

Your password for web site: 69316

## HEALTH EVALUATION *for Eoghan D McRae*

**Reviewed and summarized by: Dr. Matthew Fisel, ND**

After an extensive review of your symptom survey and comments, Eoghan, I can now help you find solutions to some of your health concerns that are very specific to your individual needs. Your concerns about energy, mood changes, sleep, weight gain, digestion, and headaches in particular appear to be a top priority, and will be addressed accordingly throughout this report. In some instances, diagnostic testing or treatment recommendations beyond the scope of this service will be suggested, in which case you will need to seek additional medical care.

It's important to keep in mind as you read through this report that our goal is not just to try and palliate your symptoms, but to help you reach an optimal state of health on all levels. One of the biggest examples of this would be recommending that you make time for activities that support your mental and emotional health. This could be anything from yoga or tai chi, to just listening to music or reading a book for pleasure. Ultimately, this cannot be overlooked, as it is crucial for maintaining a positive mood, and making you less susceptible to the depression and anxiety you've been suffering from for so long.

*"I get headaches that I can generally relieve by pressing the area at the back of my skull where the muscles attach"* - This is a strong indication that the headaches you've been experiencing are related to trigger points, or hypersensitive spots in skeletal muscle that can cause referral pain, into the head in your case. Trigger points can be caused by a number of different factors, including poor posture, direct trauma, prolonged stress, and overuse of a specific muscle group. Fortunately, these trigger points can often be treated successfully with the right combination of therapies. Some treatment suggestions that are recommended in your case include the following: The mineral magnesium, at a dosage of 500 mg per day, for its muscle-relaxant effects-regular epsom salt baths are also recommended for this purpose; The nutrient CoQ10, at a dosage of 200 mg per day, to improve oxygen delivery to the muscles, helping to break the cycle of muscle spasm; Acupuncture, which I've often found to be effective clinically for this purpose; Finding a practitioner who has experience with Muscle Energy Technique (MET), ischemic compression, Facilitated Positional Release (FPR), and other advanced soft tissue techniques is also recommended, as these therapies will "reeducate" your muscles, so as to prevent the development of trigger points in the future.

According to the height (5'10.0", 178cm) and weight (163lb, 74kg) figures that you entered, your Body Mass Index (BMI) is 23.4. This indicates that you are ideal weight.

Without question, diet is one of the most critical factors when it comes to achieving and maintaining an optimal state of health. Although dietary changes that are specific to your individual needs are going to be made throughout this report, the quality of foods you choose also needs to be emphasized. Whenever possible, try to choose produce that is organic, or at least locally grown, as these foods are less likely to contain chemicals that will have a negative impact on your health. If you are unable to adopt a vegetarian diet, try to choose meats

that are organic and low in saturated fats, which will lower your heart disease risk and limit your exposure to foreign chemicals, among other benefits. Striving to make these dietary habits part of your daily routine can ultimately be rewarding not only health wise, but as a result of the environmental impact it can have as well.

*"I have a big apple belly, and always have too much weight around my waist"* - This is often a sign of insulin resistance, or Metabolic Syndrome, which can cause "apple-shaped" obesity (waist size >40" in men) and increased cardiovascular disease risk. Insulin resistance may also be partially responsible for your mood changes and low libido, as it can cause several other hormone changes in the body that may contribute to these symptoms (for a more detailed description of this condition, visit [www.mayoclinic.com/health/metabolic%20syndrome/DS00522](http://www.mayoclinic.com/health/metabolic%20syndrome/DS00522)).

Reversing insulin resistance should be a top priority, as it is central to many of the symptoms you've been experiencing. Some treatments I would recommend for this purpose include the following: The herbs gymnema and bitter melon, which are especially helpful for alleviating carbohydrate cravings; The mineral chromium, at a dosage of 500 mcg per day; A fiber supplement, such as psyllium, which helps to control the absorption of sugars and the release of insulin; A whey protein supplement, preferably taken in the morning, which helps to raise your metabolic set point and diminish carbohydrate cravings; A dysglycemia diet, which is really the most crucial step for getting this problem under control-more detail about this diet can be found at the [www.functionalmedicine.org](http://www.functionalmedicine.org) web site.

Although the soft drinks you are consuming are mostly diet, it is still recommended that you discontinue this habit, instead drinking 8-10 8 oz glasses of purified water daily. Even though artificial sweeteners contain little to no calories, there is still speculation that they may mimic sugar in the body, which would further perpetuate your insulin resistance. In fact, it has been speculated that aspartame and other artificial sweeteners may even cause weight gain, in addition to a host of other health problems. Therefore, avoiding or limiting the intake of ALL artificial sweeteners is essential in your case.

It goes without saying that exercise is an instrumental component in the treatment of Metabolic Syndrome. As much as the dietary and supplemental interventions can help, they will be nearly twice as effective with the addition of aerobic exercise. Therefore, make it a top priority to incorporate exercise into your daily routine.

You mentioned digestive bloating and gas as being your most concerning digestive symptoms. There are several underlying conditions that could potentially cause these symptoms, which may require more specific diagnostic to rule out. Some issues that need to be taken into consideration include the following: Gluten intolerance (also known as Celiac disease in it's most extreme form), which can be evaluated by having your anti-gliadin, anti-ttg, and anti-endomysial antibody levels tested; Lactose intolerance; H.pylori, a bacteria that affects the stomach, causing gas and bloating, and even leading to the development of peptic ulcers; Parasites or related bowel infections, which often go undetected due to the non-specific nature of the symptoms they may cause.

While these are some of the more common medical conditions that could potentially cause your digestive symptoms, Eoghan, it's more likely that the underlying cause of your digestive symptoms is more of a functional nature. This could be anything from poor hydrochloric acid production in the stomach, to an imbalance of

beneficial bacteria within the intestinal tract. Some "alternative" laboratories (such as Genova Diagnostics and Doctors Data www.doctorsdata.com) offer tests that can measure some of these functional changes, identifying the exact cause of your symptoms in many cases. However, until more specific testing can be done, the following treatments are recommended for enhancing your digestive function, and hopefully alleviating the gas and bloating you've been experiencing: Eliminating some of the more common food allergens, such as gluten, dairy, soy, eggs, peanuts, corn, citrus, and nightshade vegetables for 10 days, followed by a systematic reintroduction of these foods; A probiotic supplement, such as acidophilus and/or bifidobacter, to replace beneficial bacteria within the intestinal tract, making you less susceptible to the overgrowth of pathogenic microorganisms that may be contributing to your symptoms; 2 tsp of apple cider vinegar, taken before meals, which stimulates the digestive cascade, allowing you to breakdown and assimilate foods more effectively; Activated charcoal capsules can be taken as needed when your gas and bloating are more pronounced; The actual approach you take to eating, such as being in a relaxed setting and taking time to eat and digest your food, can also go a long way in the treatment of your symptoms.

A complete blood count (CBC) is being recommended to rule out anemia or any underlying infectious or cancer related causes of your fatigue. Your doctor will be familiar with this test, and should be able to order it for you upon request.

You mentioned having "*very little hair*" at the outer third of your eyebrows, compared to the inner two thirds. This sign, along with your weight gain, fatigue, cold intolerance, and depressed mood, are all indicative of hypothyroidism. Therefore, I would recommend that you have your TSH, free T3, free T4, and thyroid antibody levels tested, as this will give you a more comprehensive assessment of thyroid function than only looking at TSH, which is what most doctors will typically do. In the meantime, the following treatments should help to enhance your thyroid function: Kelp, which is a form of seaweed used specifically for this purpose; The mineral selenium, at a dosage of 200 mcg per day, to facilitate the conversion of T4 to T3, the more active thyroid hormone in the body; The amino acid L-tyrosine, in combination with folic acid, which act as precursors in the production of thyroid hormone.

You could benefit from adrenal hormone support, which is especially beneficial for helping you adapt to stress, and making you less susceptible to the physical and mental symptoms that result from excess stress, including depression and insomnia. Addressing this problem should ultimately help to enhance your energy level as well. For this, I would recommend the following: The herbs ashwagandha and licorice root, preferably taken in the morning and early afternoon; The herb rhodiola, especially useful for treating fatigue and an "overactive" stress response; A vitamin B-complex supplement, particularly vitamin B5, or pantothenic acid; The nutrient L-theanine, which is also found naturally in green tea; The nutrient 5-HTP, at a dosage of 200 mg per day (preferably before bed, as it will help to induce sleep); Supplementation with the hormone DHEA may be indicated, but only if your levels test on the low end of normal.

The nutrients niacinamide and L-glycine are often used successfully for treating acute anxiety and insomnia, and should be used on an as needed basis, as opposed to the treatments mentioned in the last paragraph, which are meant to be used more long-term.

As your depressed mood is typically more pronounced in the wintertime, I would

suggest some treatments that are usually prescribed specifically for this purpose: Vitamin D, at a dosage of 800 IU/day (only during the winter months); The amino acid L-tryptophan, at a dosage of 2,000 mg per day (which should help to improve your sleep as well); Melatonin, at a dosage of 5 mg per day; The herb St. John's Wort, at a dosage of 1,500 mg per day. For a summary of some of the research demonstrating the efficacy of these treatments, visit [www.emersonecologics.com/NewsWire.asp?id=266](http://www.emersonecologics.com/NewsWire.asp?id=266)

An overwhelming amount of research that has come out in the past few years demonstrates the effectiveness of omega 3 essential fatty acids, particularly EPA and DHA, in the treatment of depression and other mood disorders (J Clin Psychiatry. 2006 Dec;67(12):1954-67.) These essential fats are usually best obtained through the use of a fish oil supplement, preferably made by a brand that screens for heavy metals, PCBs, and other environmental toxins. In addition to mood support, these omega 3s help to protect you from cardiovascular disease as well, which is another reason to be supplementing with them on a daily basis.

Although it wasn't one of your chief complaints, you still expressed some concern about allergic rhinitis, and wanting to work towards getting off of your allergy medications. To help you reach this goal, the following treatments are recommended: The nutrients quercetin and hesperidin, for their natural anti-histamine and anti-inflammatory properties; Daily use of a Neti pot, which is a device used to irrigate the nasal passageways, preventing offending allergens from coming into contact; The nutrient N-acetyl-cysteine, especially effective in the treatment of post-nasal drip; A mixed bioflavonoid supplement, which usually contains such nutrients as rutin and rose hips.

While I tried to highlight all of your concerns, Eoghan, you may still have further questions, or may have acquired lab results or other evidence that is pertinent to your case. Please don't hesitate to contact me if this is true, especially if you think it will make a difference in my interpretation.

In the meantime, I hope you are satisfied with my findings, and sincerely hope that your health will improve as a result of this report.

Wishing you the best of health,

Dr. Matthew Fisel

**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 in 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 Highlighted By The Analyst

0% 100%  
Probability  
Level of concern >

(You should already be aware of the items in bold)



A Potentially Urgent Medical Need



Depression



General Detoxification Requirement



Consequences of Poor Diet



**Gluten Sensitivity / Celiac Disease**



Low Adrenal Function / Adrenal Insufficiency



Obstructive Sleep Apnea (OSA)



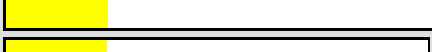
Increased Risk of Coronary Disease / Heart Attack



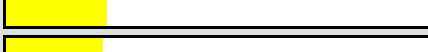
**Chronic Inflammation**



Bacterial Dysbiosis



Allergy to Foods (Hidden)



Liver Detoxification / Support Requirement



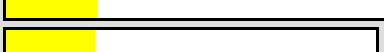
**Stress**



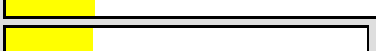
Atherosclerosis



Mercury Toxicity (Amalgam Illness)



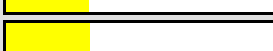
IBS (Irritable Bowel Syndrome)



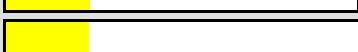
Constipation



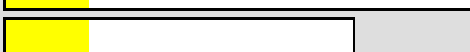
Increased Risk of Increased Intestinal Permeability / Leaky Gut



Chronic Fatigue / Fibromyalgia Syndrome



Dehydration



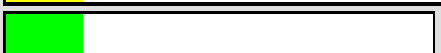
**Allergic Rhinitis / Hay Fever**



Hypoglycemia



Increased Risk of Elevated Insulin Levels



Need For Routine Preventative Health Measures



Yeast / Candida Infection



Hydrochloric Acid Deficiency



Digestive Enzyme Need



Low Male Testosterone Level



Environmental Illness / MCS



Autoimmune Tendency



Dyspepsia / Poor Digestion



Zinc Requirement



Enlarged Prostate



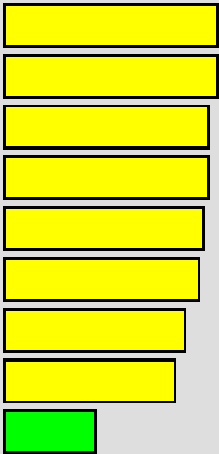
Magnesium Requirement

	Wise to rule out: <u>Chronic Renal Insufficiency</u>
	Wise to rule out: <u>Non-Hodgkin's Lymphoma</u>
	Wise to rule out: <u>Increased Risk of Colon Cancer</u>
	Wise to rule out: <u>Pneumonia</u>
	Wise to rule out: <u>Diabetes Type II</u>
	Wise to rule out: <u>Increased Risk of Kidney Disease</u>
	Information: <u>Extreme Positive Ayurvedic Dosha - Pitta Dominance</u>
	Information: <u>Positive Constitutional Temperature</u>
	Information: <u>Balanced Lipo-Oxidative Type</u>
	Information: <u>Positive Autonomic Nervous System Balance</u>
	Information: <u>Extreme Positive Carbo-Oxidative Type</u>
	Information: <u>Extreme Negative Metabolic Diet Type</u>

## Recommendations Most Likely To Benefit You



	<u>Sugars Avoidance / Reduction</u>
	<u>Plant-Based Nutrition</u>
	<u>Continued Caffeine/Coffee Avoidance</u>
	<u>High/Increased Fiber Diet</u>
	<u>Increased Fruit/Vegetable Consumption</u>
	<u>Selenium</u>
	<u>Essential Fatty Acids</u>
	<u>Increased Water Consumption</u>
	<u>Vitamin E</u>
	<u>Zinc</u>
	<u>Stress Management</u>
	<u>TMG (Tri-methyl-glycine)</u>
	<u>Continued Alcohol Avoidance</u>
	<u>Continued Processed Foods Avoidance</u>
	<u>Continued Dairy Products Avoidance</u>
	<u>Glutamine</u>
	<u>Animal/Saturated Fats Avoidance</u>
	<u>Vitamin B6 (Pyridoxine)</u>
	<u>Test for Cardiac Risk Factors</u>
	<u>Alpha Lipoic Acid</u>
	<u>Seeing a Doctor at Earliest Opportunity</u>



Continued Garlic

Nut and Seed Consumption

Calming / Stretching Exercises

MSM (Methyl Sulfonyl Methane)

Sauna Detoxification Program

DHEA

Hydrochloric Acid (Trial)


Chlorella

Ozone / Oxidative Therapy

## Conditions/Diseases Indicated by The Analyst™:

Condition: A Potentially Urgent Medical Need

Likelihood  82%

Concern level 

You should seek **immediate** medical attention if you are not **currently** seeing an MD, DO, or ND regarding the potentially very significant problem(s) that you have reported.

Emergency medicine can be life-saving. Even if you have some philosophical, religious or financial objection to doing this, it is in your best interest to take action **unless** you are very sure of what is causing the significant symptoms you have reported or you have already seen a qualified doctor recently regarding them.

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

**Main recommendations:** Seeing a Doctor at Earliest Opportunity

**A Potentially Urgent Medical Need** is indicated mainly by the following:

- **Pain in both eyes**

Severe eye pain should be investigated aggressively to prevent the possible consequence of blindness.

- **Chest pain when breathing**

The sensation of a "catch" at the end of a deep breath is clinically important as a symptom of pulmonary embolism (a clot to the lung). This requires immediate evaluation by a physician.

Condition: Depression

Likelihood  78%

Concern level 

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.](#)

**Main recommendations:** Continued Aerobic Exercise (web) - DHEA - Counseling (web) - Magnesium (web)

Depression is suggested partly by:

- **Obsessive-Compulsive Disorder (OCD) (see evidence)**

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)**

- **Low Sex Drive (web)**

Mental states such as depression and strong emotions such as anger can effectively cool sexual desire.

- Less likely possibilities: **Hypersomnolence (web)**

...and partly by the following:

- Recurring depression

- **Depression in family members**

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

- Having trouble concentrating


- Episode(s) of mild depression

- Constant fatigue

- Loss of interest in activities

Condition: General Detoxification Requirement

Likelihood  92%

Concern level 

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.](#)

**Main recommendations:** [Sauna Detoxification Program](#) - [Therapeutic Fasting \(web\)](#) - [Continued Aerobic Exercise \(web\)](#) - [Raw Food Diet \(web\)](#)

General Detoxification Requirement is suggested partly by:

- **Poor Memory (see evidence)**

- **Constipation**

- **Depression**

- **Hydrochloric Acid Deficiency**

- **Digestive Enzyme Need**

- **Adult Acne (web)**

- **Headaches (web)**

- Less likely possibilities: [Bad Breath \(Halitosis\) \(web\)](#) - [Heavy Metal Toxicity \(web\)](#)

...and partly by the following:

- Constant fatigue


- Having trouble concentrating

- Excess mucus

- Nasal congestion

## Condition: Consequences of Poor Diet

Likelihood  87%

Concern level 

Scientific research has clearly demonstrated that what and how much we eat profoundly affects growth, development, aging, and the ability to enjoy life to its fullest. Dietary intake and lack of exercise is linked to risks for development of a variety of common, chronic diseases that are disabling and life-threatening.

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

**Main recommendations:** [Increased Fruit/Vegetable Consumption](#) - [Sugars Avoidance / Reduction](#) - [Animal/Saturated Fats Avoidance](#) - [Continued Processed Foods Avoidance](#)

### Consequences of Poor Diet is suggested partly by:

- **Poor Memory (see evidence)**

Changing one's diet to include more nutritious and balanced foods can also help with diet related problems such as problems with sleeping. Lack of sleep in itself can cause memory lapses and cognitive deterioration. A healthier diet which helps with sleeping problems may therefore have a knock-on effect and also help to improve poor memory.

- **Adult Acne (web)**

- **Vitamin A Requirement (web)**

A healthy diet will help prevent the complications of vitamin A deficiency. Foods rich in vitamin A include milk, cheese, liver, kidney, cod oil, carrots, sweet potatoes, broccoli, spinach, cantaloupe, pink grapefruit, and most leafy green vegetables.


### ...and partly by the following:

- Consuming grilled meats
- High refined sugar consumption
- No omega-3 oil intake
- Deep-fried food consumption
- Non-caffeine soda consumption
- Sugared soda consumption
- Caffeinated soda consumption
- Hydrogenated fat consumption
- Luncheon meat consumption

Processed meats often contain various chemicals known to be carcinogens.

## Condition: Gluten Sensitivity / Celiac Disease

Likelihood  100%

Concern level 

Alternative Names: Also classified as a disease of nutrient malabsorption, celiac disease is also known as celiac sprue, nontropical sprue and gluten-sensitive enteropathy.

Celiac disease is a digestive disease that damages the small intestine and interferes with absorption of nutrients from food. People who have celiac disease cannot tolerate a protein called gluten (or a gluten fraction called gliadin), which is found in wheat, rye, barley, and possibly oats.

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

**Main recommendations:** [Gluten-free Diet \(web\)](#) - [Glutamine](#) - [Zinc](#)

### Gluten Sensitivity / Celiac Disease is suggested partly by:

- **Canker Sores (Aphthous Ulcers) (see evidence)**

In a study of 15 patients, 7 patients responded completely and two partially to diets excluding gluten (3 patients), azo compounds (3), milk (2), azo and milk (1). Two failed to respond and three failed to complete the diet. Responses were confirmed by re-challenge. The patients in this study had relatively severe aphthous ulcers. The patients who responded to the gluten free diet had had gluten enteropathy excluded by biopsy. [*B Med J* 1986; 292: pp.1237-8]

- **Yeast / Candida Infection**

Genetic disorders such as celiac disease or hemochromatosis can cause Candida overgrowth.

- **Depression**

- **Risk of Osteoporosis - Osteopenia (see evidence)**

A study concluded that reduced mineralization occurs even in asymptomatic celiac patients, and that early diagnosis and treatment can prevent bone demineralization. [Am J Gastroenterol 1994;89: pp.2130-4]

- Less likely possibilities: [Lupus](#), [SLE \(Systemic Lupus Erythromatosis\) \(see evidence\)](#) - [Sjogren's Syndrome \(web\)](#) - [Rheumatoid Arthritis \(web\)](#)

...and partly by the following:


- **Gluten sensitivity (confirmed)**


- Bowel movement changes
- Meal-related bloating
- Pale stools
- General flatulence
- Offensive-smelling stool
- Irritability

Irritability is one of the most common symptoms amongst children with gluten sensitivity.

- Abdominal discomfort
- Strong appetite

## Condition: Low Adrenal Function / Adrenal Insufficiency

Likelihood  60%

Concern level 

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.](#)

**Main recommendations:** [Test Adrenal Function \(web\)](#) - [Hydrocortisone \(web\)](#) - [Continued Caffeine/Coffee Avoidance](#) - [Licorice Root \(web\)](#)

## Low Adrenal Function / Adrenal Insufficiency is suggested partly by:

- **Chronic Inflammation**

The adrenal glands produce hydrocortisol, the major natural anti-inflammatory steroid in the body. Without enough circulating cortisol there may be a tendency to become easily inflamed.

- **Cold Hands and Feet (web)**

- **Migraine/Tension Headaches (web)**

- **Anxiety (web)**

Adrenal insufficiency can lead to a host of problems, including a weakened immune response, anxiety and panic attacks.

- Less likely possibilities: [Diabetes Type II](#) - [Lupus](#), [SLE \(Systemic Lupus Erythromatosis\) \(see evidence\)](#) - [Rheumatoid Arthritis \(web\)](#)

...and partly by the following:

- Sugar/sweet craving
- Fatigue that worsens during the day
- Constant fatigue
- Inability to work under pressure
- Darker/redder skin color
- A high-stress lifestyle
- Meal-related bloating
- Adult acne
- Occasional emotional exhaustion
- Vision disturbances

- History of infections
- Allergies to certain foods
- Craving for salt
- Antihistamine use
- History of adult allergies
- Dizziness when standing up
- **Sexual abuse during childhood**

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.

- History of postviral syndrome
- Sensitivity to bright light
- Occasional sore throats
- Allergic rhinitis
- History of sinusitis

**Low Adrenal Function / Adrenal Insufficiency** is contra-indicated by the following:

- **A Healthy Diet**


Healthy and regular eating habits support adrenal function.


- **A Good Aerobic Exercise Level**

Those regularly engaged in exercise and hobbies are less likely to suffer from adrenal problems.

- **No fatigue induced by light exertion**

**Condition: Obstructive Sleep Apnea (OSA)**

Likelihood  78%

Concern level 

Obstructive Sleep Apnea Syndrome (OSA) is the most prevalent of the hypersomnolence disorders and affects some 4% of adult males and 2% of adult females. It is characterized by heavy snoring and the recurrent collapse of the throat airway during sleep which generally requires arousal to re-establish an open airway and resume breathing. Patients suffer from both sleep fragmentation (frequent arousal) and the recurrent lack of oxygen with possible cardiovascular complications. It is therefore important to recognize this condition and treat it.

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

**Main recommendations:** [Physical Supports and Devices \(web\)](#) - [Continued Alcohol Avoidance](#)

**Obstructive Sleep Apnea (OSA)** is suggested partly by:

- **[Poor Memory \(see evidence\)](#)**
- **[Insomnia \(see evidence\)](#)**
- **[Depression](#)**
- **[Problems Associated With Snoring \(see evidence\)](#)**

Sleep apnea manifests itself in most people as loud snoring interrupted by periods of obstructed breathing or breath holding. If you snore, it may be a symptom of a more serious disorder called obstructed sleep apnea (OSA). People with OSA almost always snore heavily, because the same narrowing of the airway that causes snoring can also cause OSA. Snoring may actually attribute to OSA as well, because the vibration of the throat tissues which occurs in snoring can cause the tissue to swell.

- **[Heartburn / GERD \(see evidence\)](#)**
- **[Nocturia \(web\)](#)**
- **[Night Sweats \(web\)](#)**

[...and partly by the following:](#)

- Waking up with a dry mouth
- Drowsiness

Some patients suffering from OSA fall asleep in a nonstimulating environment, such as while reading something uninteresting or in a quiet room. Others may fall asleep in a stimulating environment, such as during business meetings, while eating, and even while having sex.

So-called "drowsy driver syndrome", which some believe is responsible for many automobile accidents, may result from OSA. Drivers may fall asleep at

the wheel or suffer from a lack of alertness because of sleep deprivation. Decreased alertness places the person at risk in a variety of potentially hazardous situations.

- Tossing and turning at night
- **Being a light sleeper**

Patients rarely complain about frequent awakenings due to obstruction, but it does occur.

- **Constant fatigue**

The frequent arousals caused by OSA and the inability to achieve or maintain the deep stages of sleep can lead to excessive daytime sleepiness and nonrestorative sleep. Patients often complain of waking up feeling like they had not slept at all, and often feel worse after taking a nap than before napping.

- **Weak sexual desire**

## Increased Risk of Coronary Disease / Heart Attack

Likelihood 32%

Concern level ■

Irreversible and unexpected, heart failure is the leading cause of death in Western countries. For 50% of men who die from heart attacks, the fatal attack is their first symptom. Coronary artery disease (heart attack, or myocardial infarction) is the number one killer in the United States, yet it barely existed before 1900. A sampling of older cardiologists still working in the 1950s could not recall a case prior to 1910. Most people are unaware of this and do not readily believe it. It is not a highly publicized fact, possibly because it glaringly reminds us of the cause: the way we now live, principally the westernization of diet (the consumption of commercially processed foods). Some take a position that people were more active then, and we are more sedentary now. This is true, but should not be used as an excuse to continue eating what we prefer, instead of what we should.

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

**Main recommendations:** [Test for Cardiac Risk Factors](#) - [Selenium](#) - [Nut and Seed Consumption](#) - [Continued Aerobic Exercise \(web\)](#)

### Increased Risk of Coronary Disease / Heart Attack is suggested partly by:

- **Stress**

Stress may increase magnesium excretion and the resulting temporary magnesium depletion may make the heart more sensitive to electrical abnormalities and vascular spasm that could lead to cardiac ischemia.

- **Depression**

While previous research has shown that depression in men and women is linked to heart disease, a recent study found that only men who are depressed face an increased risk of heart disease-related death. [*Archives of Internal Medicine, May 8, 2000*]

- **Obstructive Sleep Apnea (OSA)**

Obstructive sleep apnea is a significant risk factor for myocardial infarction.

- **Dehydration**

- **Dyspepsia / Poor Digestion**

- **Excessive Yawning (web)**

Excessive yawning can be caused by a vasovagal reaction and may indicate a heart problem.

- **Atherosclerosis**

- Less likely possibilities: [Diabetes Type II](#) - [Male Hair Loss \(web\)](#) - [Hemochromatosis \(Iron overload\) \(web\)](#)

...and partly by the following:

- Apple-shaped body when overweight
- Pain in chest or left side
- Undigested fat in stools

In one study, subjects with heart disease had 10 times more fat in their stool than heart-healthy individuals. This means those with heart disease weren't absorbing their fats [*Am J Cardiology 5: p.295, 1960*].

### Increased Risk of Coronary Disease / Heart Attack is contra-indicated by the following:

- Moderate fruit/vegetable consumption
- Low alcohol consumption

Drinking in moderation has been linked with a lower risk of having a fatal heart attack. [*Journal of the American Medical Association* April 18, 2001; 285: pp.1965-1977]

- **High legume consumption**


Men and women who ate legumes at least four times a week were found to have a 22% lower risk of coronary heart disease over 19 years than those who consumed legumes once weekly, researchers report in the November 26th issue of the *Archives of Internal Medicine*. The study was based on interviews and medical exams of more than 9,600 Americans who did not have heart disease when the study began. [*Archives of Internal Medicine* 2001;161: pp.2573-8].


- **Slowed pulse rate**

Heart rate is a stronger predictor of cardiovascular death in the elderly, particularly in men, than traditional risk factors such as diabetes and hypertension. Elderly men with a pulse rate above 80 beats per minute have a significantly higher rate of cardiovascular mortality. A low heart rate, below 64 beats per minute, is protective against cardiovascular mortality.

- **Being in your 40s**

## Condition: Chronic Inflammation

Likelihood  100%

Concern level 

Inflammation is the body's response to injury. This is true regardless of whether the injury results from a cut, burn, bruise, infection, or even an autoimmune disease such as rheumatoid arthritis. The inflammatory response includes redness, swelling and an increased local supply of white blood cells. These changes are an attempt to ward off infections and to help repair damaged tissue. Even after trauma, however, the inflammatory response may be excessive and result in unnecessary pain. In some conditions, as with rheumatoid arthritis, the inflammation serves no useful purpose and is actually a component of the disease rather than part of the healing process.

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

**Main recommendations:** [Essential Fatty Acids](#) - [Therapeutic Fasting \(web\)](#) - [Bromelain \(web\)](#) - [Bioflavonoids \(web\)](#)

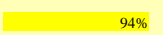
**Chronic Inflammation** is suggested partly by:


- Less likely possibilities: [Risk of Bursitis \(web\)](#)

...and partly by the following:

- **Major inflammations**
- History of tendonitis

## Condition: Bacterial Dysbiosis

Likelihood  94%

Concern level 

Friendly bacteria are critically important for the health of our digestive and immune systems, for their detoxification and hormone-regulating capabilities, and for nutrient formation and absorption.

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

**Main recommendations:** [Probiotics \(web\)](#) - [Microbiological Stool Exam \(web\)](#) - [Grapefruit Seed Extract \(web\)](#) - [Antibiotics \(web\)](#)

**Bacterial Dysbiosis** is suggested partly by:

- **Allergy to Foods (Hidden)**
- **IBS (Irritable Bowel Syndrome)**

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.

- **Hydrochloric Acid Deficiency**

- **Adult Acne (web)**

- **Eczema (web)**

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.

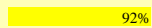
- **Autoimmune Tendency**


- Less likely possibilities: [Parasite Infection \(web\)](#) - [Rheumatoid Arthritis \(web\)](#)

...and partly by the following:

- Tetracycline use
- Broad-spectrum antibiotic use
- General flatulence
- Meal-related bloating
- Intolerance of sugars
- Constant fatigue

## Condition: Allergy to Foods (Hidden)

Likelihood  92%

Concern level 

It is 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 doctor.

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

**Main recommendations:** [Test for Food Allergies \(web\)](#) - [Elimination Diet \(web\)](#) - [Nambudripad Allergic Elimination Therapy \(NAET\) \(web\)](#) - [Ozone / Oxidative Therapy](#)

**Allergy to Foods (Hidden)** is suggested partly by:

- **Canker Sores (Aphthous Ulcers) (see evidence)**

Foods including wheat, oranges, tomatoes, chocolate, nuts, eggplant, tea and cola were dietary allergens that have been found to trigger ulcer initiation. A study by Dr. Pelin Gürdal conducted in a dental university in Turkey concluded from previous studies [*Oral Surg. 1984:57, pp.504-507*] and his own that as many as 50% of RAS patients will improve when offending foods are identified and eliminated. Without laboratory testing or patient insights, identifying these foods for individual sufferers can be challenging. Food allergies continue to be a controversial cause of canker sores, and further research is necessary to resolve the issue.

- **Allergic Rhinitis / Hay Fever**

The ear, nose, and throat are common target organs for food allergens. Congestion or inflammation of the nose (rhinitis) may be due to airborne irritants and allergens, but food allergy may be an undiagnosed cause of this common problem.

- **Environmental Illness / MCS**

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)**

The presence of food allergy is concealed in a variety of diagnoses including irritable bowel syndrome.

- **Constipation**

- **Bruxism (Clenching/Grinding Teeth) (web)**

Hidden food allergies may contribute to the chronic clenching of teeth.

- **Weakened Immune System (see evidence)**

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.

- **Heartburn / GERD (see evidence)**

- **Migraine/Tension Headaches (web)**

- Less likely possibilities: [Pharyngitis \("Strep Throat"\) \(web\)](#) - [Parasite Infection \(web\)](#) - [Excess Protein Consumption \(web\)](#)

...and partly by the following:

- Bloating caused by specific foods

- Epigastric pain

The first part of the body to react to food is often the gastrointestinal tract. Sometimes mast cells are involved in allergic reactions and release chemicals such as histamine. If the affected mast cells are in the gastrointestinal tract, a person may suffer vomiting, abdominal pain or diarrhea.

- Moderate sneezing
- Craving specific foods
- Heart racing/palpitations
- Frequent difficulty falling asleep
- General flatulence
- Meal-related bloating
- Eczema
- High cigarette smoke sensitivity
- Anal itching at night
- Discomfort caused by mold/mustiness
- Excess mucus
- Unexplained nausea
- Allergic rhinitis
- Drowsiness after meals
- History of sinusitis


The ear, nose, and throat are common target organs for food allergens. Food allergy may be the undiagnosed cause of sinusitis in some people.


- Bowel movement changes

**Allergy to Foods (Hidden)** is contra-indicated by the following:

- Slowed pulse rate

## Condition: Liver Detoxification / Support Requirement

Likelihood  91%

Concern level 

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.](#)

**Main recommendations:** [TMG \(Tri-methyl-glycine\)](#) - [Continued Alcohol Avoidance](#) - [Coffee Enema \(web\)](#) - [Therapeutic Fasting \(web\)](#)

**Liver Detoxification / Support Requirement** is suggested partly by:

- **[Intoxication Susceptibility \(web\)](#)**
- **[Bruising Susceptibility \(see evidence\)](#)**
- **[Yeast / Candida Infection](#)**
- **[Chronic Fatigue / Fibromyalgia Syndrome](#)**

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]

- **[Migraine/Tension Headaches \(web\)](#)**

A 'sluggish liver' often contributes to headaches.

- **[Night Sweats \(web\)](#)**

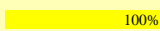
- Less likely possibilities: [Dandruff \(web\)](#) - [Susceptibility to Hangovers \(web\)](#) - [Excess Protein Consumption \(web\)](#)


...and partly by the following:

- Pain between shoulder blades
- Itchy skin

- Liver/gallbladder cleanses help
- Undigested fat in stools
- Broad-spectrum antibiotic use
- Not avoiding aspartame
- Bizarre/vivid/nightmarish dreams
- Low alcohol consumption
- Pain medication use
- Tetracycline use
- Greasy/shiny stools
- Pale stools
- High cigarette smoke sensitivity
- Hemorrhoids
- High chemical sensitivity
- Onion intolerance
- Anal itching at night
- Greasy food intolerance
- Negative reaction to coffee
- Unexplained nausea
- Allergic rhinitis

## Condition: Stress

Likelihood  100%

Concern level 

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.](#)

**Main recommendations:** [Stress Management](#) - [Continued Aerobic Exercise \(web\)](#) - [Calming / Stretching Exercises](#) - [Magnesium \(web\)](#)

### Stress is suggested partly by:

#### ● **Constipation**

In a study of 34 women with chronic constipation, investigators led by Dr. Anton Emmanuel and colleagues at St. Mark's Hospital in Middlesex linked emotional distress with changes in the nerve pathway that helps control gut function. They say the findings suggest a specific path through which psychological factors directly influence the digestive system.

The researchers compared the patients, who had suffered bouts of constipation for an average of 21 years, with a group of women with no history of gastrointestinal illness. All took standard tests that measure psychological symptoms such as anxiety and depression, self-image, social functioning and ability to form intimate relationships.

Women with chronic constipation were more likely than healthy women to report anxiety, depression and feeling less "feminine". They also found it harder to form close relationships. [*Gut Aug 2001;49: pp.209-213*]

#### ● **Cold Hands and Feet (web)**

#### ● **Migraine/Tension Headaches (web)**

#### ● **Anxiety (web)**

- Less likely possibilities: [General Weakness \(web\)](#) - [Unresolved Grief \(web\)](#) - [Risk of Periodontal Disease - Gingivitis \(web\)](#)

### ...and partly by the following:

#### ● **A high-stress lifestyle**

- Long work hours
- Impatient/hostile disposition
- Unsound sleep
- Weak sexual desire

- Sugar/sweet craving
- Afternoon coffee/sugar craving
- Difficulty getting out of bed
- Short-term memory failure
- Sexual abuse during childhood

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

- Being a light sleeper
- High refined sugar consumption
- Bowel movement changes
- Heart racing/palpitations
- Craving for salt
- Constant fatigue
- Depression with fatigue
- Being able to stay up late
- Dizziness when standing up

## Condition: Atherosclerosis

Likelihood 37%

Concern level ■

Atherosclerosis (hardening of the arteries) is the most common form of arteriosclerosis, a class of diseases in which the walls of a person's artery become thicker and less elastic through deposits along the arteries that often contain calcium.

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

**Main recommendations:** [Plant-Based Nutrition](#) - [Test for Cardiac Risk Factors](#) - [Nut and Seed Consumption](#) - [Continued Aerobic Exercise \(web\)](#)

### Atherosclerosis is suggested partly by:

- **Stress**

*Circulation*, the journal of the American Heart Association, reports on a study that has correlated the degree of carotid arterial atherosclerosis with exaggerated response to mental stress in men under the age of 55. Patients whose blood pressure responses to stressful situations were the strongest were found to have significantly more advanced atherosclerosis in the carotid arteries than those whose blood pressure responses were less salient.

Although researchers are careful not to say that stress causes atherosclerosis, the evidence clearly points to cardiovascular reactivity to stress as an atherosclerotic risk factor of the same magnitude as smoking, hypertension, insulin resistance, and elevated cholesterol levels. The hypothesis is that, "Frequent and prolonged periods of elevated blood pressure during mental stress may promote mechanical injury to the endothelial lining or cause release of hormones that can promote the build up of plaque." [*Circulation Vol. 96, No. 11: pp. 3842-3848*]

Moscow scientists stated in October, 2000 that they have shown atherosclerotic plaques in blood vessels are formed because of adrenaline, a hormone that releases during stress.

- **Risk of Excess Sugar Consumption (see evidence)**

Excessive sugar consumption has been linked to elevated triglycerides and may contribute to atherosclerosis, especially in individuals with elevated insulin levels.

- **Depression**

Depression is emerging as a risk factor for heart disease. A study of 688 women showed that depression and anger are associated with hardening of the arteries in women, in part through physical and behavioral risk factors such as bad cholesterol levels, obesity and smoking. [*Psychosomatic Medicine, March/April 2001*]

- **Magnesium Requirement**

Experimental studies have demonstrated a correlation between magnesium deficiency and atherosclerosis, but without any clear evidence to determine the mechanisms involved. Magnesium deficiency may affect the atherosclerosis process through several different mechanisms.

- **Anxiety (web)**

Researchers conclude that chronically high levels of anxiety are a risk factor for the progression of atherosclerosis, especially in men. [*Arterioscler Thromb Vasc Biol 2001; 21: pp.136-141*]

- **Syndrome X (web)**

- Less likely possibilities: [Lupus, SLE \(Systemic Lupus Erythromatosis\) \(see evidence\)](#)

### ...and partly by the following:

- A hard-driving personality
- Pain in chest or left side
- No social support group
- Being highly motivated

- **Impatient/hostile disposition**

Negative attitudes such as anger, hostility, distrust, depression and anxiety are often contributing factors.


- Hydrogenated fat consumption
- Discontinued multiple vitamin use
- Being male


Men are more likely to suffer from this condition than women.

**Atherosclerosis is contra-indicated by the following:**

- Moderate fruit/vegetable consumption
- Much vitamin C supplementation
- Very good aerobic exercise level
- Being in your 40s

**Condition: Mercury Toxicity (Amalgam Illness)**

Likelihood  65%

Concern level 

Mercury poisoning differs from the other forms of metal poisoning in that it causes neurological symptoms rather than digestive disorders.

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

**Main recommendations:** [Selenium](#) - [Alpha Lipoic Acid](#) - [High/Increased Fiber Diet](#) - [Heavy Metal Detoxification / Avoidance \(web\)](#)

**Mercury Toxicity (Amalgam Illness) is suggested partly by:**

- **Poor Memory (see evidence)**

Short term memory loss is initially the most common complaint associated with mercury toxicity.

- **Canker Sores (Aphthous Ulcers) (see evidence)**

- **Insomnia (see evidence)**

- **Allergy to Foods (Hidden)**

- **Yeast / Candida Infection**

- **Constipation**

- **Depression**

- **Bruxism (Clenching/Grinding Teeth) (web)**

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

- **Hypoglycemia**

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.

- **Chronic Fatigue / Fibromyalgia Syndrome**

- **Weakened Immune System (see evidence)**

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)**

- **Vertigo (web)**

- **Night Sweats (web)**

This symptom may be one of many associated with mercury toxicity.

- **Cold Hands and Feet (web)**

- **Nocturia (web)**

- **Anxiety (web)**

- Less likely possibilities: [Increased Risk of Kidney Disease](#) - [Male Hair Loss \(web\)](#) - [Pharyngitis \("Strep Throat"\) \(web\)](#) - [Bad Breath \(Halitosis\) \(web\)](#) - [Chronic Renal Insufficiency](#)

**...and partly by the following:**

- Past amalgam filling removal

- Being an antisocial person

- Nasal congestion

Mild nasal congestion / stuffy nose can be a sign of mercury toxicity.

- Impatient/hostile disposition

- Constant fatigue

- High cold water fish consumption

Although mercury occurs naturally in the environment, of bigger concern is the mercury that is released into the air through industrial pollution. When mercury falls from the air into water, it is converted into "methylmercury" by bacteria in the water. Methylmercury accumulates in streams and oceans where it is absorbed by fish as they feed in these waters. Mercury levels are highest in older, larger predatory fish. Larger predatory fish accumulate high levels of mercury by eating smaller fish (that contain mercury) who have eaten even smaller fish (that contain mercury).

Nearly all fish and shellfish contain trace amounts, but some fish contain much more, depending on how big they are, how long they live, what they eat, and where they were caught. According to an FDA survey, the fish with the highest average levels of mercury are, in order:

(Highest levels of mercury - at least 1 part per million): tilefish (golden bass or golden snapper), shark, swordfish, king mackerel; ("Mid-levels" of mercury - around 1/2 part per million): grouper, orange roughy, marlin, Spanish mackerel, tuna.

- Having trouble concentrating

- Moodiness

- Vision disturbances

Intermittent blurred distance vision is a sign of mercury toxicity.

- Heart racing/palpitations

- Irritability

**Mercury Toxicity (Amalgam Illness)** is contra-indicated by the following:

- Not having any amalgam fillings

Condition: IBS (Irritable Bowel Syndrome)

Likelihood 82%

Concern level  

Irritable bowel syndrome (IBS) is a common disorder of the intestines affecting perhaps 20% of the adult population that leads to pain, gassiness, bloating, and changes in bowel habits. Symptoms include constipation, diarrhea, or a painful but unsuccessful urge to move the bowels.

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

**Main recommendations:** Continued Dairy Products Avoidance - Antibiotics (web) - High/Increased Fiber Diet - Vitamin E

**IBS (Irritable Bowel Syndrome)** is suggested partly by:

- **Constipation**

- **Depression**

- **Chronic Fatigue / Fibromyalgia Syndrome**

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.

- **Anxiety (web)**

**...and partly by the following:**

- Bloating caused by specific foods

- Meal-related bloating

- Bowel movement changes

- Mucus in stools

- Abdominal discomfort

- General flatulence


- Dairy product consumption


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.

- **Past and future vaccination**

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

## Condition: Constipation

Likelihood  80%

Concern level 

Constipation, either acute or chronic, can be described as difficult, infrequent, or incomplete bowel movements. The stool tends to be small and/or hard. Bowel movements should, under normal circumstances, occur at least daily.


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


**Main recommendations:** [Plant-Based Nutrition](#) - [High/Increased Fiber Diet](#) - [Continued Aerobic Exercise \(web\)](#) - [Increased Water Consumption](#)

**Constipation** is indicated mainly by the following:

- Having hard stools

## Increased Risk of Increased Intestinal Permeability / Leaky Gut

Likelihood  78%

Concern level 

Alternative Names: Intestinal Hyper-Permeability; Increased Intestinal Permeability.

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.](#)

**Main recommendations:** [Glutamine](#) - [Continued Dairy Products Avoidance](#) - [Gluten-free Diet \(web\)](#)

**Increased Risk of Increased Intestinal Permeability / Leaky Gut** is suggested partly by:

- **Bacterial Dysbiosis**

It is likely that both yeast and bacterial overgrowth commonly occur together; overgrowth of either can lead to Leaky Gut Syndrome.

- **Allergy to Foods (Hidden)**

- **Yeast / Candida Infection**

It is likely that both yeast and bacterial overgrowth commonly occur together; overgrowth of either can lead to Leaky Gut Syndrome.

- **Gluten Sensitivity / Celiac Disease**

- **Constipation**

- Less likely possibilities: [Rheumatoid Arthritis \(web\)](#)

...and partly by the following:

- Allergies to certain foods
- History of adult allergies
- Broad-spectrum antibiotic use
- Tetracycline use
- Pain medication use

The overuse of pain medication can eventually lead to leaky gut syndrome.

- Bloating caused by specific foods
- Meal-related bloating
- Bowel movement changes

- History of sinusitis
- Unexplained nausea

## Condition: Chronic Fatigue / Fibromyalgia Syndrome

Likelihood 58%

Concern level   

Chronic Fatigue Syndrome (CFS) is described as a severe, debilitating fatigue, lasting at least six months (of new and definite onset), associated with at least four of the following symptoms: impaired memory or concentration, sore throat, lymphadenopathy, muscle pains, joint pains, new headaches, unrefreshing sleep, and post-exertion malaise. Other medical and psychiatric conditions that can produce fatigue should be ruled out, including Lyme's disease. After demanding physical exercise, chronic fatigue syndrome patients show impaired cognitive processing.

Fibromyalgia Syndrome (FMS) is a pain disorder associated with multiple tender points, sleep disturbances (insomnia and non-restorative sleep), and fatigue. Hypothalamic dysfunction, immune dysfunction, and nutritional inadequacies can all cause or perpetuate this sometimes severe syndrome.

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

**Main recommendations:** [Plant-Based Nutrition](#) - [TMG \(Tri-methyl-glycine\)](#) - [Test Adrenal Function \(web\)](#) - [Guaifenesin \(web\)](#)

### Chronic Fatigue / Fibromyalgia Syndrome is suggested partly by:

- **Restless Leg Syndrome (see evidence)**
- **Depression**

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]

- **Dry Eye (web)**
- **Headaches (web)**
- **Night Sweats (web)**
- **Cold Hands and Feet (web)**

Severe headaches are experienced by 44-56% of fibromyalgia sufferers.

Raynaud's phenomenon (severe cold hands and feet) affects about 16% of fibromyalgia sufferers.

- **Anxiety (web)**

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.

- Less likely possibilities: [Rheumatoid Arthritis \(web\)](#)

### ...and partly by the following:

- **Being a light sleeper**


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


- Constant fatigue
- Unsound sleep
- Nasal congestion
- Short-term memory failure
- Frequent difficulty falling asleep
- Low alcohol consumption
- Dark urine color
- Sleeping less than necessary
- Vision disturbances
- Not having foamy urine
- Brittle fingernails
- Dizziness when standing up

**Chronic Fatigue / Fibromyalgia Syndrome** is contra-indicated by the following:

- High energy/stamina

Condition: Dehydration

Likelihood  76%

Concern level 

You should be drinking more water.

Thirst can be a poor way of monitoring of your water needs. You can lose your thirst sensation and the critical perception of needing water. No longer recognizing a water need (unless very dehydrated), you can become gradually, increasingly, and chronically dehydrated with increasing age. A "dry mouth" may be a late sign of dehydration.

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

**Main recommendations:** Increased Water Consumption - Continued Caffeine/Coffee Avoidance - Increased Fruit/Vegetable Consumption

**Dehydration** is suggested partly by:

- **Dyspepsia / Poor Digestion**

- **Caffeine Intoxication (web)**

Dehydration may result from the increased urinary frequency brought on by caffeine.

- **Heartburn / GERD (see evidence)**

Dr. Batmanghelidj, author of *Your Bodies Many Cries for Water*, believes that in the same way we have a "hunger pain" signal, we also have a "thirst pain" signal in the body, and that it is called dyspepsia (heartburn).

- **Vertigo (web)**

- **Migraine/Tension Headaches (web)**

- **Arrhythmias/Dysrhythmias (web)**

- Less likely possibilities: Increased Risk of Kidney Disease - General Weakness (web) - Hearing Loss (web) - Rheumatoid Arthritis (web) - Susceptibility to Hangovers (web)

...and partly by the following:

- Insufficient water consumption

- Dark urine color

- Cloudy urine

Yellow and/or cloudy urine may be evidence of a water intake deficiency.

- Dry eyes

- Frequent difficulty falling asleep

- Allergies to certain foods

- History of adult allergies

- Vision disturbances

- Low alcohol consumption

- Caffeinated soda consumption

- Constant fatigue

- Irritability

- Emotional instability

- Dizziness when standing up

- A high-stress lifestyle



- Allergic rhinitis

- Need for adequate water intake

**Dehydration** is contra-indicated by the following:

- Sugared soda consumption
- Non-caffeine soda consumption
- Fruit/vegetable juice consumption

## Condition: Allergic Rhinitis / Hay Fever

Likelihood  100%  
 Concern level 

Allergic rhinitis (also called hay fever) is the most common form of allergy.



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

**Main recommendations:** [Vitamin B5 \(Pantothenic Acid\) \(web\)](#) - [Increased Fruit/Vegetable Consumption](#) - [Sugars Avoidance / Reduction](#) - [Continued Caffeine/Coffee Avoidance](#)

**Allergic Rhinitis / Hay Fever** is indicated mainly by the following:

- **Hay fever (confirmed)**
- Moderate sneezing
- Allergic rhinitis

## Condition: Hypoglycemia

Likelihood  75%  
 Concern level 

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.](#)

**Main recommendations:** [Sugars Avoidance / Reduction](#) - [Continued Caffeine/Coffee Avoidance](#) - [High/Increased Fiber Diet](#) - [Continued Processed Foods Avoidance](#)

**Hypoglycemia** is suggested partly by:

- **Restless Leg Syndrome (see evidence)**

Based on afternoon glucose tolerance testing, many patients with RLS - particularly if they also have spontaneous leg cramps - appear to have hyperinsulinism causing functional hypoglycemia during testing. In fact, some patients may have an attack of muscle cramps at the same time as their lowest level of plasma glucose. In an open trial, a group of 350 patients with this type of glucose tolerance curve were placed on a sugar-free, high protein diet along with frequent nibbling and at least one night feeding. The vast majority experienced a prompt remission or, at least, a striking reduction in symptoms. [*J Med Assoc* 60(5): pp.29-31, 1973]

- **Poor Memory (see evidence)**

Temporary forgetfulness is a known symptom of hypoglycemia.

- **Depression**

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

- **Migraine/Tension Headaches (web)**

- **Night Sweats (web)**

Nighttime hypoglycemia may be without symptoms or manifest itself as night sweats, unpleasant dreams or early morning headache.

- **Anxiety (web)**

- Less likely possibilities: [General Weakness \(web\)](#)

...and partly by the following:

- Intolerance of sugars
- Unsound sleep
- Fatigue that is relieved by eating
- Afternoon coffee/sugar craving
- High refined sugar consumption
- Tightness across shoulders
- Sugar/sweet craving
- Fatigue that worsens during the day
- Having trouble concentrating
- **Strong appetite**

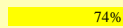
Hunger is a symptom of hypoglycemia.


- **Vision disturbances**

Blurred vision and diplopia (double-vision) are possible symptoms.

- Heart racing/palpitations
- Depression with anxiety
- Emotional instability
- Dizziness when standing up

## Increased Risk of Elevated Insulin Levels

Likelihood  74%

Concern level 

Chronic exposure to refined carbohydrates and simple sugars can cause elevated levels of insulin, which drives glucose levels down. This can result in hypoglycemia (low blood sugar). Over time, tissues may become less sensitive to insulin and as a result glucose cannot enter the cells as easily. This means more glucose in the bloodstream and a greater tendency to convert it into fat instead of energy. Elevated insulin levels (hyperinsulinemia) cause the body to have difficulty breaking down fat also.

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

**Main recommendations:** [Sugars Avoidance / Reduction](#) - [Continued Aerobic Exercise \(web\)](#) - [Chromium \(web\)](#) - [DHA \(docosahexaenoic acid\) \(web\)](#)

### Increased Risk of Elevated Insulin Levels is suggested partly by:

- **Lack of Sleep (see evidence)**

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**


One of cortisol's undesirable effects is that 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.131-8]

...and partly by the following:

- Apple-shaped body when overweight

## Condition: Need For Routine Preventative Health Measures

Likelihood  94%

Concern level 

Millions of people continue to ignore their health because they do not have access to health care or can not afford it, because they do not practice healthy lifestyles, or because they do not take the time to visit their physician for regular check-ups.

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

**Main recommendations:** [Test for Cardiac Risk Factors](#) - [Seeing An Eye Doctor \(web\)](#) - [Adequate Dental Care \(web\)](#) - [Male-Specific Cancer Screening \(web\)](#)

## Need For Routine Preventative Health Measures is suggested partly by:

- Less likely possibilities: [Diabetes Type II](#) - [Glaucoma \(web\)](#)

## ...and partly by the following:

- **Cancer in family members**

Regular screening is highly recommended if your family has a history of cancer.

- **Being somewhat nearsighted**

If you wear corrective lenses or are over 50, eye exams should be performed every two years or so.

- **Unknown total cholesterol level**


If you don't know your cholesterol levels, or haven't had them checked within the past five years, you should consider this simple test.


- **Being in your 40s**

Preventative health measures are something that many people (and their doctors) often forget. They become especially important as you grow older.

- **No recent health checkup**

## Condition: Yeast / Candida Infection

Likelihood  92%

Concern level 

Based on your symptoms and history, intestinal candidiasis only a possibility. The following information is provided for you benefit should you still be concerned about this condition.

*Candida albicans* is an opportunistic yeast that normally inhabits the mouth, throat, intestines and genitourinary tract of most humans and is usually considered to be a normal part of the bowel flora (the organisms that coexist with us in our lower digestive tract). However, it may become pathogenic when there is a disturbance in the balance of flora, or a debilitation of the host from other causes.

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

**Main recommendations:** [Sugars Avoidance / Reduction](#) - [Continued Garlic](#) - [Probiotics \(web\)](#) - [Grapefruit Seed Extract \(web\)](#)

## Yeast / Candida Infection is suggested partly by:

- **General Detoxification Requirement**

Toxic metals, such as mercury (found in dental amalgams and some fish) and chemicals, such as aspartame, MSG and others can kill friendly intestinal flora, alter immune response and allow yeast to proliferate.

- **Stress**

- **Consequences of Poor Diet**

Improper diets, such as those high in carbohydrates, sugar, yeast and yeast products can lead to Candida overgrowth.

- **Constipation**

Chronic constipation can lead to Candida overgrowth.

- Less likely possibilities: [Male Hair Loss \(web\)](#) - [General Weakness \(web\)](#) - [Mitral Valve Prolapse \(web\)](#)

## ...and partly by the following:

- **Coughing up yellowish curds**

If you have fungal overgrowth in your esophagus, symptoms may include pain and difficulty in swallowing. It is also possible that you may be able to cough up white curds which are probably part of these patches located in your esophagus.

- **Intolerance of sugars**

- **Meal-related bloating**

- **Broad-spectrum antibiotic use**

Antibiotics reduce the number of "friendly bacteria" in the intestinal tract that normally keep the *Candida albicans* under control.


- **Discomfort caused by mold/mustiness**

- **Sugar/sweet craving**

- Tetracycline use
- High refined sugar consumption
- General flatulence
- High chemical sensitivity
- High cigarette smoke sensitivity
- Anal itching at night
- Mucus in stools
- Bowel movement changes
- Pain medication use
- History of sinusitis
- Unexplained nausea
- Drowsiness after meals
- Allergic rhinitis

## Condition: Hydrochloric Acid Deficiency

Likelihood  69%

Concern level 

Hydrochloric acid (HCl) insufficiency can be complete (achlorhydria) or partial (hypochlorhydria) and intermittent. HCl plays an important part in the first digestive step, which if not completed properly can result in digestive problems all the way through the digestive tract.

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

**Main recommendations:** [Hydrochloric Acid \(Trial\)](#) - [Digestive Enzyme \(Trial\) \(web\)](#) - [Folic Acid \(web\)](#) - [Cayenne Pepper \(web\)](#)

### Hydrochloric Acid Deficiency is suggested partly by:

- **Yeast / Candida Infection**
- **IBS (Irritable Bowel Syndrome)**
- **Heartburn / GERD (see evidence)**

Based on the clinical experience of doctors such as Dr. Jonathon Wright, MD, supplementing with hydrochloric acid sometimes relieves the symptoms of heartburn and improves digestion in individuals who have hypochlorhydria. Unexplained bloating, belching and heartburn are frequently diagnosed as symptoms of hyperacidity and sometimes wrongly treated with antacids, when in fact the underlying problem is insufficient acid production.


- Less likely possibilities: [Rheumatoid Arthritis \(web\)](#)

### ...and partly by the following:

- Delayed gastric emptying
- Meal-related bloating
- Offensive-smelling stool
- Adult acne
- General flatulence
- Drowsiness after meals
- Eczema

## Condition: Digestive Enzyme Need

Likelihood  68%

Concern level 

Enzymes are essential chemicals that are the foundation of human bodily functions. They are catalysts (activators) in the chemical reactions that are continually taking place within the body. As coenzymes, vitamins work with enzymes, thereby allowing all the activities that occur within the body to be carried out as they should.

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

**Main recommendations:** [Digestive Enzyme \(Trial\) \(web\)](#) - [Bromelain \(web\)](#)

**Digestive Enzyme Need** is suggested partly by:


- **Yeast / Candida Infection**
- **IBS (Irritable Bowel Syndrome)**

...and partly by the following:

- Digestive enzyme use
- Meal-related bloating
- General flatulence
- Offensive-smelling stool
- Eczema

**Condition: Low Male Testosterone Level**

Likelihood  67%

Concern level 

It is possible you have a testosterone deficiency.

A 1996 study reported in the *New England Journal of Medicine* followed three groups of men. One group was given testosterone and prescribed a strength training program, one group was given testosterone and told not to exercise and one group was just given a training program without testosterone. It was no surprise that the group which exercised on testosterone gained the most muscle and lost the most fat, but the group which took testosterone without exercise actually had greater improvement in muscle and fat composition than the group which trained without it. You can't build muscle without it!

### Causes & Development

Some causes of low testosterone levels include congenital problems (such as deficiencies of male hormones and rare malformation syndromes) and acquired problems that include aging, chronic illness, drugs, starvation, stress, head trauma, infections, cancers, surgeries, alcoholism, removal of or trauma to the testicles, and infection or twisting of the testicles in their sac. In addition, certain drugs compete with testosterone in the body.

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

**Main recommendations:** [Test for Hormones \(web\)](#) - [Testosterone Levels, Test \(web\)](#) - [Tribulus \(web\)](#) - [High/Increased Fat Diet \(web\)](#)

**Low Male Testosterone Level** is suggested partly by:

- **Depression**

Depression can be caused by low levels of certain hormones, including testosterone.

- **Andropause/Male Menopause (web)**

- **Low Sex Drive (web)**

- **Atherosclerosis**

Researchers at Columbia University Medical School found that serum testosterone levels were about 90ng/dl lower in patients who had suffered myocardial infarctions (MI) than in those who had not. These results suggest that low testosterone levels predispose men to MI and are lower in men with severe coronary artery atherosclerotic disease than in controls.

- **Risk of Osteoporosis - Osteopenia (see evidence)**

Some 30% of men with spinal osteoporosis have long-standing testosterone deficiency, and one-third of men with testosterone deficiency have subnormal bone density that puts them at risk of fractures.

- **Increased Risk of Coronary Disease / Heart Attack**

Researchers at Columbia University Medical School studied 55 men undergoing X-ray exams of their arteries and found that those with a lower testosterone level had higher degrees of heart disease (blockage of the coronary arteries). This study also found that the protective HDL cholesterol levels were higher in men with higher testosterone levels.

Low testosterone is linked to hypertension, obesity, atherosclerosis and increased waist-to-hip ratio - all of these being heart attack risk factors. Administration of testosterone to men has been reported to decrease the risk factors for heart attack.

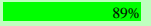
...and partly by the following:


- A high-stress lifestyle
- Impatient/hostile disposition

**Low Male Testosterone Level** is contra-indicated by the following:

- Being highly motivated
- High energy/stamina

## Condition: Environmental Illness / MCS

Likelihood  89%

Concern level 

Chemical sensitivity disorder or Multiple Chemical Sensitivity (MCS) is defined as "an acquired disorder characterized by recurrent symptoms, referable to multiple organ systems, occurring in response to exposure to many chemically unrelated compounds at doses below those established in the general population to cause harmful effects."

Most of us need little convincing that our urban environments are polluted. The belief that the food chain is contaminated with toxic chemicals is universal and readily validated. The exact number of persons suffering from chemical sensitivity is unclear, but the rise in immune and nervous system disorders indicates that this problem is becoming more common, and somewhat more widely recognized.

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

**Main recommendations:** [Sauna Detoxification Program](#) - [Chemical Avoidance \(web\)](#) - [Selenium Allergy Protocol \(web\)](#) - [Liver Detoxification Phase II Support \(web\)](#)

**Environmental Illness / MCS** is suggested partly by:

- **Bruising Susceptibility (see evidence)**
- **Poor Memory (see evidence)**
- **Insomnia (see evidence)**
- **Constipation**
- **Chronic Fatigue / Fibromyalgia Syndrome**

MCS is a distinct illness that many times is diagnosed secondarily to CFS and/or fibromyalgia.

- **Migraine/Tension Headaches (web)**

Central nervous system dysfunction is common, resulting in **headaches**, chronic fatigue, poor short term memory, hyperactivity, and increased appetite leading to food cravings and overeating.

- **Arrhythmias/Dysrhythmias (web)**

An irregular or rapid heart beat and awareness of your heart beating are listed as possible symptoms of environmental illness.


...and partly by the following:


- Suspected environmental illness
- High chemical sensitivity
- Meal-related bloating
- High cigarette smoke sensitivity
- Having trouble concentrating
- Irritability
- Abdominal discomfort
- Constant fatigue

Daytime grogginess is a possible symptom of environmental illness.

- Strong appetite
- Heart racing/palpitations

## Condition: Autoimmune Tendency

Likelihood  49%

Concern level 

There appear to be some issues which seem to come up more frequently in those with autoimmune disorders. Investigation of these areas and appropriate follow up may reduce the tendency toward these types of conditions and produce a general benefit. This is especially important when multiple autoimmune conditions exist in the same person.

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

**Main recommendations:** [Therapeutic Fasting \(web\)](#) - [Continued Dairy Products Avoidance](#) - [Gluten-free Diet \(web\)](#) - [Hydrochloric Acid \(Trial\)](#)

### Autoimmune Tendency is suggested partly by:

- **Environmental Illness / MCS**

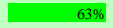
Reports of autoimmune markers in MCS patients, like most MCS data, are inconsistent. One report demonstrated antibodies to smooth muscle (muscle tissue that functions without conscious thought - such as the heart) in half the patients seen in a clinical practice. In some cases, MCS could be viewed as a chemically-formed autoimmune disease. [*Environ Health Perspect* 105(Suppl 2): pp.417-436 (1997)]


- **Gluten Sensitivity / Celiac Disease**

- **Hypothyroidism (see evidence)**

- Less likely possibilities: [Lupus, SLE \(Systemic Lupus Erythromatosis\) \(see evidence\)](#) - [Sjogren's Syndrome \(web\)](#) - [Sarcoidosis \(web\)](#) - [Risk of Zinc Toxicity \(web\)](#) - [Multiple Sclerosis \(web\)](#)

## Condition: Dyspepsia / Poor Digestion

Likelihood  63%

Concern level 

This is a vague problem that is functional in nature and usually not due to an underlying structural cause. Belching, distension and abdominal sounds often occur in association with abdominal or epigastric pain. Dietary factors are often important in reducing symptoms; because similar symptoms may be due to more serious conditions, it is important to have an accurate diagnosis.

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

**Main recommendations:** [Hydrochloric Acid \(Trial\)](#) - [Therapeutic Fasting \(web\)](#) - [Cayenne Pepper \(web\)](#)

### Dyspepsia / Poor Digestion is suggested partly by:

- **Constipation**

...and partly by the following:

- Meal-related bloating
- Undigested food in stools
- Greasy food intolerance
- General flatulence
- Reduced desire for breakfast
- Anal itching at night
- Being lactose intolerant
- Unexplained nausea
- Brittle fingernails

## Condition: Zinc Requirement

Likelihood 82%

Concern level ■

Zinc is a little different from some of the other well-known minerals. Whilst some of these have a well-known, identifiable function familiar to us, such as calcium for bone strength and iron for healthy red blood cells, zinc has no single clear action but instead performs a number of important functions in the body. This is because zinc is an essential component of around 200 enzymes that are involved in a range of actions within the body.

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

**Main recommendations:** [Zinc](#) - [Test Zinc Levels \(web\)](#) - [Continued Caffeine/Coffee Avoidance](#) - [Digestive Enzyme \(Trial\) \(web\)](#)

### Zinc Requirement is suggested partly by:

- **Canker Sores (Aphthous Ulcers) (see evidence)**

Tissue damaged by canker sores has demonstrated an enhanced recovery rate with adequate zinc intake. Total prevention or reduced frequency also occurs when zinc is supplemented in those with zinc deficiency.

- **Stress**

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.

- **Depression**

- **Low Male Testosterone Level**

(This relationship of testosterone levels to zinc status does not apply to women.)

Studies support the use of zinc supplementation in the treatment of low sperm count especially in the presence of low testosterone levels. Both sperm count and testosterone levels rose in men with initially low testosterone levels. Zinc status should be evaluated in men with decreased serum testosterone levels. [*Nutrition Report, September-October, 1996;14(7): p.52*]

- **Weakened Immune System (see evidence)**

Zinc deficiency weakens the immune system.

- **Iodine Requirement (web)**

Low zinc intakes exacerbate the effect of low iodine intake.

- **Pyroluria (web)**

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.

- Less likely possibilities: [Male Hair Loss \(web\)](#) - [Rheumatoid Arthritis \(web\)](#) - [Atrophic Gastritis \(web\)](#)

### ...and partly by the following:

- Hangnails
- Being a light sleeper
- Weak sexual desire
- **Darker/redder skin color**

Darkening of the skin all over the body is a symptom of zinc deficiency.

- Adult acne

## Condition: Enlarged Prostate

Likelihood 60%

Concern level ■

By the age of fifty, about 30% of men will start to experience difficulties with urination related to enlargement of the prostate gland, also known as benign prostatic hypertrophy (BPH). These symptoms often lead to an increased sense of frustration and embarrassment, as well as the disruption of normal activities.

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

**Main recommendations:** [Zinc](#) - [Natural Progesterone \(web\)](#) - [Essential Fatty Acids](#) - [Saw Palmetto \(web\)](#)

## Enlarged Prostate is suggested partly by:

- **Constipation**

Chronic constipation has been implicated as a contributing factor to prostatic discomfort when there is an already enlarged gland. A correction of the constipation will bring some relief of symptoms since the rectum puts pressure on the prostate gland when it is enlarged. In addition, there is a buildup of waste products in the circulation with chronic constipation. This will indirectly have an effect on the function of the prostate.

- **Increased Urinary Frequency (web)**

Increases in the number of times a man has to visit the bathroom along with a frequent sensation of having to urinate - especially at night - are among some of the early signs. In addition, a reduction in the force and caliber of urination is also characteristic of prostatic enlargement.

- **Nocturia (web)**

## ...and partly by the following:

- **Weak urine stream**


A reduction in the force and caliber of urination is characteristic of prostatic enlargement.


- **Being in your 40s**

Nearly 60% of men between the ages of 40 and 59 have an enlarged prostate gland. Problems associated with this condition usually continue to worsen with age, increasing in incidence to over 50% of males by the age of sixty, and up to almost 80% past age seventy. Most physicians consider this to be a normal consequence of aging.

- **Interrupted urine stream**

## Condition: Magnesium Requirement

Likelihood 

Concern level 

Magnesium is a mineral needed by every cell of your body. About half of your body's magnesium stores are found inside cells of body tissues and organs, and half are combined with calcium and phosphorus in bone. Only 1% is found in the blood. Your body works very hard to keep blood levels of magnesium constant.

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

**Main recommendations:** [Magnesium \(web\)](#) - [Test Magnesium Levels \(web\)](#)

## Magnesium Requirement is suggested partly by:

- **Restless Leg Syndrome (see evidence)**

See the treatment link between RLS and magnesium.

- **Poor Memory (see evidence)**

- **Insomnia (see evidence)**

- **Yeast / Candida Infection**

- **Liver Detoxification / Support Requirement**

Magnesium deficiency has been found to be more common in patients with diabetes, **liver disease** or malabsorption problems.

- **Stress**

Stress may increase magnesium excretion.

- **Bruxism (Clenching/Grinding Teeth) (web)**

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 (web)**

Magnesium deficiency causes increased levels of adrenaline, which can lead to a feeling of anxiety.

- **Arrhythmias/Dysrhythmias (web)**

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*]

- **Less likely possibilities:** [Diabetes Type II](#) - [Susceptibility to Hangovers \(web\)](#)

## ...and partly by the following:

- Strong chocolate craving
- High refined sugar consumption
- Frequent difficulty falling asleep

Early symptoms of magnesium deficiency can include fatigue, anorexia, irritability, **insomnia**, and muscle tremors or twitching.

- Irritability

Early symptoms of magnesium deficiency can include fatigue, anorexia, **irritability**, insomnia, and muscle tremors or twitching.

- Constant fatigue

Early symptoms of magnesium deficiency can include **fatigue**, anorexia, irritability, insomnia, and muscle tremors or twitching.

- Caffeinated soda consumption

- Low alcohol consumption


Those who drink alcohol need more magnesium.


**Magnesium Requirement** is contra-indicated by the following:

- Some magnesium supplementation

## Condition: Chronic Renal Insufficiency

(Less likely, but wise to rule out)

Likelihood  19%

Concern level 

Unlike acute renal failure with its sudden (but reversible) failure of kidney function, chronic renal failure is slowly progressive. It most often results from some disease that causes gradual destruction of the kidneys and can range from mild dysfunction to severe kidney failure; progression may continue to end-stage renal disease (ESRD). Chronic renal failure usually occurs over a number of years as the internal structures of the kidney are slowly destroyed.

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

**Main recommendations:** [Plant-Based Nutrition](#) - [Essential Fatty Acids](#) - [Chitosan \(web\)](#) - [Vitamin E](#)

**Chronic Renal Insufficiency** is suggested partly by:


- **Headaches (web)**
- Less likely possibilities: [Diabetes Type II](#) - [Glomerulonephritis \(web\)](#)


...and partly by the following:

- Itchy skin
- Constant fatigue

## Condition: Non-Hodgkin's Lymphoma

(Less likely, but wise to rule out)

Likelihood  19%

Concern level 

Lymphoma is a general term for cancers that develop in the lymphatic system. Hodgkin's disease is one type of lymphoma, and all other lymphomas are grouped together and called non-Hodgkin's lymphoma. Lymphomas account for about 5% of all cases of cancer in the U.S.

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

**Main recommendations:** [Selenium](#) - [Plant-Based Nutrition](#) - [LDN](#) - [Low Dose Naltrexone \(web\)](#) - [Continued Caffeine/Coffee Avoidance](#)

## Non-Hodgkin's Lymphoma is suggested partly by:

- **Gluten Sensitivity / Celiac Disease**

Gluten sensitivity predisposes patients to the eventual development of lymphoma. If this relationship is re-stated as "cereal grains cause cancer" the implications are more easily understood. In addition, the incidence of undiagnosed celiac disease is higher among those with small-bowel lymphoma [*Eur J Gastroenterol Hepatol* 2000;12: pp.645-8]. There is evidence that strict adherence to a gluten-free diet will reduce the incidence of lymphoma.

- **Weakened Immune System (see evidence)**

Non-Hodgkin's lymphoma is more common among people with inherited immune deficiencies, autoimmune diseases, or HIV/AIDS, and among people taking immunosuppressant drugs following organ transplants.

- **Night Sweats (web)**

- Less likely possibilities: [Epstein-Barr virus \(EBV\) \(web\)](#)

## ...and partly by the following:

- Itchy skin
- Occasional unexplained fevers
- Caucasian ethnicity

Non-Hodgkin's lymphoma occurs more frequently in whites than in African-Americans.

- **Being male**

It is more common in men than in women.

- Abdominal discomfort
- Constant fatigue
- Being in your 40s

The likelihood of getting non-Hodgkin's lymphoma increases with age.

## Increased Risk of Colon Cancer

(Less likely, but wise to rule out)

Likelihood ■ 17%

Concern level ■

The colon's importance seems often to be glossed over and patronized by today's mainstream approach, in which the colon is thought of simply as the body's sewer, without regard for its many critical, dynamic biologic functions. Consequently, rates of death from colon cancer are at an all time high in our country's history. Colon cancer is now the third most common cancer in the U.S.

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

**Main recommendations:** [High/Increased Fiber Diet](#) - [Low/Decreased Fat Diet \(web\)](#) - [Selenium](#) - [Plant-Based Nutrition](#)

## Increased Risk of Colon Cancer is suggested partly by:

- **Bacterial Dysbiosis**

A putrefaction dysbiosis is accompanied by an increase in fecal concentrations of various bacterial enzymes which metabolize bile acids to tumor promoters.

- **Inadequate Fiber Intake (web)**

Low fiber intakes have been strongly linked to an increased risk for developing colon cancer.

## ...and partly by the following:

- **Consuming grilled meats**

You can increase your cancer risk by eating too much grilled red meat or chicken or even meat pan-fried at a very high temperature. Meat or chicken that is well-done or burnt appears to be the most problematic. The worrisome chemicals created by grilling meats are called heterocyclic amines (HAs). They form during grilling, broiling, or even searing meat in a very hot frying pan - when the very high temperatures break down the amino acid creatinine. There is also some concern that fats from the meat dripping onto coals create additional chemicals in smoke that may land back on the meat.

It is tragically ironic that after McDonald's CEO apparently dropped dead of a heart attack in 2004, their new CEO was in the operating room with colo-rectal cancer only 16 days later, and died in January of 2005.

A study of 276 patients with colon cancer links well-done red meat colon cancer. [*Carcinogenesis* (Vol. 22, No. 10: pp.1681-84)]


- **Family history of colorectal cancer**


- **Bowel movement changes**

See the link between rectal bleeding and colon cancer.

## Condition: Pneumonia

(Less likely, but wise to rule out)

Likelihood  27%

Concern level 

Pneumonia is infection of the lungs. The infection is in the lung tissue and the tiny air sacs in the lungs where the blood receives oxygen from air that is breathed in. It is extremely common and can range from a mild illness to a fatal one, especially if the patient is already sick or in hospital.

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

**Main recommendations:** [Conventional Drug Use \(web\)](#) - [Bromelain \(web\)](#) - [Bacteria / Pathogen Testing by PCR \(web\)](#) - [Cayenne Pepper \(web\)](#)

### Pneumonia is suggested partly by:

- **Weakened Immune System (see evidence)**

People whose immune systems are suppressed, such as those with AIDS or those undergoing chemotherapy, are more susceptible to pneumonia.

- Less likely possibilities: [Diabetes Type II](#)


### ...and partly by the following:


- **Chest pain when breathing**

The pain of lobar pneumonia often begins as a general sense of pressure and aching, usually localized to one side of the chest. The pain begins around the time of the chills heralding the onset of the infection. Later, as the process affects the pleura (tissues around the lung), pleuritic pain develops. Patients with atypical pneumonia or bronchopneumonia may complain of a central burning sensation provoked by coughing.

## Condition: Diabetes Type II

(Less likely, but wise to rule out)

Likelihood  26%

Concern level 

There are two major types of diabetes:

- **TYPE 1.** Juvenile diabetes or insulin-dependent diabetes mellitus (IDDM) is an autoimmune-related disease, usually striking between the ages of 5 and 20 years, in which patients do not produce enough insulin.
- **TYPE 2.** Adult onset or non-insulin dependent diabetes mellitus (NIDDM) represents 90-95% of all diabetes, and is caused by a combination of insulin resistance (loss of sensitivity to insulin) and a relative insulin deficiency. Physical health is key to this syndrome - 80% of sufferers are overweight and physically inactive. This was once thought to be a middle-aged disease, but since childhood obesity has been on the rise, cases of Type 2 diabetes are being diagnosed at every age. The majority of Type 2 diabetics are still over 55.

A newer classification, Type 1.5, is discussed elsewhere.

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

**Main recommendations:** [Sugars Avoidance / Reduction](#) - [Plant-Based Nutrition](#) - [Continued Aerobic Exercise \(web\)](#) - [Continued Processed Foods Avoidance](#)

## Diabetes Type II is suggested partly by:

- **Increased Risk of Elevated Insulin Levels**

Hyperinsulinemia and insulin resistance are both factors that increase the risk of developing type 2 diabetes. Hyperinsulinemia often predates diabetes by several years.

- **Heartburn / GERD (see evidence)**
- **Increased Urinary Frequency (web)**
- **Low Sex Drive (web)**

Lack of sexual desire can be a consequence of diabetes.

- **Nocturia (web)**
- **Syndrome X (web)**

In advanced stages of Syndrome X, when the pancreas can no longer keep up, diabetes II may develop.

- Less likely possibilities: [Risk of Periodontal Disease - Gingivitis \(web\)](#)

## ...and partly by the following:

- **Vision disturbances**

High blood sugar can cause two problems which affect vision, namely blurred vision and retinopathy - a disease of the back of the eye. Blurred vision is one of the first signs of elevated blood sugar. The shape and size of the lens in your eye changes when your blood sugar fluctuates. This swelling of the lens can cause blurred vision.

If you notice blurred vision, you should have your blood sugar checked. The acceptable range for fasting glucose is 80-110mg. If your blood sugar is substantially higher or lower than the acceptable range, contact your doctor. When your blood sugar is controlled, your vision will return to its previous state.

- **Constant fatigue**

## Diabetes Type II is contra-indicated by the following:


- **High legume consumption**


A study of 9,600 Americans found that those who ate plenty of legumes were less likely to be diagnosed with diabetes. Legumes are rich in soluble fiber, which has been shown to help improve insulin resistance, the study authors note. [*Archives of Internal Medicine* 2001;161: pp.2573-8].

- **Confirmed absence of diabetes**

## Increased Risk of Kidney Disease

(Less likely, but wise to rule out)

Likelihood  25%

Concern level 

If in doubt, have a doctor make sure that your kidneys are functioning properly.

There are many types of kidney disease, most of which are potentially serious. Whether you get kidney disease is mostly due to bad luck, but whether it progresses to end-stage kidney failure does depend largely on what is done about it.

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

**Main recommendations:** [Hydrangea \(web\)](#) - [Goldenrod \(web\)](#) - [Gravel Root \(web\)](#) - [Parsley \(web\)](#)

## Increased Risk of Kidney Disease is suggested partly by:

- **Kidney Stones (Urolithiasis) (see evidence)**

A kidney stone that is obstructing will cause damage to the kidneys in the long run if left untreated and may even lead to end stage kidney failure. Anyone with a past history of kidney stones should have regular screening performed as the recurrence rate is high.

- Less likely possibilities: [Cirrhosis of the Liver \(web\)](#)

## ...and partly by the following:

- **Itchy skin**

Excessively dry, persistently itchy skin is a possible symptom of kidney disease.

- **Pain medication use**

Some non-prescription medications - especially painkillers - can potentially cause damage to the kidneys. This includes traditional Chinese 'herbal' medications.

- Pain at side(s) of abdomen
- Constant fatigue

## Recommendations For Significant Ayurvedic Dosha - Pitta Dominance

People who have a dominant Pitta constitution typically have a moderate body size and level of physical activity. They are strong-willed and ambitious. They may become short-tempered, irritable and aggressive when under stress. They are believed to be more prone to skin problems, such as sunburn and other skin irritations, particularly in summer because they are not tolerant of heat and sun.

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

**Main recommendations:** [Pitta Balancing \(web\)](#)

**Ayurvedic Dosha - Pitta Dominance** is indicated mainly by the following:

- Having hard stools
- Being normal weight
- Low level of tolerance
- Paying attention to detail
- Being stubborn
- Average mental clarity
- Warm skin
- Darker/redder skin color
- Strong appetite
- Impatient/hostile disposition

## Recommendations For Positive Constitutional Temperature

You have a mildly Hot Constitutional Temperature. Some of the following suggestions may contradict others given elsewhere in this report. If so, you must decide which are the most important. Experimenting, if necessary, can be instructive.

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

**Constitutional Temperature** is suggested partly by:

- **[Increased Urinary Frequency \(web\)](#)**

...and partly by the following:

- Very good aerobic exercise level
- A hard-driving personality
- Frequent difficulty falling asleep
- Being highly motivated
- Unsound sleep
- Dark urine color
- Moodiness

**Constitutional Temperature** is contra-indicated by the following:

- Dizziness when standing up
- Cold hands and/or feet
- Being infrequently thirsty
- Slowed pulse rate
- Energy boosted by carbohydrates

## Recommendations For Balanced Lipo-Oxidative Type

Having a "Balanced Lipo-Oxidative Type" means that no action is necessary in this area.

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

**Main recommendations:** Zinc - Boron (web)

**Lipo-Oxidative Type** is indicated mainly by the following:

- Slowed pulse rate
- Being a light sleeper

**Lipo-Oxidative Type** is contra-indicated by the following:

- Frequent daytime urination

## Recommendations For Positive Autonomic Nervous System Balance

The fact that you appear to have a "Moderately Positive (Sympathetic Dominant) Autonomic Nervous System" will be reflected in your Metabolic Dietary Type and nutrient recommendations.

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

**Autonomic Nervous System Balance** is indicated mainly by the following:

- Being an antisocial person
- A hard-driving personality
- Frequent difficulty falling asleep
- Being highly motivated
- Unsound sleep
- Confirmed heartburn
- Delayed gastric emptying
- History of infections
- Strong appetite

**Autonomic Nervous System Balance** is contra-indicated by the following:

- History of adult allergies
- High eating frequency

## Recommendations For Extreme Positive Carbo-Oxidative Type

When it is said that you have a "Highly Positive Carbo-Oxidative Type", it means your cells are overly-reliant on glycolysis and beta-oxidation should be increased. This imbalance can be influenced by food and nutrient selection. The wrong ones can make symptoms worse, the right ones can bring about a better balance. Whether you are dominant in the autonomic nervous system or carbo-oxidative system will influence our food and nutrient selections for you.

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

**Carbo-Oxidative Type** is indicated mainly by the following:

- High eating frequency
- Thin/weak fingernails
- Bright facial complexion
- Liking sour foods
- Itchy skin
- Negative reaction to coffee
- Moderate sneezing
- Dark facial coloring
- Sensitivity to insect bites
- Craving for salt
- Dandruff

**Carbo-Oxidative Type** is contra-indicated by the following:

- Energy boosted by carbohydrates
- Being an antisocial person
- Dry eyes

## Recommendations For Extreme Negative Metabolic Diet Type

Your Diet Type appears to be *Extreme Protein*.

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

**Main recommendations:** [Magnesium \(web\)](#) - [Vitamin B6 \(Pyridoxine\)](#) - [Vitamin D \(web\)](#) - [Folic Acid \(web\)](#)

**Metabolic Diet Type** is indicated mainly by the following:

- Being an antisocial person
- Dry eyes
- A hard-driving personality
- Being highly motivated
- Energy boosted by carbohydrates
- Frequent difficulty falling asleep
- Unsound sleep
- Strong appetite
- Confirmed heartburn
- History of infections

**Metabolic Diet Type** is contra-indicated by the following:

- Dandruff
- Sensitivity to insect bites
- Moderate sneezing
- Negative reaction to coffee
- Craving for salt
- History of adult allergies
- Dark facial coloring
- Itchy skin
- Bright facial complexion
- Thin/weak fingernails
- Liking sour foods
- High eating frequency

*The following are recommendations that The Analyst™ suggests may do you the most overall good. For treatment of a specific condition, see your doctor. The web page for each condition provides a list of possibilities.*

## Recommendations by The Analyst™:

### Recommendation: Sugars Avoidance / Reduction

Significance: Important

Turning to artificial sweeteners is generally not a good method of reducing sugar intake because the adverse effects of these chemicals - however much the manufacturers deny it - may be worse than any benefit in some individuals.

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

**Sugars Avoidance / Reduction** is being recommended for the following reason(s):

- There exists a very good chance of **Consequences of Poor Diet**
- You have indicated that you have **Allergic Rhinitis / Hay Fever**
- There exists a very good chance that you are suffering from **Hypoglycemia**

Consuming foods that contain simple sugars makes the problem worse. Avoid sweets other than fresh fruits, if tolerated. In addition, consider avoiding products that only "taste" sweet (artificially sweetened - low calorie). Even though they may contain no sugar, sending signals to your brain that something "sweet" is being consumed may have negative consequences.

- You are showing signs of moderate **Risk of Elevated Insulin Levels**
- There exists a very definite possibility of your having **Yeast / Candida Infection**  
Avoid foods high in simple carbohydrates such as refined sugars (sucrose, fructose, corn syrup), fruit juices, honey, and maple syrup.
- There is a medium probability of **Diabetes Type II**
- It seems there is a definite possibility that you have **Gastric/Peptic/Duodenal Ulcers (web)**

**Gastric/Peptic/Duodenal Ulcers** is suggested partly by:

- **Stress**

In general the duodenum isn't as well protected with mucus as is the stomach and is more prone to ulcers. A deficiency of pancreatic juices to neutralize the acid chyme from the stomach, or stress causing sympathetic inhibition of enzyme secretion can lead to duodenal ulcer formation.

- **Heartburn / GERD (see evidence)**

There is a relatively high prevalence of GERD amongst patients with duodenal or gastric ulcers. Persistent dyspepsia/heartburn symptoms after eradication of *H. pylori* and ulcer resolution might suggest the treatment of GERD as a separate entity. [*Am J Gastroenterol* 2000;95: pp.101-105]

- **Gastritis (web)**

Severe inflammation of the stomach lining (gastritis) can result in ulceration.

- Less likely possibilities: [Bad Breath \(Halitosis\) \(web\)](#) - [Atrophic Gastritis \(web\)](#)

...and partly by the following:

- **Epigastric pain**

Most patients with ulcers complain of pain or discomfort that is located in the upper part of the stomach, often in the area immediately below or around the lower part of the breast bone. This is called epigastric pain. Symptoms may be associated with meals, or occur in-between meals, or sometimes even occur at night to the point where one can be woken up from sleep. This pain may be relieved by meals also.

- **Some aspirin use**

Inflammation may be caused by aspirin and nonsteroidal anti-inflammatory medications (NSAIDs).

- **Dizziness when standing up**

Patients with a bleeding ulcer may report a sense of passing out upon standing called orthostatic syncope.

- **Being in your 40s**

- It seems there is a high probability of **Weakened Immune System (web)**

Sugars have a depressive effect on the immune system.

**Weakened Immune System** is suggested partly by:

- **Yeast / Candida Infection**

Candidiasis is more common and severe in individuals with weakened immune systems. Any condition that results in a weakened immune system can cause Candida proliferation. Common causes of immune deficiency are AIDS and cancer.

- **Stress**

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**

Adrenal insufficiency can lead to a host of problems, including a weakened immune response, anxiety and panic attacks.

- Less likely possibilities: [The Effects Of Overtraining \(web\)](#) - [Rheumatoid Arthritis \(web\)](#)

...and partly by the following:

- History of infections

**Weakened Immune System** is contra-indicated by the following:

- Rapid recovery from colds

- You are showing signs of minor **Risk of Excess Sugar Consumption (web)**

**Risk of Excess Sugar Consumption** is suggested partly by:

- Less likely possibilities: [Diabetes Type II](#)

...and partly by the following:

- High refined sugar consumption
- Sugared soda consumption

Soft drinks generally represent the single largest source of added sweeteners to our diet. They account for one-third of all calories we consume from added sweeteners, which for the average American adds up to more than 23 pounds of sugar from 47.4 gallons of soft drinks annually. An average 12 ounce can has 9-12 teaspoons of sugar, and the average teenage boy consumes 868 cans per year. This is how teens get 15 of their 34 teaspoons of

sugar each day.

- **Adult acne**

- It appears that you have minor **Risk of Osteoporosis - Osteopenia (web)**

Avoiding factors that encourage bone loss can be as just as important as calcium intake. Diets high in refined sugar, protein, salt, caffeine, and phosphorous contained in soft drinks, all promote calcium excretion in urine.

### Risk of Osteoporosis - Osteopenia is suggested partly by:

- **Consequences of Poor Diet**

Excess salt and sugar, found in junk foods, leach calcium from the bones into the urine.

- **Risk of General Mineral Requirement (see evidence)**

Trace minerals are necessary for the transport and absorption of calcium.

- **Risk of Elevated Cortisol Levels (web)**

If a woman is not ovulating she may have lower estrogen and progesterone levels. Low estrogen levels can increase the activity of osteoclasts (bone breakdown cells) while low progesterone has been shown to increase PMS symptoms and slow bone deposition. Also, to provide the extra calcium needed when faced with intense stress situation, cortisol can directly stimulate bone breakdown cells. Unchecked over a long period of time, high cortisol levels can cause you to lose bone faster than you can rebuild it.

- Less likely possibilities: [Vitamin B12 Requirement \(web\)](#) - [Rheumatoid Arthritis \(web\)](#) - [Atrophic Gastritis \(web\)](#) - [Fluoride Toxicity \(web\)](#) - [Excess Protein Consumption \(web\)](#)

### ...and partly by the following:

- **Non-caffeine soda consumption**

Osteoporosis can be caused by excess phosphorus intake through drinking too many sodas, particularly Colas. To balance this phosphorus, the body must draw calcium from the bones.

- **Having poor posture**

Stooped posture is an early sign of bone loss.

- **Sugared soda consumption**

- **Caffeinated soda consumption**

Regular consumption of caffeinated carbonated beverages has been associated with increased risk of bone fracture both earlier and later in life, yet the contributions of the individual components of these beverages to calcium loss is unclear. The per capita consumption of carbonated beverages has risen dramatically, making them the preferred beverage of women 20-40 years old, many of whom already have an inadequate daily intake of calcium.

The effect of caffeinated and noncaffeinated beverages on urinary calcium excretion was measured in a group of 30 women with an average age of 31 years. The subjects habitually drank from two to seven 12-ounce cans of carbonated beverages daily; 27 drank predominantly colas.

Though the caffeine in the drinks was primarily responsible for excess calcium excretion, previous studies of the effect of caffeine have shown a compensatory drop in calcium excretion over the 24-hour period following ingestion. The fact that the small calcium loss from carbonated beverages was offset by reduced excretion later in the day, and the habituation of the subjects to frequent consumption, lead the authors to conclude that the main cause of calcium loss from carbonated beverages was their lack of nutrients needed for bone health. [Heaney, Rafferty; *Am. J of Clin. Nutr.*, August 2001]

- **Low alcohol consumption**

Alcohol interferes with the body's absorption of calcium.

- You have indicated that you have **Restless Leg Syndrome (web)**

See the link between Restless Leg Syndrome and Caffeine Avoidance.

## Recommendation: Plant-Based Nutrition

Significance: Recommended

A vegetarian diet has been advocated by everyone from philosophers such as Plato and Nietzsche, to political leaders such as Benjamin Franklin and Gandhi, to modern pop icons such as Paul McCartney and Bob Marley. Science is also on the side of vegetarianism. A multitude of studies have proven the health benefits of a vegetarian diet to be remarkable.

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

**Plant-Based Nutrition** is being recommended for the following reason(s):

- You could be suffering from moderate **Risk of Coronary Disease / Heart Attack**

Fruits and vegetables contain antioxidant substances, such as vitamin C, vitamin E, and carotenoids, which protect cells against oxidative damage, which is related to cancer risk and other health problems.[1] The multitude of phytochemicals found in various fruits, vegetables, grains, legumes, and nuts are thought

to protect against heart disease and cancer.[2]

1. Jacob RA, Burri BJ. Oxidative damage and defense. *Am J Clin Nutr* 1996;63:985S-90S
2. Craig WJ. Phytochemicals: guardians of our health. *J Am Diet Assoc* 1997;97:S199-S204

- **There is a medium probability of Atherosclerosis**

A low-fat, low-cholesterol diet is recommended, as is an increase fiber (especially water-soluble fibers), fruits, vegetables, and vegetarian sources of protein.

- **It appears that you have moderate Risk of Cancer, General (web)**

"35 percent of cancer deaths may be related to diet." [*The National Cancer Institute booklet "Diet, Nutrition, & Cancer Prevention: A Guide to Food Choices"*]

Cancer rates for vegetarians are 25 to 50% below population averages, even after controlling for smoking, body mass index, and socioeconomic status.[1,2] Vegans show even better results. One study found that people who include generous amounts of fruits and vegetables in their daily diets have lower rates of cancers of the lung, breast, colon, bladder, stomach, mouth, larynx, esophagus, pancreas, and cervix compared to people who avoid such foods.[3]

Fruits and vegetables contain antioxidant substances, such as vitamin C, vitamin E, and carotenoids, which protect cells against oxidative damage, which is related to cancer risk and other health problems.[4] The multitude of phytochemicals found in various fruits, vegetables, grains, legumes, and nuts are thought to protect against heart disease and cancer.[5]

1. Chang-Claude J, Frentzel-Beyme R, Eilber U. Mortality pattern of German vegetarians after 11 years of follow-up. *Epidemiology* 1992;3:395-401
2. Thorogood M, Mann J, Appleby P, McPherson K. Risk of death from cancer and ischemic heart disease in meat and non-meat eaters. *Brit Med J* 1994;308:1667-70
3. Block G. Epidemiologic evidence regarding vitamin C and cancer. *Am J Clin Nutr* 1991;54:1310S-4S
4. Jacob RA, Burri BJ. Oxidative damage and defense. *Am J Clin Nutr* 1996;63:985S-90S
5. Craig WJ. Phytochemicals: guardians of our health. *J Am Diet Assoc* 1997;97:S199-S204

## Risk of Cancer, General is suggested partly by:

- **Low Melatonin Level (web)**

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.

- **Night Sweats (web)**

Several malignancies can lead to night sweats.

- **Vitamin A Requirement (web)**

Analogues of vitamin A are known as retinoids. Numerous studies have shown that retinoid deficiency enhances the risk of cancer in humans. Retinoids are being used in humans to treat cancers (particularly skin, lung, bladder, cervical or breast) which involve epithelial tissues. Vitamin A can be used to both treat and prevent cancers and there have been a number of studies showing beta carotene's protective effects against cancer.

- **Less likely possibilities: Non-Hodgkin's Lymphoma - Increased Risk of Colon Cancer**

## ...and partly by the following:

- **Cancer in family members**
- **Being in your 40s**
- **Omnivorous diet**

There has long been suspicion that components of meat and dairy were absorbed intact through the human digestive tract, triggering autoimmune disorders such as rheumatoid arthritis and childhood diabetes as our bodies try to fight off these foreign substances. In October of 2003, researchers published new evidence that a substance found in lamb, pork, beef and dairy can build up in human tissues and may contribute to chronic disease.

Taking autopsy samples, traces of a molecule called NeuGc can be found in human tissues, particularly in human tumors (especially breast cancer). Relatively high concentrations of anti-NeuGc antibodies can also be found in human blood. This mystified researchers, as human beings can not produce this substance. However, other animals can. Maybe, the researchers proposed, human beings absorb it from eating other animals.

The researchers adopted a vegan diet for a few days to clear their system (no animal-derived ingredients in foods or drugs or shampoo), and then drank a glass of "diluted pig mucous". Within days this invading meat molecule could be found oozing from their bodies, in their saliva, urine and hair clippings.

They speculate that this may why meat-eaters have such higher rates of cancer and heart disease compared to vegetarians. They acknowledge it could just be the saturated fat in meat and dairy, but maybe it is also because of the incorporation of this foreign substance (plants do not produce NeuGc). The researchers found it particularly interesting that vegetarian diets seem to improve rheumatoid arthritis. Maybe this reactive alien molecule also triggers autoimmune diseases like hepatitis and arthritis.

This article was published in the proceedings of the most prestigious scientific body in the United States. The researchers end their provocative article wondering what the long-term consequences might be of constantly challenging our immune systems in this way, and what the long-range implications are of having anti-Neu5Gc antibodies circulating throughout the bodies of meat-eaters and milk-drinkers. [*Proceedings of the National Academy of Sciences* 100 (2003): p. 12045]

- **Treated lumber exposure**

- **There is a low probability that you have Chronic Renal Insufficiency**

A low protein diet is important in reducing the processing responsibilities of compromised kidneys.

- **There is overwhelming evidence that you are suffering from Constipation**

A vegetarian diet is generally higher in fiber than non-vegetarian diets. Constipation amongst those on vegan and raw-food diets is extremely rare.

- It appears there is a small likelihood of your having **Non-Hodgkin's Lymphoma**

A high red meat and animal fat intake is associated with an increased risk of non-Hodgkin lymphoma in older women.

- It seems there is a serious likelihood that you are suffering from **Chronic Fatigue / Fibromyalgia Syndrome**

See the link between Chronic Fatigue / Fibromyalgia and Raw Food Diet.

- You have indicated that you have **Allergic Rhinitis / Hay Fever**

Many of the diet and lifestyle changes recommended against allergies are a natural consequence of adhering to a more animal-free lifestyle: avoiding saturated fats (meats and dairy products), eggs, shellfish; consuming fresh fruits and vegetables (be careful of citrus in particular though), whole grains, nuts, seeds, and fresh juices; using synthetic materials such as acrylic instead of animal products such as wool.

- You are showing signs of moderate **Risk of Colon Cancer**

Diets high in fiber-rich foods may reduce the risk of cancers of the colon and rectum. [*The National Cancer Institute booklet "Diet, Nutrition, & Cancer Prevention: A Guide to Food Choices"*]

- There is a fair amount of evidence of **Diabetes Type II**

(Reuters, July 27, 2006) "People who ate a low-fat vegan diet, cutting out all meat and dairy, lowered their blood sugar more and lost more weight than people on a standard American Diabetes Association diet. They lowered their cholesterol more and ended up with better kidney function, according to the report published in Diabetes Care, a journal published by the American Diabetes Association."

Dr. Neal Barnard's team and colleagues at George Washington University, the University of Toronto and the University of North Carolina tested 99 people with type-2 diabetes, assigning them randomly to either a low-fat, low-sugar vegan diet or the standard American Diabetes Association diet. After 22 weeks on the diet, 43% of those on the vegan diet and 26% of those on the standard diet were either able to stop taking some of their drugs such as insulin or glucose-control medications, or lowered the doses. The vegan dieters lost 14 pounds (6.5 kg) on average while the diabetes association dieters lost 6.8 pounds (3.1 kg). An important level of glucose control called a1c fell on average by 1.23 points in the vegan group and by 0.38 in the group on the standard diet.

- You have indicated that you have **Heartburn / GERD (web)**

Eating a low-fat plant-based diet in small frequent meals is one of the best ways to reduce heartburn.

### Heartburn / GERD is suggested partly by:

- **Dyspepsia / Poor Digestion**

### ...and partly by the following:

- **Confirmed heartburn**

- It appears there is a serious likelihood that you have **Histadelia (Histamine High) (web)**

Nutritionists recommend a low-protein, high complex carbohydrate diet. Histidine, which is more common in animal proteins, should be avoided as it can be converted into histamine.

### Histadelia (Histamine High) is suggested partly by:

- **Allergic Rhinitis / Hay Fever**

- **Insomnia (see evidence)**

The overarousal seen in histadelia may contribute to insomnia.

- **Depression**

Histadelics are often chronically and suicidally depressed.

- **Obsessive-Compulsive Disorder (OCD) (see evidence)**

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

- **Headaches (web)**

### ...and partly by the following:

- **A hard-driving personality**

Histadelics tend to work compulsively.

- **Being highly motivated**

Those with elevated histamine (histadelics) tend to work compulsively.

- **Slender fingers / toes**

Histadelics often have long fingers and toes.

- **Good creativity/imagination**

Histadelics are often highly creative.

- **Excess mucus**

Histamine can cause additional mucus production.

- **Warm skin**

- **Unexplained nausea**

**Histadelia (Histamine High)** is contra-indicated by the following:

- A lack of phobias
- Good tolerance of heat
- Weak sexual desire
- Good pain tolerance

- **You are showing signs of minor Risk of Osteoporosis - Osteopenia (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Reduce animal protein consumption. For a variety of reasons, animal protein causes severe bone deterioration.

A study published in the January, 2001 edition of the American Journal of Clinical Nutrition examined the diets of 1,035 women, particularly focusing on the protein intake from animal and vegetable products. Deborah Sellmeyer, M.D., found that animal protein increases bone loss. In her study, women with a high animal-to-vegetable protein ratio experienced an increased rate of femoral neck bone loss. A high animal-to-vegetable protein ratio was also associated with an increased risk of hip fracture. Dr. Sellmeyer states: "Sulfur-containing amino acids in protein-containing foods are metabolized to sulfuric acid. Animal foods provide predominantly acid precursors. Acidosis stimulates osteoclastic activity and inhibits osteoblast activity."

A 1994 report in the American Journal of Clinical Nutrition showed that when volunteers are switched from a typical American diet to a diet eliminating animal proteins, calcium losses were reduced to less than half of baseline values. [Remer T, Manz F. Estimation of the renal net acid excretion by adults consuming diets containing variable amounts of protein. Am Clin Nutr 1994;59:1356-61]

- **There is a small chance of your having Lupus, SLE (Systemic Lupus Erythromatosis) (web)**

Animal-based proteins (beef and milk) seem to be the prime offenders in aggravating the symptoms of Lupus. However, certain plant-based proteins appear also to be. These include soy beans, corn, spinach and carrots. [Scandinavian Journal of Gastroenterology 1982;17: pp.417-24]

Alfalfa sprouts and legumes, to a lesser extent, should also be avoided as the constituent L-canavanine causes SLE-like diseases in primates. [Acta Medica Scandinavica 1984;216: pp. 67-274] Peas and lima beans are alright to eat in this regard.

Lupus flare-ups have also been reported after the ingestion of large amounts of foods containing psoralens (celery, celery salt, parsnips and figs).

**Lupus, SLE (Systemic Lupus Erythromatosis)** is suggested partly by:

- **Bruising Susceptibility (see evidence)**

- **Migraine/Tension Headaches (web)**

Vascular or migraine headaches occur in 10% of lupus patients.

- Less likely possibilities: Increased Risk of Kidney Disease - Male Hair Loss (web) - Cystitis, Bacterial bladder Infection (web).

...and partly by the following:

- **Chest pain when breathing**

Pain in the chest on deep breathing (pleurisy) is experienced by some 45% of lupus patients.

- **Constant fatigue**

- **History of infections**

Lupus patients have abnormalities in their immune systems that predispose them to develop infections.

- **Occasional unexplained fevers**

A less common but more serious constitutional feature of SLE is persistent fever.

- **Aphthous ulcers**

Mouth or nose ulcers have been reported by between 12 and 30% of lupus patients, depending on the study. They most often occur in the mouth on the hard or soft palate but may also be found on the nasal septum.

- **Occasional sore throats**

Sore throat or pain on taking a deep breath may occur with a flare of lupus.

- **History of postviral syndrome**

Infections in lupus patients tend to last longer and require a longer course of treatment with antibiotics than infections in people who do not have lupus.

- **Sensitivity to bright light**

Sun or light sensitivity (photosensitivity) is experienced by 30% of sufferers.

## Recommendation: Continued Caffeine/Coffee Avoidance

Significance: 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.](#)

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

- There exists overwhelming evidence that you have **Consequences of Poor Diet**

- There exists a definite possibility that you have **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 are showing signs of moderate **Risk of Coronary Disease / Heart Attack**

Coffee, including decaf, contains significant amounts of Vitamin K which is an important factor for blood coagulation. People at high risk for blood clots, strokes, and heart attacks should avoid coffee and decaf for this reason.

- There is a slight possibility of **Non-Hodgkin's Lymphoma**

The consumption of coffee, tea and cola were all positively correlated with a higher risk of NHL.

- You could be suffering from moderate **Dehydration**

- You have indicated that you have **Allergic Rhinitis / Hay Fever**

- It seems there is a very good chance that you have **Hypoglycemia**

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

- It appears that you have minor **Zinc 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 appears to be a high probability of your having **Gastric/Peptic/Duodenal Ulcers (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Since coffee stimulates gastric acid secretion, moderation in coffee consumption is often recommended.

- You have indicated that you have **Heartburn / GERD (web)**

See evidence under **Plant-Based Nutrition** above.

- There exists a very high probability of **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 the following:**

- Frequent difficulty falling asleep

- Unsound sleep
- Being a light sleeper

- It seems there is a very good chance of **Lack of Sleep (web)**

**Lack of Sleep** is suggested partly by:

- **Caffeine Intoxication (web)**

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 groggy 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.

- **Anxiety (web)**

- Less likely possibilities: **Susceptibility to Hangovers (web)**

...and partly by the following:

- Difficulty getting out of bed
- Drowsiness
- Being a light sleeper
- Sleeping less than necessary
- Short-term memory failure
- Unsound sleep
- Having trouble concentrating
- Taking naps

- It seems there is a medium probability of **Kidney Stones (Urolithiasis) (web)**

A study published September, 2004 in the journal *Urology* suggests people prone to kidney stones should limit their intake of caffeine and cut down on the amount of coffee they drink. People who consumed caffeine in amounts equal to two cups of coffee showed elevated levels of calcium in their urine, which can increase the risk of developing stones, especially for people prone to stones. "Caffeine consumption may modestly increase risk of calcium oxalate stone formation," concluded the researchers.

**Kidney Stones (Urolithiasis)** is suggested partly by:

- **Night Sweats (web)**

...and partly by the following:

- **Pain at lower front of abdomen**

Kidney stones are characterized by (often extreme) pain at the site where the stone is causing irritation i.e. back and sides of the abdomen, lower front of the abdomen and groin area.

- **Pain at side(s) of abdomen**

- **Insufficient water consumption**

Restricted water consumption is an important causative factor.

- **Weak urine stream**

- **Moderate unexplained fevers**

- **Being male**

Kidney stone disease is a little more common in males and usually in those aged between 20 and 40.

- It appears that you have minor **Risk of Osteoporosis - Osteopenia (web)**

See evidence under **Sugars Avoidance / Reduction** above.

A study of 84,484 patients showed a correlation between bone fractures and heavy coffee consumption.

- It appears that you have minor **Risk of General Mineral 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.

**Risk of General Mineral Requirement** is suggested partly by:

- **Consequences of Poor Diet**
- **Zinc Requirement**
- **Calcium Requirement (see evidence)**
- **Magnesium Requirement**
- **Manganese Requirement (web)**
- **Selenium Requirement (web)**
- **Iodine Requirement (web)**
- Less likely possibilities: **Iron Requirement (web)**

...and partly by the following:

- **No multiple mineral use**

Modern farming techniques have led to soil mineral depletion when commercial farmers routinely replenish the soil with nitrogen and phosphates, but do little to fully replace the minerals that are being removed by plants grown in that soil. Mineral supplementation may be necessary to bring our nutritional standards back to the level of our forefathers, to insure against any nutrient dependencies any individual may have, and to make-up for our often poor choice of foods.

- **A high-stress lifestyle**

Calcification of soft tissues, especially following trauma, is common. During stress, calcium is drawn out of the bones as a result of demineralization.

- Anal itching at night
- Brittle fingernails
- Heart racing/palpitations

**Risk of General Mineral Requirement** is contra-indicated by the following:

- A Healthy Diet

- There exists a serious likelihood of your having **Calcium 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.

**Calcium Requirement** is suggested partly by:

- **Bruxism (Clenching/Grinding Teeth) (web)**

Cheraskin & Ringsdorf (1970) studied the effects of nutritional supplements on teeth grinders or clenchers. Of these, 16 took calcium, vitamin A, vitamin C, Vitamin B5 (pantothenic acid), iodine, and vitamin E. When surveyed a year later, they reported that bruxism vanished. In contrast, the 15 bruxers who only took vitamins A, C, E and iodine showed no improvement. It seemed reasonable to conclude that the active agents were calcium and pantothenic acid (vitamin B5).

- Less likely possibilities: **Male Hair Loss (web)**

...and partly by the following:

- Not consuming calcium-fortified food
- Being in your 40s

Those aged 19 through 50 who are not getting at least 1000mg of calcium per day through low oxalate greens, fortified foods such as orange juice, soy milk or dairy products probably have a calcium requirement.

- **Low dark leafy greens consumption**

Those aged 19 through 50 who are not getting at least 1000mg of calcium per day through low oxalate greens, fortified foods such as orange juice, soy milk or dairy products probably have a calcium requirement.

- You have indicated that you have **Restless Leg Syndrome (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Regardless of which form of restless leg syndrome you may be having, it is important to avoid caffeine and sugar during the day because both of these substances will increase the intensity of restless leg syndrome.

Diet is a major factor in 5 of the 10 leading causes of death: heart disease, cancer, stroke, diabetes mellitus, and atherosclerosis. These diseases account for 70% of all deaths in the United States. Over half the calories consumed in this country are from refined foods, from which the bran, germ, and oil have been removed. The average intake of fiber is only 11gm per day, compared to the daily recommended intake of 20 to 30gm. Fiber is important in the prevention of constipation, diverticulosis, colon polyps, varicose veins, hemorrhoids, appendicitis, hiatal hernia, peptic ulcer disease and probably colon cancer.

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

**High/Increased Fiber Diet** is being recommended for the following reason(s):

- It appears that you have moderate **Risk of Coronary Disease / Heart Attack**

A high-fiber diet, particularly one that is high in water-soluble fiber (such as fruit), is associated with decreased risk of both fatal and nonfatal heart attacks, probably because presence of such fiber is known to lower cholesterol. Numerous studies have linked diets rich in fiber with low levels of cholesterol. In particular, soluble fiber alters and lowers fat and cholesterol absorption in the large bowel, helping to reduce LDL, the bad cholesterol.

Fiber-rich foods are also good sources of phytochemicals and anti-oxidants that help to lower the risk for heart disease. Blood pressure, a major heart disease risk factor, may also be reduced by eating diet rich in fiber, further helping to reduce the risk of heart disease.

Making positive dietary changes immediately following a heart attack is likely to decrease one's chance of having a second heart attack. In one study, individuals began eating more vegetables and fruits, and substituted fish, nuts, and legumes for meat and eggs 24 to 48 hours after a heart attack. Six weeks later, the diet group had significantly fewer fatal and nonfatal heart attacks than a similar group that did not make these dietary changes. This trend continued for an additional six weeks.

- There appears to be a medium probability of **Atherosclerosis**

- There appears to be a serious likelihood of your having **Mercury Toxicity (Amalgam Illness)**

Sodium alginate as well as other gel-forming fibers have been shown to inhibit heavy metal uptake in the gut.

- You probably have moderate **Risk of Cancer, General (web)**

See evidence under **Plant-Based Nutrition** above.

The Canadian Cancer Society recommends a higher fiber and lower fat diet to help lower the risk of cancer, especially colon and rectal cancers. Diets high in fiber are also rich in anti-cancer compounds such as anti-oxidants and phytochemicals found in fruits, vegetables and whole grains.

- It seems there is overwhelming evidence of your having **IBS (Irritable Bowel Syndrome)**

Dietary fiber may lessen IBS symptoms in many cases. High-fiber diets may cause gas and bloating, but within a few weeks these symptoms often go away as the body adjusts to the diet: IBS can be treated in most cases simply by increasing the intake of dietary fiber and eliminating food allergies.

The synthetic polymers methylcellulose and polycarbophil have been found to be the most effective fibers or bulk-forming laxatives for use in the treatment of Irritable Bowel Syndrome (IBS). Neither are found naturally in food sources. Methylcellulose is used as a food additive/thickener. Both are available over the counter in commercial products such as Citrucel (methylcellulose) and Fibercon (polycarbophil), among others.

- It seems there is a very high probability that you are suffering from **Constipation**

A diet with enough fiber (20 to 35gm each day either from food or supplements) helps form a soft, bulky stool. High-fiber foods include beans, whole grains and bran cereals, fresh fruits, and vegetables such as asparagus, Brussels sprouts, cabbage and carrots. For people prone to constipation, limiting foods that have little or no fiber such as ice cream, cheese, meat, and processed foods is also important.

- There exists a very definite possibility of your having **Hypoglycemia**

Soluble fiber delays gastric emptying, slows glucose absorption, and minimizes blood glucose swings.

- You probably have moderate **Risk of Colon Cancer**

The Canadian Cancer Society recommends a higher fiber and lower fat diet to help lower the risk of cancer, especially colon and rectal cancers.

- It seems there is a reasonable likelihood that you are suffering from **Diabetes Type II**

Research has shown that fiber helps to stabilize and lower blood sugar levels. Both soluble and insoluble fibers delay the emptying of food from the stomach, slow the absorption of glucose into the bloodstream, and thus moderate insulin levels. A diet high in complex carbohydrates and fiber helps increase tissue sensitivity to insulin, and a diet high in fiber-rich foods should also help those with diabetes to lose and maintain a healthy body weight.

Any form of fiber will be beneficial, so choose those that you most easily tolerate. When soluble fiber ferments during digestion it produces 'short chain fatty acids' that increase the metabolism of glucose and thus may add to the beneficial effects of dietary fiber on diabetes.

- You have indicated that you have **Hemorrhoids (web)**

Both soluble and insoluble fibers are important in helping to maintain regular bowel movements. Insoluble fiber prevents and manages problems like constipation and hemorrhoids by producing a larger softer stool that passes through the digestive system faster and more easily.

**Hemorrhoids** is suggested partly by:

- **Constipation**

The hemorrhoidal plexuses drain through veins without valves, so factors that increase the pressure inside these veins - such as straining while on the toilet - can lead to hemorrhoids.

...and partly by the following:

- **Hemorrhoids (confirmed)**
- Anal itching at night

**Recommendation: Increased Fruit/Vegetable Consumption** **Significance: Recommended**

According to statistics, Americans are chronically lacking in fruits and vegetables in their diet. Fruits and vegetables are vital for good health and are outstanding sources of essential vitamins and minerals. In addition they provide other dietary compounds with powerful chronic disease risk reduction potential.

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

**Increased Fruit/Vegetable Consumption** is being recommended for the following reason(s):

- Despite an overall recommendation for **Increased Fruit/Vegetable Consumption**, the fact that it seems there is a very high probability of your having **Yeast / Candida Infection** means there is a reason against this form of treatment.

Based on their clinical experience and on very preliminary research, several doctors have suggested that a number of dietary factors may promote the overgrowth of Candida. Dried fruits, which are high in sugar, have been blamed for contributing to promotion of Candida overgrowth. Sugars avoidance is a standard recommendation on any anti-candidal diet.

- It appears there is a very good chance that you are suffering from **Consequences of Poor Diet**
- You could be suffering from moderate **Risk of Coronary Disease / Heart Attack**

A diet high in fruits appears protective against heart disease. The total number of deaths from cardiovascular disease was found to be significantly lower among men with high fruit consumption in one study. A large study of male healthcare professionals found that those men eating mostly a prudent diet (high in fruits, vegetables, legumes, whole grains, fish, and poultry) had a 30% lower risk of heart attacks compared to men who ate the fewest foods in the prudent category. A parallel study of female healthcare professionals showed a 15% reduction in cardiovascular risk when they ate a diet high in fruits and vegetables compared to the effect of a low fruit and vegetable diet.

- There exists a reasonable likelihood of **Atherosclerosis**

A diet high in fiber helps prevent coronary heart disease. Eating fruits high in the soluble fiber pectin has also been linked with reduced cholesterol levels, which protects against atherosclerosis.

- You are showing signs of moderate **Risk of Cancer, General (web)**

See evidence under **Plant-Based Nutrition** above.

Consumption of fruits is widely accepted as lowering the risk of most common cancers except prostate cancer. Many doctors recommend that people wishing to reduce their risk of cancer eat several pieces of fruit and several portions of vegetables every day. Optimal intakes remain unknown.

- You could be suffering from moderate **Dehydration**
- You have indicated that you have **Allergic Rhinitis / Hay Fever**

Fresh fruits and vegetables, whole grains, nuts, seeds, plenty of water and fresh juices are all recommended.

- There is a very definite possibility of your having **Hypoglycemia**

Fruit contains several things that are of benefit, including a sugar (fructose) that does not cause wild glucose swings, trace minerals, and fiber which slows glucose absorption.

- You probably have moderate **Risk of Colon Cancer**

The fiber of choice for prevention of colorectal cancer seems to be psyllium, pectin or guar gum. The amount of pectin in approximately two servings of fruit rich in pectin such as pears, apples, grapefruit, and oranges is 15gm. Psyllium or guar gum are obtained by supplement. The RDA of total fiber is 20-30gm. In Scotland, where the average fiber intake is 2-3gm per day, there is a very high incidence of colon cancer.

For years, dietary fiber has been promoted by nutrition researchers and practitioners for colon cancer prevention. However, in two recent studies high-fiber diets did not decrease risks of colon cancer. The two studies are significant contributions to the literature, but they can not and do not close the discussion. If anything, they underscore the real need for further research and analysis.

Both studies, for example, involved only short-term (four-year) adjustments to the diet. One of them involved the use of wheat bran. Colon cancer is a disease that can take decades to develop. Convincing epidemiological evidence suggests that a healthy diet has its greatest preventive effect as a lifelong commitment, not a stopgap measure. While wheat bran does not appear to provide any protective benefit, a high fruit and vegetable diet may still provide benefit in preventing colorectal cancer.

Dr. Tim Byers, M.D., M.P.H. from the University of Colorado School of Medicine stated in the same issue of NEJM that "...observational studies around the world continue to find that the risk of colorectal cancer is lower among populations with high intakes of fruits and vegetables and that the risk changes on adoption of a different diet, but we still do not understand why." [NEJM, January 22, 1999, NEJM 342: pp.1149-55, pp.1156-62, 2000.]

- There is a reasonable likelihood that you are suffering from **Diabetes Type II**

Eating carbohydrate-containing foods, including some fruits, temporarily raises blood sugar and insulin levels. On the other hand, a diet rich in the soluble fiber found in fruit may lower the risk of type 2 diabetes, despite the high carbohydrate content of most fruit.

High-fiber supplements, such as pectin from fruit, have been found to improve glucose tolerance in some studies. A review of the research revealed that the extent to which moderate amounts of fiber help people with diabetes in the long term is still unknown, and the lack of many long-term studies has led some researchers to question the importance of fiber in improving diabetes. Nonetheless, most doctors advise people with diabetes to eat a diet high in fiber. Focus should be placed on fruits, vegetables, seeds, oats and whole-grain products.

- You are showing signs of minor **Risk of Excess Sugar Consumption (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Fruit can often be used as a natural replacement for sugar, for example raisins or dates to sweeten baked goods, bananas on cereal, or pure fruit juice to replace soft drinks and thus avoid the refined sugars within.

- It appears that you have minor **Risk of Osteoporosis - Osteopenia (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Studies suggest that eating just one serving of dark leafy greens or broccoli each day can cut your risk of hip fracture in half. A diet low in green leafy vegetables can be low in vitamin K. Vegetarians have on average greater bone mass than meat eaters.

- It appears that you have minor **Premature/Signs of Aging (web)**

If your typical meal is dominated by food that is white, brown and gray then what you are eating is probably making you old. Instead, think "color and crunch." Eat meals that are dominated by juicy, crunchy foods rich in reds, oranges, purples and greens.

**Premature/Signs of Aging** is suggested partly by:

- **Chronic Inflammation**
- **Low Male Testosterone Level**
- **Atherosclerosis**
- **Low DHEA Level (web)**
- **Risk of Osteoporosis - Osteopenia (see evidence)**

...and partly by the following:

- Loss of interest in activities

**Premature/Signs of Aging** is **contra-indicated** by the following:

- Health not declining with age

- There appears to be a high probability of your having **Calcium Requirement (web)**

See evidence under **Caffeine/Coffee Avoidance** above.

Dark green leafy vegetables and broccoli are rich in calcium.

- You have indicated that you have **Bruising Susceptibility (web)**

## Recommendation: Selenium

Significance: Recommended

Selenium is an essential mineral which works closely with vitamin E. Toxicity is more of a problem with selenium than most nutrients, and doses over 800 to 1000mcg should be used with caution or under a doctor's supervision only. The National Academy of Sciences' Food and Nutrition Board has stated that a daily intake of between 50 to 300mcg of selenium is "safe and adequate". Therapeutic doses often range from 200 to 400mcg daily. Selenium is absorbed fairly easily in the upper portion of the GI tract.

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

**Selenium** is being recommended for the following reason(s):

- It appears that you have moderate **Risk of Coronary Disease / Heart Attack**

Selenium is considered to be from 200 to 500 times more potent an antioxidant than Vitamin E. Selenium and Vitamin E are synergistic as antioxidants and inhibit or prevent the damage to tissues by free radicals which have been cited as causal factors in heart disease.

- There appears to be a fair amount of evidence of your having **Atherosclerosis**

Considered to be from 200 to 500 times more potent an antioxidant than vitamin E, selenium and vitamin E are synergistic as antioxidants and inhibit or prevent the damage to tissues by free radicals which have been cited as causal factors in heart disease, **atherosclerosis**, arthritis and aging. Dosage: 200mcg per day.

- There is a high probability that you are suffering from **Mercury Toxicity (Amalgam Illness)**

Selenium chelates heavy metals such as cadmium, lead, mercury and silver.

- It appears that you have moderate **Risk of Cancer, General (web)**

See evidence under **Plant-Based Nutrition** above.

- There exists a small likelihood that you are suffering from **Non-Hodgkin's Lymphoma**

In evaluating 59 patients with lymphoid malignancies such as Hodgkin's disease, non-Hodgkin's lymphoma, multiple myeloma and chronic lymphocytic leukemia, it was found that serum selenium concentrations were significantly lower in patients than in controls. The lower the selenium levels were, the worse the cancer turned out to be.

As deficient selenium levels are associated with an increased risk of cancers in general, ensuring adequate selenium intake and maximizing selenium status in the presence of an elevated cancer risk is appropriate.

- You have indicated that you have **Canker Sores (Apthous Ulcers) (web)**

- You could be suffering from moderate **Risk of Colon Cancer**

- It appears there is a great deal of evidence that you are suffering from **Weakened Immune System (web)**

See evidence under **Sugars Avoidance / Reduction** above.

- There is a fair chance of **Hypothyroidism (web)**

Selenium and iodine are two minerals which are important in the proper functioning of the thyroid. While the importance of iodine has been known for a long time, the importance of selenium has only been discovered and explored since 1990.

The following is a summary of the possible interactions of selenium and iodine to consider when dealing with thyroid abnormalities:

- ◆ A selenium deficiency causes an iodine deficiency to worsen.
- ◆ When both are deficient, giving selenium alone results in a worsening of existing hypothyroidism.
- ◆ If iodine intake is low, selenium intake should also be kept low or the two should be supplemented together.
- ◆ If iodine intake is high and selenium is low, the thyroid may over-produce thyroid hormone (Grave's hyperthyroidism), the thyroid can be damaged from oxidation and hypothyroidism may result (Hashimoto's thyroiditis).

The solution to nutrient supplementation for hypothyroidism may be to take both selenium and iodine simultaneously and gradually increase the dose. A good recommendation may be to start with 100mcg of selenium and 1 kelp tablet per day and gradually work up to 400-600mcg of selenium and 2-4 tablets of kelp per day.

## Hypothyroidism is suggested partly by:

- **Constipation**

- **Depression**

Depression is a common symptom of hypothyroidism.

- **Obstructive Sleep Apnea (OSA)**

Hypothyroidism can present itself as obstructive sleep apnea and snoring.

- **Hypoglycemia**

Patients suffering with Wilson's Syndrome, a form of hypothyroidism, occasionally experience intense and previously unfamiliar cravings for sweets. The low body temperature patterns may affect the function of enzymes involved in glucose metabolism that could result in lower blood sugar levels which might contribute to sweet cravings.

- **Heartburn / GERD (see evidence)**

Gastrointestinal manifestations of hypothyroidism include GERD as a result of delayed emptying of the stomach.

- **Low Sex Drive (web)**

Hypothyroidism can trigger loss of libido in both men and women.

- **Cold Hands and Feet (web)**

- Less likely possibilities: [Male Hair Loss \(web\)](#) - [Dandruff \(web\)](#) - [Rheumatoid Arthritis \(web\)](#)

## ...and partly by the following:

- Constant fatigue

- Fatigue that worsens during the day

- Missing outer third of eyebrows

- Having hard stools

- Short-term memory failure

Forgetfulness is a symptom of hypothyroidism.

- Depression with anxiety

- History of occasional dieting

- Brittle fingernails

Thyroid diseases may produce brittle nails or splitting of the nail bed from the nail plate.

## Hypothyroidism is contra-indicated by the following:

- Definitely normal body temperature

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

See evidence under **Increased Fruit/Vegetable Consumption** above.

Considered to be from 200 to 500 times more potent an antioxidant than vitamin E, selenium and vitamin E are synergistic as antioxidants and inhibit or prevent the damage to tissues by free radicals which have been cited as causal factors in heart disease, atherosclerosis, arthritis and **aging**.

## Recommendation: Essential Fatty Acids

Significance: Recommended

"Killer" fats are what we hear so much about recently, with large numbers of people 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 killer fats.

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

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

- You could be suffering from moderate **Risk of Coronary Disease / Heart Attack**

Many studies have shown that higher omega-3 fatty acid intake, through fish consumption or through supplementation, can cut the rate of sudden cardiac death by nearly one-half, in both apparently healthy patients and those who have suffered a previous heart attack.

To better understand this protective effect, Danish researchers examined the dietary patterns and individual fatty acid status of nearly 300 patients with ischemic heart disease, comparing them with specific parameters of cardiac function. They found that the patients who ate more fish had higher levels of

omega-3 polyunsaturated fats in their blood cell membranes and in their fat cells. A higher level of two specific fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) - especially within the cell membrane - was associated with higher heart rate variability in the patients. An increased heart rate variability indicates healthier pulse regulation, and appears to significantly reduce the risk of arrhythmia and cardiac death.

Anti-inflammatory agents such as the omega-3 oils are especially useful when inflammation is present. [*Circulation* 2001;104(19): pp.2269-2272]

- You have indicated that you have **Chronic Inflammation**

A tendency towards chronic repeated inflammations may be resolved through prostaglandin balancing. The levels of pro-inflammatory and anti-inflammatory prostaglandins are primarily determined by the intake of essential fatty acids. A dietary deficiency of Omega-3 type fatty acids has been associated with a tendency toward chronic inflammation, which regular consumption of these oils can reduce.

Omega-3 fatty acids such as flax oil or fish oil and the digestive aid bromelain make a useful anti-inflammatory combination. Their use can be considered together in trying to resolve any chronic inflammatory condition. While oils should be taken with food because they may cause irritation or indigestion by themselves, bromelain is best taken separately from food. If a person can not tolerate these oils on an empty stomach, then these two products should be rotated; oils with a meal, bromelain between meals. Typical doses are 1T flax oil per day or 3,000-5,000mg fish oil per day along with 125-500mg tid bromelain (3,000 mcu or 2,000 GDU/gm potency).

- It appears there is some evidence that you have **Chronic Renal Insufficiency**

There have been a variety of trials of omega-3 fatty acid supplementation in patients with a variety of renal disorders. These trials suggest that such therapy may be of use in the treatment of IgA nephropathy and chronic renal failure. Dietary polyunsaturated fatty acid manipulation results in an anti-inflammatory. [*Polyunsaturated Fatty Acids and Renal Disease, Proceedings of the Society For Experimental Biology and Medicine, 1996;213: pp.13-23.*]

Fish oil supplementation is promising and does not produce the risks associated with corticosteroid and immunosuppressive drug use.

- You have indicated that you have **Canker Sores (Aphthous Ulcers) (web)**

See evidence under **Selenium** above.

- There exists a high probability of **Enlarged Prostate**

The administration of an essential fatty acid (EFA) complex containing linoleic, linolenic and arachidonic acids has resulted in significant improvement for many patients. All 19 subjects in an uncontrolled study showed diminution of residual urine, with 12 of the 19 having no residual urine by the end of several weeks of treatment. These effects appear to be due to the correction of an underlying EFA deficiency, since these patients' prostatic and seminal lipid levels and ratios are often abnormal. Gamma-linolenic acid (GLA), which is derived from evening primrose oil and borage oil, appears to be a powerful 5-alpha reductase inhibitor.

- You are showing signs of minor **EFA (Essential Fatty Acid) Requirement (web)**

**EFA (Essential Fatty Acid) Requirement** is suggested partly by:

- **Chronic Inflammation**

In order to maintain proper balance of the antispasmodic and anti-inflammatory prostaglandins (PGE1 and PGE3) with the pro-spasmodic and pro-inflammatory prostaglandins (PGE2), it is critical to have the proper balance of essential fatty acids. Without adequate amounts of both Omega-3 and Omega-6 oils in the diet, prostaglandin production will be reduced and problems may result.

- **Yeast / Candida Infection**

- **Risk of EFA (Essential Fatty Acid) Type 3 Requirement (see evidence)**

- **Risk of EFA (Essential Fatty Acid) Type 6 Requirement (web)**

- Less likely possibilities: **Male Hair Loss (web)** - **Dandruff (web)**

...and partly by the following:

- Much ear wax accumulation
- Tightness across shoulders
- Adult acne
- Aspirin is effective pain reliever
- Hydrogenated fat consumption
- Brittle fingernails

- It appears that you have minor **Risk of EFA (Essential Fatty Acid) Type 3 Requirement (web)**

**Risk of EFA (Essential Fatty Acid) Type 3 Requirement** is suggested partly by:

- **Depression**

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.

● **Immune System Imbalance (TH2 Dominance) (see evidence)**

● **Atherosclerosis**

While there has been much emphasis on low fat diets, there are some intriguing studies that show that a low fat diet may actually increase LDLs and that it may be more important to alter the fats in the diet, decreasing saturated fats and trans fatty acids, and replacing them with poly- and mono-unsaturated fats. Hydrogenated oils are at least, if not more, atherogenic than saturated fats.

● **Chronic / Hidden Infection (web)**

● **Increased Risk of Coronary Disease / Heart Attack**

Many studies have shown that higher omega-3 fatty acid intake can cut the rate of sudden cardiac death by nearly one-half, in both apparently healthy patients and those who have suffered a previous heart attack.

To better understand this protective effect, Danish researchers examined the dietary patterns and individual fatty acid status of nearly 300 patients with ischemic heart disease, comparing them with specific parameters of cardiac function. They found that the patients who ate more fish had higher levels of omega-3 polyunsaturated fats in their blood cell membranes and in their fat cells. A higher level of two specific fatty acids, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) - especially within the cell membrane - was associated with higher heart rate variability in the patients. An increased heart rate variability indicates healthier pulse regulation, and appears to significantly reduce the risk of arrhythmia and cardiac death.

● Less likely possibilities: Lupus, SLE (Systemic Lupus Erythromatosis) (see evidence) - Rheumatoid Arthritis (web) - Multiple Sclerosis (web)

...and partly by the following:

- No omega-3 oil intake
- Brittle fingernails

**Risk of EFA (Essential Fatty Acid) Type 3 Requirement is contra-indicated by the following:**

● **High cold water fish consumption**

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]

● There exists a definite possibility that you have **Indoor Allergies (web)**

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

**Indoor Allergies is indicated mainly by the following:**

- History of adult allergies
- Nasal congestion
- Moderate sneezing
- Discomfort caused by mold/mustiness

● You have indicated that you have **Restless Leg Syndrome (web)**

See evidence under **Sugars Avoidance / Reduction** above.

If not caused by circulatory blockage, simply get more calcium and oxygen to your leg muscles by taking extra essential fatty acids, a specific form of vitamin E called Vitamin E2 (from Standard Process Labs, for example), and Calcium Lactate.

● It appears there is some evidence that you have **Lupus, SLE (Systemic Lupus Erythromatosis) (web)**

See evidence under **Plant-Based Nutrition** above.

Flax seed oil and/or fish oil have been shown to reduce the severity of the disease in animal studies. One tablespoon flax seed oil bid is recommended.

**Recommendation: Increased Water Consumption**

**Significance: Recommended**

Drinking enough water is a challenge for most people. Most of us rely strictly on thirst as a reminder to drink, and a mild thirst is an easy sensation to ignore. Relying on thirst alone is usually not enough to make a sufficient difference in how much water you are consuming. Some additional measure is usually required in order to establish this new habit.

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

**Increased Water Consumption** is being recommended for the following reason(s):

- You could be suffering from moderate **Risk of Coronary Disease / Heart Attack**

A Seventh Day Adventist study found that those who drank 5 glasses of water per day have on average half the cardiac mortality and half the fatal stroke rate of the general population.

- It appears there is a very high probability that you have **Constipation**

Drinking water adds fluid to the colon and bulk to stools, making bowel movements softer and easier to pass. People who have problems with constipation should drink enough water every day, at least eight 8-ounce glasses depending on weight. Other liquids such as coffee and soft drinks contain caffeine and seem to have a dehydrating effect.

- You probably have moderate **Dehydration**

- You have indicated that you have **Allergic Rhinitis / Hay Fever**

- It seems there is a serious likelihood that you have **Gastric/Peptic/Duodenal Ulcers (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Consuming up to 12 cups of water per day can eliminate the helicobacter infection when present. Drink lots of water, golden seal tea, and flax seed tea.

- You have indicated that you have **Heartburn / GERD (web)**

See evidence under **Plant-Based Nutrition** above.

Additional water intake can help resolve heartburn symptoms.

- There exists a marked possibility that you are suffering from **Kidney Stones (Urolithiasis) (web)**

See evidence under **Caffeine/Coffee Avoidance** above.

Prevention is very important especially in those with a high likelihood of developing this condition since the recurrence rate of stone formation is very high. Drinking a lot of water is the best preventative measure: drink enough to produce approximately 2 liters (one-half gallon) of urine per day. Adequate fluid intake helps prevent kidney stone problems by allowing most small stones to pass through.

- It appears that you have minor **Risk of Excess Sugar Consumption (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Whenever you feel thirsty, consider substituting water for sweet drinks. Water is far better at satisfying thirst, and by washing sugar from the teeth can neutralize its effects.

- There appears to be a reasonable likelihood of **Immune System Imbalance (TH2 Dominance) (web)**

**Immune System Imbalance (TH2 Dominance)** is suggested partly by:

- **Chronic Fatigue / Fibromyalgia Syndrome**

CFS patients are Th2 activated. This means they over-respond to toxins, allergens, normal bacteria and parasites, and under-respond to viruses, yeast, cancer and intracellular bacteria.

- **Risk of Cancer, General (see evidence)**

- Less likely possibilities: **Rheumatoid Arthritis (web)**

...and partly by the following:

- Allergies to particular chemicals
- High refined sugar consumption
- Meal-related bloating
- High chemical sensitivity
- History of candida
- History of adult allergies
- Hydrogenated fat consumption

Vitamin E works alongside other antioxidant nutrients including selenium, vitamin C, beta-carotene and others to quench free radicals, peroxides and other potentially harmful substances. Vitamin E has a sparing effect on other antioxidants and vice versa.

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

**Vitamin E** is being recommended for the following reason(s):

- You have '**Extreme Negative' Metabolic Diet Type**
- You could be suffering from moderate **Risk of Coronary Disease / Heart Attack**

Vitamin E may protect the endothelial cells of the arteries from becoming oxidized. Free radical stress can be reduced with antioxidants such as vitamin E.

In a study published in *Epidemiology* in 2002, a substantial inverse association with myocardial infarctions (MI) was found for total dietary vitamin E (assessed by food-frequency questionnaire), in a case-control study of 475 survivors of a first MI and 479 controls in Costa Rica. Dietary gamma tocopherol intake was not associated with the risk of myocardial infarction. This study again indicates that alpha tocopherol may be the preferred form of vitamin E for protection from MI. [*Epidemiology* 2002; 13(2): pp.216-223]

See also: [Stephens NG, Parsons A, Schofield PM, et al. Randomized controlled trial of vitamin E in patients with coronary disease: Cambridge Heart Antioxidant Study (CHAOS). *Lancet* 1996; 347: pp.781-6]

- You have indicated that you have **Stress**
- It appears there is a marked possibility that you have **Atherosclerosis**

Dosage: 400 IU per day.

- There appears to be a very serious likelihood of **IBS (Irritable Bowel Syndrome)**

See the link between IBS and Vitamin B12.

- There is some evidence that you have **Chronic Renal Insufficiency**

Vitamin E levels, independent of dietary intake, have been found to be lower in patients with chronic renal failure. This reflects increased oxidative activity and suggests the need for antioxidants such as vitamin E. [*Dietary Intake and Plasma Levels of Antioxidant Vitamins in Health and Disease: A Hospital-Based, Case-Control Study*, Singh, Ram, B., M.D., et al, *Journal of Nutritional & Environmental Medicine*, 1995;5: pp.235-242]

- It appears there is a slight possibility that you have **Non-Hodgkin's Lymphoma**

Observational Study: Serum vitamin E concentrations were significantly lower in leukemia and lymphoma patients than in normal controls.

- You have indicated that you have **Allergic Rhinitis / Hay Fever**

- It appears there is a medium probability that you have **Diabetes Type II**

In a study published in the July 11, 2000 issue of *Circulation*, Drs. Ishwarlal Jialal and Sridevi Devaraj found that increased inflammation caused by white blood cells - monocytes - was reduced when diabetics were given 1,200 IU per day of natural vitamin E (alpha-tocopherol) for three months.

Another study showed that vitamin E (680 IU) along with vitamin C (1200mg) will reduce the albumin excretion rate in urine which reduces the risk of end stage renal disease associated with diabetes. [*DiabetMe* 2001;18: pp.756-760]

- It seems there is a serious likelihood that you are suffering from **Weakened Immune System (web)**

See evidence under **Sugars Avoidance / Reduction** above.

- There appears to be a marked possibility that you have **Immune System Imbalance (TH2 Dominance) (web)**

See evidence under **Increased Water Consumption** above.

Vitamin E increases TH1 cytokines, which help balance a TH2 dominant immune system.

- You have indicated that you have **Restless Leg Syndrome (web)**

See evidence under **Sugars Avoidance / Reduction** above.

400 to 800 IU per day of vitamin E has helped in cases of RLS. In one trial involving 9 patients, 7 had complete relief following supplementation, one had almost 75% relief and one had 50% relief. It may take up to three months for the full benefit to become apparent. [*Calif Med* 111: pp.87-91, 1969]

## Recommendation: Zinc

Significance: Useful

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.](#)

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

- You have '**Extreme Negative**' **Metabolic Diet Type**
- You have indicated that you have **Gluten Sensitivity / Celiac Disease**  
Tissue damaged by celiac disease has demonstrated an enhanced recovery rate with adequate zinc intake.
- There is a serious likelihood of **Low Adrenal Function / Adrenal Insufficiency**
- It appears there is a very high probability that you are suffering from **IBS (Irritable Bowel Syndrome)**  
A study involving zinc supplementation in inflammatory bowel disease illustrated the importance of taking adequate supplementation, but not too much. In this study, excess amounts of zinc caused tissue injury and impaired wound healing [Cario et al. 2000]. However, relative zinc deficiencies, especially in the elderly, are common in the United States [Andrews et al. 1999].
- It seems there is a slight possibility that you have **Non-Hodgkin's Lymphoma**  
It was found that the copper to zinc ratio was significantly higher in patients with lymphoma or acute and chronic leukemias compared to control subjects. A person at increased risk of one of these cancers should check blood levels of copper and zinc to rule out abnormalities and make adjustments accordingly. Since zinc and copper are antagonistic, and zinc deficiency is relatively common, supplemental zinc is often used to improve this ratio. Zinc helps block the absorption of copper and acts to remove accumulated copper from the body as well as prevent its accumulation. [Rev. Invest. Clin, Nov-Dec. 1995;47(6): pp.447-52]
- You have indicated that you have **Allergic Rhinitis / Hay Fever**  
Zinc is recommended at 20 to 30mg per day.
- You are showing signs of minor **Zinc Requirement**
- There is a good chance that you are suffering from **Enlarged Prostate**  
Zinc supplementation has a clearly documented usefulness in shrinking an enlarged prostate. Research has shown that zinc and essential fatty acids are important to help prevent prostate problems that affect men as they grow older. Many studies confirm that a lack of these two nutrients in the diet could be associated with prostate enlargement.  
  
Zinc has been found to inhibit the activity of 5-alpha reductase, the enzyme that irreversibly converts testosterone to dihydrotestosterone, a form which binds more avidly to the prostate and stimulates greater growth. It also decreases prolactin secretion by the pituitary gland, thus decreasing its binding to the prostate, both of which prevent prostatic enlargement.
- There exists a good chance that you have **Gastric/Peptic/Duodenal Ulcers (web)**  
See evidence under **Sugars Avoidance / Reduction** above.  
In a double-blind study on 18 patients, those taking zinc sulfate supplements had a gastric ulcer healing rate three times that of patients treated with a placebo. [The healing of gastric ulcers by zinc sulfate. Med J Aust 2(21): pp.793-6, 1975]
- You are showing signs of minor **Risk of Osteoporosis - Osteopenia (web)**  
See evidence under **Sugars Avoidance / Reduction** above.

## Recommendation: Stress Management

Significance: Useful

Understanding the nature of stress, identifying the source of it and having the tools to successfully make changes are important in preventing the negative health consequences that stress will have on you.

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

**Stress Management** is being recommended for the following reason(s):

- It appears that you have moderate **Risk of Coronary Disease / Heart Attack**

People who live in a chronically stressed-out condition are more likely to take up smoking, frequently overeat, and be far less likely to exercise. All of these stress-related behaviors have a direct effect on the development of coronary artery disease.

It is also known that the surge in adrenaline caused by severe emotional stress causes the blood to clot more readily (a major factor in heart attacks) and that the stress of performing difficult arithmetic problems can constrict the coronary arteries in such a way that blood flow to the heart muscle is reduced. Stress increases homocysteine levels, a known risk factor for coronary artery disease.

- You have indicated that you have **Stress**
- It seems there is a marked possibility of your having **Atherosclerosis**

Cardiovascular risk factors that most highly predicted carotid artery wall thickness scores were holding anger in, being self-aware and having hostile attitudes.

- There appears to be overwhelming evidence that you have **IBS (Irritable Bowel Syndrome)**

Stress stimulates colonic spasm in people with IBS. Stress reduction (relaxation) training or counseling and support help relieve IBS symptoms in some people.

- It appears there is a serious likelihood of **Gastric/Peptic/Duodenal Ulcers (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Decrease your stress level.

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

See evidence under **Increased Fruit/Vegetable Consumption** above.

Both Eastern and Western medicine recognize that stress can affect the adrenal glands and accelerate the aging process.

- You have indicated that you have **Poor Memory (web)**

A calm environment can influence memory dramatically. A poor memory is often related to doing too many things at once. Try to avoid a hectic lifestyle. Turn off the television and radio when doing something else. Free the mind daily with a walk. Get sufficient rest and sleep. Use pen and paper to write things down, preferably in a book you can always keep with you.

**Poor Memory** is indicated mainly by the following:

- **Short-term memory failure**
- **Long-term memory failure**

**Recommendation: TMG (Tri-methyl-glycine)**

**Significance: Useful**

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):

- It appears that you have significant **Depression**

The compound 5-adenosylmethionine (SAME), potentially produced through the demethylation of TMG, has been shown to alleviate depression.

- It seems there is a good chance of your having **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.

- It seems there is overwhelming evidence of your having **Liver Detoxification / Support Requirement**
- It seems there is a definite possibility that you have **Chronic Fatigue / Fibromyalgia Syndrome**

- There exists a definite possibility of your having **Weakened Immune System (web)**

See evidence under **Sugars Avoidance / Reduction** above.

- There is a slight possibility that you are suffering from **Lupus, SLE (Systemic Lupus Erythromatosis) (web)**

See evidence under **Plant-Based Nutrition** above.

## Recommendation: Continued Alcohol Avoidance

Significance: Useful

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 are 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 to see full details on our web site.](#)

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

- There exists a very good chance that you are suffering from **Obstructive Sleep Apnea (OSA)**

Alcohol is useful for relaxation but unfortunately it also relaxes the throat muscles and provokes snoring and obstructive apneas. Alcohol or sedative use near bedtime may thus further depress breathing mechanisms.

- It appears there is a very good chance 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 **Allergic Rhinitis / Hay Fever**

- It seems there is a very high probability of **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 moderate **Risk of Colon Cancer**

You should drink under one alcoholic drink a day because drinking alcohol increases your risk of colorectal cancer. Since it can have both positive and negative effects on your health, you may wish to talk to a health care professional about how alcohol may affect you.

- There exists a high probability that you are suffering from **Gastric/Peptic/Duodenal Ulcers (web)**

See evidence under **Sugars Avoidance / Reduction** above.

No proven relationship exists between peptic ulcer disease and the intake of alcohol. However, since alcohol can cause gastritis, moderation in alcohol consumption is often recommended.

- You are showing signs of minor **Risk of Osteoporosis - Osteopenia (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Alcohol is toxic to the cells that form bones and inhibits the absorption of calcium.

- You have indicated that you have **Problems Associated With Snoring (web)**

Avoid alcohol and sedatives before bedtime.

## Recommendation: Continued Processed Foods Avoidance

Significance: Useful

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 appears to be a very serious likelihood that you have **Consequences of Poor Diet**
- You have indicated that you have **Allergic Rhinitis / Hay Fever**
- There exists a very definite possibility of **Hypoglycemia**

Refined carbohydrates are more readily absorbed than unrefined, and should be avoided in those with any glucose intolerance.

- It appears there is a marked possibility of your having **Diabetes Type II**

Many doctors and researchers agree that the regular consumption of tasty, mostly modern, commercially processed foods is the primary cause of adult-onset diabetes. Consuming anything sweet, regardless of its calorific content, may be sending a signal from the mouth to the brain that more insulin is needed.

## Recommendation: Continued Dairy Products Avoidance

Significance: Useful

Whether through allergy, lactose intolerance, hormone contamination or infectious agents, the consumption of dairy products has contributed to chronic health problems in both children and adults. In some individuals, avoiding dairy products may contribute significantly to both short and long term health improvements and a sense of well being.

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

**Continued Dairy Products Avoidance** is being recommended for the following reason(s):

- It appears there is a very high probability that you are suffering from **IBS (Irritable Bowel Syndrome)**

Mycobacterium paratuberculosis (Para-T) RNA (a bacteria causing Johne s disease in cows) was found in 100% of Crohn's disease patients, compared with 0% of controls.

This bacteria becomes cultured in milk, and is not destroyed by pasteurization. Para-T crosses the species barrier to infect and cause disease in humans. Occasionally, the milk-borne bacteria will begin to grow in the human host, and irritable bowel syndrome and Crohn's disease results. The USDA estimates that 30% of America's dairy herds contain cows infected with Para-T.

- There appears to be a very high probability that you are suffering from **Constipation**

A double-blind trial found that chronic constipation among infants and problems associated with it were triggered by intolerance to cows' milk in two-thirds of the infants studied. Symptoms disappeared in most infants when cows' milk was removed from their diet. [*N Engl J Med* 1998;339: pp,1100-4]

Dairy products are also devoid of fiber which is important in maintaining normal bowel movements.

- It appears that you have moderate **Risk of Increased Intestinal Permeability / Leaky Gut**

See the link between Intestinal Permeability and a Gluten-free diet.

- There exists a fair chance of **Autoimmune Tendency**

- It seems there is a medium probability that you are suffering from **Kidney Stones (Urolithiasis) (web)**

See evidence under **Caffeine/Coffee Avoidance** above.

Those with a tendency to form calcium stones may want to avoid foods rich in calcium, such as dairy products.

- You could be suffering from minor **Risk of Osteoporosis - Osteopenia (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Dairy product consumption is not an appropriate way to reduce bone loss, as it will ultimately accelerate bone loss. However, this fact is ignored by marketing experts in the milk industry who make certain that women aged 35 and over are targeted consumers for milk and dairy products.

Harvard University's landmark Nurses' Health Study, which followed 78,000 women over a 12-year period, found that the women who consumed the most calcium from dairy foods broke more bones than those who rarely drank milk. Summarizing this study, the Lunar Osteoporosis Update (November 1997) explained: "This increased risk of hip fracture was associated with dairy calcium. If this were any agent other than milk, which has been so aggressively marketed by dairy interests, it undoubtedly would be considered a major risk factor."

A study published in the January, 2001 edition of the American Journal of Clinical Nutrition examined the diets of 1,035 women, particularly focusing on the protein intake from animal and vegetable products. Deborah Sellmeyer, M.D., found that **animal protein increases bone loss**. In her study, women with a high animal-to-vegetable protein ratio experienced an increased rate of femoral neck bone loss. A high animal-to-vegetable protein ratio was also associated with an increased risk of hip fracture. Dr. Sellmeyer states: "Sulfur-containing amino acids in protein-containing foods are metabolized to sulfuric acid. Animal foods provide predominantly acid precursors. Acidosis stimulates osteoclastic activity and inhibits osteoblast activity."

Milk has been called "liquid meat". The average American eats five ounces of animal protein each day in the form of red meat and chicken, at the same time consuming nearly six times that amount (29.2 ounces) per day of milk and dairy products. How ironic it is that the dairy industry continues to promote the cause of bone disease as the cure!

Many foods naturally contain an abundance of calcium. One must wonder why Asians traditionally did not get bone-crippling osteoporosis... that is, until they adopted the "American Diet", a diet of milk and dairy products.

- There appears to be a small likelihood of your having **Lupus, SLE (Systemic Lupus Erythromatosis) (web)**  
See evidence under **Plant-Based Nutrition** above.

## Recommendation: Glutamine

Significance: Useful

Glutamine is a nonessential amino acid. "Nonessential" means that the body can create its own supply if the diet is lacking in glutamine-rich sources, such as poultry, fish, and legumes. Few people who are basically healthy and follow a balanced diet are deficient in this amino acid, one of the most abundant in the bloodstream. But there are some important exceptions.

...[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 **Gluten Sensitivity / Celiac Disease**

Glutamine is the preferred fuel of small intestine cells. Supplemental glutamine may promote a faster recovery time once a gluten-free diet is begun.

- It appears that you have moderate **Risk of Cancer, General (web)**

See evidence under **Plant-Based Nutrition** above.

Individuals with cancer who may be incapable of manufacturing their own supply of glutamine, may benefit from glutamine supplementats taken along with other amino acids. Recommendation: 1 scoopful (3-4gm) mixed with water 3-4 times daily; swish in mouth and swallow. Alternately 1,500-2,000mg in pills, 4 times a day. All doses taken between meals.

- It seems there is a very good chance of **IBS (Irritable Bowel Syndrome)**

The enterocytes of the small intestines are the body's largest consumers of glutamine, accounting for about 40-50% of glutamine consumption.

- You could be suffering from moderate **Risk of Increased Intestinal Permeability / Leaky Gut**

- There appears to be a very high probability of your having **Yeast / Candida Infection**

L-Glutamine can help reduce candida-induced hair loss.

- It seems there is a definite possibility that you have **Gastric/Peptic/Duodenal Ulcers (web)**

See evidence under **Sugars Avoidance / Reduction** above.

Preliminary studies have shown that supplements of glutamine may protect against aspirin-induced gastric lesions and enhance healing of painful peptic ulcers.

Fresh cabbage juice has for a long time been used successfully against ulcers, probably due to its glutamine content. The amino acid glutamine works over time in doses as low as 500mg three times daily (for one month) to heal stomach and small intestine lesions. A study of ulcers found that 1600mg of glutamine per day had a 50% cure rate within 2 weeks and 92% within 4 weeks.

- There exists a high probability of **Low HGH (Human Growth Hormone) (web)**

It has been shown that growth hormone (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.

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

- **Premature/Signs of Aging (see evidence)**
- **Chronic Fatigue / Fibromyalgia Syndrome**

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 +/- 58ng/ml versus 216 +/- 86ng/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.

- **Low Self-Esteem (web)**

...and partly by the following:

- Being a light sleeper

- There exists a medium probability that you are suffering from **Immune System Imbalance (TH2 Dominance)** **(web)**

See evidence under **Increased Water Consumption** above.

## Recommendation: Animal/Saturated Fats Avoidance

Significance: Useful

Animal fat itself contains some cholesterol, but saturated fat (a large component of animal fat) stimulates cholesterol production in humans and so animal fat contributes in two ways to cholesterol levels. Saturated fat raises blood cholesterol more than anything else in the diet. This type of fat is found in large quantities of animal products, including fatty meats, cold cuts, poultry skin, cheeses, butter, shortening, chocolate and coconut.

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

**Animal/Saturated Fats Avoidance** is being recommended for the following reason(s):

- There is a very good chance that you are suffering from **Consequences of Poor Diet**
- You could be suffering from moderate **Risk of Coronary Disease / Heart Attack**

Where heart disease is concerned, animal fats are generally considered unhealthy due to their association with high cholesterol levels in the blood.

- You have indicated that you have **Allergic Rhinitis / Hay Fever**

Do not eat foods that trigger your allergies: eat fewer foods and additives that are likely to cause inflammation and allergic reactions, such as saturated fats (meats and dairy products), refined foods, eggs, citrus, bananas, chocolate, peanuts, shellfish, food coloring, preservatives, caffeine, alcohol, tobacco, and sugar.

- You could be suffering from moderate **Risk of Colon Cancer**

Eat no more than 2-3 servings of red meat per week - the less red meat you eat, the better. Choose chicken, fish, or vegetarian alternatives such as beans instead.

## Recommendation: Vitamin B6 (Pyridoxine)

Significance: Useful

Vitamin B6 (also pyridoxine HCL) is an antioxidant nutrient that helps the body inhibit the formation of damaging free radicals. Excess homocysteine causes atherosclerosis (thickening and hardening of the artery walls) and an adequate supply of Vitamin B6 will prevent the accumulation of this toxic metabolite. B6 deficiency can weaken the heart muscle and raise serum cholesterol levels.

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

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

- There is a high probability of your having **Low Adrenal Function / Adrenal Insufficiency**
- You probably have moderate **Risk of Coronary Disease / Heart Attack**

It is estimated that individuals with low vitamin B6 levels have a five times greater risk of suffering a heart attack than individuals with higher B6 levels.

- There is a fair amount of evidence that you have **Atherosclerosis**
- You have indicated that you have **Allergic Rhinitis / Hay Fever**

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.)

- You have '**Extreme Negative' Metabolic Diet Type**
- You have indicated that you have **Obsessive-Compulsive Disorder (OCD) (web)**

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]

**Obsessive-Compulsive Disorder (OCD) is indicated mainly by the following:**

- **Obsessive compulsive disorder (confirmed)**

- It seems there is a serious likelihood that you have **Histadelia (Histamine High) (web)**  
See evidence under **Plant-Based Nutrition** above.

- There appears to be a fair chance of your having **Kidney Stones (Urolithiasis) (web)**  
See evidence under **Caffeine/Coffee Avoidance** above.

Vitamin B6 deficiency leads to an increase in kidney stones as a result of elevated urinary oxalate levels. Vitamin B6 supplementation inhibits the production of oxalate in the body and can reduce elevated urinary oxalate in some stone formers who are not necessarily B6 deficient.

- There is a small chance that you are suffering from **Lupus, SLE (Systemic Lupus Erythromatosis) (web)**  
See evidence under **Plant-Based Nutrition** above.

Vitamin B6 at a dosage of 500mg tid causes some patients to feel better. Side effects such as pain, numbness and weakness in the limbs are a possibility at this dose. If found to be beneficial, supplementation may need to be long term or permanent.

**Recommendation: Test for Cardiac Risk Factors**

**Significance: Useful**

If you are at increased or uncertain cardiovascular risk, there are many additional tests beyond the basic cholesterol levels and stress EKGs that can predict the likelihood of a heart attack or stroke.

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

**Test for Cardiac Risk Factors** is being recommended for the following reason(s):

- You could be suffering from moderate **Risk of Coronary Disease / Heart Attack**
- It seems there is a reasonable likelihood of your having **Atherosclerosis**
- There is a very serious likelihood of your having **Need For Routine Preventative Health Measures**

An electrocardiogram is recommended every three to five years after the age of 50, or after 30 if at high risk for heart attacks.

**Recommendation: Alpha Lipoic Acid**

**Significance: Useful**

Discovered in 1951, lipoic acid (also called alpha-lipoic acid or ALA) has long been recognized as a coenzyme that helps break down sugar for energy production during the Krebs cycle. Only recently has its therapeutic potential been realized.

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

**Alpha Lipoic Acid** is being recommended for the following reason(s):

- **There is a very definite possibility of your having Liver Detoxification / Support Requirement**

Alpha-lipoic acid has been used very successfully as a therapeutic agent in a number of conditions relating to liver disease, including alcohol-induced damage, mushroom poisoning, metal intoxication and carbon tetrachloride poisoning.

- **It appears there is a medium probability that you have Atherosclerosis**

Recycles vitamins E and C when they've been used. Dosage: 50mg bid.

- **It appears there is a definite possibility that you are suffering from Mercury Toxicity (Amalgam Illness)**

Sources of sulfur such as alpha lipoic acid, MSM and garlic are helpful for protection against heavy metals in general and specifically useful in mercury toxicity. Alpha lipoic acid should not be used alone, as it only mobilizes mercury with a weak bond. Without additional chelators present, such as DMPS or DMSA, the mercury may just redistribute elsewhere in the body instead of being removed.

- **There appears to be a marked possibility of your having Diabetes Type II**

Numerous additional studies have indicated that ALA is useful for the treatment of diabetes mellitus. It stimulates increased glucose utilization in muscle cells and significantly reduces human insulin resistance.

600mg of alpha lipoic acid tid was found to improve polyneuropathy symptoms in patients with type II diabetes. A maintenance dose as low as 100mg tid may be sufficient to provide benefits. [*Diabet Med* 1999;16; pp.1040-1043]

- **You could be suffering from minor Premature/Signs of Aging (web)**

See evidence under **Increased Fruit/Vegetable Consumption** above.

- **You have indicated that you have Bruising Susceptibility (web)**

See evidence under **Increased Fruit/Vegetable Consumption** above.

## Recommendation: Seeing a Doctor at Earliest Opportunity

Significance: Useful

Often it is necessary to see a doctor - or several - in order uncover the cause of a troubling symptom or confirm a suspected diagnosis. Through early detection and appropriate treatment, disease progression and potential adverse consequences can often be avoided. Some conditions are life-threatening and require emergency treatment even though the danger may not be apparent to the patient.

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

**Seeing a Doctor at Earliest Opportunity** is being recommended for the following reason(s):

- It appears there is a very definite possibility that you are suffering from **A Potentially Urgent Medical Need**

## Recommendation: Continued Garlic

Significance: Useful

If garlic had been created in the laboratory instead of by nature, it would probably be a high-priced prescription drug. Garlic has been used medicinally for at least 3,000 years, but until recently its benefits were considered little more than folklore. Medical studies have shown that garlic can lower cholesterol, prevent dangerous blood clots, protect LDL cholesterol and the endothelial lining of the arterial system against oxidation, reduce blood pressure, prevent cancer, and protect against bacterial and fungal infections.

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

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

- You could be suffering from moderate **Risk of Coronary Disease / Heart Attack**

- It seems there is a very good chance that you have **Liver Detoxification / Support Requirement**

- There exists a reasonable likelihood of your having **Atherosclerosis**

A mechanism by which atherosclerotic plaque accumulates on the walls of arteries is the oxidation of LDL cholesterol. Garlic has been shown in repeated studies to protect against LDL cholesterol oxidation and oxidation in the linings of the arteries themselves. Garlic, ginger and onions all have a beneficial effect on platelet aggregation which reduces the tendency to form clots too easily, thus preventing the blockage of narrowed arteries.

- There is a serious likelihood that you are suffering from **Mercury Toxicity (Amalgam Illness)**

Garlic chelates heavy metals such as cadmium, gold, lead and mercury, and acts as a detoxifier.

- You are showing signs of moderate **Risk of Cancer, General (web)**

See evidence under **Plant-Based Nutrition** above.

- It appears there is a very high probability of your having **Yeast / Candida Infection**

Liberal consumption of garlic, ginger, cinnamon and other aromatic herbs can have significant antifungal activity.

- It seems there is a medium probability that you have **Diabetes Type II**

- There appears to be a high probability of your having **Weakened Immune System (web)**

See evidence under **Sugars Avoidance / Reduction** above.

- It appears there is a fair amount of evidence that you have **Immune System Imbalance (TH2 Dominance) (web)**

See evidence under **Increased Water Consumption** above.

Garlic, raw or aged extract, promotes TH1 cytokines to help balance the immune system. Raw garlic can kill many kinds of fungus and bacteria.

## Recommendation: Nut and Seed Consumption

Significance: Useful

Nuts, in general, are the richest source of natural vitamin E and also have many fatty acids that are of benefit in a wide variety of conditions. While nuts contain fat and thus more calories than some other foods, there have not been any studies showing weight gain to result from the additional calories derived from eating nuts.

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

**Nut and Seed Consumption** is being recommended for the following reason(s):

- You are showing signs of moderate **Risk of Coronary Disease / Heart Attack**

A Seventh Day Adventist study that was reported at the 2002 International Congress on Vegetarian Nutrition found those that ate a serving of nuts 5 times per week had half the cardiac mortality.

- There exists a medium probability that you are suffering from **Atherosclerosis**

A Seventh Day Adventist study that was reported at the 2002 International Congress on Vegetarian Nutrition found those that ate a serving of nuts 5 times per week had half the cardiac mortality.

- There exists a reasonable likelihood that you are suffering from **Diabetes Type II**

A recent analysis of the well-known Harvard nurses study indicated that increased nut and seed consumption is an effective way to prevent type II diabetes.

## Recommendation: Calming / Stretching Exercises

Significance: Useful

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.](#)

**Calming / Stretching Exercises** is being recommended for the following reason(s):

- You probably have significant **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 of the mind from mental disturbances", a "calming of the spirit", or a "steadying of the mind" with associated reduction of nervousness, irritability and confusion, depression and mental fatigue.

- It seems there is a medium probability that you are suffering from **Atherosclerosis**

Mind/body techniques, such as yoga, meditation, relaxation, and biofeedback show promise in increasing cardiovascular health.

- There appears to be a definite possibility that you have **Chronic Fatigue / Fibromyalgia Syndrome**

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 exists overwhelming evidence that you have **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.

- It appears that you have minor **Calming / Stretching Exercise Need (web)**

**Calming / Stretching Exercise Need** is suggested partly by:

- **Stress**

...and partly by the following:

- Having poor posture
- Constant fatigue

A British study of 71 healthy volunteers aged 21 to 76 found that a daily 30 minute program of yogic stretching and breathing exercises had an invigorating effect on mental and physical energy and mood.

- **Irritability**

Many people who practice yoga say they experience a reduction of nervousness and irritability.

- Absence of posterior neck tenderness

**Recommendation: MSM (Methyl Sulfonyl Methane)**

**Significance: Useful**

MSM (methylsulfonylmethane) is an odorless, essentially tasteless, white crystalline chemical demonstrating usefulness as a dietary supplement. MSM is a naturally occurring nutrient, a sulfur compound found in typical human diets and those of virtually all other vertebrates. MSM contributes essential sulfur for the synthesis of connective tissue, enzymes and immunoglobulin production. Sulfur is also an important element in the formation of healthy hair and nails. Research suggests that a minimum concentration in the body may be critical to both maintain normal function and structure.

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

**MSM (Methyl Sulfonyl Methane)** is being recommended for the following reason(s):

- You have '**Extreme Negative' Metabolic Diet Type**

- It appears there is a high probability of your having **Mercury Toxicity (Amalgam Illness)**

Mobilization AND excretion are required for mercury detoxification. Consuming foods high in sulfur such as garlic, onions, beans, and eggs or supplemental sulfur in the form of MSM can help move mercury around but it is only bound loosely and caution is advised. There have been reported cases of reversible cataract development from individuals mobilizing mercury without excreting it. Consult a qualified doctor for a detoxification protocol appropriate for you.

- It appears there is a very high probability that you have **IBS (Irritable Bowel Syndrome)**

- **There exists a very serious likelihood of Constipation**

Some patients with chronic constipation have experienced continuing relief with a daily supplement of 100-500mg of MSM. The effect appears particularly strong in those who are older.

- **There is a great deal of evidence that you are suffering from Chronic Fatigue / Fibromyalgia Syndrome**

According to Dr. Stanley Jacobs, MD, MSM can be helpful in most musculoskeletal pain and inflammation conditions, including fibromyalgia.

- **You have indicated that you have Allergic Rhinitis / Hay Fever**

Symptoms of pollen allergy may be reduced with MSM supplements. Dr. Stanley Jacobs, author of *The Miracle of MSM* admits that he does not understand why MSM would help relieve allergies, but he suspects that MSM blocks cell receptor sites for histamine, which triggers allergic symptoms. It is best taken in the evening, a couple of grams per day, perhaps more when the pollen count is high.

- **You have indicated that you have Heartburn / GERD (web)**

See evidence under **Plant-Based Nutrition** above.

Doctors using MSM agree that patients who have used antacids and histamine receptor antagonists to control hyperacidity can employ MSM with good results.

- **You have indicated that you have Problems Associated With Snoring (web)**

See evidence under **Alcohol Avoidance** above.

Research at Oregon Health Sciences University on 35 subjects suffering from chronic snoring has shown that MSM in a 16% water solution administered to each nostril 15 minutes prior to sleep provided significant reduction in 80% of the subjects after 1 to 4 days of use. As a control, a saline solution was substituted for MSM in 8 of the patients who showed relief with MSM, without their knowledge. 7 of these 8 patients resumed loud snoring. This change occurred within 24 hours of the substitution. After the MSM treatment was restored, these 8 showed a significant reduction of snoring again.

- **It appears there is some evidence that you have Lupus, SLE (Systemic Lupus Erythromatosis) (web)**

See evidence under **Plant-Based Nutrition** above.

"MSM has been shown to be clinically helpful in lupus and may be beneficial in other autoimmune disorders as well." [Stanley W. Jacob, M.D.]

## Recommendation: Sauna Detoxification Program

Significance: Useful

Most sauna detoxification programs use exercise, nutrients and low-temperature long duration heat exposure. The combination of these promotes the mobilization of stored toxins from fatty tissues and enhances their excretion. Mobilization of stored chemicals is not desirable if the routes of elimination are not also enhanced. Chemicals are excreted through many routes including feces, urine, sweat, sebum, and lung vapor.

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

**Sauna Detoxification Program** is being recommended for the following reason(s):

- There appears to be overwhelming evidence that you are suffering from **General Detoxification Requirement**

- There exists some evidence that you have **Non-Hodgkin's Lymphoma**

Programs using low temperature environments (like special saunas) have clearly demonstrated the ability to reduce or remove chemicals commonly stored in the fatty tissues of modern man. Such chemicals include recreational drugs, pesticides, herbicides, and many solvents. These chemicals are often carcinogenic, and non-Hodgkin's lymphoma, in particular, has been linked to herbicide and pesticide exposure. By avoiding contact with these agents or removing them from a body already burdened with them, the risk of health consequences including non-Hodgkin's lymphoma should be reduced.

- There is a very high probability that you are suffering from **Environmental Illness / MCS**

To decrease the fat stores of chemicals, a heat (sauna) detoxification program has been developed consisting of selected nutrients, colon cleansing, heat therapy and massage. The protocol of nutrients, colon cleansing and heat therapy can often reduce the serum levels of these chemicals to "non-detectable".

## Recommendation: DHEA

Significance: Useful

In the prime of life (age 20 to 25), men produce about 31mg of DHEA (Dihydroendoendosterone) daily and women about 19mg daily. DHEA production slowly declines over the years and by the age of 75, DHEA production can decrease by 80-90%.

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

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

- You probably have significant **Depression**

DHEA is a plentiful adrenal steroid hormone whose quantity decreases with age and may have significant psychiatric effects. In one study, six middle-aged and elderly patients with major depression and low plasma DHEA or DHEA-S levels were openly administered DHEA (30-90mg per day for 4 weeks) in doses sufficient to achieve circulating plasma levels observed in younger healthy individuals. Depression ratings as well as aspects of memory performance significantly improved.

One treatment-resistant patient received extended treatment with DHEA for 6 months: her depression ratings improved 48-72% and her semantic memory performance improved 63%. These measures returned to baseline after treatment ended. Improvements in depression ratings and memory performance were directly related to increases in plasma levels of DHEA and DHEA-S and to increases in their ratios with plasma cortisol levels. [*Biol Psychiatry, 1997 Feb; 41:3, pp.311-8*]

Another study evaluated the efficacy of very high doses of DHEA (450mg) in the treatment of midlife-onset dysthymia. In 15 patients who completed the study, a robust effect of DHEA on mood was observed compared with placebos. 60% of the patients responded to DHEA at the end of the 6-week treatment period compared with 20% on placebo. A significant response was seen after 3 weeks of treatment on 90mg per day. The symptoms that improved most significantly were anhedonia (failure to experience pleasure), loss of energy, lack of motivation, emotional "numbness", sadness, inability to cope, and worry. [*Biol Psychiatry 1999 Jun 15; 45(12): pp.1533-41*]

In a study conducted by S. S. C. Yen and associates at the University of California, San Diego, researchers found that 50mg a day of DHEA administered for 6-months restored levels of DHEA in both men and women. This DHEA replacement was associated with an increase in perceived physical and psychological well-being for both men (67%) and women (84%).

Another study at UCSD was conducted in which researchers considered the association between levels of DHEA and depression. Nine different hormones (including DHEA) were measured in 699 older women. Out of all of these hormones, only low levels of DHEA were linked with depression.

In studies conducted at Cambridge University in England, researchers discovered that children with major depression have abnormally low levels of DHEA accompanied by abnormally high levels of cortisol.

University of California San Francisco At the University of California, San Francisco, DHEA was given to people with depression to determine its antidepressant effects. After 6 weeks, psychological tests indicated that about half the participants responded to DHEA therapy, with an overall enhancement of mood scores by over 30%.

In another study conducted by the Department of Psychiatry at UCSF, DHEA was administered to six middle-aged and elderly patients with major depression. In patients who received extended treatment with DHEA for six months, depression ratings improved 48-72%.

In a study conducted by researchers at the National Institute of Mental Health, middle-aged people with dysthymia (a chronic, low-grade depression) were given 90mg of DHEA a day for 3 weeks. This study concluded that this amount significantly alleviated the participants' depression.

DHEA is the only hormone besides cortisol and serotonin that has consistently been linked to depression. But unlike cortisol, where high levels increase depression, high levels of DHEA actually alleviate depression.

Researchers have different theories about how DHEA alleviates depression. DHEA can cross the blood-brain barrier and interact with the brain directly. DHEA can affect serotonin, GABA receptors, and other brain factors. It might modulate the serotonin-signaling pathway. In addition, DHEA is the precursor for estrogen and testosterone, which also enhance mood.

DHEA also has antistress effects that may be part of its antidepressant action. Research shows that cortisol, the stress hormone, is elevated in cases of major depression. DHEA counteracts cortisol. Calmness is also associated with higher levels of DHEA.

- It appears there is a good chance that you are suffering from **Low Adrenal Function / Adrenal Insufficiency**

- You are showing signs of moderate **Risk of Coronary Disease / Heart Attack**

A landmark study in 1986 of 242 men aged 50-79 and based on 12 years of research stated that a small supplementation of DHEA corresponded to a 48% reduction in death from heart disease and a 36% reduction in death from any cause, other than accidents. Indirect evidence does suggest that DHEA supplements might reduce the risk of heart disease, especially in men, but this is far from proven.

- It appears that you have moderate **Risk of Cancer, General (web)**

See evidence under **Plant-Based Nutrition** above.

- There is a good chance that you have **Chronic Fatigue / Fibromyalgia Syndrome**

- It appears that you have moderate **Risk of Colon Cancer**

- There is a marked possibility that you are suffering from **Immune System Imbalance (TH2 Dominance) (web)**

See evidence under **Increased Water Consumption** above.

DHEA increases TH1 cytokines which help balance the immune system.

- You have indicated that you have **Poor Memory (web)**

See evidence under **Stress Management** above.

In a study of six middle-aged and elderly patients with major depression and low plasma DHEA levels, memory performance and depression improved significantly when DHEA was supplemented sufficiently to raise their plasma DHEA to levels found in healthy younger people [*Biol Psychiatry, 1997 Feb, 41:3, pp.311-8*]. Other, larger studies have not supported this claim.

## Recommendation: Hydrochloric Acid (Trial)

Significance: Useful

In order to confirm whether hydrochloric acid (HCl) is needed, the HCL trial is used to assess stomach digestive function by evaluating the integrity of the stomach lining and its mucous barrier. There is a correlation between a strong barrier and a strong digestive function (i.e. acid and enzyme production).

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

**Hydrochloric Acid (Trial)** is being recommended for the following reason(s):

- It appears there is a very serious likelihood that you are suffering from **IBS (Irritable Bowel Syndrome)**

Make sure your hydrochloric acid production is sufficient.

- There exists a serious likelihood of your having **Hydrochloric Acid Deficiency**

Some people with low stomach acid have no symptoms that are obviously related, and are led to believe they are digesting properly, when they are not. An HCl trial is a safe, worthwhile, and relatively accurate way to discover if an insufficiency exists. Since the long-term administration of supplemental HCl may result in reduced stomach output of acid, administration is advised for diagnostic purposes and short-term use only. Short-term use may result in a return of normal acid production.

- There is a medium probability of your having **Autoimmune Tendency**

Clinicians report that 50% of patients with autoimmune disease are also hypochlorhydric (have low stomach acid).

- There is a high probability that you have **Dyspepsia / Poor Digestion**

Upper digestive symptoms are often due to hydrochloric acid (HCl) or pancreatic insufficiency and it can be difficult to distinguish between the two. The easiest way to find out is to do both an HCl and digestive enzyme trial, one at a time. Often a doctor's assistance is helpful in conducting these trials.

- It appears that you have minor **Zinc Requirement**

- You have indicated that you have **Heartburn / GERD (web)**

See evidence under **Plant-Based Nutrition** above.

- It appears there is a low probability of your having **Lupus, SLE (Systemic Lupus Erythromatosis) (web)**

See evidence under **Plant-Based Nutrition** above.

Stomach acid levels are generally lower in patients with autoimmune diseases. Inadequate digestion can add to the immune system malfunction.

## Recommendation: Chlorella

Significance: Useful

Chlorella pyrenoidosa, a freshwater single-celled green algae, is more popular in Japan as a regular supplement than vitamin C. An estimated 5 million Japanese use this medicinal algae every day. Chlorella's broad spectrum health benefits, amply researched by Japanese scientists, include the impressive fact that it contains 60% protein, including all the essential amino acids, and high levels of beta carotene and chlorophyll.

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

**Chlorella** is being recommended for the following reason(s):

- It seems there is a definite possibility of your having **Mercury Toxicity (Amalgam Illness)**

Using large doses of chlorella facilitates fecal mercury excretion. After the intestinal mercury burden is lowered by other means, mercury will more readily migrate into the intestine from other body tissues where chlorella will aid in its removal.

- It appears that you have moderate **Risk of Cancer, General (web)**

See evidence under **Plant-Based Nutrition** above.

- There is a very high probability of your having **Constipation**

- It appears there is a very good chance that you are suffering from **Hypoglycemia**

- There appears to be overwhelming evidence of your having **Yeast / Candida Infection**
- There is a reasonable likelihood of your having **Diabetes Type II**
- There is a serious likelihood of your having **Gastric/Peptic/Duodenal Ulcers (web)**  
See evidence under **Sugars Avoidance / Reduction** above.
- There appears to be a definite possibility of **Weakened Immune System (web)**  
See evidence under **Sugars Avoidance / Reduction** above.
- There is a reasonable likelihood of **Immune System Imbalance (TH2 Dominance) (web)**  
See evidence under **Increased Water Consumption** above.

Chlorella increases TH1 cytokines to help balance the immune system. Other algae products may have similar benefits.

## Recommendation: Ozone / Oxidative Therapy

Significance: 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 5,000 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):

- You are showing signs of moderate **Risk of Coronary Disease / Heart Attack**

If infection is present, selected antibiotic therapies such as UV blood irradiation or oxidative therapies (H<sub>2</sub>O<sub>2</sub>/ozone) can reduce the risk associated with certain infections.

- It appears there is a very good chance of **Allergy to Foods (Hidden)**
- There appears to be a medium probability of **Atherosclerosis**
- You are showing signs of moderate **Risk of Cancer, General (web)**  
See evidence under **Plant-Based Nutrition** above.
- There exists a very definite possibility that you have **IBS (Irritable Bowel Syndrome)**
- There is a slight possibility of **Non-Hodgkin's Lymphoma**  
Ozone assists in reversing opportunist malignancies such as non-Hodgkins lymphoma (especially if pulmonary) and lymphadenopathy-associated virii.
- There is a serious likelihood that you have **Chronic Fatigue / Fibromyalgia Syndrome**
- You have indicated that you have **Allergic Rhinitis / Hay Fever**
- It seems there is a medium probability that you are suffering from **Diabetes Type II**
- It appears there is a serious likelihood of your having **Gastric/Peptic/Duodenal Ulcers (web)**  
See evidence under **Sugars Avoidance / Reduction** above.  
Cuban doctors are using capsules filled with ozonated oil to treat gastroduodenal ulcers, gastritis, giardia and peptic ulcers.
- You have indicated that you have **Hemorrhoids (web)**  
See evidence under **High/Increased Fiber Diet** above.

Capsules filled with ozonated oil and used as suppositories, or rectal insufflation of ozone gas have proven useful in treating inflamed hemorrhoids. Ozone can kill bacteria which may slow tissue healing.

- There appears to be a high probability that you are suffering from **Indoor Allergies (web)**  
See evidence under **Essential Fatty Acids** above.
- It appears that you have minor **Premature/Signs of Aging (web)**  
See evidence under **Increased Fruit/Vegetable Consumption** above.

There are many testimonies of the anti-aging benefits of oxidation therapies as simple as the hydrogen peroxide bath.

We hope you find this advice beneficial. The Analyst™ is continuing to grow and evolve and we appreciate any feedback you might have.

#### 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.