the discovery of nanobacteria and its consequences, [calcium](#) deposits in the breast and a link found to heart disease suggest that this [bacteria](#) may be present.


A large scale study of women for 20 years found breast ductal calcification was associated with a 1.9 fold increased risk of coronary heart disease, while breast vascular calcification was linked to a 1.4 fold increased risk. [*Family Practice News, January 1, 2002;32(1)*]:

Condition: Glaucoma

(This has been included for your information)

Likelihood 

15%

Seriousness 

Glaucoma is a group of diseases that can lead to damage to the eye's optic nerve and result in blindness. Open-angle glaucoma, the most common form of glaucoma, affects about 3 million Americans—half of whom don't know they have it. It has no symptoms at first. But over the years it can steal your sight. With early treatment, you can often protect your eyes against serious vision loss and blindness.

...[click here to see full details and recommendations on our web site.](#)

Glaucoma is indicated mainly by your responses to the following question(s):

- Have you had **Glaucoma**? **No, but there is a family history**

A family history of **glaucoma** is a risk factor for developing glaucoma. Both parents contribute genes to their children. Genes are the material which control all the cells that make up the human body. If an ancestor had open angle glaucoma, the 'glaucoma gene' may have been passed on to subsequent generations. We currently have no way of knowing which descendants will develop glaucoma and which ones will not be affected. Family history also appears to play a role in two syndromes which may predispose individuals to open angle glaucoma. These are called Pigmentary Dispersion Syndrome and Pseudoexfoliation Syndrome.

Recommendations For Moderate Ayurvedic Dosha – Vata Dominance

People who have a dominant Vata constitution are usually physically active and have a thin body type. They may become indecisive, insecure, fearful and anxious when under stress. They are believed to be more prone to develop problems of their digestive system, particularly the [colon](#).

...[click here to see full details and recommendations on our web site.](#)

Ayurvedic Dosha – Vata Dominance is suggested partly by:

- **Anxiety (Degree: Moderate)**

...and partly by your responses to the following question(s):

- Memory. Is your memory for detail...? **Quick but faulty**
- Excitability. Are you...? **Excitable, easily stimulated**
- Decisiveness. How quickly do you make decisions? **Slowly/with difficulty**
- Activity. Are your physical motions...? **Quick / efficient / light**
- How is your level of thirst generally? **Average / sometimes thirsty / don't know**
- On average, how well-formed are your bowel movements / stools? **Loose**

- According to the height and weight figures you entered your BMI (Body Mass Index) indicates that you are: **Underweight**
- How is your quality of sleep when you are able to sleep without interruption or pain? **Sometimes broken up / difficult**
- Are you generally moody and somewhat emotional by nature? **Somewhat**

Recommendations For Balanced Constitutional Temperature

You seem to have a normal Constitutional Temperature. No recommendations are necessary.

...[click here to see symptoms and recommendations on our web site.](#)

Constitutional Temperature is indicated mainly by your responses to the following question(s):

- Decisiveness. How quickly do you make decisions? **Slowly/with difficulty**
- Do you ever exercise **aerobically** for a minimum of 20 minutes or more? **3–4 times per week**
- Pulse rate – What is your resting pulse rate? **71 to 80**
- Are you generally moody and somewhat emotional by nature? **Somewhat**
- Do your hands and / or feet tend to be...? **Sometimes warm**
- Worry / **anxiety**. Do you tend to be...? **Generally anxious/nervous**
- Do you have difficulty falling asleep? **Occasionally**
- Do you fall asleep only to wake up after a few hours and have trouble falling back to sleep? **Occasionally**
- What is the usual **color** of your urine, ignoring supplement (B–vitamin) yellowing, medications you are taking or other obvious factors? **Light Yellow**
- Does your voice tend to be...? **Softer/weaker than average**
- Do you perspire/sweat...? **Less than average**
- Which type of meal most effectively boosts your energy and concentration over the following few hours? **Carbohydrate/fruit/vegetable/grain products/sweets**
- Motivation. Are you...? **Lacking in initiative/apathetic/procrastinating**
- How would you rate your stamina? **I have poor endurance**

Recommendations For Balanced Lipo–Oxidative Type

You have a balanced Lipo–Oxidative Type. No recommendations will be made as a result of this.

...[click here to see symptoms and recommendations on our web site.](#)

Lipo–Oxidative Type is indicated mainly by your responses to the following question(s):

- How is your quality of sleep when you are able to sleep without interruption or pain? **Sometimes broken up / difficult**
- Pulse rate – What is your resting pulse rate? **71 to 80**
- Urination. On average, how many times do you urinate during waking hours? **8 or more times**

Recommendations For Balanced Autonomic Nervous System Balance

You can see full details and recommendations on our web site by [clicking here](#).

Autonomic Nervous System Balance is indicated mainly by your responses to the following question(s):

- Excitability. Are you...? **Excitable, easily stimulated**
- Do you tend to have a thick musculature, even without working out? Please answer this question as though you were not working out: **No, very light musculature by nature**
- How would you rate your stamina? **I have poor endurance**
- Have you had adolescent acne? **Yes, moderately / briefly**
- Worry / anxiety. Do you tend to be...? **Generally anxious/nervous**
- Do you have difficulty falling asleep? **Occasionally**
- Do you fall asleep only to wake up after a few hours and have trouble falling back to sleep? **Occasionally**
- Do you have a history of allergies as an adult? **Minor (1 or 2 mild allergies)**
- Spontaneity. Are you...? **Usually deliberate and cautious**
- Do you feel as though food remains in your stomach too long? The stomach usually retains food for 3–4 hours before releasing it to the small intestine: **No**
- How often do you need to eat each day to maximize your well-being and productivity? **Three meals with consistent snacking**
- Is your appetite generally...? **Strong**
- Motivation. Are you...? **Lacking in initiative/apathetic/procrastinating**

Recommendations For Positive Carbo–Oxidative Type

You can see full details and recommendations on our web site by [clicking here](#).

Carbo–Oxidative Type is indicated mainly by your responses to the following question(s):

- How often do you need to eat each day to maximize your well-being and productivity? **Three meals with consistent snacking**
- Value judgments aside, how much do you like fatty foods such as fried snacks/foods, cheese, fatty meats, spreads, oils? **I love them or crave them**
- Are you prone to goose bumps? **Rarely, if ever**
- How would you rate the thickness of your fingernails? **Thin and/or weak**

- How would you characterize your facial complexion? **Bright, radiant, clear**
- Eyes. Size of pupil compared to width of iris surrounding it. Look in a mirror in a well-lit room: **Small pupil**
- Do you like sour foods? **I like / crave many sour foods**
- How does coffee affect you? Adverse reactions include feeling 'wired', 'hyper' or jittery, nauseated or hungry: **Occasional adverse reaction**
- Mouth – saliva quantity: **I always have plenty of saliva**
- How severely do insect bites or stings affect you? **Moderately**
- What is your facial coloring prior to suntan, compared to others of your race, or family members?
Slightly pale
- Which type of meal most effectively boosts your energy and concentration over the following few hours?
Carbohydrate/fruit/vegetable/grain products/sweets
- How does eating something shortly before going to bed affect you? **It disrupts or worsens my sleep**
- How often do you sneeze or have sneezing attacks? **Never / almost never**
- If you have noticed that certain foods cause weight gain, which ones are they? **Heavy/fatty foods**

Recommendations For Balanced Metabolic Diet Type

Your Diet Type appears to be *Balanced*.

...[click here to see full details and recommendations on our web site.](#)

Metabolic Diet Type is indicated mainly by your responses to the following question(s):

- Which type of meal most effectively boosts your energy and concentration over the following few hours?
Carbohydrate/fruit/vegetable/grain products/sweets
- How does eating something shortly before going to bed affect you? **It disrupts or worsens my sleep**
- Do you tend to have a thick musculature, even without working out? Please answer this question as though you were not working out: **No, very light musculature by nature**
- How often do you sneeze or have sneezing attacks? **Never / almost never**
- Excitability. Are you...? **Excitable, easily stimulated**
- If you have noticed that certain foods cause weight gain, which ones are they? **Heavy/fatty foods**
- How would you rate your stamina? **I have poor endurance**
- Have you had adolescent **acne**? **Yes, moderately / briefly**
- Do you fall asleep only to wake up after a few hours and have trouble falling back to sleep? **Occasionally**
- Do you have difficulty falling asleep? **Occasionally**
- Worry / **anxiety**. Do you tend to be...? **Generally anxious/nervous**
- What is your facial coloring prior to suntan, compared to others of your race, or family members?
Slightly pale
- Do you have a history of **allergies** as an adult? **Minor (1 or 2 mild allergies)**
- Spontaneity. Are you...? **Usually deliberate and cautious**
- How severely do insect bites or stings affect you? **Moderately**
- Mouth – saliva quantity: **I always have plenty of saliva**
- How does coffee affect you? Adverse reactions include feeling 'wired', 'hyper' or jittery, nauseated or hungry: **Occasional adverse reaction**
- Do you like sour foods? **I like / crave many sour foods**
- How would you characterize your facial complexion? **Bright, radiant, clear**
- How would you rate the thickness of your fingernails? **Thin and/or weak**

- Are you prone to goose bumps? **Rarely, if ever**
- Is your appetite generally...? **Strong**
- Value judgments aside, how much do you like fatty foods such as fried snacks/foods, cheese, fatty meats, spreads, oils? **I love them or crave them**
- How often do you need to eat each day to maximize your well-being and productivity? **Three meals with consistent snacking**
- Motivation. Are you...? **Lacking in initiative/apathetic/procrastinating**
- Eyes. Size of pupil compared to width of iris surrounding it. Look in a mirror in a well-lit room: **Small pupil**

The following are the treatments that The Analyst™ suggests may do you the most overall good. For treatment of a specific condition, see its web page for a full list of possibilities.

Treatment(s) Indicated by [The Analyst™](#):

Treatment: Caffeine/Coffee Avoidance

Requirement: Recommended

Caffeine is found in coffee, tea, chocolate and some soft drinks. One cup of coffee has 107mg of caffeine, one cup of tea has 34mg, and one glass of cola has 47mg, assuming all are caffeinated beverages.

Over half the population of the U.S. drinks at least two cups of coffee a day. 25% of coffee drinkers consume about five cups daily, and another 25% drink ten or more cups a day. Coffee is not just a beverage, it's a drug. Hundreds of thousands of law abiding citizens are physically addicted to coffee.

...[click here to see full details on our web site.](#)

Caffeine/Coffee Avoidance is being recommended for the following reason(s):

- You have indicated that you have [Fibrocystic Breast Disease](#)

Dietary changes may be helpful: Long term and complete avoidance of caffeine reduces symptoms of fibrocystic disease. Caffeine is found in coffee, black and green tea, cola drinks, chocolate, and a number of [OTC](#) drugs. The decrease in breast tenderness can take six months or more to occur after caffeine is eliminated. Breast lumpiness may not go away, but the pain often decreases.

Many doctors are confused about the effects of caffeine on breast tissue because, at first glance, the research appears contradictory. When researchers tell women to cut back or to eliminate caffeine for less than six months, results are unimpressive. Moreover, for every study that says fibrocystic disease patients do not drink more coffee than other women do, there is a study that says otherwise. More important, the original research did not claim that fibrocystic patients drink much coffee, only that they are especially sensitive to the coffee they do drink.

Twins with similar or identical genes should be affected similarly by caffeine. Research has been done studying the effects of caffeine on breast symptoms in twins. In that report, the twin with symptoms was more likely be the coffee drinker. This evidence clearly supports the idea that coffee drinking can affect breast symptoms in some women.

- You have indicated that you have [Anxiety](#)

Caffeine can cause [adrenal insufficiency](#) which in turn can lead to [anxiety](#).

- There exists a reasonable likelihood of your having [Low Adrenal Function / Adrenal Insufficiency](#)

Caffeine raises adrenaline levels and heavy coffee consumption can lead to a state of adrenal gland exhaustion, where the adrenal glands are no longer able to adequately respond to stress by releasing enough adrenaline.

- You have indicated that you have **Premenstrual Syndrome**

Several studies have linked caffeine consumption to a higher incidence of **PMS** symptoms including tension, irritability, [anxiety](#), fatigue, sleep disturbance and breast tenderness. Some of coffee's components have a mild estrogen-like effect on the body. Since [estrogen](#) is responsible for [premenstrual syndrome](#) and breast tenderness, this may be one reason why coffee aggravates these conditions.

- There exists a reasonable likelihood that you are suffering from **Hypoglycemia**

Avoid all soft drinks, coffee, tea, artificial colors and additives.

- There is a fair chance of your having **Anemia (Iron deficiency)**

Research has shown that drinking coffee causes a significant loss of several vitamins and [minerals](#), including vitamins B and C, [calcium](#), [iron](#), and [zinc](#).

- You are showing signs of moderate **Iron Requirement**

Research has shown that drinking coffee causes a significant loss of several vitamins and [minerals](#), including vitamins B and C, [calcium](#), [iron](#), and [zinc](#).

- There exists a medium probability that you have **Lack of Sleep (web)**

Lack of Sleep is suggested partly by:

- **Anxiety (Degree: Moderate)**
- **Caffeine Intoxication (web) (Degree: Minor)**

It almost goes without saying that coffee decreases the quality of sleep and is one of the leading causes of sleep disturbance. Coffee drinkers are sleepier and groggier than non-coffee drinkers when they get up in the morning, causing them to depend on coffee to get them going. This grogginess may be the result of their entering caffeine withdrawal during the night, or that drinking coffee kept them from sleeping well in the first place, or both.

...and partly by your responses to the following question(s):

- Do you have trouble waking up and getting out of bed in the morning? **Occasionally / moderate**
- Sleep. On average, how many hours of sleep do you get per night? **6 to 7**
- How is your quality of sleep when you are able to sleep without interruption or pain? **Sometimes broken up / difficult**
- Decisiveness. How quickly do you make decisions? **Slowly/with difficulty**
- Do you have dark circles / areas under your eyes? **Yes, some**
Fatigue will add to the problem of dark circles under the eyes.
- Do you have bags under your eyes? **Yes, somewhat**
Being tired will add to the problem of bags under the eyes.
- How 'clear' is your mind / thinking? **My mind is often 'foggy'**
- Do you have difficulty concentrating, keeping your attention focused? **Mild**
- How often do you take a nap outside of normal sleeping hours? **Once a month or less**

- It appears there is a low probability that you have **Insomnia (web)**

People suffering from insomnia often have elevated caffeine levels compared to normal sleepers. They may have as much as 40% of the caffeine they consumed in the morning still in their system at bedtime. [Psychopharmacology 1995; 121: pp.494-502]

Insomnia is indicated mainly by your responses to the following question(s):

- Do you have difficulty falling asleep? **Occasionally**
- Do you fall asleep only to wake up after a few hours and have trouble falling back to sleep? **Occasionally**
- How is your quality of sleep when you are able to sleep without interruption or pain? **Sometimes broken up / difficult**

- You are showing signs of minor **Zinc Requirement (web)**

Research has shown that drinking coffee causes a significant loss of several vitamins and [minerals](#), including vitamins B and C, [calcium](#), [iron](#), and [zinc](#).

Zinc Requirement is suggested partly by:

- **[A Vegetarian Diet \(web\)](#) (Degree: Minor)**

See link between Vegan Diet and [Zinc](#) Deficiency.

- **[Depression](#) (Degree: Serious)**

- **[Stress](#) (Degree: Moderate)**

Levels of [zinc](#) and other trace [minerals](#) were determined in 66 men before and after a five-day period of sustained physical and psychological stress. Zinc levels decreased by 33% on average.

- **[Weakened Immune System](#) (Degree: Moderate)**

[Zinc](#) deficiency weakens the [immune system](#).

- **[Night Blindness \(web\)](#) (Degree: Minor)**

[Zinc](#) is required in order to transport [vitamin A](#) from the liver to the [retina](#) and thus zinc supplementation, especially in those who are deficient, should help improve night vision.

- **[Pyroluria \(web\)](#) (Degree: Minor)**

[Pyroluria](#) is caused by an overproduction of kryptopyrrole during [hemoglobin](#) synthesis, which chemically combines with [vitamin B6](#) and [zinc](#), resulting in their excretion and a deficiency of both of these essential nutrients.

...and partly by your responses to the following question(s):

- How many cups of caffeinated coffee do you drink per day? **Three**

Research has shown that drinking coffee causes a significant loss of several vitamins and [minerals](#), including vitamins B and C, [calcium](#), [iron](#), and [zinc](#).

- Do you suffer from hangnails/agnails (painful swelling around the fingernails or toenails) or ragged cuticles (occurring when cuticle or skin surrounding the nail is damaged or torn)? **Occasionally / moderate**

- Have you had adolescent [acne](#)? **Yes, moderately / briefly**

Adolescent males have been found to have lower [zinc](#) levels than any other age group.

- **[Calcium](#): 300 to 800mg per day**

- How is your quality of sleep when you are able to sleep without interruption or pain? **Sometimes broken up / difficult**

- Have you had adult [acne](#)? **Major episode(s) now resolved**

Zinc Requirement is contra-indicated by your responses to the following question(s):

- Multiple [mineral](#) supplement: **Currently using low to moderate doses**
- Zinc: **Long term use of 10 to 30mg daily**

- You have indicated that you have **[Trichotillomania \(web\)](#)**

See the link between Trichotillomania and Sugar Avoidance.

[Trichotillomania](#) is indicated mainly by your responses to the following question(s):

- Do you have an urge or habit of pulling or plucking hairs from your body beyond the removal of selected hairs for cosmetic reasons? **Yes, from time to time**

- It seems there is some evidence of **[Need for Dietary Improvement \(web\)](#)**

[Need for Dietary Improvement](#) is suggested partly by:

- **[Picky-Eater Syndrome \(web\)](#) (Degree: Minor)**

...and partly by your responses to the following question(s):

- How many cups of caffeinated coffee do you drink per day? **Three**

- [Hydrogenated oils](#) / fats. How often, on average, do you consume them, not distinguishing good oil from bad? They are often found in margarines, cakes, biscuits, french fries, chips, and sweets for example: **On rare occasions / I try very hard to avoid them**
- How many servings of cold-water fish such as salmon, herring, sardines or mackerel do you consume on average per month? **None / rarely / don't know**
- Approximately how many [tablespoons](#) of [flax oil](#), hemp oil or fish oil do you consume on average per week? (3 tablespoons of [flax seed](#) equal one [tablespoon](#) of flax oil.): **One per week**

- It appears that you have minor [Arrhythmias/Dysrhythmias \(web\)](#)

Preventricular contractions (PVCs) can be caused by caffeine.

[Arrhythmias/Dysrhythmias](#) is indicated mainly by your responses to the following question(s):

- Does your heart sometimes race or palpitate such that you can feel it beating? **Occasionally / moderately**

Treatment: Continued Magnesium

Requirement: Recommended

[Magnesium](#) is an important [mineral](#) that helps improve stamina, endurance, vitality, and energy levels. Magnesium is involved in several hundred enzymatic reactions, being required for [cardiovascular](#) function and the conversion of [carbohydrates](#), [proteins](#) and fats to energy. It also functions in muscle relaxation and contraction, nerve transmissions, and the removal of excess toxic substances from the body. [Magnesium](#) is one of the most abundant [minerals](#) in the soft tissues.

Magnesium is the "[iron](#)" of the plant world – as iron is to [hemoglobin](#), so magnesium is to chlorophyll, the "blood" pigment of plants. The central atom of the chlorophyll structure is magnesium.

...[click here to see full details on our web site](#).

Continued Magnesium is being recommended for the following reason(s):

- You have indicated that you have [Depression](#)

Because of its nerve and muscle support, [magnesium](#) may also be helpful for depression.

- You have indicated that you have [Anxiety](#)

Because of its nerve and muscle support, [magnesium](#) may also be helpful for nervousness and [anxiety](#).

Magnesium is considered the "antistress" [mineral](#). It is a natural tranquilizer as it functions to relax skeletal muscles as well as the smooth muscles of blood vessels and the [gastrointestinal](#) tract. Whereas [calcium](#) stimulates muscle contraction, magnesium relaxes them.

- There exists a fair chance of your having [Low Adrenal Function / Adrenal Insufficiency](#)
- You have indicated that you have [Premenstrual Syndrome](#)

Menstrual cramps, irritability, fatigue, depression and water retention have been lessened by taking supplemental [magnesium](#), usually given along with [calcium](#) and often with [vitamin B6](#). Magnesium is often at its lowest level during menstruation, and many symptoms of [premenstrual syndrome \(PMS\)](#) are relieved when this [mineral](#) is replenished. Supplementing magnesium in the same amount (or more) as calcium (about 500–1,000mg daily) is currently recommended for premenstrual problems.

A 1998 study in The Journal of Women's Health found that 200mg a day of magnesium reduced [PMS](#) fluid retention, breast tenderness and bloating by 40%. Magnesium is important to regulate muscle relaxation, blood sugar, and to promote sound sleep – all particularly important during PMS.

- You have indicated that you have [Stress](#)

- There is a marked possibility that you are suffering from **Histadelia (Histamine High) (web)**

Histadelia (Histamine High) is suggested partly by:

- **Depression (Degree: Serious)**

Histadelics are often chronically and suicidally depressed.

- **Obsessive–Compulsive Disorder (OCD) (Degree: Moderate)**

Histadelics are often prone to obsessions, compulsions, and addictions.

- **Insomnia (web) (Degree: Minor)**

The overarousal seen in histadelia may contribute to insomnia.

- **Headaches (web) (Degree: Minor)**

...and partly by your responses to the following question(s):

- What is the length of your fingers and toes? **Long / slender**

Histadelics often have long fingers and toes.

- Mouth – saliva quantity: **I always have plenty of saliva**

- Thinking and imagination – are you set in your ways or creative / accommodating? **Very creative and open to other points of view**

Histadelics are often highly creative.

- Do you have fears or phobias? **Moderate phobia / some fears, somewhat irrational**
- Temperature. How does being in the cold affect you? **I enjoy it, find it invigorating**
- Is your skin temperature...? **Warmer than average**
- Do you have frequent colds or flus? **2–3 per year**

Histadelia (Histamine High) is contra–indicated by your responses to the following question(s):

- Temperature. How does being in the heat affect you? **I enjoy it**
- What is your level of pain tolerance generally? **Moderate pain tolerance**

- It seems there is a reasonable likelihood of your having **Chronic Fatigue / Fibromyalgia Syndrome (web)**

Fatigue is sometimes reduced with [magnesium](#) (and [potassium](#)) supplementation. The many [enzyme](#) systems that require magnesium help restore normal energy levels.

Chronic Fatigue / Fibromyalgia Syndrome is suggested partly by:

- **Depression (Degree: Serious)**

70% to 100% (different studies show various numbers) of [fibromyalgia](#) patients are found to have depression, though many consider that this is more likely to be a result of the muscular pain rather than part of the cause.

A sample of 69 patients with FM underwent a standardized tender point examination and a semistructured psychological interview and completed a set of self–report inventories. Of the sample, 39 met criteria for depressive disorder and 30 did not. [*Evaluation of the Relationship Between Depression and Fibromyalgia Syndrome: Why Aren't All Patients Depressed?* Akiko Okifuji, Dennis C. Turk, Jeffrey J. Sherman]

- **Anxiety (Degree: Moderate)**

Depression or [anxiety](#) may occur as a result of the [chronic](#) pain and fatigue, or the frustration felt with this condition. It is also possible that the same chemical imbalances in the brain that cause [fibromyalgia](#) also cause depression and anxiety. Some 24% of patients suffer from anxiety.

- **Headaches (web) (Degree: Minor)**

Severe headaches are experienced by 44–56% of [fibromyalgia](#) sufferers.

...and partly by your responses to the following question(s):

- How would you rate your stamina? **I have poor endurance**

- How is your quality of sleep when you are able to sleep without interruption or pain? **Sometimes broken up / difficult**

Based on doctors' estimates, sleep disturbances are experienced by approximately 75% of [Chronic Fatigue](#) and [Fibromyalgia](#) sufferers.

- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**
- [Chronic Fatigue](#) in close family members? **Probably, in one family member**
- Do you fall asleep only to wake up after a few hours and have trouble falling back to sleep? **Occasionally**
- What is your current average alcohol consumption? **A few drinks per week or less**
- Do you suffer from morning stiffness or stiffness that is generally increased in the morning? **No**
- Sleep. On average, how many hours of sleep do you get per night? **6 to 7**
- Do you have difficulty falling asleep? **Occasionally**
- Are your fingernails brittle – do they chip, peel or break easily? **Somewhat**
- Are your eyes often irritated? This may include a 'sandy-gritty' feeling, the sensation of a foreign object in the eye or permanently moist eyes (excess tears): **Mildly**

Chronic Fatigue / Fibromyalgia Syndrome is contra-indicated by your responses to the following question(s):

- Have you had any problems with your muscles? This includes any muscular disease or specific problem like muscle loss, weakness, pain, spasms, cramping, tremors, tightness, rigidity, soreness, etc., but does not include [seizure](#) activity: **No**

- It appears there is a reasonable likelihood that you have **[Premenstrual Syndrome PMS C \(Craving\) \(web\)](#)**

In initial research, the supplementation of [magnesium](#) has resulted in the satisfying of chocolate cravings. Since both chocolate and cocoa powder contain high levels of magnesium (520mg/100gm and 100mg/100gm, respectively), your craving of chocolate may just reflect your desire to supplement this essential element. Additionally, there are links between low magnesium levels and the development of [PMS](#) symptoms, which may explain some women's monthly chocolate binge.

Premenstrual Syndrome PMS C (Craving) is suggested partly by:

- **[Headaches, Migraine/Tension \(web\)](#) (Degree: Minor)**

...and partly by your responses to the following question(s):

- Do you regularly have headaches that occur in association with your menstrual cycle? **Only before menstruation begins**
- Do you have a sugar, chocolate or [carbohydrate](#) craving associated with your cycle? **Occasionally / moderate**
- Does your heart sometimes race or palpitate such that you can feel it beating? **Occasionally / moderately**
- How would you rate your stamina? **I have poor endurance**
- How often do you need to eat each day to maximize your well-being and productivity? **Three meals with consistent snacking**
- Do you suffer from fatigue that is relieved by eating? **Occasionally / moderately**

- You probably have moderate **[Magnesium Requirement \(web\)](#)**

Magnesium Requirement is suggested partly by:

- **Premenstrual Syndrome (Degree: Moderate)**

[Magnesium](#) deficiency is strongly implicated as a causative factor in [PMS](#). [Red Blood Cell](#) magnesium levels in PMS patients have been shown to be significantly lower than in normal subjects. The deficiency is characterized by a generalized [hyperesthesia](#) syndrome (with generalized aches and pains), and a lower premenstrual pain threshold. One clinical trial of [magnesium](#) in [PMS](#) showed a reduction of nervousness in 89%, mastalgia in 96%, and weight gain in 95%.

- **Liver Detoxification / Support Requirement (Degree: Significant)**

[Magnesium](#) deficiency has been found to be more common in patients with [diabetes](#), [liver disease](#) or malabsorption problems.

- **Bruxism (Clenching/Grinding Teeth) (Degree: Minor)**

According to Ploceniak, prolonged [magnesium](#) administration nearly always provides a cure for [bruxism](#). This confirms an earlier report which claimed remarkable reductions and sometimes disappearance in the frequency and duration of grinding episodes in six patients who took assorted vitamins and [minerals](#) (which included 100mg of [magnesium](#)) for at least five weeks. When the supplement intake stopped, the symptoms returned. [*Bruxism and Magnesium, My Clinical Experiences Since 1980*, by C. Ploceniak (Translated from the French by James Michels)]

- **Anxiety (Degree: Moderate)**

[Magnesium](#) deficiency causes increased levels of adrenaline, which can lead to a feeling of [anxiety](#).

- **Insomnia (web) (Degree: Minor)**

- **Stress (Degree: Moderate)**

Stress may increase [magnesium](#) excretion.

- **Yeast / Candida (Degree: Moderate)**

- **Arrhythmias/Dysrhythmias (web) (Degree: Minor)**

Myocardial [magnesium](#) was measured in 8 young patients (mean age 32) with [ventricular tachycardia](#) of less than 30 seconds in duration who underwent endomyocardial [biopsy](#). Myocardial magnesium content was lower in the 4 with cardiomyopathic and dysplastic lesions than in the 4 with inflammatory lesions (myocarditis) and 8 controls. 10gm [magnesium](#) over 24 hours caused a resolution of ventricular tachycardias and a greater than 80% reduction in ventricular extrasystoles. No response was seen in the 4 patients with inflammatory lesions. [*Lancet: 1019, 1987*]

...and partly by your responses to the following question(s):

- Do you have a sugar, chocolate or [carbohydrate](#) craving associated with your cycle? **Occasionally / moderate**

A [magnesium](#) deficiency is especially likely for women who have [PMS](#) and crave chocolate during that time.

- How many cups of caffeinated coffee do you drink per day? **Three**

- How would you rate your irritability or usual level of irritation? **I sometimes get very irritated**

Early symptoms of [magnesium](#) deficiency can include fatigue, [anorexia](#), [irritability](#), insomnia, and muscle tremors or twitching.

- How 'clear' is your mind / thinking? **My mind is often 'foggy'**

- Do you have difficulty falling asleep? **Occasionally**

Early symptoms of [magnesium](#) deficiency can include fatigue, [anorexia](#), [irritability](#), [insomnia](#), and muscle tremors or twitching.

- What is your current average alcohol consumption? **A few drinks per week or less**

Those who drink alcohol need more [magnesium](#).

- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**

Early symptoms of [magnesium](#) deficiency can include [fatigue](#), [anorexia](#), [irritability](#), insomnia, and muscle tremors or twitching.

Magnesium Requirement is contra-indicated by your responses to the following question(s):

- Multiple [mineral](#) supplement: **Currently using low to moderate doses**

- [Magnesium](#): **200 to 600mg per day**

- You have indicated that you have **Headaches, Migraine/Tension (web)**

Several researchers have provided substantial links between low [magnesium](#) levels and both [migraine](#) and [tension headaches](#), based on both theory and clinical observations. A magnesium deficiency is known to set the stage for the events that can cause a migraine attack or

a [tension headache](#). Low brain and tissue magnesium concentrations have been found in patients prone to [migraines](#), indicating a need for supplementation. One of magnesium's key functions is to maintain the tone of the blood vessels.

[Serum](#) and urinary magnesium levels are only sometimes statistically lower in [migraine](#) sufferers than in controls. However, migraine sufferers retain more magnesium than controls when magnesium is given orally, indicating a more systemic deficiency [*Headache* 2002;42: pp.114–19]. Earlier studies have found reduced levels of magnesium in serum, saliva, [red blood cells](#), mononuclear cells, lymphocytes, and cerebrospinal fluid in migraine patients.

Headaches, Migraine/Tension is indicated mainly by your responses to the following question(s):

- **Do you get tension headaches? (This is the most common type):** **Current minor problem**
- Do your headaches tend to be in the same location? **Yes, back of the head**

- It appears there is a small likelihood of [Insomnia \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

Because of its nerve and muscle support, [magnesium](#) may also be helpful for insomnia.

- It seems there is a small likelihood that you have [Premenstrual Syndrome PMS D \(Depression\) \(web\)](#)

Lead blocks the binding of [estrogen](#) to receptor sites and but has no effect on progesterone. A [chronic magnesium](#) deficiency may be a contributing factor as it results in increased lead absorption and retention, while decreasing resistance to stress. Hair [mineral](#) analysis has shown that, in general, [PMS](#) patients have higher heavy metal levels and lower magnesium levels than non-PMS controls. Menstrual cramps, irritability, fatigue, depression and water retention have been lessened with magnesium, usually given along with [calcium](#) and often with [vitamin B6](#). Magnesium is often at its lowest level during menstruation. Supplementing magnesium in the same amount (or more) as calcium (about 500–1,000mg daily) is currently recommended for premenstrual problems.

Premenstrual Syndrome PMS D (Depression) is indicated mainly by your responses to the following question(s):

- Do you cry or become teary / sad for no reason? **Occasionally**
- Do you have poor concentration during certain parts of your menstrual cycle? **Occasionally / moderate**
- Do you suffer from depression during or before your period? **Moderate**

[PMS](#) type D is characterized chiefly by depression.

- How is your quality of sleep when you are able to sleep without interruption or pain? **Sometimes broken up / difficult**
- Can you characterize your depressive episodes as feeling "low" with a strong desire to sleep, sleeping a lot and having trouble getting out of bed? **Yes, to some extent**
- Do you have difficulty falling asleep? **Occasionally**
- Do you fall asleep only to wake up after a few hours and have trouble falling back to sleep? **Occasionally**

- You have indicated that you have [Bruxism \(Clenching/Grinding Teeth\)](#)

Until further research is done, the best strategy may involve taking the following on a daily basis: [magnesium](#), [calcium](#) and [pantothenic acid](#). If [bruxism](#) subsides, it is advisable to continue taking these supplements, but perhaps at a lower dosage. If no improvement is observed after 2 months, another approach should be tried.

- You could be suffering from minor [Arrhythmias/Dysrhythmias \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

A [magnesium](#) deficiency can produce electrical changes in the heart muscle and thus lead to [arrhythmia](#). Magnesium is commonly given to patients with [arrhythmias](#) but is thought to drive [potassium](#) into cells, producing lower [serum](#) potassium if not enough potassium is available to maintain normal serum levels. When in doubt, it is best to supplement both potassium and [magnesium](#) together.

Treatment: Theanine (L-Theanine)

Requirement: Recommended

Theanine, a naturally occurring [amino acid](#) in green tea, crosses the blood brain barrier and helps to produce a calming effect, inducing a feeling of relaxation and well-being. An increase in alpha waves has been documented, and the effect has been compared to getting a massage or taking a hot bath. Theanine

does not cause drowsiness or interfere with the ability to think. Animal studies have shown that theanine actually enhances the ability to learn and remember possibly by reducing the tendency to worry.

...[click here to see full details on our web site.](#)

Theanine (L-Theanine) is being recommended for the following reason(s):

- You have indicated that you have [Anxiety](#)
- You have indicated that you have [Premenstrual Syndrome](#)

Japanese researchers have discovered that theanine works for [PMS](#). Using a distress questionnaire, they tracked the reactions of 20 women taking the new supplement for 2 months. 100mg of theanine [bid](#) caused documented reductions in mental, social and physical symptoms when taken during symptomatic periods.

- You have indicated that you have [Stress](#)

Treatment: TMG (Tri-methyl-glycine)

Requirement: Recommended

An extract from sugar beets and also known as [anhydrous Betaine](#), [TMG](#) is a natural polysaccharide and a good source of methyl groups that promotes healthier levels of the powerful pro-oxidant and [free radical](#) generator homocysteine. Homocysteine is a toxic end product of the [metabolism](#) (methylation) of [methionine](#) (an essential [amino acid](#)) and is now known to be a leading cause of heart and artery disease.

...[click here to see full details on our web site.](#)

TMG (Tri-methyl-glycine) is being recommended for the following reason(s):

- You have indicated that you have [Depression](#)

The compound S-adenosylmethionine (SAME), potentially produced through the demethylation of [TMG](#), has been shown to alleviate depression.

- There appears to be a good chance of your having [Liver Detoxification / Support Requirement](#)
- There appears to be a fair amount of evidence that you are suffering from [Low Adrenal Function / Adrenal Insufficiency](#)

The adrenal gland uses nutrients such as [TMG](#) (betaine), [tyrosine](#), vitamins B5, [B6](#) and C to maintain function and produce its [hormones](#).

- There appears to be a fair amount of evidence that you are suffering from [Low Progesterone or Estrogen Dominance](#)

[TMG](#) converts to S-adenosyl [methionine](#) (SAME, an activated form of methionine) in the body. SAME assists in the breakdown of estrogens.

- There is a medium probability that you have [Weakened Immune System](#)
- There is a fair chance that you have [Chronic Fatigue / Fibromyalgia Syndrome \(web\)](#)

See evidence under [Magnesium](#) above.

- It appears that you have minor [Arrhythmias/Dysrhythmias \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

A four-year clinical evaluation of [DMG](#) (or [TMG](#)) by Mitchell Pries, MD of Palmdale, California has confirmed Soviet findings. In trials involving the administration of DMG at 125 [mg bid](#) to over 400 [cardiovascular](#) patients, Dr. Pries reported major improvements in several areas including [arrhythmias](#). This dose is low, and a more rapid response may be possible at higher doses.

Treatment: Test for Hormones

Requirement: Useful

[Hormone](#) testing for sex [hormones](#) such as estrogens, progesterone, [testosterone](#), [DHEA](#), LH, FSH, [prolactin](#) and binding globulins (SHBG) is an important step in determining hormone abnormalities that may be causing or contributing to symptoms. Deciding which of these tests to perform requires your doctor's assistance and understanding of the nature of your complaint.

...[click here to see full details on our web site](#).

Test for Hormones is being recommended for the following reason(s):

- It appears there is a fair chance of [Low Progesterone or Estrogen Dominance](#)
- It appears there is a fair chance of your having [Low HGH \(Human Growth Hormone\)](#)
- It appears there is a fair chance that you are suffering from [Low Melatonin Level](#)
- You are showing signs of moderate [Premature/Signs of Aging \(web\)](#)

Early reduction in quantity or bioavailability of multiple [hormones](#) hastens the aging process. The hormones most likely to be involved include estrogens, progesterone, [testosterone](#) and [DHEA](#).

[Premature/Signs of Aging](#) is suggested partly by:

- [Low Estrogen Levels \(web\)](#) (Degree: Minor)
- [Low DHEA Level \(web\)](#) (Degree: Minor)

...and partly by your responses to the following question(s):

- Balance. Stand on a hard surface with feet together. Close your eyes and lift your dominant foot about six inches (15cm). How long can you stand on your other foot without falling or opening your eyes? For better accuracy, do this 3 times and average: **10–25 seconds**
- Skin Elasticity. Pinch a large section of skin on the back of your hand, holding firmly for 5 seconds. Release and count the number of seconds for the pinched skin to return to its normal (totally flat – don't cheat!) appearance: **5–8 seconds**
- Do you have an overall loss of interest or pleasure in activities that you once enjoyed? **Slightly**

- There is a small likelihood of [Low Estrogen Levels \(web\)](#)

[Low Estrogen Levels](#) is suggested partly by:

- [Depression \(Degree: Serious\)](#)

Low [estrogen](#) levels trigger the brain to release [MAO](#), an [enzyme](#) in the brain which breaks down and destroys the [neurotransmitter, serotonin](#). Estrogen increases the destruction of this enzyme. The lower your MAO enzyme levels the better you probably feel, since MAO breakdowns serotonin. Low serotonin levels are associated with depression.

- [Insomnia \(web\)](#) (Degree: Minor)
- [Headaches, Migraine/Tension \(web\)](#) (Degree: Minor)

Women must first be exposed to elevated [estrogen](#) levels before low estrogen levels will trigger headache activity. Constant low levels of estrogen, as in [menopause](#), are less likely to be associated with increased headache pattern.

- [Headaches \(web\)](#) (Degree: Minor)

The problem of [menopausal](#) headache is substantial; it is probably under-estimated, under-treated and poorly understood. It certainly deserves further attention. [*J Br Meno Soc* 1998; 4: pp.56–61]

- [Low Self-Esteem \(web\)](#) (Degree: Minor)

...and partly by your responses to the following question(s):

- Have you experienced a reduction in breast fullness and/or increased sagging? **Mild**

Low levels of [estrogen](#), typically experienced at [menopause](#), can cause sagging breasts. Sagging that occurs prior to menopause is not reversible by [hormone](#) replacement therapy.

- How 'clear' is your mind / thinking? **My mind is often 'foggy'**
- Pulse rate – What is your resting pulse rate? **71 to 80**
- Do you have fatigue that gets worse as the day progresses (afternoon or evening tiredness)?
Sometimes / moderately
- Do you have poor concentration during certain parts of your menstrual cycle? **Occasionally / moderate**
- Does your health seem to be declining as you age? **Slightly – minor issues are turning up**
- Do you consume green tea? **About two cups per day**

High intake of green tea has been associated with higher levels of sex [hormone](#) binding globulin (SHBG) and lowered levels of [serum](#) estradiol ([estrogen](#)) concentration in women.

- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**

- You probably have minor **[Increased Risk Of Breast Cancer \(web\)](#)**

Testing for [estrogen](#), progesterone and [testosterone](#) may help to properly evaluate breast and ovarian [cancer](#) risk. Some estrogens, as well as testosterone, may aggravate the risk whereas progesterone has a protective effect.

There are additional estrogenic tests that can be done to evaluate breast cancer risk. There is considerable and increasing research concerning the 2/16–alpha hydroxyestrone ratio. A very recent human study states: "2–hydroxyestrone levels and 2/16–alpha hydroxyestrone ratios were significantly lower, while 16–alpha hydroxyestrone levels were higher in breast [cancer](#) patients." The 2/16–alpha hydroxyestrone ratio appears to be a very significant predictive factor of breast cancer. Many laboratories are offering these tests now.

Increased Risk Of Breast Cancer is suggested partly by:

- **[Fibrocystic Breast Disease \(Degree: Significant\)](#)**

FBD is associated with a 3 fold higher risk for the development of breast [cancer](#).

- **[Low Melatonin Level \(Degree: Moderate\)](#)**

Based on questionnaires from 78,562 women participating in the Nurses' Health Study, reports that women who worked 30 or more years on the night shift, with at least three night shifts per month, had an almost 40% greater risk of developing breast [cancer](#) compared with those who worked the usual day shift.

A second study reports that nighttime bright light exposure is linked to increased breast cancer risk. It is possible that exposure to more light at night – a common phenomenon in industrialized nations – may account for increased cancer risk in women, independent of night–shift work. Another study found only a suggestion of greater risk with the brightest bedrooms, and no additional risk when turning on a light temporarily during the night. [*J Natl Cancer Ins* 2001;93: pp.1557–1562]

One theory is that decreased levels of the brain [hormone melatonin](#) are responsible, since this chemical is known to regulate daily sleep–wake cycles. Previous research suggests that unusually low levels of melatonin, which can be seen if humans are exposed to light during the night, may promote tumor growth. Normally, melatonin levels are highest during nighttime darkness and lowest during the daytime light.

The clinical experience of Dr. Pat Elliott, ND has been that a large proportion of young women with a close family history of breast [cancer](#) have low melatonin levels themselves. One researcher noted that for breast cancer, the decline of melatonin corresponds to growth of the cancer. This relationship is correlational, but it does suggest that there might be a causal relationship and that melatonin might fight this cancer.

...and partly by your responses to the following question(s):

- Your sex is: **Female**

Women currently face a risk of 12% (and rising) of developing breast [cancer](#) during their lifetimes.

Increased Risk Of Breast Cancer is contra–indicated by your responses to the following question(s):

- Do you ever exercise [aerobically](#) for a minimum of 20 minutes or more? **3–4 times per week**

Women who exercise have a lower risk of breast [cancer](#), which could relate to better [lymphatic](#) circulation due to more breast movement.

Treatment: Test for Food Allergies

Requirement: Useful

Recent improvements in laboratory techniques have made blood testing for food and airborne [allergens](#) more reliable than they previously were. The test should include both IgE and IgG [antibodies](#) in order to identify both immediate and delayed type allergens.

...[click here to see full details on our web site.](#)

Test for Food Allergies is being recommended for the following reason(s):

- There is a great deal of evidence of [Allergy to Foods \(Hidden\)](#)
- You have indicated that you have [Anxiety](#)
- It seems there is a fair chance of [Weakened Immune System](#)
- You have indicated that you have [Headaches, Migraine/Tension \(web\)](#)

See evidence under [Magnesium](#) above.

Food [allergy](#) may be a factor in as many as 80% of [migraine](#) sufferers. In one study of 60 patients, the average number of foods causing symptoms was 10 per patient. All patients improved when offending foods were eliminated and 85% became headache free. All 15 patients who had high blood pressure at start of study saw blood pressure return to normal. The following were most often implicated as a cause of [migraine](#): cow's milk (30%); eggs (27%); chocolate (25%); oranges and wheat (24%); cheese and tomatoes (15%). Common food triggers of [migraines](#) were milk products, sweets, corn, beef, coffee and teas amongst others. While food [allergies](#) are an important factor in migraines, they play less of a role in tension type headaches.

- You have indicated that you have [Bruxism \(Clenching/Grinding Teeth\)](#)

Teeth grinding may be aggravated by certain foods in some individuals.

- You probably have minor [Arrhythmias/Dysrhythmias \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

- You have indicated that you have [Eczema \(web\)](#)

Food [allergy](#) detection and elimination should not be overlooked in searching for the causes of [eczema](#). Many studies have documented the major role that food allergy plays. In cases of [atopic dermatitis](#), eggs, milk, wheat, soy [protein](#) and peanuts are the most common offending foods. Inhalant [allergens](#) such as house dust mite, pets, pollen and cut grass may also cause an [acute](#) flare-up of [eczema](#).

[Eczema](#) is indicated mainly by your responses to the following question(s):

- Have you had [Eczema](#)? This includes many kinds of red, blistering, oozing, scaly, brownish, thickened and itching skin conditions, and may be known as [dermatitis](#): **Current minor problem**

Treatment: Continued Alcohol Avoidance

Requirement: Useful

For alcoholics, complete abstinence is a requirement. Many alcoholics who seek treatment find success and they learn to abstain totally from alcohol. However, the majority, as many as 90%, relapse at least once during the four years following treatment. Fifty percent relapse within the first few months. Sometimes a relapse is a necessary part of finding out that they can not just enjoy an occasional drink. Subsequent treatment attempts may or may not prove successful.

For the average regular drinker where addiction is not a problem, continued drinking may have some health, social and psychological benefits. However, each of these seeming benefits can be achieved by other means. So if it looks like the benefits of regular alcohol consumption is balanced or outweighed by negative consequences, it is appropriate to reduce or stop drinking entirely at least for a trial period of time. If you find it especially difficult to stop, alcohol use may be more of a problem than you had thought.

...[click here for our web page showing other conditions that may benefit from this form of treatment.](#)

Continued Alcohol Avoidance is being recommended for the following reason(s):

- It appears there is a great deal of evidence of [Liver Detoxification / Support Requirement](#)

Acetaldehyde, a [metabolic](#) breakdown product of alcohol, is said to destroy vitamins [B1](#), [B6](#) and C. Even though supplements of these nutrients, together with the [amino acid cysteine](#), may help the liver detoxify acetaldehyde, it would be wiser to avoid alcohol, it's primary source.

- You have indicated that you have [Anxiety](#)
- It appears there is a fair amount of evidence that you are suffering from [Hypoglycemia](#)

Drinking alcohol can cause blood sugar to drop in some sensitive individuals. [Hypoglycemia](#) has been well documented in [chronic](#) alcoholics and binge drinkers.

- It appears that you have minor [Arrhythmias/Dysrhythmias \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

Atrial fibrillation can be caused by alcohol.

- There appears to be a small chance of your having [Cirrhosis of the Liver \(web\)](#)

In all cases, regardless of cause, following a healthy diet and avoiding alcohol are essential because the body needs all the nutrients it can get.

[Cirrhosis of the Liver](#) is suggested partly by:

- [Weakened Immune System \(Degree: Moderate\)](#)

[Cirrhosis](#) can cause [immune system](#) dysfunction leading to infection.

...and partly by your responses to the following question(s):

- Do you have palms and fingertips that are more red than average? **Definitely**

Red palms (palmar erythema – liver palms) are often found in patients with alcohol-induced [cirrhosis](#) and can be seen in patients with primary biliary cirrhosis.

Liver palms occur also during pregnancy and in a number of [chronic](#) diseases such as chronic polyarthritis ([rheumatoid arthritis](#)), chronic lung disease, subacute bacterial endocarditis, chronic [febrile](#) diseases, [leukemia](#), and [thyrotoxicosis](#). In a number of individuals the characteristic mottling and blotchy redness are of no clinical significance and palmar flushing may be familial.

- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**

[Cirrhosis of the Liver](#) is [contra-indicated](#) by your responses to the following question(s):

- Are you unusually sensitive to typical adult doses of prescription or [over-the-counter](#) medications? Indicators include regularly experiencing side-effects or finding that smaller-than-recommended doses usually suffice: **No, I am not**

[Cirrhosis](#) slows the liver's ability to filter medications from the blood. Because the liver does not remove drugs from the blood at the usual rate, they act longer than expected and build up in the body. This causes a person to be more sensitive to medications and their side-effects.

Treatment: Vitamin B6 (Pyridoxine)

Requirement: Useful

[Vitamin B6 \(pyridoxine\)](#) is involved in more bodily functions than almost any other single nutrient. It affects both physical and mental health, and is necessary for the production of [hydrochloric acid](#) and the absorption of fats and [protein](#). Pyridoxine also [aids](#) in maintaining [sodium](#) and [potassium](#) balance and promotes [red blood cell](#) formation. It is required by the [nervous system](#) for normal brain function, for the synthesis of [RNA](#) and [DNA](#), which contain the genetic instructions for the reproduction of all cells and for normal cellular growth. It activates many [enzymes](#) and [aids](#) in the absorption of [vitamin B12](#), in [immune system](#) function, and in [antibody](#) production.

...[click here to see full details on our web site.](#)

Vitamin B6 (Pyridoxine) is being recommended for the following reason(s):

- You have indicated that you have [Fibrocystic Breast Disease](#)

Some, but not all, studies find that [B6](#) reduces symptoms. Women with [premenstrual syndrome](#) in addition to breast tenderness should discuss the use of [vitamin B6](#) with their nutritionally oriented doctor.

- You have indicated that you have [Anxiety](#)

A deficiency of [vitamin B6 \(pyridoxine\)](#) causes extreme [anxiety](#), nervousness, confusion, and melancholy. Vitamin [B6](#) is easily destroyed by heavy use of alcohol, drugs and [refined sugars](#).

- There is a reasonable likelihood that you are suffering from [Low Adrenal Function / Adrenal Insufficiency](#)

- You have indicated that you have [Premenstrual Syndrome](#)

Numerous clinical studies have demonstrated the efficacy of [vitamin B6](#) supplementation in treating [PMS](#). In one double blind crossover trial, 84% of the subjects had a lower symptomatology score during the [B6](#) treatment period. Although PMS is of multifactorial origin, B6 supplementation alone appears to benefit most patients. In another study, premenstrual [acne](#) flare-up was reduced in 72% of 106 affected young women taking 50mg of [pyridoxine](#) daily for one week prior and during the menstrual period. Pyridoxine acts as a mild [diuretic](#), reducing the symptoms of [premenstrual syndrome](#).

- You have indicated that you have [Obsessive-Compulsive Disorder \(OCD\)](#)

A study found plasma pyridoxal-5-phosphate (active [vitamin B6](#)) levels were about 48% lower in depressed patients than in controls, a statistically significant finding. 57% of depressed patients, but none of the controls, were B6-deficient. When [B6](#) nutriture was evaluated by [enzyme](#) stimulation testing (a more sensitive method), all the depressed patients and none of the controls were deficient. [Russ CS et al. *Vitamin B6 status of depressed and [obsessive-compulsive](#) patients.* Nutr Rep Int 27(4): pp.867-73, 1983]

- There is a reasonable likelihood of your having [Histadelia \(Histamine High\) \(web\)](#)

See evidence under [Magnesium](#) above.

- You have indicated that you have [Headaches, Migraine/Tension \(web\)](#)

See evidence under [Magnesium](#) above.

One older study reported that L-tyrosine (200mg), [vitamin B6](#) (2.5mg) and [niacinamide](#) (10mg) when given in combination for the treatment of [hay fever](#), [hives](#), allergic headaches and poison oak [dermatitis](#) produced significant symptomatic relief when 1-3 tablets were taken four times/day in milder cases and up to 6 tablets 4-6 times/day in more severe cases. In some cases characterized by more [chronic](#) disorders, such as chronic sinusitis, a worsening of symptoms often occurred during the first few days of treatment. This study found that treatment with each the nutrients individually, or with any two in combination, was ineffective. (Widmann RR, Keye JD Epinephrine precursors an control of [allergy](#). Northwest Med 1952;51:588-590.)

- It seems there is a low probability that you are suffering from [Pyroluria \(web\)](#)

Pyrolurics commonly respond within a few months to [B6](#), [zinc](#) and [manganese](#). The nutrient dosage usually must be increased when the pyroluric patient is under increased stress.

[Pyroluria](#) is suggested partly by:

- [Depression \(Degree: Serious\)](#)
- [Anxiety \(Degree: Moderate\)](#)

[Pyroluria](#) is a known biochemical marker for life long [anxiety](#) symptoms. According to one alcoholism treatment center, one-third to one-half of alcoholics treated have this marker. High levels of pyrrolles systematically bind to [B6](#) and [zinc](#), preventing the use of

these nutrients in the body and brain. The result is a myriad of symptoms, including severe inner tension, ongoing [anxiety](#), poor stress control, fearfulness, and sometimes episodic anger.

...and partly by your responses to the following question(s):

- What is your skin color prior to suntan, compared to others of your race, or family members? **A little lighter/paler**
- Eye sensitivity to bright light. Do you feel sunlight is too strong for you, or need to wear sunglasses a lot? **Seriously – I always need sunglasses**
- What is your current average alcohol consumption? **A few drinks per week or less**

A higher than normal [anxiety](#) level leads many with [pyroluria](#) to drink alcohol. As many as one-third to one-half of alcoholics have this genetic chemical imbalance.

- It seems there is a low probability of **[Premenstrual Syndrome PMS D \(Depression\) \(web\)](#)**

See evidence under [Magnesium](#) above.

In one study, women received 50mg per day of [vitamin B6](#) or a [placebo](#) for 3 months. Symptoms amongst these women included depression, irritability, tiredness, headache, breast tenderness and swollen abdomen/hands. At this dose depression, irritability and tiredness were the only symptoms to respond and they were reduced by 50%. [*Gynecol Obstet Invest 1997;43(2): 120–124*]

- It seems there is a small likelihood of your having **[Copper Toxicity \(web\)](#)**

Carl Pfeiffer, M.D. also suggests using [vitamin B6](#) at 50mg daily without supplemental [copper](#) to increase copper excretion.

Copper Toxicity is suggested partly by:

- **[Depression \(Degree: Serious\)](#)**
- **[Premenstrual Syndrome \(Degree: Moderate\)](#)**

[Estrogen](#) results in increased [copper](#) absorption.

- **[Low Progesterone or Estrogen Dominance \(Degree: Moderate\)](#)**

Elevated [estrogen](#) levels often increase [serum copper](#) levels to more than double normal values, while at the same time [red blood cell](#) levels, where copper is important, may actually be lower. This may contribute to some of the psychological or other symptoms seen during pregnancy or with birth control pill use.

- **[Headaches \(web\) \(Degree: Minor\)](#)**

...and partly by your responses to the following question(s):

- How would you rate your irritability or usual level of irritation? **I sometimes get very irritated**
- Do you have difficulty falling asleep? **Occasionally**
- Do you fall asleep only to wake up after a few hours and have trouble falling back to sleep? **Occasionally**
- Do you have fatigue that is present most of the time, not improved by ordinary sleep? In other words, do you wake up tired or not have the energy to do what you want to, even after a good night of sleep? **It is a slight problem but I function quite well**
- Do you have difficulty concentrating, keeping your attention focused? **Mild**

- Despite an overall recommendation for **Vitamin B6 (Pyridoxine)**, the fact that you do not have **[Vitamin B6 Requirement \(web\)](#)** means there is a reason against this form of treatment.

A lack of **Vitamin B6 Requirement** is indicated mainly by your responses to the following question(s):

- **Vitamin B6**. The active [metabolite](#) of **B6** is pyridoxal-5-phosphate (P5P): **Sometimes / occasional use**
- Multiple vitamin supplement. Only include broad-spectrum preparations, not individual nutrients or specialty combinations such as B-vitamins. "One-a-Day" types are usually of low potency; high potency products involve taking several tablets per day: **Currently using low to moderate doses**

Treatment: Tryptophan / 5 HTP

Requirement: Useful

An essential [amino acid](#), [tryptophan](#) is the least abundant amino acid found in foods. It is used by the brain to produce [serotonin](#); it is a natural relaxer, helps alleviate insomnia, reduces [anxiety](#) and depression and helps treat [migraine headaches](#).

...[click here to see full details on our web site](#).

Tryptophan / 5 HTP is being recommended for the following reason(s):

- You have indicated that you have [Depression](#)

[Tryptophan](#) is a precursor to [serotonin](#), a [neurotransmitter](#) that is frequently imbalanced in cases of depression. Conventional antidepressants work to increase neurotransmitter levels by blocking their breakdown. Depression associated with menstrual cycles and [postpartum depression](#) sometimes respond very well to [tryptophan](#) supplementation. [Postpartum](#) women usually have high [estrogen](#) levels and it has been found that high estrogen levels increase the conversion of tryptophan to [niacin](#). Progesterone and hydrocortisone decrease its conversion. Women on birth control pills, when given [vitamin B6](#) and tryptophan, generally tend to [metabolize](#) tryptophan more normally.

- You have indicated that you have [Anxiety](#)

[Tryptophan](#) (or 5-HTP), the precursor of the sleep-inducing [neurotransmitter serotonin](#), also has relaxing and calming effects. Serotonin levels are often low among people with [anxiety](#) disorders. A recent study found that 44% of alcoholics suffer from anxiety. You can be pretty sure that you are low on [tryptophan](#) if you have ever blacked out from drinking. It has been established that low tryptophan stores trigger blackouts.

- You have indicated that you have [Obsessive-Compulsive Disorder \(OCD\)](#)

OCD may be related to a central disturbance in [serotonin metabolism](#), a hypothesis which appears to explain the efficacy of serotonin reuptake-blocking drugs. L- [tryptophan](#) and 5-HTP are serotonin precursors.

Side effects were mainly drowsiness and headaches in those whose daily doses of L- tryptophan exceeded 6,000mg. [*Clinical Psychiatry News, September, 1981*] Supplementation may be contraindicated in OCD patients with a history of aggressive behavior since it may increase

- It seems there is a fair amount of evidence of [Low Serotonin Level](#)

[Tryptophan](#) is the dietary [amino acid](#) precursor for production of [serotonin](#) in the body. First it is converted into 5HTP, and then into serotonin. Both supplements are available, but tryptophan may require a doctor's prescription. It is recommended that these be taken under a doctor's supervision.

- There exists a slight possibility that you have [Insomnia \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

Due to the fact that the synthesis of [serotonin](#) and [melatonin](#) within the brain is dependent on the availability of the [amino acid tryptophan](#), supplementing the diet with tryptophan before going to bed may produce good results in relieving insomnia. Tryptophan tends to work better for [acute](#) insomnia (sleep-onset insomnia) than for [chronic](#) sleep problems since its greatest effect is to shorten the time it takes to fall asleep after going to bed.

Some 1000 to 2000mg of L-tryptophan are needed in order to increase blood levels sufficiently to induce sleep. However, the lowest dose (often as little as 500mg) that works as a sleep aid should be maintained to continue benefits. The dose may be repeated if one wakes during the night. Doctors often recommend starting with 1gm of L-tryptophan 30-45 minutes before bed, which will reduce the time it takes to fall asleep. If 1000mg is insufficient, the dose may be increased by 500mg each night until either the desired effects are achieved or a total of 3000mg is reached.

Treatment: Prolotherapy

Requirement: Useful

[Prolotherapy](#) is a method of regrowing and strengthening ligaments and tendons by an injection technique which treats very common sources of [chronic](#) pain. Pain from auto accidents, athletic injuries and overuse injuries often arise from injury to the soft tissues in the body. These soft tissues, which include ligaments, muscles, tendons and joint capsules, are called connective tissues because they connect structures to bone, thereby supporting the skeleton. [Prolotherapy](#) causes these connections to be rebuilt and strengthened.

...[click here to see full details on our web site](#).

Prolotherapy is being recommended for the following reason(s):

- You probably have moderate **Premature/Signs of Aging (web)**

See evidence under **Test for Hormones** above.

[Prolotherapy](#) can help keep joints stabilized.

- You have indicated that you have **Neck Pain**
- You have indicated that you have **TMJ Problems**

[Prolotherapy](#) regrows tendons and ligaments to strengthen and stabilize overly mobile joints such as the [TMJ](#).

Treatment: Vitamin B12 (Cobalamine)

Requirement: Useful

There appears to be some confusion among practitioners of natural medicine about whether oral, [sublingual](#) or intramuscular administration is preferable for patients requiring [vitamin B12](#) therapy.

...[click here to see full details on our web site](#).

Vitamin B12 (Cobalamine) is being recommended for the following reason(s):

- You have indicated that you have **Anxiety**

Low [B12](#) levels have been found to be related to self-reported overall distress level and specifically to depression, [anxiety](#), confusion, and possibly nervousness as well as to clinically rated depressed and anxious mood.

- You have indicated that you have **Sulfite Sensitivity**

Supplementation with [B12](#) may reduce [sulfite sensitivity](#). In one study the oxidative action of [vitamin B12](#) was able to block a sulfite-induced [bronchospasm](#) in 4 out of 5 asthmatic children. In another study, the following conditions responded to B12 use: Intractable [asthma](#) – 18 out of 20 patients improved; [Chronic urticaria](#) – 9/10 improved; Chronic contact [dermatitis](#) – 6/6 improved; [Atopic dermatitis](#) – 1/10 greatly improved and 5/10 moderately improved with 1000mcg IM once weekly for 4 weeks. [*J Allergy* 2: 183– 5, 1951]

Blood levels of B12 indicate that [sublingual](#) B12 becomes available as early as 15 minutes after administration and is still elevated at 24 hours, suggesting that a once-daily dose of 2000–4000mcg would be an effective prophylactic measure. [*Bhat N.K. – Presentation at the 43rd Annual Meeting, American Academy of Allergy and Immunology, 1987*]

- You have indicated that you have **Bursitis**

[Vitamin B12](#) injections at 1mg daily for two weeks has eliminated pain in the majority of cases of shoulder and hip [bursitis](#).

- There exists a medium probability that you are suffering from **Chronic Fatigue / Fibromyalgia Syndrome (web)**

See evidence under **Magnesium** above.

Although little controlled scientific research exists on the effectiveness of vitamin [B-12](#) for the treatment of [Chronic Fatigue Syndrome](#), many doctors and patients are trying this therapy. Two well-known CFS researchers and clinicians, Dr. Paul Cheney and Dr. Charles Lapp, believe that it can be helpful for some patients in managing the symptoms of CFS or fatigue.

Based on three studies in the New England Journal of Medicine which showed that vitamin [B-12](#) injections were beneficial for people with "CFS-like neurological symptoms and normal blood counts," Dr. Lapp and Dr. Cheney decided to try various doses in their own patients with the hope that this might become an effective treatment option.

They began treating patients with injections of cyanocobalamin, a form of vitamin [B-12](#) that is easily accessible in the U.S. Their informal survey of patients showed that 50–80% of their patients improved to some extent. These patients reported increased energy and sense of well-being within 12–24 hours after administration, and the effects lasted an average of 2–3 days. However, results were highly variable; effective doses ranged from 1000mcg injected daily to 5000mcg injected three times a week; many patients required up to six weeks of treatment to receive consistent results. Dr. Lapp and Dr. Cheney now recommend injections of 3000mcg of cyanocobalamin every 2–3 days.

- It seems there is a small likelihood of your having **IBS (Irritable Bowel Syndrome) (web)**

Vitamins [B12](#), A, D, E and K along with [calcium](#) and a lactose-free diet are often recommended by clinicians treating [IBS](#).

IBS (Irritable Bowel Syndrome) is suggested partly by:

- **Depression (Degree: Serious)**
- **Anxiety (Degree: Moderate)**
- **Chronic Fatigue / Fibromyalgia Syndrome (web) (Degree: Moderate)**

Research has shown that [IBS](#) frequently co-exists with CFS and [fibromyalgia](#). Depending on the study quoted, between 34% and 73% of CFS/[FMS](#) sufferers have [Irritable Bowel Syndrome](#).

...and partly by your responses to the following question(s):

- Do you find that only specific foods cause bloating? **Yes**
- Do you consume dairy (milk/cheese/cream) products? **2-6 times per week**

Johne's disease is an infection that cows pass on to humans as [irritable bowel syndrome](#). Johne's disease has no cure and costs dairy producers over \$1.5 billion each year [Source: [USDA](#)]. The bacterium, *Mycobacterium avium paratuberculosis* (MAP) causing Johne's is not killed by pasteurization and is passed onto consumers in milk, cheese and ice cream.

- Have you had most or all of the 'required' vaccinations? **Yes**

Studies from Europe indicate that there may be a link between the MMR (measles/mumps/rubella) vaccine and [irritable bowel syndrome](#).

IBS (Irritable Bowel Syndrome) is contra-indicated by your responses to the following question(s):

- Do you suffer from bloating or digestive disturbances after eating? **No**

Treatment: Counseling

Requirement: Useful

Psychological counseling is offered by various professionals including psychiatrists, psychologists and pastors. Counseling can provide an opportunity for self-discovery and growth that would not take place without outside assistance. It helps us to learn more about ourselves and how we think. Someone else's input may suggest new solutions to old problems or help us make the choices we were unable or unwilling to make on our own.

...[click here to see full details on our web site](#).

Counseling is being recommended for the following reason(s):

- You have indicated that you have **Depression**

Psychotherapy, as well as medication, can be effective in treating depression. Certain types of psychotherapy, namely cognitive-behavioral therapy (CBT) and interpersonal therapy (IPT), have been shown to be particularly useful.

- You have indicated that you have **Unresolved Grief (web)**

Unresolved Grief is indicated mainly by your responses to the following question(s):

- Are you experiencing any form of anguish, grief, or heartbreak? **Serious**

- You have indicated that you have **Bruxism (Clenching/Grinding Teeth)**

[Bruxism](#) is sometimes due to strong emotions such as resentment, frustration, anger, grief, or fear, and can result from a dysfunctional family situation.

- You have indicated that you have had **Anorexia / Starvation Tendency (web)**

[Anorexia](#) requires counseling as it is mainly a psychological problem.

Anorexia / Starvation Tendency is suggested partly by:

- **Depression** (Degree: Serious)

...and partly by your responses to the following question(s):

- **Have you experienced the eating disorder known as anorexia? In the past only, not a current problem**
- Are your fingernails brittle – do they chip, peel or break easily? **Somewhat**
- How would you rate your irritability or usual level of irritation? **I sometimes get very irritated**
- When depressed, do you also feel agitated, anxious or have difficulty falling / staying asleep? **Yes, to some extent**

Anorexia / Starvation Tendency is contra-indicated by your responses to the following question(s):

- Is your appetite generally...? **Strong**
- Being honest with yourself, do you feel that the amount of calories you are consuming is...? **About right / don't know**

Treatment: Coffee Enema

Requirement: Useful

Coffee enemas have been used for years as a critical component for those working hard to stay well. For many, it makes the difference between enjoying life and struggling to function.

...[click here to see full details on our web site.](#)

Coffee Enema is being recommended for the following reason(s):

- It seems there is a high probability that you have **Liver Detoxification / Support Requirement**

The coffee enema causes the liver to produce more [bile](#) (which contains processed toxins) and moves bile out towards the small intestine for elimination. This frees up the liver to process more incoming toxic materials that have accumulated in the organs, tissues and bloodstream. Coffee contains some alkaloids that also stimulate the production of glutathione-S-transferase, an [enzyme](#) used by the liver to make the detox pathways run. It is pivotal in the formation of more [glutathione](#), one of the main conjugation chemicals, enabling toxins to be eliminated via [bile](#) into the small intestine. So in other words, a coffee enema speeds up the detoxification process and minimizes the backlog of yet-to-be-detoxified substances.

- There is a fair chance of **General Detoxification Requirement**
- You could be suffering from moderate **Cancer / Risk (General Measures)**

Dr. Max Gerson pioneered the use of the coffee enema starting in the 1930s as part of a general detoxification regimen for [cancer](#). Dr. Gerson noted some remarkable effects of this procedure including patients no longer needing pain-killers once on the enemas. The frequency of coffee enemas needed to achieve this effect may be many during a single day, and should not be undertaken without supervision.

Dr. Lee Wattenberg, MD was able to show that substances found in coffee – kahweol and cafestol palmitate – promote the activity of a key [enzyme](#) system, [glutathione S-transferase](#). This enzyme is responsible for neutralizing [free radicals](#), harmful chemicals now commonly implicated in the initiation of [cancer](#) and needed for detoxification. Consuming coffee orally does not produce the benefits experienced when it is taken as an enema.

When cells are challenged by poisons, oxygen deprivation, malnutrition or a physical trauma they lose [potassium](#), take on [sodium](#) and chloride, and swell up with excess water. This "tissue damage syndrome" makes it easier for cancerous cells to survive. Cells normally have a preference for potassium over sodium but when a cell is damaged it begins to prefer sodium.

This craving results in a damaged ability of cells to repair themselves and to utilize energy. Furthermore, damaged cells produce toxins. Around tumors are zones of "wounded" but still non-malignant tissue, swollen with salt and water. Dr. Gerson believed that [cancer](#) could not exist in normal [metabolism](#). He directed his efforts toward creating normal metabolism in the tissue surrounding a tumor.

Treatment: Progesterone

Requirement: Possible

Natural Progesterone

Dr. John Lee, a medical practitioner, independent researcher and author, has for 15 years conducted independent research into a natural, plant-derived form of progesterone. His non-pharmaceutically-funded research presents a much broader understanding of a woman's hormonal options and offers a totally safe, effective alternative that is free of all side effects. He has found that this natural [hormone](#) – used in conjunction with a good diet and lifestyle changes – is capable of eliminating much of the suffering associated both with [premenstrual syndrome \(PMS\)](#) and [menopause](#).

...[click here to see full details on our web site](#).

Progesterone is being recommended for the following reason(s):

- You have indicated that you have [Fibrocystic Breast Disease](#)

Estrogens and progesterone are sometimes considered antagonistic [hormones](#). When too much [estrogen](#) is present in relationship to progesterone, progesterone supplementation can restore balance. Elevated levels of estrogen may need to be dealt with separately. The administration of natural progesterone for FBD is suggested by John Lee, MD as a protective therapy that can reduce breast tenderness and fibrocystic changes. Natural progesterone is very effective in treating fibrocystic breast disease.

- You have indicated that you have [Premenstrual Syndrome](#)
- There appears to be a fair chance of your having [Low Progesterone or Estrogen Dominance](#)

Estrogens and progesterone tend to be antagonistic [hormones](#), each balancing the other. When progesterone levels are low, it can seem as though [estrogen](#) levels are too high, which may or may not be the case.

- You have indicated that you have [Bursitis](#)

[Topical](#) progesterone has been reported to be useful in alleviating symptoms.

- It seems there is a reasonable likelihood of [Premenstrual Syndrome PMS C \(Craving\) \(web\)](#)
See evidence under [Magnesium](#) above.
- Despite an overall recommendation for **Progesterone**, the fact that there exists a low probability that you have [Premenstrual Syndrome PMS D \(Depression\) \(web\)](#) means there is a reason against this form of treatment.

See evidence under [Magnesium](#) above.

In patients with [PMS](#) Type D, progesterone levels may be elevated. You should have your [hormone](#) levels checked prior to any hormone therapy: using progesterone cream may only make symptoms worse.

Treatment: Continued Zinc

Requirement: Possible

[Zinc](#) is an essential trace [mineral](#) that occurs in greater amounts than any other trace mineral except [iron](#). Its functions are varied and numerous, including synthesis of [cholesterol](#), [protein](#) and fats, releasing [vitamin A](#) from the liver, assisting the [immune system](#) and cell growth, being required for vision, taste perception, prostate reproductive health and [insulin](#) function, [metabolizing](#) alcohol, and protecting against [copper](#) and heavy metal toxicity such as cadmium and lead.

...[click here to see full details on our web site](#).

Continued Zinc is being recommended for the following reason(s):

- There appears to be a marked possibility that you are suffering from [Low Adrenal Function / Adrenal Insufficiency](#)
- You have indicated that you have [Premenstrual Syndrome](#)
- Despite an overall recommendation for **Continued Zinc**, the fact that there is a marked possibility that you have [Anemia \(Iron deficiency\)](#) means there is a reason against this form of treatment.

Supplemental [zinc](#) (zinc gluconate, 22mg per day) improved zinc levels but reduced [iron](#) levels in a study of 11 young women with low iron stores (plasma ferritin 20 µg/L), but who were not yet anemic. [*J Nutr* 2002;132(7): pp.1860-1864]

- You are showing signs of minor [Zinc Requirement \(web\)](#)
See evidence under [Caffeine/Coffee Avoidance](#) above.
- It appears there is a small likelihood of [Pyroluria \(web\)](#)
See evidence under [Vitamin B6 \(Pyridoxine\)](#) above.

Kryptopyrrole is a reacting agent which combines irreversibly with active [vitamin B6](#). The resulting molecule then chelates [zinc](#), the combined product appearing in the urine. The whole syndrome is stress-induced so the susceptible patient, when stressed, quickly becomes vitamin [B6](#) and zinc deficient.

- You have indicated that you have had [Anorexia / Starvation Tendency \(web\)](#)
See evidence under [Counseling](#) above.

15mg per day increased to 50mg twice a day may improve mood and appetite.

- There appears to be some evidence of [Copper Toxicity \(web\)](#)
See evidence under [Vitamin B6 \(Pyridoxine\)](#) above.

[Zinc](#) and [manganese](#) with [vitamin C](#) remove [copper](#) from the tissues.

- There is a low probability of your having [Elevated Insulin Levels \(web\)](#)

56 obese women with [insulin](#) resistance, but normal [glucose](#) levels, experienced reduced insulin levels with 30mg per day of supplemental [zinc](#), in spite of having normal zinc levels at the beginning of the trial. [*American Diabetes Association June 14-18, 2002. San Francisco, California*]

Elevated Insulin Levels is suggested partly by:

- [Lack of Sleep \(web\)](#) (Degree: Moderate)

A study found that people who do not get enough sleep on a regular basis may become less sensitive to [insulin](#) which, over time, can raise the risk of obesity, high blood pressure and [diabetes](#). [Chronic](#) sleep deprivation (under 6.5 hours per night) had the same effect on insulin resistance as aging.

- [Stress](#) (Degree: Moderate)

One of cortisol's undesirable effects is it contributes to [insulin](#) resistance by decreasing the rate of [glucose](#) uptake, probably by blocking the insulin receptor. [*J Clin Endocrinol Metab* 54 (1982) : pp.131-138]

- You have indicated that you have had [Cervical Dysplasia \(web\)](#)

The rapidly dividing cells of the cervix require [zinc](#) for replication. With depleted zinc levels in cervical tissue, there are corresponding abnormalities in the cells.

Cervical Dysplasia is indicated mainly by your responses to the following question(s):

- [Cervical Dysplasia](#). Have irregular, but non-cancerous, cells been found on a [PAP smear](#)? (Class 1 = Slightly abnormal, Class 2 = Abnormal, Class 3 = Severely abnormal. Class 4 would be [cancer](#).): **Abnormal cells in the past only, currently normal**

- You have indicated that you have [Eczema \(web\)](#)

See evidence under [Test for Food Allergies](#) above.

One university study found that in subjects suffering from marginal [zinc](#) status, an [enzyme](#) involved in cell reproduction was uniquely impaired in the skin. Clinical experience has shown zinc supplementation to be particularly valuable in treating [eczema](#), probably due to its being a common deficiency and its importance in [delta-6-desaturase](#). Zinc may provide some benefit either orally or topically.

Treatment: Inositol

Requirement: Possible

[Inositol](#) is a six-carbon sugar alcohol and a naturally occurring isomer of [glucose](#). Its importance for mental functioning is due to the key role that it plays in the phosphatidyl-inositol cycle. One of the two main ways that [hormones](#) and related molecules stimulate cellular activity is by acting on cell-surface receptors; then information arriving at the cell surface must be decoded into the internal messenger molecules (the "second messengers") responsible for transmitting messages into the cell. The phosphatidyl [inositol](#) cycle serves as a second messenger system for several of the noradrenalin, [serotonin](#) and cholinergic receptors, receptors that have important effects on brain function.

It was found on autopsy that patients with affective disorders often had very low [inositol](#) levels in their brain. Abram Hoffer, MD commented years before that in general, if you are missing a nutrient for decades, you might need a much higher dose for the rest of your life to get back to normal.

Inositol is available from health food stores, should not be expensive and should be taken in powder form, because of the quantity needed to achieve clinical results. While it can be taken with or without food and is absorbed well, most doctors recommend it be taken with some food or juice. The amount found in the typical diet is approximately [1gm](#) per day. This means it would be very difficult to achieve the levels needed by dietary means alone and supplementation is required.

The usual dose is 12 to 18gm per day. This dose usually must be taken for a minimum of three to four weeks in order to be effective. It may be taken as a single daily dose or in divided doses throughout the day. Feelings of well-being and reduced tension occurred at about six hours after a single dose.

[Inositol](#) does not seem to work with SSRI drugs synergistically. Using the two of them together is no better than using one or the other. Currently, it does not seem that a SSRI non-responder will see improvement with a inositol use.

The only side effect seen with inositol use has been loose stools in about one-quarter of those using it. As a very general recommendation, caution is advised for [diabetics](#) and anyone with severe kidney or liver disease.

...[click here for our web page showing other conditions that may benefit from this form of treatment.](#)

Inositol is being recommended for the following reason(s):

- You have indicated that you have [Depression](#)
- You have indicated that you have [Anxiety](#)
- You have indicated that you have [Obsessive-Compulsive Disorder \(OCD\)](#)

[Inositol](#) works by regulating the action of [serotonin](#), a calming [neurotransmitter](#), within the nerve cells.

One study showed that [18gm](#) of [inositol](#) daily (2 tsp in juice 3 times daily) for 6 weeks significantly reduced OCD symptoms compared with [placebo](#). At 3 weeks there were no significant effects of inositol. The mechanism may be that the desensitization of [serotonin](#) receptors is reversed by addition of dietary inositol. [*Brain Res* 631: pp.349- 51, 1993; *American Journal of Psychiatry*, September, 1996;153(9): pp.1219-1221]

Treatment: Essential Fatty Acids

Requirement: Possible

"Killer" fats are what we hear so much about recently, with large numbers of people wrongly turning to low fat diets. Little do they know, they are also decreasing their intake of the healing fats that are *required for life*. Improper low fat diets, useful for [atherosclerosis](#), can kill you over the long term. Children are especially vulnerable to damage from low fat diets. To balance the one sided view on fats, we must talk about [essential fatty acids](#) (EFAs): an adequate supply of healing fats is even more important to health than the avoidance of supposed killer fats.

...[click here to see full details on our web site](#).

Essential Fatty Acids is being recommended for the following reason(s):

- You have indicated that you have [Allergies Indoor](#)

Replenishing a deficiency of Omega-3 type [fatty acids](#) in the diet has resulted in fewer allergic and inflammatory reactions.

- It appears that you have moderate [EFA \(Essential Fatty Acid\) Type 3 Requirement \(web\)](#)

[EFA \(Essential Fatty Acid\) Type 3 Requirement](#) is suggested partly by:

- [Depression \(Degree: Serious\)](#)

[Polyunsaturated](#) omega-3 [fatty acid](#) deficiency may contribute to depressive symptoms in alcoholism, [multiple sclerosis](#), [postpartum depression](#) and bipolar depression. An insufficiency of omega-3 oils in the diet, especially the [metabolite DHA](#), has been linked to depression.

- [Chronic Infection \(web\) \(Degree: Minor\)](#)

...and partly by your responses to the following question(s):

- Approximately how many [tablespoons](#) of [flax oil](#), hemp oil or fish oil do you consume on average per week? (3 tablespoons of [flax seed](#) equal one [tablespoon](#) of flax oil.): **One per week**
- How many servings of cold-water fish such as salmon, herring, sardines or mackerel do you consume on average per month? **None / rarely / don't know**

More salmon for consumption are now raised in captivity than caught in the wild. These fish are fed corn meal, soy and canola oil. When the fish are fed these foods, the concentration of their fats turns far away from the ideal beneficial 3:1 omega-6 to omega-3 ratio and turns closer to the 20:1 found in commercially-raised beef. This means that salmon raised in salt water pens contain substantially less omega-3 oil than wild salmon, and can no longer be considered a good source of omega-3 [essential fatty acids](#) unless clearly identified as 'wild caught'. Also, pigments are added to the artificially-raised salmon to ensure a pink color. [Seattle Times, September 02, 2001]

- Are your fingernails brittle – do they chip, peel or break easily? **Somewhat**

- You have indicated that you have [Headaches, Migraine/Tension \(web\)](#)

See evidence under [Magnesium](#) above.

Omega 3 [fatty acids](#) can reduce the frequency and intensity of [migraines](#). Two small double blind studies (using fish oil) demonstrated a high percentage of effectiveness. Supplementation should continue for longer than 3 weeks, which is the time it takes to change cell membrane composition with the new [fatty acids](#).

However, another study using 6gm per day over 4 months for [migraines](#) showed no benefit over [placebo](#). [Cephalalgia 2001;21(8): pp.818-822]

- You are showing signs of minor [EFA \(Essential Fatty Acid\) Requirement \(web\)](#)

[EFA \(Essential Fatty Acid\) Requirement](#) is suggested partly by:

- [Fibrocystic Breast Disease \(Degree: Significant\)](#)

[Fatty acid](#) profiles may be abnormal in women with fibrocystic breast disease. Treatment with [essential fatty acids](#) may help to normalize this. [Plasma fatty acid profiles in [benign](#) breast disorders. Br J Surg, 1992 May, 79:5, pp.407-9]

- [EFA \(Essential Fatty Acid\) Type 3 Requirement \(web\) \(Degree: Moderate\)](#)

- [Yeast / Candida](#) (Degree: Moderate)

...and partly by your responses to the following question(s):

- How much wax accumulates in your ears? **Very little**
- Do you crave greasy or fatty foods? **Yes, moderately**
- Whether you use aspirin or not, is it an effective pain reliever for you? **Definitely**
- Do you get headaches when hot or out in the sun? **Occasionally / moderate**
- [Hydrogenated oils](#) / fats. How often, on average, do you consume them, not distinguishing good oil from bad? They are often found in margarines, cakes, biscuits, french fries, chips, and sweets for example: **On rare occasions / I try very hard to avoid them**
- Have you had adult [acne](#)? **Major episode(s) now resolved**
- Are your fingernails brittle – do they chip, peel or break easily? **Somewhat**

- It appears that you have minor [Increased Risk Of Breast Cancer \(web\)](#)

See evidence under [Test for Hormones](#) above.

French researchers examined the fat composition of almost 250 patients with invasive, nonmetastatic breast [carcinoma](#) and compared the content to 88 patients with [benign](#) breast disease. Women who had the most omega-3 and least omega-6 had a 70% reduction in breast [cancer](#). In other words, the lower the omega 6:3 ratio the lower the risk of breast cancer. [*Anticancer Research 2002 March/April;22(2A): pp.537-43*]

Also, lignans are particularly abundant in raw ground [flax seed](#) and are also found in whole grains and legumes. Diets that are rich in these foods seem to be a factor in preventing the development of breast cancer in women.

- You probably have minor [Arrhythmias/Dysrhythmias \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

Omega 3 [fatty acids](#) may reduce the incidence of [arrhythmias](#) during a heart attack. [*Japanese Circulation Journal Dec, 1994;58: pp.903-12*]

- You have indicated that you have [Eczema \(web\)](#)

See evidence under [Test for Food Allergies](#) above.

In published studies, a mixture [EFAs](#) from safflower, sunflower and [flax oil](#) provided benefit. This is a condition where [delta-6-desaturase](#) is often impaired. It may be wiser to start with oil that contains [GLA](#) and, if improvement occurs, switch to a cheaper oil. GLA can be used in doses up to 1 μ m (of actual GLA) per day in more serious cases. Add [vitamin E](#) at the same time any [EFAs](#) are used.

Primarily in children, the first step is a limitation of n-6 fats that are converted to inflammatory arachidonic acid lipoxygenase mediators. N-6 fats are common in nearly all [polyunsaturated](#) vegetable oil products (with the exclusion of olive and canola oils, which are relatively high in n-9 and n-3 fats respectively). Bakery products are particularly troublesome, as high percentages of the n-6 fats have been converted to trans isomers that further exacerbate the [dermatitis](#).

The second step would be to increase n-3 fats such as [EPA](#) and [DHA](#) that are common in fish oils. Cod liver oil is profoundly effective here as it has significant quantities of [vitamin D](#) and [vitamin A](#) that frequently provide [synergistic](#) therapeutic effects. Typical daily therapeutic quantities of n-3 fats are 300 [mg](#) per 4 [kg](#) of body weight. Supplementation with ALA (i.e. [flax](#)) is frequently not sufficient to generate significant quantities of [EPA](#) and [DHA](#).

Also consider limiting most grains and fruit juices as they are rapidly converted to [simple carbohydrates](#) that increase [insulin](#) levels which can disturb [EFA metabolism](#). [*BMJ (electronic edition) 28 June 2002*]

Treatment: Test Copper Levels

Requirement: Possible

[Serum copper](#) levels or serum ceruloplasmin are useful tests for detecting copper deficiency.

...[click here for our web page showing other conditions that may benefit from this form of treatment.](#)

Test Copper Levels is being recommended for the following reason(s):

- You have indicated that you have [Sulfite Sensitivity](#)

[Serum copper](#) should be checked because high levels can drive [molybdenum](#) levels down.

- You could be suffering from moderate [Cancer / Risk \(General Measures\)](#)
- There exists a fair amount of evidence that you have [Histadelia \(Histamine High\) \(web\)](#)
See evidence under [Magnesium](#) above.

Testing [serum](#) or hair [copper](#) levels is usually adequate for evaluating copper status when low levels of copper are suspected and hair contamination with copper can be ruled out. When in doubt, it would be better to use more accurate tests such as the 24 hour urine copper or [serum](#) ceruloplasmin.

- It appears there is a small likelihood that you are suffering from [Molybdenum Need \(web\)](#)

[Copper](#) and [molybdenum](#) are antagonistic. If copper levels are elevated, copper should be avoided during molybdenum treatment, but rechecked later to make sure it hasn't gone too low.

[Molybdenum Need](#) is suggested partly by:

- [Sulfite Sensitivity \(Degree: Moderate\)](#)
- [Copper Toxicity \(web\) \(Degree: Minor\)](#)

The exact mechanism by which [molybdenum](#) prevents [copper](#) toxicity is poorly understood. However, it is known that an insoluble complex of copper and molybdenum can be formed in the [gastrointestinal](#) tract thus reducing copper absorption. This theory is substantiated by the fact that increasing dietary copper is an effective treatment of molybdenum toxicity.

- You could be suffering from minor [Arrhythmias/Dysrhythmias \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

[Copper](#) depletion, sometimes seen when taking too much [zinc](#), may contribute to [arrhythmias](#).

- Despite an overall recommendation for [Test Copper Levels](#), the fact that you do not have [Zinc Toxicity \(web\)](#) means there is a reason against this form of treatment.

A lack of [Zinc Toxicity](#) is indicated mainly by your responses to the following question(s):

- Have you used [copper](#) supplements within the past year? If taking a multiple or other supplements, please check to see if copper is included in the ingredient list: **1 to 3mg per day**

Treatment: DMAE

Requirement: Possible

DMAE is an [antioxidant](#) and [free radical](#) deactivator which is found naturally in the human brain. It is thought to be the precursor for [acetylcholine](#) which conducts nerve impulses within the brain (a [neurotransmitter](#)). The theory is that by increasing the production of acetylcholine, DMAE can help improve memory and learning as well as perhaps reducing memory loss in older adults. Some individuals also report that DMAE causes a noticeable boost in their ability to concentrate.

...[click here to see full details on our web site](#).

DMAE is being recommended for the following reason(s):

- You have indicated that you have [Depression](#)

DMAE reduces apathy and increases motivation in persons afflicted with depression.

- You have indicated that you have [Anxiety](#)

DMAE alleviates [anxiety](#). In one study, subjects administered 1,200mg of DMAE per day for 5 days exhibited better control of anxious reactivity.

- It appears there is a reasonable likelihood that you have [Chronic Fatigue / Fibromyalgia Syndrome \(web\)](#)

See evidence under [Magnesium](#) above.

DMAE increases the body's release of energy.

- You probably have moderate [Premature/Signs of Aging \(web\)](#)

See evidence under [Test for Hormones](#) above.

- There is a small likelihood of [Insomnia \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

DMAE has been shown to increase daytime motivation and physical energy in persons afflicted with insomnia. As well as reducing the amount of sleep required by about 1 hour per night, users experience sounder sleep.

Treatment: Emotional Freedom Technique (EFT)

Requirement: Possible

EFT was put together by Gary Craig and is a derivative of Thought Field Therapy that was developed by Roger Callahan in 1980. It is a type of energy psychology that is streamlined to balance one's energy meridians while saying positive affirmations about the addiction or problem in question. This very helpful and easy to learn procedure is detailed [here](#). It is well worth taking the time to review and practice this procedure to find out for yourself how helpful it may be for you. Doctors who use it feel that "this technique is so amazing it is almost too good to be true. It has been a major benefit for nearly all of the patients we have trained in it."

...[click here for our web page showing other conditions that may benefit from this form of treatment.](#)

Emotional Freedom Technique (EFT) is being recommended for the following reason(s):

- You have indicated that you have [Depression](#)
- You have indicated that you have [Anxiety](#)
- There appears to be a marked possibility that you are suffering from [Chronic Fatigue / Fibromyalgia Syndrome \(web\)](#)

See evidence under [Magnesium](#) above.

- You have indicated that you have [Trichotillomania \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

- You have indicated that you have [Neck Pain](#)

Treatment: Glutamine

Requirement: Possible

Although considered a "non-essential" [amino acid](#), [glutamine](#) is considered a "brain food" and helps build and maintain muscles (useful in weight loss and bodybuilding). It has been used to treat [arthritis](#), [autoimmune](#) diseases, fibrosis, intestinal disorders, [ulcers](#), connective tissue disease, tissue damage from [chemotherapy](#)/radiation treatments, fatigue, impotence, [schizophrenia](#) and senility.

...[click here to see full details on our web site.](#)

Glutamine is being recommended for the following reason(s):

- You have indicated that you have [Depression](#)

[Glutamine](#) supplementation has been proven to help decrease depression and reduce [anxiety](#).

- You have indicated that you have [Anxiety](#)

To produce enough [GABA](#), people need an abundant supply of the [amino acid glutamine](#) – glutamine is the nutritional precursor of GABA which has an anti-anxiety effect. [*Acta Paediatr Jpn Oversea Ed (Tokyo) 20(1978): pp.11–23*] In another study, people taking glutamine showed significant reductions in their feelings of anger and fatigue. [*Rogers, et. al., Effects of Glutamine on IQ, Tex. Rep. Biol. Med. 5*]

- There is a marked possibility of [Hypoglycemia](#)

[Glutamine](#) plays a vital part in the control of blood sugar. It helps prevent [hypoglycemia](#), since it is easily converted to [glucose](#) when blood sugar is low.

- There exists a marked possibility of your having [Low HGH \(Human Growth Hormone\)](#)

It has been shown that GH is adequately produced by the aging [pituitary](#), but its secretion from the pituitary is down-regulated with age. Scientists have found that certain amino acids and vitamins can stimulate the natural release of GH from the pituitary in many people.

Some amino acids have been shown to stimulate GH release, and may be found in preparations designed to increase GH release. Most of these preparations come with the recommendation that they be used just prior to muscle building exercise for maximal effect. These amino acids include: L-arginine, L-lysine, L-glutamine, L-ornithine, and [glycine](#).

- It appears there is a medium probability of your having [Increased Intestinal Permeability / Leaky Gut](#)

People who use [glutamine](#) enhance the health of their intestinal lining. They will be less concerned about leaky gut syndrome and the consequences of [allergies](#), the "leaking out" of pathogens and possible [arthritis](#). Glutamine used to be called the "intestinal permeability factor." Glutamine is the chief source of energy for the cells which line the intestines. Most glutamine in the diet is metabolized by the intestines, helping to maintain the structural integrity of the its lining and supporting its quick cellular turnover.

- It appears there is some evidence that you have [Cirrhosis of the Liver \(web\)](#)

See evidence under [Alcohol Avoidance](#) above.

[Glutamine](#) can aid in the treatment of early-stage [cirrhosis](#), but will not likely help this condition when advanced.

Treatment: Silymarin/Milk Thistle (*Silybum marianum*)

Requirement: Possible

In numerous clinical studies, silymarin has been shown to have positive effects in treating virtually every type of liver disease including [cirrhosis](#), [hepatitis](#), and chemical– or alcohol–induced [fatty liver](#). Milk thistle facilitates liver cell regeneration and can protect the liver from toxic damage.

...[click here to see full details on our web site](#).

Silymarin/Milk Thistle (*Silybum marianum*) is being recommended for the following reason(s):

- There appears to be a good chance that you are suffering from [Liver Detoxification / Support Requirement](#)
- There is a small chance of [Cirrhosis of the Liver \(web\)](#)

See evidence under [Alcohol Avoidance](#) above.

Treatment: Ozone / Oxidative Therapy

Requirement: Possible

Bio-oxidative therapies have been around for a long time. They were first reported by Dr. T.H. Oliver in *The Lancet* in 1920 and since that time they have been studied in major medical research centers throughout the world. Over 5000 physicians worldwide use ozone in their medical practice. Specific therapeutic applications of ozone include the treatment of vascular disease such as [stroke](#), obstructive

arteriopathy, venous insufficiency, [cancer](#), [acute](#) and [chronic](#) viral diseases, [ulcers](#), infected wounds, gangrenes, burns, inflammatory bowel disease such as [Crohn's disease](#), [ulcerative colitis](#) and spinal disc problems. Ozone is also excellent for [topical](#) treatment of infections, wounds, ulcers and burns, especially those that are difficult to heal.

...[click here to see full details on our web site](#).

Ozone / Oxidative Therapy is being recommended for the following reason(s):

- There is a definite possibility that you are suffering from [Allergy to Foods \(Hidden\)](#)
- You have indicated that you have [Allergies Indoor](#)
- You are showing signs of moderate [Cancer / Risk \(General Measures\)](#)
- There appears to be a marked possibility that you have [Chronic Fatigue / Fibromyalgia Syndrome \(web\)](#)

See evidence under [Magnesium](#) above.

- You probably have moderate [Premature/Signs of Aging \(web\)](#)

See evidence under [Test for Hormones](#) above.

There are many testimonies of the anti-aging benefits of oxidation therapies as simple as the hydrogen [peroxide](#) bath.

- It appears there is a small likelihood that you have [Chronic Infection \(web\)](#)

Chronic Infection is suggested partly by:

- [Bursitis \(Degree: Moderate\)](#)

Both [acute](#) and [chronic](#) infections, notably staphylococcus, have been known to cause [bursitis](#).

...and partly by your responses to the following question(s):

- How often do you get unexplained fevers? **Occasionally – one or two per year**

- There is a small likelihood that you have [IBS \(Irritable Bowel Syndrome\) \(web\)](#)

See evidence under [Vitamin B12 \(Cobalamine\)](#) above.

Treatment: Medicinal Mushrooms

Requirement: Possible

Mushrooms are becoming recognized as a valuable health food. They are low in calories, high in vegetable [proteins](#), chitin, [iron](#), [zinc](#), fiber, essential amino acids, vitamins [minerals](#) and have a long history of use in Chinese medicine. Their legendary effects on promoting good health and vitality and increasing your body's adaptive abilities have been supported by many scientific studies. These studies suggest that mushrooms help your body strengthen itself and fight off illness by restoring your bodies balance and natural resistance to disease. The compounds they contain have [immune system](#) enhancement properties. In Japan, Russia, China, and the U.S. several different polysaccharide antitumor agents have been developed from the fruiting body, mycelia, and culture medium of various medicinal mushrooms.

...[click here to see full details on our web site](#).

Medicinal Mushrooms is being recommended for the following reason(s):

- There is a medium probability of your having [Weakened Immune System](#)
- You could be suffering from moderate [Cancer / Risk \(General Measures\)](#)

Antitumor and anticancer properties have been studied in mushrooms. Shiitake (*Lentinus edodes*) and reishi (*Ganoderma lucidum*) have been found to have general anticancer and immune-stimulating activity. [*Gan To Kagaku Ryoho* 1982;9(8): pp.1474-81] Maitake (*Grifolia frondosa*) also contains immune-stimulating polysaccharides. In a study by Hiroaki Namba, Ph.D., of Japan, mice were fed either a control diet, a diet that included 20% maitake powder or a control diet plus injections of maitake D-fraction extract at a rate of 1mg/kg of body weight. Results showed that maitake inhibited metastasis by 81% in the maitake-fed group and by 91% in the D-fraction injection group.

There are an increasing number of combination mushroom products on the market to help prevent and provide a supportive role in the treatment of [cancer](#).

- There exists a reasonable likelihood that you are suffering from [Chronic Fatigue / Fibromyalgia Syndrome \(web\)](#)

See evidence under [Magnesium](#) above.

Many CFIDS patients feel more energetic after taking mushroom formulas. Medicinal mushrooms may have anti-viral effects as well.

- There is some evidence that you are suffering from [Chronic Infection \(web\)](#)

See evidence under [Ozone / Oxidative Therapy](#) above.

Treatment: Continued Calming / Stretching Exercises Requirement: Possible

Calming exercise or motions and controlled breathing can have dramatic stress and tension-reducing effects. Maintaining flexibility by stretching routines can enhance balance and reduce injuries. Yoga, Tai Chi, abdominal breathing and Progressive Muscle Relaxation (PMR) are among many techniques that have been used successfully to deal with the effects of stress and generally improve health.

...[click here to see full details on our web site](#).

Continued Calming / Stretching Exercises is being recommended for the following reason(s):

- You have indicated that you have [Depression](#)

A few studies have looked at the effects of yoga breathing exercises, practiced daily for several weeks, on depression. One study showed that breathing exercises produced faster improvement than no treatment. Another study found that breathing exercises were as effective as an antidepressant drug for patients who were severely depressed, but less effective than electroconvulsive therapy (ECT).

- You have indicated that you have [Stress](#)

Many people who practice yoga say they experience a "freeing the mind from mental disturbances," "calming the spirit," or "steadying the mind" with reduction of nervousness, irritability and confusion, depression and mental fatigue.

- It seems there is a reasonable likelihood of [Chronic Fatigue / Fibromyalgia Syndrome \(web\)](#)

See evidence under [Magnesium](#) above.

Studies from Texas Tech University found that the yoga postures helped increase circulation to the limbs and decreased physically related [anxiety](#). [FMS](#) sufferers frequently complain about decreased energy, but the Tech subjects reported that the yoga exercises actually increased energy levels.

- There is a low probability of your having [Insomnia \(web\)](#)

See evidence under [Caffeine/Coffee Avoidance](#) above.

It is claimed that the practice of yoga will benefit your sleep in three ways:

1. The quality of your sleep will improve because of yoga's beneficial effect on the [nervous system](#), in particular the brain. This results from certain yoga postures increasing the blood supply to the sleep center in the brain.
2. You will need less sleep because of the improved quality of your sleep, and because yoga increases the elimination of toxins from the body. On average, for every minute you put into yoga you will need one minute less sleep.
3. You will fall asleep in a shorter time. This is because your body and mind are more relaxed.

- You have indicated that you have [Neck Pain](#)

Yoga exercises may provide the activity needed to achieve greater flexibility, postural balance, and tension relief that will reduce the incidence of neck pain. "Yoga is one of the best methods someone can use to help decrease their back and neck pain," says Dr. Mary Pulig Schatz, author of *A Doctor's Gentle Yoga Guide to Back and Neck Pain Release*.

Treatment: Continued Processed Foods Avoidance

Requirement: Possible

There are many reasons to avoid processed foods...

...[click here to see full details on our web site.](#)

Continued Processed Foods Avoidance is being recommended for the following reason(s):

- There exists a fair chance that you are suffering from **[Hypoglycemia](#)**

Refined [carbohydrates](#) are more readily absorbed than unrefined, and should be avoided in those with any [glucose](#) intolerance.

- You have indicated that you have **[Headaches, Migraine/Tension \(web\)](#)**

See evidence under [Magnesium](#) above.

Unhealthy practices such as drinking coffee and soft drinks, eating sweets and other nutritionless foods contribute to the problem. When [migraine](#) and tension headache patients are placed on low-protein, natural plant-based diets, with no refined sweets of any type, they often recover within a month, never needing medication or further treatments to control their condition. If improvement is not complete, other detoxification techniques should be employed. When diet change has not yet produced its full effect, the use of cold and pressure are usually the most effective and practical means to control the pain.

- It appears there is a slight possibility that you are suffering from **[Need for Dietary Improvement \(web\)](#)**

See evidence under [Caffeine/Coffee Avoidance](#) above.

Treatment: Vitamin B Complex

Requirement: Possible

The B-vitamins, like [vitamin C](#), are water-soluble and are not stored in the body. This means that they are needed on a daily basis in order for the body to maintain healthy levels.

...[click here to see full details on our web site.](#)

Vitamin B Complex is being recommended for the following reason(s):

- You have indicated that you have **[Anxiety](#)**

Several of the B-vitamins are indicated in [anxiety](#) treatment. When taking high doses of a particular B-vitamin, it is best to use a B-complex as well.

- You have indicated that you have **[Premenstrual Syndrome](#)**

- You have indicated that you have **[Stress](#)**

There is evidence that high doses of B-complex vitamins in humans can reduce the immune-suppressing effects of stress.

- It seems there is a marked possibility of **[Chronic Fatigue / Fibromyalgia Syndrome \(web\)](#)**

See evidence under [Magnesium](#) above.

- You have indicated that you have **[Headaches, Migraine/Tension \(web\)](#)**

See evidence under [Magnesium](#) above.

- There exists a small likelihood that you are suffering from **[Hydrochloric Acid Deficiency \(web\)](#)**

Several B-vitamins are needed to support [hydrochloric acid](#) production. [Thiamin \(B1\)](#) may stimulate digestion by improving hydrochloric acid production and intestinal muscle tone.

[Hydrochloric Acid Deficiency](#) is suggested partly by:

- **[Yeast / Candida](#)** (Degree: Moderate)
- **[IBS \(Irritable Bowel Syndrome\) \(web\)](#)** (Degree: Minor)

...and partly by your responses to the following question(s):

- Do you suffer from belching (burping) within 1 hour of a meal? **Occasionally**
- How offensively do your stools usually smell? This is difficult to quantify, but a strong smell despite brief exposure to the air, or comments by others, are good indicators! **Occasionally offensive**
- Have you had adult [acne](#)? **Major episode(s) now resolved**
- Do you generally become sleepy after eating? **Occasionally**
- Have you had [Eczema](#)? This includes many kinds of red, blistering, oozing, scaly, brownish, thickened and itching skin conditions, and may be known as [dermatitis](#): **Current minor problem**

- You have indicated that you have had [Anorexia / Starvation Tendency \(web\)](#)
See evidence under [Counseling](#) above.
- You have indicated that you have had [Cervical Dysplasia \(web\)](#)
See evidence under [Zinc](#) above.

Treatment: Test Adrenal Function

Requirement: Possible

The adrenal glands can be evaluated in several different ways and more than one of these may be required to fully understand the nature of the problem. Conventional physicians routinely test for adrenal function by measuring the levels of the adrenal [hormone](#) cortisol.

...[click here to see full details on our web site](#).

Test Adrenal Function is being recommended for the following reason(s):

- There appears to be a medium probability that you are suffering from [Low Adrenal Function / Adrenal Insufficiency](#)

Adrenal function can be evaluated in several ways by blood, saliva, and/or urine testing. Your doctor should know the best test to use depending on the suspected severity of the condition.

- It appears there is a marked possibility of your having [Chronic Fatigue / Fibromyalgia Syndrome \(web\)](#)

See evidence under [Magnesium](#) above.

We hope you find this advice beneficial. [The Analyst™](#) is continuing to grow and evolve and as such we appreciate any feedback you might have. Please send e-mail to: nd@the-nd.com, quoting your reference number 902.

G L O S S A R Y

Acetylcholine: A neurotransmitter widely distributed in body tissues with a primary function of mediating synaptic activity of the nervous system and skeletal m u s c l e s .

Acne: A chronic skin disorder due to inflammation of hair follicles and sebaceous glands (secretion glands in the skin).

Acute: An illness or symptom of sudden onset, which generally has a short duration.

Adrenal Insufficiency: Also known as Adrenal Exhaustion or Low Adrenal Function, this is a condition where the adrenal gland is compromised in its production of epinephrine, norepinephrine, cortisol, corticosterone or aldosterone. **Symptoms** include primarily fatigue, weakness, decreased appetite with ensuing weight loss, as well as nausea, vomiting, abdominal pain, diarrhea or constipation, or increased pigmentation of the skin. Cortical insufficiency (low or no corticosteroids) produces a more serious condition called **Addison's Disease**, characterized by extreme weakness, low blood pressure, pigmentation of the skin, and other symptoms.

Aerobic: Using oxygen. For example, aerobic exercises such as running, swimming, bicycling or playing tennis use up lots of oxygen and burn up lots of calories.

AIDS: Acquired Immune Deficiency Syndrome. An immune system deficiency disorder that suddenly alters the body's ability to defend itself. The AIDS virus invades the T4 helper/inducer lymphocytes and multiplies, causing a breakdown in the body's immune system, eventually leading to overwhelming infection and/or cancer, with ultimate death.

Allergen: A substance that is capable of producing an allergic response in the body.

Allergic Rhinitis: Also known as **hay fever**, this is an inflammation of the nasal mucous membranes that is caused by specific allergen(s). It is an allergy characterized by sneezing, itchy and watery eyes, a runny or stuffy nose, coughing and a burning/scratchy sensation of the palate and throat.

Allergic Salute: When the itchy, runny or blocked nose is being wiped in an upwards direction. This movement helps to open up the nasal airways but can lead to an **Allergic Crease** – a horizontal crease or pale line that develops across the lower part of the nose as a consequence of frequent upward wiping of the nose.

Allergy: Hypersensitivity caused by exposure to a particular antigen (allergen), resulting in an increased reactivity to that antigen on subsequent exposure. Sometimes with harmful immunologic consequences.

Amino Acid: An organic acid containing nitrogen chemical building blocks that aid in the production of protein in the body. Eight of the twenty-two known amino acids are considered "essential," and must be obtained from dietary sources because the body can not synthesize them.

Anaerobic: Of, relating to, or being activity in which the body incurs an oxygen debt (for example weight training or resistive exercises) and does not immediately burn off a lot of calories and fat.

Androgen: Any steroid hormone that increases male characteristics.

Anemia: A condition resulting from an unusually low number of red blood cells or too little hemoglobin in the red blood cells. The most common type is iron-deficiency anemia in which the red blood cells are reduced in size and number, and hemoglobin levels are low. Clinical symptoms include shortness of breath, lethargy and heart palpitations.

Anhydrous: Water deficient.

Anorexia Nervosa: An eating disorder characterized by excess control – a morbid fear of obesity leads the sufferer to try and limit or reduce their weight by excessive dieting, exercising, vomiting, purging and use of diuretics. Sufferers are typically more than 15% below the average weight for their height/sex/age and typically have amenorrhea (if female) or low libido (if male). 1–2% of female teenagers are anorexic.

Antibody: A type of serum protein (globulin) synthesized by white blood cells of the lymphoid type in response to an antigenic (foreign substance) stimulus. Antibodies are complex substances formed to neutralize or destroy these antigens in the blood. Antibody activity normally fights infection but can be damaging in allergies and a group of diseases that are called autoimmune diseases.

Antioxidant: A chemical compound that slows or prevents oxygen from reacting with other compounds. Some antioxidants have been shown to have cancer-protecting potential because they neutralize free radicals. Examples include vitamins C and E, beta carotene, the minerals selenium and germanium superoxide dismutase (SOD), coenzyme Q10, catalase, and some amino acids.

Anxiety: Apprehension of danger, or dread, accompanied by nervous restlessness, tension, increased heart rate, and shortness of breath unrelated to a clearly identifiable stimulus.

Arrhythmia: A condition caused by variation in the regular rhythm of the heartbeat. Arrhythmias may cause serious conditions such as shock and congestive heart failure, or even death.

Arthritis: Inflammation of a joint, usually accompanied by pain, swelling, and stiffness, and resulting from infection, trauma, degenerative changes, metabolic disturbances, or other causes. It occurs in various forms, such as bacterial arthritis, osteoarthritis, or rheumatoid arthritis. Osteoarthritis, the most common form is characterized by a gradual loss of cartilage and often an overgrowth of bone at the joints.

Aspartame: A low-calorie sweetener used in a variety of foods and drinks and as a tabletop sweetener. It is about 200 times sweeter than sugar and is commonly known by names such as NutraSweet, Equal, Spoonful or Equal-Measure.

Asthma: A lung disorder marked by attacks of breathing difficulty, wheezing, coughing, and thick mucus coming from the lungs. The episodes may be triggered by breathing foreign substances (allergens) or pollutants, infection, vigorous exercise, or emotional stress.

Atherosclerosis: Common form of arteriosclerosis associated with the formation of atheromas which are deposits of yellow plaques containing cholesterol.

lipids, and lipophages within the intima and inner media of arteries. This results in a narrowing of the arteries, which reduces the blood and oxygen flow to the heart and brain as well as to other parts of the body and can lead to a heart attack, stroke, or loss of function or gangrene of other tissues.

Atopic: Genetically predisposed toward developing immediate hypersensitivity reactions to common environmental allergens.

Autoimmune Disease: One of a large group of diseases in which the immune system turns against the body's own cells, tissues and organs, leading to chronic and often deadly conditions. Examples include multiple sclerosis, rheumatoid arthritis, systemic lupus, Bright's disease and diabetes.

Bacteria: Microscopic germs. Some bacteria are "harmful" and can cause disease, while other "friendly" bacteria protect the body from harmful invading organisms.

Benign: Literally: innocent; not malignant. Often used to refer to cells that are not cancerous.

B I D : T w i c e p e r d a y .

Bile: A bitter, yellow–green secretion of the liver. Bile is stored in the gallbladder and is released when fat enters the first part of the small intestine (duodenum) in order to aid digestion.

B i o p s y : E x c i s i o n o f t i s s u e f r o m a l i v i n g b e i n g f o r d i a g n o s i s .

Bronchospasm: Sudden involuntary contraction of the smooth muscles surrounding the bronchial tubes.

Bruxism: Prolonged, unintentional grinding and clenching of the teeth, usually occurring during sleep. 'Bruxers' are often unaware that they have developed this habit. **Symptoms** include abraded/chipped teeth (in extreme cases, waking up with tooth chips in the mouth); facial pain; oversensitive teeth; tense facial and jaw muscles; headaches; dislocation of the jaw; damage to the tooth enamel, exposing the inside of the tooth; a popping or clicking in the temporomandibular joint (TMJ); tongue indentations; damage to the inside of the cheek.

B u r s a : F l u i d - f i l l e d s a c s .

Bursitis: The bursa is a fluid–filled pad that allows your muscles to easily slide over other muscles and bones. **Bursitis** occurs when this pad becomes inflamed. It usually occurs when you overuse or injure a specific joint, but it can also be caused by a bacterial infection. Symptoms include pain and inflammation around joints such as the elbow, hip, shoulder, big toe, ankle or knee.

Calcium: The body's most abundant mineral. Its primary function is to help build and maintain bones and teeth. Calcium is also important to heart health, nerves, muscles and skin. Calcium helps control blood acid–alkaline balance, plays a role in cell division, muscle growth and iron utilization, activates certain enzymes, and helps transport nutrients through cell membranes. Calcium also forms a cellular cement called ground substance that helps hold cells and tissues together.

Cancer: Refers to the various types of malignant neoplasms that contain cells growing out of control and invading adjacent tissues, which may metastasize to distant sites.

Candidiasis: Infection of the skin or mucous membrane with any species of candida, usually *Candida albicans*. The infection is usually localized to the skin, nails, mouth, vagina, bronchi, or lungs, but may invade the bloodstream. It is a common inhabitant of the GI tract, only becoming a problem when it multiplies excessively and invades local tissues. Growth is encouraged by a weakened immune system, as in AIDS, or with the prolonged administration of antibiotics. Vaginal **symptoms** include itching in the genital area, pain when urinating, and a thick odorless vaginal discharge.

Carbohydrates: The sugars and starches in food. Sugars are called simple carbohydrates and found in such foods as fruit and table sugar. Complex carbohydrates are composed of large numbers of sugar molecules joined together, and are found in grains, legumes, and vegetables like potatoes, squash, and corn.

Carcinoma: Malignant growth of epithelial cells tending to infiltrate the surrounding tissue and giving rise to metastasis.

C a r d i o v a s c u l a r : P e r t a i n i n g t o t h e h e a r t a n d b l o o d v e s s e l s .

Catecholamine: Any of various amines (as epinephrine, norepinephrine, and dopamine) that function as hormones and/or neurotransmitters.

C e p h a l a l g i a : H e a d a c h e .

Cervical Dysplasia: Abnormal cells on the surface of the cervix, classified as either mild (70% of cases fall into this category; the cells regress on their own), moderate, or severe, or as class 1, 2 or 3. While dysplasia itself does not cause health problems, it is considered to be a precancerous condition. Left untreated dysplasia sometimes progresses to an early form of cancer known as cervical carcinoma in situ, and eventually to invasive cervical cancer.

Chemotherapy: A treatment of disease by any chemicals. Used most often to refer to the chemical treatments used to combat cancer cells.

Cholesterol: A waxy, fat–like substance manufactured in the liver and found in all tissues, it facilitates the transport and absorption of fatty acids. In foods, only animal products contain cholesterol. An excess of cholesterol in the bloodstream can contribute to the development of atherosclerosis.

Chronic: Usually Chronic illness: Illness extending over a long period of time.

Chronic Fatigue Syndrome: CFS (Chronic Fatigue Syndrome) is a disorder of unknown cause that lasts for prolonged periods and causes extreme and debilitating exhaustion as well as a wide range of other symptoms such as fever, headache, muscle ache and joint pain, often resembling flu and other viral infections. Also known as Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS), Chronic Epstein–Barr Virus (CEBV), Myalgic Encephalomyelitis (ME), "Yuppy Flu" and other names, it is frequently misdiagnosed as hypochondria, psychosomatic illness, or depression, because routine medical tests do not detect it.

Cirrhosis: A long-term disease in which the liver becomes covered with fiber-like tissue. This causes the liver tissue to break down and become filled with fat. All functions of the liver then decrease, including the production of glucose, processing drugs and alcohol, and vitamin absorption. Stomach and bowel function, and the making of hormones are also affected.

Cobalamin: Vitamin B-12. Essential for normal growth and functioning of all body cells, especially those of bone marrow (red blood cell formation), gastrointestinal tract and nervous system, it prevents pernicious anemia and plays a crucial part in the reproduction of every cell of the body i.e. synthesis of genetic material (DNA).

Colon: The part of the large intestine that extends to the rectum. The colon takes the contents of the small intestine, moving them to the rectum by contracting.

Copper: An essential mineral that is a component of several important enzymes in the body and is essential to good health. Copper is found in all body tissues. Copper deficiency leads to a variety of abnormalities, including anemia, skeletal defects, degeneration of the nervous system, reproductive failure, pronounced cardiovascular lesions, elevated blood cholesterol, impaired immunity and defects in the pigmentation and structure of hair. Copper is involved in iron incorporation into hemoglobin. It is also involved with vitamin C in the formation of collagen and the proper functioning in central nervous system. More than a dozen enzymes have been found to contain copper. The best studied are superoxide dismutase (SOD), cytochrome C oxidase, catalase, dopamine hydroxylase, uricase, tryptophan dioxygenase, lecithinase and other monoamine and diamine oxidases.

Crohn's Disease: Chronic inflammatory disease of the gastrointestinal tract. The most common symptoms are abdominal pain, often in the lower right area, and diarrhea. Rectal bleeding, weight loss, and fever may also occur. Bleeding may be serious and persistent, leading to anemia.

Cysteine: A nonessential amino acid but may be essential for individuals with certain diseases or nutritional concerns. Cysteine is a sulfur-bearing amino acid with antioxidant properties. It is important for keratin synthesis, a protein found in skin, hair and nails and is a component of coenzyme A and glutathione.

Cysts: A closed pocket or pouch of tissue; a cyst may form within any tissue in the body and can be filled with air, fluid, pus, or other material. Cysts within the lung generally are air filled, while cysts involving the lymph system or kidneys are fluid filled. Cysts under the skin are benign, extremely common, movable lumps. These may develop as a result of infection, clogging of sebaceous glands, developmental abnormalities or around foreign bodies.

Delta-6-Desaturase: An important enzyme involved in the conversion of essential fatty acids to prostaglandins. It is deficient or inhibited in diabetes, obesity, older people, and in the presence of insulin, coffee, trans fatty acids, or alcohol. Certain nationalities such as Irish, Celtic, Scandinavian, Scottish and Native American have higher than average deficiencies of delta-6-desaturase.

Dermatitis: A general term used to refer to eruptions or rashes on the skin.

DHA: Docosahexanoic Acid. A metabolite of the omega-3 fatty acid alpha-linolenic acid.

DHEA: Dehydroepiandrosterone (DHEA) is a steroid produced by the adrenal glands and is the most abundant one found in humans. DHEA may be transformed into testosterone, estrogen or other steroids. It is found in the body as DHEA or in the sulfated form known as DHEA-S. One form is converted into the other.

Diabetes Mellitus: A disease with increased blood glucose levels due to lack or ineffectiveness of insulin. Diabetes is found in two forms; insulin-dependent diabetes (juvenile-onset) and non-insulin-dependent (adult-onset). **Symptoms** include increased thirst; increased urination; weight loss in spite of increased appetite; fatigue; nausea; vomiting; frequent infections including bladder, vaginal, and skin; blurred vision; impotence in men; bad breath; cessation of menses; diminished skin fullness. Other symptoms include bleeding gums; ear noise/buzzing; diarrhea; depression; confusion.

Diarrhea: Excessive discharge of contents of bowel.

Diuretic: An agent increasing urine flow, causing the kidneys to excrete more than the usual amount of sodium, potassium and water.

DNA: Deoxyribonucleic acid, the large molecule that is the main carrier of genetic information in cells. DNA is found mainly in the chromosomes of cells.

Duodenum: First portion of the small intestine between the pylorus and jejunum.

Eczema: Swelling of the outer skin of unknown cause. In the early stage it may be itchy, red, have small blisters, and be swollen, and weeping. Later it becomes crusted, scaly, and thickened.

Enzymes: Specific protein catalysts produced by the cells that are crucial in chemical reactions and in building up or synthesizing most compounds in the body. Each enzyme performs a specific function without itself being consumed. For example, the digestive enzyme amylase acts on carbohydrates in foods to break them down.

EPA: Environmental Protection Agency. Also: Eicosapentanoic Acid. A metabolite of the omega-3 fatty acid alpha-linolenic acid.

Essential Fatty Acid: (EFA): A substance that the human body cannot manufacture and therefore must be supplied in the diet.

Estrogen: One of the female sex hormones produced by the ovaries.

Fasting Blood Sugar: (FBS): Blood is drawn before breakfast (i.e., after fasting), then the glucose (sugar) in the blood is measured.

Fatty Acids: Chemical chains of carbon, hydrogen, and oxygen atoms that are part of a fat (lipid) and are the major component of triglycerides. Depending on the number and arrangement of these atoms, fatty acids are classified as either saturated, polyunsaturated, or monounsaturated. They are nutritional substances found in nature which include cholesterol, prostaglandins, and stearic, palmitic, linoleic, linolenic, eicosapentanoic (EPA), and decohexanoic acids. Important nutritional lipids include lecithin, choline, gamma-linoleic acid, and inositol.

Fatty Liver: Accumulation of triglycerides in the liver.

FDA: The (American) Food and Drug Administration. It is the official government agency that is responsible for ensuring that what we put into our bodies - particularly food and drugs - is safe and effective.

Febrile: Having to do with a fever.

Fibromyalgia: (FMS): Originally named fibrositis, it is a mysteriously debilitating syndrome that attacks women more often than men. It is not physically damaging to the body in any way, but is characterized by the constant presence of widespread pain that often moves about the body. Fibromyalgia can be so severe that it is often incapacitating.

Flax: Flax Seed or Flax Oil. Flax oil is nutty-flavored oil that is pressed out of flax seeds and is one of the richest sources of Essential Fatty Acids (especially Omega-3 oil), a vital element for good health. The oil making process removes many of the seed's phytoestrogens which offer several health-related benefits including reducing the risk of cancer and alleviating menopausal symptoms. Many choose to use the whole seed because of its fiber and lignan content. Flaxseed oil is light- and temperature-sensitive and must be stored in the refrigerator.

Free Radical: A free radical is an atom or group of atoms that has at least one unpaired electron. Because another element can easily pick up this free electron and cause a chemical reaction, these free radicals can effect dramatic and destructive changes in the body. Free radicals are activated in heated and rancid oils and by radiation in the atmosphere, among other things.

GABA: The amino-acid derivative GABA (Gamma-Aminobutyric Acid) is a calming substance. Tranquilizers like Valium and Librium owe their soothing effects to the fact that they stimulate GABA receptors in the brain.

Gastrointestinal: Pertaining to the stomach, small and large intestines, colon, rectum, liver, pancreas, and gallbladder.

GLA: Gamma-linolenic Acid is a downline metabolite of linoleic acid, an Omega 6 oil.

Glaucoma: A disease of the eye characterized by vision loss due to an increase in the pressure of fluid within the eye. This rise in pressure results from a build-up of aqueous fluid and leads to progressive damage to the optic nerve that transmits visual signals to the brain. Over time, glaucoma can lead to a gradual loss in peripheral vision. There are usually no signs that you're developing glaucoma until vision loss occurs.

Glucose: A sugar that is the simplest form of carbohydrate. It is commonly referred to as blood sugar. The body breaks down carbohydrates in foods into glucose, which serves as the primary fuel for the muscles and the brain.

Glutamine: A non-essential amino acid, glutamine is considered to be a brain fuel. Glutamine has been used therapeutically for alcoholism, mild depression and to reduce the craving for sweets. Glutamine is very important in the functioning of the metabolism and muscle maintenance. Glutamine supplementation can help prevent muscle and other tissue breakdown by providing the body with nitrogen and fuel.

Glutathione: A natural sulfur-bearing peptide formed from the linking of three amino acids: glutamic acid, cysteine and glycine. Glutathione acts as an antioxidant and detoxicant and is involved with the selenium-containing enzyme glutathione peroxidase. Glutathione is also involved in amino acid transport across cell membranes.

Glycine: The simplest amino acid which is a constituent of normal protein and an inhibitory neurotransmitter, used as a dietary supplement. A natural anticancer and sweetener, it is involved in the syntheses of DNA, phospholipids and collagen.

Gout: A disease characterized by an increased blood uric acid level and sudden onset of episodes of acute arthritis.

Gram: (gm): A metric unit of weight, there being approximately 28 grams in one ounce.

Hemoglobin: The oxygen-carrying protein of the blood found in red blood cells.

Hepatitis: Inflammation of the liver usually resulting in jaundice (yellowing of the skin), loss of appetite, stomach discomfort, abnormal liver function, clay-colored stools, and dark urine. May be caused by a bacterial or viral infection, parasitic infestation, alcohol, drugs, toxins or transfusion of incompatible blood. Can be life-threatening. Severe hepatitis may lead to cirrhosis and chronic liver dysfunction.

Hormones: Chemical substances secreted by a variety of body organs that are carried by the bloodstream and usually influence cells some distance from the source of production. Hormones signal certain enzymes to perform their functions and, in this way, regulate such body functions as blood sugar levels, insulin

levels, the menstrual cycle, and growth. These can be prescription, over-the-counter, synthetic or natural agents. Examples include adrenal hormones such as corticosteroids and aldosterone; glucagon, growth hormone, insulin, testosterone, estrogens, progestins, progesterone, DHEA, melatonin, and thyroid hormones such as thyroxine and calcitonin.

Hydrochloric Acid: (HCl): An inorganic acidic compound, excreted by the stomach, that aids in digestion.

Hydrogenated Fat: Usually containing trans-fatty acids (or simply "trans" fats), hydrogenated fats show up mostly in margarine, shortening and many prepared and processed foods such as cookies, crackers, cakes, potato chips and other deep-fried foods. The best way to spot hydrogenated fats is to read the ingredient lists on foods and identify those listing hydrogenated or "partially" hydrogenated fats.

Hyperesthesia: An abnormal or pathological increase in sensitivity to sensory stimuli, as of the skin to touch or the ear to sound.

Hypoglycemia: A condition characterized by an abnormally low blood glucose level. Severe hypoglycemia is rare and dangerous. It can be caused by medications such as insulin (diabetics are prone to hypoglycemia), severe physical exhaustion, and some illnesses.

Immune System: A complex that protects the body from disease organisms and other foreign bodies. The system includes the humoral immune response and the cell-mediated response. The immune system also protects the body from invasion by making local barriers and inflammation.

Inositol: Usually considered part of the vitamin B complex. It is thought that along with choline, inositol is necessary for the formation of lecithin within the body. It is involved in calcium mobilization.

Insulin: A hormone secreted by the pancreas in response to elevated blood glucose levels. Insulin stimulates the liver, muscles, and fat cells to remove glucose from the blood for use or storage.

Iron: An essential mineral. Prevents anemia: as a constituent of hemoglobin, transports oxygen throughout the body. Virtually all of the oxygen used by cells in the life process are brought to the cells by the hemoglobin of red blood cells. Iron is a small but most vital, component of the hemoglobin in 20,000 billion red blood cells, of which 115 million are formed every minute. Heme iron (from meat) is absorbed 10 times more readily than the ferrous or ferric form.

Irritable Bowel Syndrome: (IBS) A condition that causes upset intestines for a long period of time. It is very unpleasant to the sufferer but tends to be harmless and usually does not lead to more serious complaints. The symptoms vary from person to person and from day to day. In order to be diagnosed with IBS, a person must have at least three of the following **symptoms:** pain in the lower abdomen; bloating; constipation; diarrhea or alternating diarrhea and constipation; nausea; loss of appetite; tummy rumbling; flatulence; mucous in stools; indigestion; constant tiredness; frequent urination; low back pain; painful intercourse for women.

K i l o g r a m : 1 0 0 0 g r a m s , 2 . 2 l b s .

Leukemia: Cancer of the lymph glands and bone marrow resulting in overproduction of white blood cells (related to Hodgkin's disease).

Lymph Glands: Located in the lymph vessels of the body, these glands trap foreign material and produce lymphocytes. These glands act as filters in the lymph system, and contain and form lymphocytes and permit lymphatic cells to destroy certain foreign agents.

Lymphocyte: A type of white blood cell found in lymph, blood, and other specialized tissue such as bone marrow and tonsils, constituting between 22 and 28 percent of all white blood cells in the blood of a normal adult human being. B- and T-lymphocytes are crucial components of the immune system. The B-lymphocytes are primarily responsible for antibody production. The T-lymphocytes are involved in the direct attack against living organisms. The helper T-lymphocyte, a subtype, is the main cell infected and destroyed by the AIDS virus.

Magnesium: An essential mineral. The chief function of magnesium is to activate certain enzymes, especially those related to carbohydrate metabolism. Another role is to maintain the electrical potential across nerve and muscle membranes. It is essential for proper heartbeat and nerve transmission. Magnesium controls many cellular functions. It is involved in protein formation, DNA production and function and in the storage and release of energy in ATP. Magnesium is closely related to calcium and phosphorus in body function. The average adult body contains approximately one ounce of magnesium. It is the fifth mineral in abundance within the body—behind calcium, phosphorus, potassium and sodium. Although about 70 percent of the body's magnesium is contained in the teeth and bones, its most important functions are carried out by the remainder which is present in the cells of the soft tissues and in the fluid surrounding those cells.

Manganese: An essential mineral found in trace amounts in tissues of the body. Adults normally contain an average of 10 to 20mg of manganese in their bodies, most of which is contained in bone, the liver and the kidneys. Manganese is essential to several critical enzymes necessary for energy production, bone and blood formation, nerve function and protein metabolism. It is involved in the metabolism of fats and glucose, the production of cholesterol and it allows the body to use thiamine and Vitamin E. It is also involved in the building and degrading of proteins and nucleic acid, biogenic amine metabolism, which involves the transmitting of nerve impulses.

MAO: Abbreviation for a breakdown enzyme monoamine oxidase. A MAO inhibitor blocks the action of monoamine oxidase, thus raising the levels of the monoamine neurotransmitters such as norepinephrine, epinephrine, dopamine, and serotonin – which have significant effects on mood and behavior. Epinephrine, norepinephrine and serotonin are normally deactivated by MAO-A while dopamine and phenylethylamine are normally metabolized by MAO-B.

Melatonin: The only hormone secreted into the bloodstream by the pineal gland. The hormone appears to inhibit numerous endocrine functions, including the gonadotropic hormones. Research exists on the efficacy of melatonin in treating jet lag and certain sleep disorders. Dosages greater than 1 milligram have been associated with drowsiness, headaches, disturbances in sleep/wake cycles and is contraindicated in those who are on antidepressive medication. It also negatively influences insulin utilization.

Menopause: The cessation of menstruation (usually not official until 12 months have passed without periods), occurring at the average age of 52. A commonly used, the word denotes the time of a woman's life, usually between the ages of 45 and 54, when periods cease and any symptoms of low estrogen levels persist, including hot flashes, insomnia, anxiety, mood swings, loss of libido and vaginal dryness. When these early menopausal symptoms subside, a woman becomes postmenopausal.

Metabolism: The chemical processes of living cells in which energy is produced in order to replace and repair tissues and maintain a healthy body. Responsible for the production of energy, biosynthesis of important substances, and degradation of various compounds.

Metabolite: Any product (foodstuff, intermediate, waste product) of metabolism.

Methionine: Essential amino acid. Dietary source of sulfur and methyl groups. Important for proper growth in infants, nitrogen balance in adults, healthy nails and skin and the synthesis of taurine, cysteine, phosphatidylcholine (lecithin), bile, carnitine and endorphins. It is an antioxidant nutrient and lipotropic agent which promotes the physiological utilization of fat.

Microgram: (mcg): 1 / 1,000 of a milligram in weight.

Migraine: Not just a headache, but a disorder affecting the whole body, characterized by clearly defined attacks lasting from about 4 to 72 hours, separated by headache-free periods; progresses through five distinct phases. **Prodrome:** experienced by about 50% of migraineurs and starting up to 24 hours before the headache – changes in mood, sensory perception, food craving, excessive yawning, or speech or memory problems. **Aura:** experienced by about 15% and starting within an hour before the headache – disruption of vision (flashing lights, shimmering zigzag lines, blind spot) or sensation (numbness or 'pins and needles' around the lips or hand), or difficulty speaking. **Headache:** usually pulsating and occurring on one side of the head, it may occur on both sides of the head and alternate from side to side. Muscles in the neck and scalp may be tender; there may be nausea and the desire not to eat, move, see or hear. **Resolution:** the headache disappears and the body returns to normal. Resolution may occur over several hours during sleep or rest; an intense emotional experience or vomiting may also end the headache. **Postdrome:** After the headache stops, the sufferer feels drained, fatigued and tired. Muscles ache, emotions are volatile and the individual is slow.

Milligram: (mg): 1 / 1,000 of a gram by weight.

Mineral: Plays a vital role in regulating many body functions. They act as catalysts in nerve response, muscle contraction and the metabolism of nutrients in foods. They regulate electrolyte balance and hormonal production, and they strengthen skeletal structures.

Mitochondrion: Structure inside a cell that is the location of the cell's energy production machinery. (Plural: Mitochondria)

Molybdenum: An essential trace element. It helps regulate iron stores in the body and is a key component of at least three enzymes: xanthine oxidase, aldehyde oxidase and sulfite oxidase. These enzymes are involved with carbohydrate metabolism, fat oxidation and urine metabolism. The average adult has about 9mg of molybdenum concentrated mostly in the liver, kidney, adrenal glands, bones and skin. Molybdenum deficiencies are associated with esophageal cancer, sexual impotency and tooth decay.

Multiple Sclerosis: Demyelinating disorder of the central nervous system, causing patches of sclerosis (plaques) in the brain and spinal cord, manifested by loss of normal neurological functions, e.g., muscle weakness, loss of vision, and mood alterations.

Myoglobin: An oxygen-carrying muscle protein that makes oxygen available to the muscles for contraction.

Naturopathy: Medical practice using herbs and other various methods to produce a healthy body state by stimulating innate defenses without the use of drugs.

Nervous System: A system in the body that is comprised of the brain, spinal cord, nerves, ganglia and parts of the receptor organs that receive and interpret stimuli and transmit impulses to effector organs.

Neurotransmitters: Chemicals in the brain that aid in the transmission of nerve impulses. Various Neurotransmitters are responsible for different functions including controlling mood and muscle movement and inhibiting or causing the sensation of pain.

ng: Nanogram: 0.000000001 or a billionth of a gram.

Niacin: (Vitamin B-3): A coenzyme B-complex vitamin that assists in the breakdown of carbohydrates, fats and proteins. Essential for the health of the skin, nerves, tongue and digestive system. It is found in every cell of the body and is necessary for energy production. Niacin is also needed for DNA formation.

Obsessive-Compulsive: People with Obsessive-Compulsive Disorder (OCD) have obsessions and/or compulsions. Obsessions refer to recurrent and persistent thoughts, impulses, or images that are intrusive and cause severe anxiety or distress. Compulsions refer to repetitive behaviors and rituals (such as hand washing, hoarding, ordering, checking) or mental acts (like counting, repeating words silently, avoiding). These obsessions and compulsions significantly interfere with normal routine, functioning, social activities and relationships.

Over-The-Counter: A drug or medication that can legally be bought without a doctor's prescription being required.

Panic Attack: A brief, irrational episode of fear that is perceived as so real that an individual may be driven to escape from the place or situation where it occurs. The attack is sudden and increases in severity until it leaves, usually within ten minutes. Panic attack symptoms are numerous and involve both mental and physical signs and symptoms. A panic attack can occur in other anxiety states such as agoraphobia and with certain activities and places. It may occur spontaneously without an apparent cause.

Pantothenic Acid: A B-complex vitamin necessary for the normal functioning of the adrenal gland, which directly affects growth. It is also essential for the formation of fatty acids. As a coenzyme, it participates in the utilization of riboflavin and in the release of energy from carbohydrates, fats and proteins.

Pap Test: Papanicolaou test. Microscopic examination of cells collected from the vagina and cervix to test for uterine cancer or dysplasia.

Peroxides: Free radicals that are by-products formed in our bodies when molecules of fat react with oxygen.

pH: A measure of an environment's acidity or alkalinity. The more acidic the solution, the lower the pH. For example, a pH of 1 is very acidic; a pH of 7 is neutral; a pH of 14 is very alkaline.

Pharmacological: Involving the use of drugs.

Pituitary: The pituitary gland is small and bean-shaped, located below the brain in the skull base very near the hypothalamus. Weighing less than one gram, the pituitary gland is often called the "master gland" since it controls the secretion of hormones by other endocrine glands.

Placebo: A pharmacologically inactive substance. Often used to compare clinical responses against the effects of pharmacologically active substances in experiments.

Polyunsaturated: Polyunsaturated fats or oils. Originate from vegetables and are liquid at room temperature. These oils are a good source of the unsaturated fatty acids. They include flaxseed with added vitamin B6 (pyridoxine), sunflower oil, safflower oil, and primrose oil.

Postpartum: After childbirth.

Postpartum Depression: The "baby blues" are a very frequent and completely normal consequence of childbirth, usually wearing off soon afterwards as hormonal and psychological systems get back to normal. **Postpartum depression** is a less common but severe depression that begins in the weeks following delivery. It impairs the ability of the mother to care for the child and fall in love with it. This makes her feel even more depressed and inadequate thinking that she can not be a good mother. At the extreme, postpartum depression may lead to dangerous delusions (for example, thinking the baby is in some way deformed or cursed) or hallucinations (that may command violent acts). This can occasionally result in a tragic episode of suicide and/or infanticide.

Potassium: A mineral that serves as an electrolyte and is involved in the balance of fluid within the body. Our bodies contain more than twice as much potassium as sodium (typically 9oz versus 4oz). About 98% of total body potassium is inside our cells. Potassium is the principal cation (positive ion) of the fluid within cells and is important in controlling the activity of the heart, muscles, nervous system and just about every cell in the body. Potassium regulates the water balance and acid-base balance in the blood and tissues. Evidence is showing that potassium is also involved in bone calcification. Potassium is a cofactor in many reactions, especially those involving energy production and muscle building.

Premenopause: The period when women of childbearing age experience relatively normal reproductive function (including regular periods).

Premenstrual Syndrome: PMS consists of various physical and/or emotional symptoms that occur in the second half of the menstrual cycle, after ovulation. The symptoms begin about midcycle, are generally the most intense during the last seven days before menstruation and include: acne; backache; bloating; fatigue; headache; sore breasts; changes in sexual desire; depression; difficulty concentrating; difficulty handling stress; irritability; tearfulness.

Prolactin: An anterior pituitary peptide hormone that initiates and maintains lactation.

Prolotherapy: A single or series of injections that stimulates the body to regrow, tighten, and strengthen ligaments or tendons. It is unequalled for pain relief and restoration of normal function for any body joint where connective tissue is weak or has been damaged.

Protein: Compounds composed of hydrogen, oxygen, and nitrogen present in the body and in foods that form complex combinations of amino acids. Protein is essential for life and is used for growth and repair. Foods that supply the body with protein include animal products, grains, legumes, and vegetables. Protein from animal sources contain the essential amino acids. Proteins are changed to amino acids in the body.

Pyridoxine: (Vitamin B-6): A B-complex vitamin that plays a role as a coenzyme in the breakdown and utilization of carbohydrates, fats and proteins. It facilitates the release of glycogen for energy from the liver and muscles. It also participates in the utilization of energy in the brain and nervous tissue and is essential for the regulation of the central nervous system.

Pyroluria: This condition is caused by an overproduction during hemoglobin synthesis of kryptopyrrole, which chemically combines with vitamin B6 and zinc, resulting in their excretion and a severe deficiency of both of these essential nutrients. Most pyroluric individuals never develop schizophrenia symptoms.

Red Blood Cell: Any of the hemoglobin-containing cells that carry oxygen to the tissues and are responsible for the red color of blood.

Refined Sugar: The term 'refined sugar' includes not only the "sugar" listed in ingredient listings, but also brown sugar, glucose, fructose and dextrose. Obvious sources include jams and jellies; hidden sources are often mayonnaise, ketchup, salad dressings and other condiments.

Retina: A 10-layered, frail nervous tissue membrane of the eye, parallel with the optic nerve. It receives images of outer objects and carries sight signals through the optic nerve to the brain.

Rheumatoid Arthritis: A long-term, destructive connective tissue disease that results from the body rejecting its own tissue cells (autoimmune reaction).

RNA: A ribonucleic acid found in plant and animal cells; a complex protein chemical. Important in the coding of genetic information with DNA carrying

information from the nucleus of the cell into the cytoplasm.

Schizophrenia: Any of a group of psychotic disorders usually characterized by withdrawal from reality, illogical patterns of thinking, delusions, and hallucinations, and accompanied in varying degrees by other emotional, behavioral, or intellectual disturbances. Schizophrenia is associated with dopamine imbalances in the brain and defects of the frontal lobe and is caused by genetic, other biological, and psychosocial factors.

Seizure: While there are over 40 types of seizure, most are classed as either **partial seizures** which occur when the excessive electrical activity in the brain is limited to one area or **generalized seizures** which occur when the excessive electrical activity in the brain encompasses the entire organ. Although there is a wide range of signs, they mainly include such things as falling to the ground; muscle stiffening; jerking and twitching; loss of consciousness; an empty stare; rapid chewing/blinking/breathing. Usually lasting from between a couple of seconds and several minutes, recovery may be immediate or take up to several days.

Selenium: An essential element involved primarily in enzymes that are antioxidants. Three selenium-containing enzymes are antioxidant peroxidases and a fourth selenium-containing enzyme is involved in thyroid hormone production. The prostate contains a selenium-containing protein and semen contains relatively large amounts of selenium. Clinical studies show that selenium is important in lowering the risk of several types of cancers. In combination with Vitamin E, selenium aids the production of antibodies and helps maintain a healthy heart. It also aids in the function of the pancreas, provides elasticity to tissues and helps cells defend themselves against damage from oxidation.

Serotonin: A phenolic amine neurotransmitter (C₁₀H₁₂N₂O) that is a powerful vasoconstrictor and is found especially in the brain, blood serum and gastric membranes of mammals. Considered essential for relaxation, sleep, and concentration.

Serum: The cell-free fluid of the bloodstream. It appears in a test tube after the blood clots and is often used in expressions relating to the levels of certain compounds in the blood stream.

Simple Carbohydrate: A simple form of sugar; glucose, lactose, fructose, etc. This type of sugar is rapidly absorbed into the blood stream.

Sodium: An essential mineral that our bodies regulate and conserve. Excess sodium retention increases the fluid volume (edema) and low sodium leads to less fluid and relative dehydration. The adult body averages a total content of over 100 grams of sodium, of which a surprising one-third is in bone. A small amount of sodium does get into cell interiors, but this represents only about ten percent of the body content. The remaining 57 percent or so of the body sodium content is in the fluid immediately surrounding the cells, where it is the major cation (positive ion). The role of sodium in the extracellular fluid is maintaining osmotic equilibrium (the proper difference in ions dissolved in the fluids inside and outside the cell) and extracellular fluid volume. Sodium is also involved in nerve impulse transmission, muscle tone and nutrient transport. All of these functions are interrelated with potassium.

Stomach: A hollow, muscular, J-shaped pouch located in the upper part of the abdomen to the left of the midline. The upper end (fundus) is large and dome-shaped; the area just below the fundus is called the body of the stomach. The fundus and the body are often referred to as the cardiac portion of the stomach. The lower (pyloric) portion curves downward and to the right and includes the antrum and the pylorus. The function of the stomach is to begin digestion by physically breaking down food received from the esophagus. The tissues of the stomach wall are composed of three types of muscle fibers: circular, longitudinal and oblique. These fibers create structural elasticity and contractibility, both of which are needed for digestion. The stomach mucosa contains cells which secrete hydrochloric acid and this in turn activates the other gastric enzymes pepsin and rennin. To protect itself from being destroyed by its own enzymes, the stomach's mucous lining must constantly regenerate itself.

Stroke: A sudden loss of brain function caused by a blockage or rupture of a blood vessel that supplies the brain, characterized by loss of muscular control, complete or partial loss of sensation or consciousness, dizziness, slurred speech, or other symptoms that vary with the extent and severity of the damage to the brain. The most common manifestation is some degree of paralysis, but small strokes may occur without symptoms. Usually caused by arteriosclerosis, it often results in brain damage.

Sublingual: Situated or administered under the tongue, for example sublingual glands or sublingual tablets.

Sulfite Sensitivity: A person can develop sulfite sensitivity (allergy) at any point in their life but the cause is often unknown. Sulfites are sulfur-based compounds that are added by food manufacturers and restaurants for many purposes such as reducing discoloration of light-colored fruits and vegetables; preventing black spots on seafood; inhibiting the growth of microorganisms in fermented foods such as wine; conditioning dough; maintaining the stability and potency of certain medications. The most common **symptom** is difficulty in breathing. Sulfites give off the gas sulfur dioxide, which can cause irritation in the lungs and cause a severe asthma attack for those who suffer from asthma. Responses vary; sulfites can also cause chest tightness, nausea, hives, or even anaphylaxis.

Synergistic: Having the property that the total combined effect of two or more factors exceeds the sum of their individual effects.

Teaspoon: (Tbsp) Equivalent to 15 cc (15 ml).

Tension Headache: This type accounts for nearly 90% of all headaches and is probably experienced by most people at some time during their lifetime; frequently associated with fatigue and stress and generally responding to simple measures such as rest or over-the-counter pain medicine; pain usually occurs on both sides of head and consists of a dull, steady ache.

Testosterone: The principal male sex hormone that induces and maintains the changes that take place in males at puberty. In men, the testicles continue to produce testosterone throughout life, though there is some decline with age. A naturally occurring androgenic hormone.

Thiamine: (Vitamin B-1): A B-complex vitamin that acts as a coenzyme necessary for the conversion of carbohydrates into glucose, which is burned in the body for energy. It is essential for the functioning of the nervous system.

Thyrototoxicosis: Also known as Graves' disease, is a disorder of excess thyroid hormone production. It is usually linked to an enlarged thyroid gland and bulging eyes (exophthalmos).

TMG: Tri-methyl-glycine. After supplying a methyl group, TMG becomes di-methyl-glycine. DMG, a natural component of animal and plant metabolism, positively influences the immune response in laboratory animals and humans and boosts physical and mental performance.

T M J : T e m p e r o - m a n d i b u l a r j o i n t - h i n g e o f t h e j a w .

T o p i c a l : M o s t c o m m o n l y ' t o p i c a l a p p l i c a t i o n ' : A d m i n i s t r a t i o n t o t h e s k i n .

Tryptophan: Essential amino acid. Natural relaxant and sleep aid due to its precursor role in serotonin (a neurotransmitter) synthesis. Along with tyrosine, it is used in the treatment of addictions.

Tuberculosis: Also known as TB, Consumption or "The White Plague", tuberculosis is an infectious disease caused by a bacterium called Mycobacterium tuberculosis, usually affecting the lungs but possibly also the brain, kidneys and bones. Patients may at first be symptom-free or experience a flu-like illness. In the secondary stage, there might be a slight fever, night sweats, weight loss, fatigue and various other symptoms, depending on the part of the body affected. Tuberculosis of the lung is usually associated with a dry cough that eventually leads to a productive cough with blood-stained sputum. There might also be chest pain and shortness of breath.

Tyrosine: A nonessential amino acid but may be essential for individuals with certain diseases or nutritional concerns. May be important for neurotransmitter synthesis and mood regulation. May be useful for depression, allergies and addictive states.

U l c e r : L e s i o n o n t h e s k i n o r m u c o u s m e m b r a n e .

Ulcerative Colitis: (Colitis ulcerosa): Ulceration of the colon and rectum, usually long-term and characterized by rectal bleeding or blood in the stool, frequent urgent diarrhea / bowel movements each day, abdominal pain.

Urticaria: Commonly known as **hives**, urticaria is one of the most common dermatological conditions seen by allergists. Urticaria is not just an allergic disease, however. It can be caused by metabolic diseases, medications, infectious diseases, autoimmune disease, or physical sensitivity. Traditional allergies to foods or medications as well as viral illness are frequent causes of acute urticaria which usually lasts only a few hours but may last up to 6 weeks. Chronic urticaria (lasting more than 6 weeks) is more complex, given the vast number of potential triggers. **Symptoms** include sudden onset; initial itching; then swelling of the surface of the skin into red or skin-colored welts (wheals) with clearly defined edges; welts turn white on touching; new welts develop when the skin is scratched; usually disappear within minutes or hours. Welts enlarge, change shape, spread or join together to form large flat raised areas.

U S D A : U n i t e d S t a t e s D e p a r t m e n t o f A g r i c u l t u r e

Ventricular Tachycardia: Excessively rapid heart beat due to uncontrolled ectopic focus in the ventricle.

Virus: Any of a vast group of minute structures composed of a protein coat and a core of DNA and/or RNA that reproduces in the cells of the infected host. Capable of infecting all animals and plants, causing devastating disease in immunocompromised individuals. Viruses are not affected by antibiotics, and are completely dependent upon the cells of the infected host for the ability to reproduce.

Vitamin A: A fat-soluble vitamin essential to one's health. Plays an important part in the growth and repair of body tissue, protects epithelial tissue, helps maintain the skin and is necessary for night vision. It is also necessary for normal growth and formation of bones and teeth. For Vitamin A only, 1mg translates to 833 IU.

Vitamin B6: Influences many body functions including regulating blood glucose levels, manufacturing hemoglobin and aiding the utilization of protein, carbohydrates and fats. It also aids in the function of the nervous system.

Vitamin C: Also known as **ascorbic acid**, Vitamin C is a water-soluble antioxidant vitamin essential to the body's health. When bound to other nutrients, for example calcium, it would be referred to as "calcium ascorbate". As an antioxidant, it inhibits the formation of nitrosamines (a suspected carcinogen). Vitamin C is important for maintenance of bones, teeth, collagen and blood vessels (capillaries), enhances iron absorption and red blood cell formation, helps in the utilization of carbohydrates and synthesis of fats and proteins, aids in fighting bacterial infections, and interacts with other nutrients. It is present in citrus fruits, tomatoes, berries, potatoes and fresh, green leafy vegetables.

Vitamin D: A fat-soluble vitamin essential to one's health. Regulates the amount of calcium and phosphorus in the blood by improving their absorption and utilization. Necessary for normal growth and formation of bones and teeth. For Vitamin D only, 1mcg translates to 40 IU.

Vitamin E: An essential fat-soluble vitamin. As an antioxidant, helps protect cell membranes, lipoproteins, fats and vitamin A from destructive oxidation. It helps protect red blood cells and is important for the proper function of nerves and muscles. For Vitamin E only, 1mg translates to 1 IU.

Zinc: An essential trace mineral. The functions of zinc are enzymatic. There are over 70 metalloenzymes known to require zinc for their functions. The main biochemicals in which zinc has been found to be necessary include: enzymes and enzymatic function, protein synthesis and carbohydrate metabolism. Zinc is a constituent of insulin and male reproductive fluid. Zinc is necessary for the proper metabolism of alcohol, to get rid of the lactic acid that builds up in working muscles and to transfer it to the lungs. Zinc is involved in the health of the immune system, assists vitamin A utilization and is involved in the formation of bones and teeth.

DISCLAIMER

This report does not replace a visit with a qualified, licensed health care professional; it is meant to facilitate finding out what is wrong and to suggest possible natural treatments, substances and products which have been used successfully for people with similar symptom and disease combinations.