

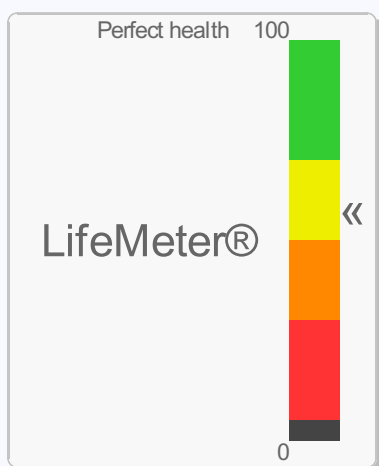
SAMPLE REPORT FOR A REAL PATIENT ONLY THE NAME HAS BEEN CHANGED

Health Evaluation *for* William B McRae

Age: 44, Reference: 474621

[LifeMeter®](#) [Doctor Review](#) [Health Conditions](#) [Recommendations](#)

Your LifeMeter® Reading by The Analyst™: 56



Your health appears to be in decline and you should consider making changes to your lifestyle and health care management that will help to reverse or slow down this deterioration as soon as possible. In your report you will see the most urgent issues that we can identify, most of which you should already be aware of, as well as several recommendations that should only be followed under medical supervision.

At your age, positive action is particularly important because your body no longer has the defenses or resources that it used to. Repairing itself and overcoming disease conditions will become increasingly difficult as you age and any opportunities not taken soon will probably be lost forever. Please do anything you can to achieve the goal of regaining good health.

LifeMeter® takes a broad view of your health and condenses it into a single score ranging from 0 to 100, where 100 represents perfect health and 0 represents mortality. It is a measure of your overall health, and not an indicator of lifespan.

Full Review by: Dr. Matthew Fisel, ND

After an extensive review of your symptom survey and comments, William, 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

A diagnosis requires confirmation through physical examination, laboratory testing, imaging, or trial-and-error treatment.

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

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.org/diseases-conditions/metabolic-syndrome/home/ovc-20197517). 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 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, William, 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.

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-acetylcysteine, 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, William, 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

Your Health At A Glance

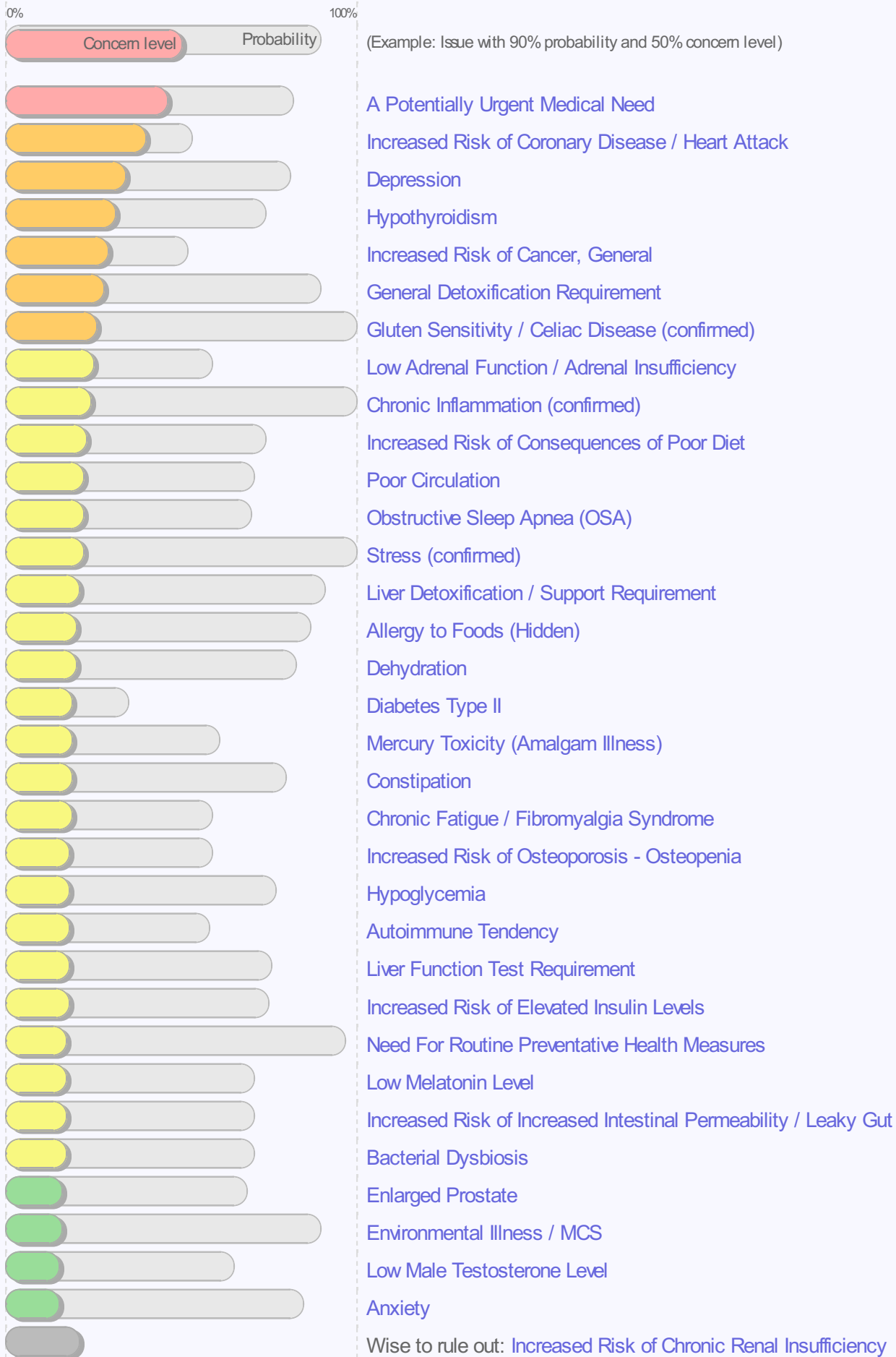
The two graphs below provide a visual summary of your health as well as easy access to the underlying details. The first graph highlights your main health concerns while the second shows recommendations by The Analyst™. Both graphs are prioritized and color-coded, with the most important items shown first.

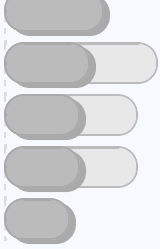
Throughout this report are hyperlinks that allow easy navigation between related topics and our web site. After following a link within this report, use your browser's "Back" button to return to where you were. Links to our web site, indicated by "[web]", open in a new browser window or tab.

Conditions Highlighted By The Analyst™

Below is a summary of issues most likely to affect your health, with the most urgent shown first. Moving down this list, you can either rule out or confirm each issue. Click the links on the right to view full details lower down in this report.

The gray **Probability** component of each bar in the graph ranges from 0% (meaning you definitely do not have this issue) to 100% (you definitely have this issue). The color-coded **Concern Level** component ranges from 0% (nothing to worry about) to 100% (life-threateningly serious).





Wise to rule out: [Increased Risk of Colon Cancer](#)

Wise to rule out: [Increased Risk of Atherosclerosis](#)

Wise to rule out: [Increased Risk of Kidney Disease](#)

Wise to rule out: [Pneumonia](#)

Wise to rule out: [Non-Hodgkin's Lymphoma](#)

Recommendations Most Likely To Benefit You

Below are suggestions by The Analyst™, with those most likely to be helpful listed first. A recommendation's **Usefulness** score is based on the number of issues that it addresses, the seriousness of those issues, the likelihood of those issues, and its effectiveness for each issue.

Less useful



Urgent

(Example "useful" recommendation at 60%)

- Continued Caffeine/Coffee Avoidance
- Continued Aerobic Exercise
- Sugar Avoidance / Reduction
- Plant-Based Nutrition
- Increased Fruit/Vegetable Consumption
- High/Increased Fiber Diet
- Selenium
- Essential Fatty Acids
- Continued Alcohol Avoidance
- Increased Water Consumption
- Aspirin
- Animal/Saturated Fats Avoidance
- Vitamin B6 (Pyridoxine)
- Continued Processed Foods Avoidance
- Test for Cardiac Risk Factors
- Nut and Seed Consumption
- Vitamin E
- Zinc
- Continued Sunlight Exposure
- Stress Management
- Conventional Drug Use
- Vitamin D
- DHEA
- Calcium
- Continued Dairy Products Avoidance
- TMG (Trimethylglycine)
- Alpha Lipoic Acid
- Tryptophan / 5HTP
- Continued Garlic
- Vitamin B-Complex

Main Health Conditions - Detail

This is the largest section of your report, covering 39 potential health issues in detail, most urgent first. For each condition you can read:

- A brief overview
- Further information on our web site
- Top recommendations
- Evidence supporting this conclusion

What do the bullets mean?

- 1** **Blue bullet:** A Sign, Symptom or Risk Factor that suggests this condition. You told us about it in the questionnaire.
- 2 3 4 5** **Other bullet:** Predisposing Condition or Risk Factor, color-coded to reflect Level of Concern. **The Analyst™** has identified these.
- 1 -2** **Negative number:** Sign, Symptom, Risk Factor or Condition that *reduces* the likelihood of this condition.

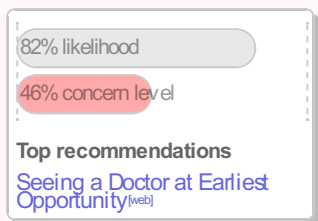
Instead of reading through this large section of your report, we suggest returning to the [graphical summary](#) above and clicking on items of interest there, which will take you to their specific details below.

Condition: A Potentially Urgent Medical Need

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.

→ [Read full details and recommendations^{\[web\]}](#)



A Potentially Urgent Medical Need is indicated by what you have told us:

- 1 Pain in both eyes^[web]**
Severe eye pain should be investigated aggressively to prevent the possible consequence of blindness.
- 2 Chest pain when breathing^[web]**
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.

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.

→ [Read full details and recommendations](#)^[web]

53% likelihood

40% concern level

Top recommendations

Test for Cardiac Risk Factors
Continued Aerobic Exercise
Aspirin
Nut and Seed Consumption

Increased Risk of Coronary Disease / Heart Attack is indicated by what you have told us:

1 Apple-shaped body when overweight^[web]

2 Heaviness of the legs^[web]

Tired and heavy legs may indicate that the return blood flow from the legs to the heart is impaired. Gravity and impaired veins combined with possible heart problems result in oxygen-depletion in the legs, producing that heavy, tired feeling.

3 Pain in chest or left side^[web]

In cases of heart disease, pain will usually be felt in the left or middle of the chest, but it can also be felt in the inner sides of the left arm, neck, jaw, or between the shoulder blades.

4 Pain between shoulder blades^[web]

In cases of heart disease, pain will usually be felt in the left or middle of the chest, but it can also be felt in the inner sides of the left arm, neck, jaw, or **between the shoulder blades**. This pain, also known as 'referred pain', should not be ignored. The pain that you experience is a manifestation of something going wrong in your body.

5 Male pattern hair loss^[web]

A Harvard study found that male-pattern baldness may be a marker for increased risk of coronary heart disease. Severe hair loss on the top of head resulted in a 36% increased risk. The risk became lower with less hair loss. [*Archives of Internal Medicine, Jan. 24, 2001*]

6 Undigested fat in stools^[web]

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 [*AmJ Cardiology 5: p.295, 1960*].

... and by the following:

7 Probable 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*]

8 Possible Hypothyroidism

The thyroid affects every organ in the body, including the heart. Almost any type of heart disease can be worsened by thyroid disorder, so thyroid function should always be checked if cardiac symptoms are worsening. Hypothyroidism weakens the heart muscle in both its contraction and relaxation phases, resulting in less blood being pumped. And, because the heart muscle does not relax normally in between beats, a potentially serious condition called diastolic dysfunction may result.

9 Possible Poor Circulation

Not everyone with heart disease gets peripheral vascular disease, and vice versa. For some reason, the process of atherosclerosis seems to affect different people in different places. However, if you have one, you are definitely at increased risk for the other.

10 Possible Obstructive Sleep Apnea (OSA)

Obstructive sleep apnea increases a person's risk of having a heart attack or dying by 30% over a period of four to five years, according to a Yale University study presented at the American Thoracic Society 2007 International Conference in May of 2007. Sleep apnea is associated with many physiological changes that increase the risk of both heart attack and stroke.

11 Confirmed 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.

12 Significant Dehydration

13 Possible Diabetes Type II

Cardiovascular disease is the leading cause of diabetes-related death. People with diabetes are two to four times more likely to develop cardiovascular disease. At least 65% of people with diabetes die from heart disease or stroke.

14 Moderate risk of Atherosclerosis

15 Probable Lack of Sleep

If you sleep less than six hours per night and have disturbed sleep you stand a 48% greater chance of developing or dying from heart disease.

16 Moderate Dyspepsia / Poor Digestion^[web]

17 Moderate risk of Problems Associated With A Sedentary Lifestyle^[web]

According to Dr. Emmanuel Stamatakis of University College London's Department of Epidemiology and Public Health, the risk of heart disease and premature death from any cause increases significantly for those spending more than four hours a day watching television, surfing the web, or playing computer games.

The study was published in the *Journal of the American College of Cardiology* in January of 2011 and involved 4,512 adults who were respondents of the 2003 Scottish Health Survey. It found a 48% increased risk of all-cause mortality and an approximately 125% increase in risk of cardiovascular events among those spending more than four hours a day in front of a screen, and also suggests that even two hours of screen time each day may place someone at greater risk for a cardiac event. The risk appears to be irrespective of factors such as smoking, hypertension, BMI, social class, and even exercise.

18 Excessive Yawning [\[web\]](#)

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

19 (Less likely) Hemochromatosis (Iron overload) [\[web\]](#)

Male carriers of the common hemochromatosis gene mutation are at 2-fold risk of a first heart attack compared with noncarriers. Some 10% to 20% of the population carry at least one gene for hemochromatosis. Full-blown hemochromatosis affects about 0.5% and gene carriers usually do not know that they are at increased risk. They have almost no increase in iron stores over those without the mutation [*Circulation: Journal of the American Heart Association* September 21, 1999;100].

Giving blood is the best way to lower iron stores, but a more recent study found no protective effect against heart attack among men who donated blood regularly. [*Circulation* January 2, 2001]

20 Small risk of Gout / Hyperuricemia [\[web\]](#)

Elevated uric acid levels, as seen in gout, may be associated with a higher incidence of coronary heart disease amongst alcohol abstainers, but has not been seen to occur in those who were light, moderate or heavy drinkers. [*Journal of Clinical Epidemiology*, 1996;49(6) pp.673-678]

21 Small risk of Periodontal Disease - Gingivitis [\[web\]](#)

Some studies show that people with gum disease are more likely have heart disease than those with healthy gums. In 2012, a scientific statement from the *American Heart Association* supported an association between heart disease and gum disease.

Periodontitis is a serious gum infection that damages the gums and can destroy the jawbone. It can also lead to an increase in inflammation across the body; overactivity of inflammatory pathways is a strong risk factor for the development of atherosclerotic heart disease and heart attack

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

-1 Being in your 40s

-2 Slowed pulse rate [\[web\]](#)

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 resting 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.

-3 High legume consumption [\[web\]](#)

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].

-4 Low alcohol consumption [\[web\]](#)

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]

-5 Moderate fruit/vegetable consumption [\[web\]](#)

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.

→ [Read full details and recommendations](#)^[web]

81% likelihood

34% concern level

Top recommendations

- [Continued Aerobic Exercise](#)
- [Counseling](#)^[web]
- [DHEA](#)
- [St John's Wort](#)^[web]

Depression is indicated by what you have told us:

- 1 [Recurring depression](#)^[web]
- 2 [Depression in family members](#)^[web]
Research supports the existence of a genetic component toward developing depression.
- 3 [Having trouble concentrating](#)^[web]
- 4 [Episode\(s\) of mild depression](#)^[web]
- 5 [Constant fatigue](#)^[web]
- 6 [Loss of interest in activities](#)^[web]
- 7 [Being easily irritated](#)^[web]
A depressive person's irritability is often directed at those closest to them, namely as family and friends. This alienating of loved ones and family disruption in itself can lead to higher risk of suicidal thoughts.
- 8 [Poor reaction to cool damp weather](#)^[web]
Bad weather can cause people to feel depressed or lethargic, both of which have been shown to worsen pain.
- 9 [Angry/hostile disposition](#)^[web]
Anger attacks occur in about two-thirds of those with depression. People who have anger attacks typically have the most severe form of depression.

... and by the following:

- 10 [Confirmed Obsessive-Compulsive Disorder \(OCD\)](#)^[web]
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.
- 11 [Low Sex Drive](#)^[web]
Mental states such as depression and strong emotions such as anger can effectively cool sexual desire.
- 12 [Slight Hypersomnolence](#)^[web]
Depression and hypersomnolence are often seen together.
- 13 [Low Self-Esteem](#)^[web]

It is likely that you are suffering from hypothyroidism.

Alternative Names: *Hypothyroidism is often referred to as an "underactive thyroid gland".*

Hypothyroidism is a condition in which the thyroid gland, which is located in the neck, does not make sufficient thyroid hormone to meet the body's requirements. Caused in almost all cases by autoimmune disease, the result is that the immune system goes awry and begins gradually to destroy the thyroid gland. This process is not usually associated with thyroid gland discomfort but may cause the gland to enlarge or shrink in size.

→ [Read full details and recommendations](#)^[web]

74% likelihood

31% concern level

Top recommendations

[Test Thyroid Function](#)^[web]

[Thyroid Medications](#)^[web]

[Natural Progesterone](#)^[web]

[Selenium](#)

Hypothyroidism is indicated by what you have told us:

- 1 **Occasionally feeling unusually cold** ^[web]
- 2 **Constant fatigue** ^[web]
- 3 **Moderate afternoon/evening fatigue** ^[web]
- 4 **Missing outer third of eyebrows** ^[web]
- 5 **Having hard stools** ^[web]
- 6 **Slowed pulse rate** ^[web]
- 7 **Short-term memory failure** ^[web]
Forgetfulness is a symptom of hypothyroidism.
- 8 **Depression with some anxiety** ^[web]
- 9 **History of occasional dieting** ^[web]
- 10 **Regular postprandial somnolence** ^[web]
- 11 **Brittle fingernails** ^[web]
Thyroid diseases may produce brittle nails or splitting of the nail bed from the nail plate.

... and by the following:

- 12 **Probable Depression**
Depression is a common symptom of hypothyroidism.
- 13 **Possible Obstructive Sleep Apnea (OSA)**
Hypothyroidism can present itself as obstructive sleep apnea and snoring.
- 14 **Probable Constipation**
Constant constipation is a sign of hypothyroidism.
- 15 **Possible 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.
- 16 **Confirmed Heartburn / GERD / Acid Reflux**
Gastrointestinal manifestations of hypothyroidism include GERD as a result of delayed emptying of the stomach.
- 17 **Possible Chronic / Hidden Infection** ^[web]
- 18 **Low Sex Drive** ^[web]
Hypothyroidism can trigger loss of libido in both men and women.
- 19 **(Less likely) Rheumatoid Arthritis** ^[web]
A study of rheumatoid arthritis patients found evidence of thyroid dysfunction 3 times more often than in controls. The excess thyroid dysfunction was due to either hypothyroidism or Hashimoto's thyroiditis. [*Annals of Rheumatic Diseases, 1993;52 pp.454-6*]
- 20 **Dandruff** ^[web]
Hypothyroidism can manifest as dry, flaky skin.
- 21 **Cold Hands and Feet** ^[web]
- 22 **Male Hair Loss** ^[web]
In rare cases, diffuse hair loss may be the only symptom of hypothyroidism, but in many people with hypothyroidism the hair is not affected. Once thyroid hormone is administered, regrowth of hair occurs in approximately 2 months.

Increased Risk of Cancer, General

This condition is included in the report of anyone who has (or has had) a known cancer, or who may be at greater risk of developing it. It contains general recommendations that may be useful in dealing with a wide range of cancers.

→ [Read full details and recommendations](#)^[web]

Increased Risk of Cancer, General is indicated by what you have told us:

1 [Cancer in family members](#)^[web]

2 [Omnivorous diet](#)^[web]

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.

3 [Treated wood exposure](#)^[web]

4 [Being in your 40s](#)

... and by the following:

5 [Possible Obstructive Sleep Apnea \(OSA\)](#)

May, 2012: According to research to be published in the *American Journal of Respiratory and Critical Care Medicine*, those affected by severe sleep disordered breathing (SDB) are 4.8 times more likely to develop cancer than those who are not. Those with moderate SDB are at double the risk, and those with only slight SDB have a 10% increased risk of developing cancer.

The researchers from the University of Wisconsin-Madison looked at cancer rates in more than 1,500 people, in a study of sleep problems that has spanned 22 years.

6 [Small risk of Colon Cancer](#)

7 [Possible Low Melatonin Level](#)

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.

8 [\(Less likely\) Non-Hodgkin's Lymphoma](#)

9 [Night Sweats](#)^[web]

Several malignancies can lead to night sweats.

10 [\(Less likely\) Brain Tumor](#)^[web]

11 [Possible 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.

52% likelihood

29% concern level

Top recommendations

[Selenium](#)
[High/Increased Fiber Diet](#)
[Increased Fruit/Vegetable Consumption](#)
[Coffee Enema](#)^[web]

General Detoxification Requirement

Toxicity is of much greater concern in this 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.

→ [Read full details and recommendations](#)^[web]

General Detoxification Requirement is indicated by what you have told us:

- 1 **Having trouble concentrating** ^[web]
- 2 **Excess nose/throat mucus** ^[web]
- 3 **Constant fatigue** ^[web]
- 4 **Nasal congestion** ^[web]

... and by the following:

- 5 **Probable Depression**
- 6 **Probable Constipation**
- 7 **Possible Digestive Enzyme Need** ^[web]
- 8 **Possible Hydrochloric Acid Deficiency**
- 9 **Poor Memory** ^[web]
- 10 **Moderate Headaches** ^[web]
- 11 **Adult Acne** ^[web]
- 12 **(Less likely) Heavy Metal Toxicity** ^[web]
- 13 **Bad Breath (Halitosis)** ^[web]

90% likelihood

28% concern level

Top recommendations

[Therapeutic Fasting](#) ^[web]
[Sauna Detoxification Program](#) ^[web]

[Continued Aerobic Exercise](#)
[Raw Food Diet](#) ^[web]

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.

→ [Read full details and recommendations](#)^[web]

100% confirmed

26% concern level

Top recommendations

[Gluten-free Diet](#)^[web]

[Glutamine](#)^[web]

[Zinc](#)

Gluten Sensitivity / Celiac Disease is indicated by what you have told us:

- 1 **Gluten intolerance**^[web]
- 2 **Bowel movement changes**^[web]
- 3 **Offensive-smelling stool**^[web]
- 4 **Being easily irritated**^[web]
Irritability is one of the most common symptoms amongst children with gluten sensitivity.
- 5 **Moderate abdominal pain**^[web]
- 6 **Strong appetite**^[web]
- 7 **Slightly pale stools**^[web]
- 8 **Excessive flatulence**^[web]
- 9 **Regular postprandial somnolence**^[web]

... and by the following:

- 10 **Probable Depression**
- 11 **Moderate risk of Osteoporosis - Osteopenia**
A study concluded that reduced mineralization occurs even in asymptomatic celiac patients, and that early diagnosis and treatment can prevent bone demineralization. [*AmJ Gastroenterol* 1994;89: pp.2130-4]
- 12 **(Less likely) Non-Hodgkin's Lymphoma**
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.
- 13 **Possible Yeast / Candida Infection**
Genetic disorders such as celiac disease or hemochromatosis can cause Candida overgrowth.
- 14 **(Less likely) Sjogren's Syndrome**^[web]
Many Celiac Disease patients report they also have Sjogren's Syndrome, and vice versa. Sjogren's Syndrome has been reported in up to 15% of patients with proven Celiac Disease.
- 15 **Confirmed Restless Leg Syndrome**^[web]
- 16 **(Less likely) Lupus, SLE (Systemic Lupus Erythematosus)**^[web]
Some patients diagnosed SLE may in fact be suffering the results of gluten intolerance. In these cases, removing gluten from the diet may completely cure the patient. [*Annals of the Rheumatic Diseases* (2004; 63: pp1501-3)]
- 17 **(Less likely) Rheumatoid Arthritis**^[web]
People with Rheumatoid Arthritis have a higher risk of also being diagnosed with Celiac Disease.

Condition: Low Adrenal Function / Adrenal Insufficiency

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.

→ [Read full details and recommendations](#)^[web]

Low Adrenal Function / Adrenal Insufficiency is indicated by what you have told us:

- 1 **Sugar/sweet craving** ^[web]
- 2 **Moderate afternoon/evening fatigue** ^[web]
- 3 **Inability to work under pressure** ^[web]
- 4 **Darker/redder skin color** ^[web]
- 5 **Constant fatigue** ^[web]
- 6 **A high-stress lifestyle** ^[web]
- 7 **Adult acne** ^[web]
- 8 **Vision disturbances** ^[web]
- 9 **Regular infections** ^[web]
- 10 **Allergies to certain foods** ^[web]
- 11 **Craving for salt** ^[web]
- 12 **History of adult allergies** ^[web]
- 13 **Dizziness when standing up** ^[web]
- 14 **Sexual abuse during childhood** ^[web]
- 15 **Occasionally feeling unusually cold** ^[web]
- 16 **Occasional sore throats** ^[web]
- 17 **Sensitivity to bright light** ^[web]
- 18 **Occasional runny nose** ^[web]
- 19 **History of sinusitis** ^[web]

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.

... and by the following:

- 20 **Confirmed 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.
- 21 **Possible Diabetes Type II**
- 22 **Significant Anxiety**
Adrenal insufficiency can lead to a host of problems, including a weakened immune response, anxiety and panic attacks.
- 23 **Migraine/Tension Headaches** ^[web]
- 24 **(Less likely) Lupus, SLE (Systemic Lupus Erythematosus)** ^[web]
Lupus is one of the auto-immune diseases, caused by a hyperactive ("hypervigilant") immune system that attacks a person's own protein as if it were foreign matter. One reason for this is poor adrenal function. Adrenal steroids modulate (slow down) the immune system: when there is not enough of these steroids the immune system goes berserk.
- 25 **Exhaustion Caused By Emotional Upsets** ^[web]
- 26 **(Less likely) Rheumatoid Arthritis** ^[web]
- 27 **Cold Hands and Feet** ^[web]

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

- 1 **No fatigue after slight exertion** ^[web]
- 2 **Healthy Diet Choices**
Healthy and regular eating habits support adrenal function.
- 3 **A Good Aerobic Exercise Level**
Those regularly engaged in exercise and hobbies are less likely to suffer from adrenal problems.

59% likelihood

25% concern level

Top recommendations

[Test Adrenal Function](#) ^[web]
[Continued Caffeine/Coffee Avoidance](#)
[Hydrocortisone](#) ^[web]
[Licorice Root](#) ^[web]

Condition: Chronic Inflammation (confirmed)

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.

→ [Read full details and recommendations](#)^[web]

Chronic Inflammation is indicated by what you have told us:

- 1 **Major chronic inflammation**^[web]
- 2 **History of tendonitis**^[web]

... and by the following:

- 3 **Moderate Premature/Signs of Aging**
Research shows that chronic inflammation is a major cause of premature aging: The cumulative damage caused by chronic inflammation often occurs without any apparent signs or symptoms, but gradually causes severe skin deterioration and accelerated skin aging.
- 4 **Small risk of Bursitis**^[web]

Main Condition 9 of 39 [Condition Summary](#) ↑

100% confirmed

24% concern level

Top recommendations

[Essential Fatty Acids](#)
[Therapeutic Fasting](#)^[web]
[Aspirin](#)
[Bromelain](#)^[web]

Increased Risk of Consequences of Poor Diet

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.

→ [Read full details and recommendations](#)^[web]

Increased Risk of Consequences of Poor Diet is indicated by what you have told us:

- 1 **High refined sugar consumption**^[web]
- 2 **Grilled meat consumption**^[web]
- 3 **No significant omega-3 oil intake**^[web]
- 4 **Deep-fried food consumption**^[web]
- 5 **Hydrogenated fat consumption**^[web]
- 6 **Processed meat consumption**^[web]

July, 2011: Following a detailed review of more than 7,000 clinical studies covering links between diet and cancer, the World Cancer Research Fund (WCRF) has declared, "Processed meats are too dangerous for human consumption. Consumers should stop buying and eating all processed meat products *for the rest of their lives.*"

Processed meat products are usually manufactured with a carcinogenic ingredient known as sodium nitrite. This is used as a color fixer by meat companies to turn packaged meats a bright red color so they look fresh. Unfortunately, sodium nitrite also results in the formation of cancer-causing nitrosamines in the human body. And this leads to a sharp increase in cancer risk for those who eat them..

- 7 **Caffeinated soft drink consumption**^[web]

... and by the following:

- 8 **Poor Memory**^[web]
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.
- 9 **Possible Meniere's Disease**^[web]
Various dietary deficiencies can cause endolymphatic hydrops (excess fluid) in the inner ear.
- 10 **Adult Acne**^[web]
- 11 **Small risk of Periodontal Disease - Gingivitis**^[web]

Main Condition 10 of 39 [Condition Summary](#) ↑

74% likelihood

23% concern level

Top recommendations

[Increased Fruit/Vegetable Consumption](#)
[Animal/Saturated Fats Avoidance](#)
[Sugar Avoidance / Reduction](#)
[Continued Processed Foods Avoidance](#)

Condition: Poor Circulation

Good health and an active lifestyle depend on good circulation. That means a good flow of life-sustaining blood to every part of the body, from deep within organs like the heart and brain all the way out to the fingertips and toes.

→ [Read full details and recommendations](#)^[web]

Poor Circulation is indicated by what you have told us:

1 Heaviness of the legs^[web]

... and by the following:

2 Possible Diabetes Type II

Up to 50% of all people with leg artery disease have diabetes, for them, controlling both conditions is crucial. Diabetes increases your risk for leg artery disease fourfold, and accounts for nearly half of all amputations in the U.S. that aren't related to accidents.

Diabetes makes hardening of the arteries much more dangerous (especially in the feet and toes) through several different mechanisms, and it's still not fully understood which ones matter most. People with diabetes are prone to nerve damage in the legs and feet, which means they often may overlook minor injuries. This, combined with poor circulation that slows wound healing, can cause small wounds to develop into more serious infections. Diabetes also makes people more likely to develop blockages in smaller vessels far from the heart, and those blockages tend to be more widespread and harder to treat.

3 Possible Meniere's Disease^[web]

Circulatory irregularities can cause excess fluid in the inner ear.

4 Possible Peripheral Vascular Disease^[web]

5 Cold Hands and Feet^[web]

In cases of peripheral vascular disease, the arteries narrow and there is a marked reduction of blood flow especially to the fingers and toes.

6 (Less likely) Poor Cerebral Circulation^[web]

71% likelihood

22% concern level

Top recommendations

[Check Circulation](#)^[web]

[Surgery](#)^[web]

Alternative Names: *Sleep apnoea*

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.

→ [Read full details and recommendations](#)^[web]

Obstructive Sleep Apnea (OSA) is indicated by what you have told us:

1 Waking up with a dry mouth^[web]

2 Regular drowsiness^[web]

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.

3 Tossing and turning at night^[web]

4 Disturbed sleep^[web]

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

5 Constant fatigue^[web]

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.

6 Weak sexual desire^[web]

7 Regular postprandial somnolence^[web]

... and by the following:

8 Probable Depression

9 Pronounced Insomnia

10 Confirmed Heartburn / GERD / Acid Reflux

11 Night Sweats^[web]

12 Confirmed Restless Leg Syndrome^[web]

13 Poor Memory^[web]

14 Problems Associated With Snoring^[web]

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.

15 Nocturia^[web]

70% likelihood

22% concern level

Top recommendations

[Physical Supports and Devices](#)^[web]

[Continued Alcohol Avoidance](#)

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.

→ [Read full details and recommendations](#)^[web]

Stress is indicated by what you have told us:

- 1 **A high-stress lifestyle** ^[web]
- 2 **Long work hours** ^[web]
- 3 **Angry/hostile disposition** ^[web]
- 4 **Unsound sleep** ^[web]
- 5 **Weak sexual desire** ^[web]
- 6 **Regular nightmares** ^[web]
- 7 **Sugar/sweet craving** ^[web]
- 8 **Afternoon coffee/sugar craving** ^[web]
- 9 **Difficulty getting out of bed** ^[web]
- 10 **Short-term memory failure** ^[web]
- 11 **Sexual abuse during childhood** ^[web]
- 12 **Paying great attention to detail** ^[web]
- 13 **Disturbed sleep** ^[web]
- 14 **High refined sugar consumption** ^[web]
- 15 **Moderate afternoon/evening fatigue** ^[web]
- 16 **Craving for salt** ^[web]
- 17 **Heart racing/palpitations** ^[web]
- 18 **Constant fatigue** ^[web]
- 19 **Depression with some fatigue** ^[web]
- 20 **Being able to stay up late** ^[web]
- 21 **Bowel movement changes** ^[web]
- 22 **Dizziness when standing up** ^[web]
- 23 **Excessive flatulence** ^[web]

Gas can be caused by stress and the nervous habit of frequent swallowing.

... and by the following:

24 **Probable 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*]

25 **Possible Low Melatonin Level**

Chronic stress causes the production of too much cortisol, which in turn lowers melatonin.

26 **Significant Anxiety**

27 **Migraine/Tension Headaches** ^[web]

28 **Confirmed Bruxism (Clenching/Grinding Teeth)** ^[web]

Teeth-grinding is often stress-related.

29 **General Weakness** ^[web]

100% confirmed

22% concern level

Top recommendations

Stress Management
Continued Aerobic Exercise
Calming / Stretching Exercises ^[web]
Magnesium ^[web]

30 **Cold Hands and Feet** ^[web]

31 **Unresolved Grief** ^[web]

32 **Small risk of Periodontal Disease - Gingivitis** ^[web]

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

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.

→ [Read full details and recommendations](#)^[web]

Liver Detoxification / Support Requirement is indicated by what you have told us:

- 1 **Itchy skin** ^[web]
- 2 **Liver/gallbladder cleanses help** ^[web]
- 3 **Undigested fat in stools** ^[web]
- 4 **Broad-spectrum antibiotic use** ^[web]
- 5 **Not avoiding aspartame/neotame** ^[web]
- 6 **Regular nightmares** ^[web]
- 7 **Low alcohol consumption** ^[web]
- 8 **Pain between shoulder blades** ^[web]
- 9 **Onion intolerance** ^[web]
An inability to digest onion or garlic may indicate compromised liver function.
- 10 **Pain medication use** ^[web]
- 11 **Tetracycline use** ^[web]
- 12 **High cigarette smoke sensitivity** ^[web]
No one really is allergic to smoke. Many people insist that they are allergic to smoke created by cigarettes or cigars, but the truth is that they have having an allergy-like reaction due to other health complications.
- 13 **Hemorrhoids** ^[web]
If the liver is too congested, blood may not flow easily back to the liver through the hemorrhoidal veins and this might cause swelling of a weakened vein.
- 14 **Allergy to chemicals** ^[web]
- 15 **Anal itching at night** ^[web]
- 16 **Slightly oily/sticky stools** ^[web]
- 17 **Fatty food intolerance** ^[web]
- 18 **Slightly pale stools** ^[web]
- 19 **Negative reaction to coffee** ^[web]
- 20 **Occasional unexplained nausea** ^[web]
- 21 **Occasional runny nose** ^[web]

... and by the following:

- 22 **Possible 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]
- 23 **Night Sweats** ^[web]
- 24 **Possible Yeast / Candida Infection**
- 25 **Migraine/Tension Headaches** ^[web]
A 'sluggish liver' often contributes to headaches.
- 26 **Intoxication Susceptibility** ^[web]
- 27 **Dandruff** ^[web]
- 28 **(Less likely) Excess Protein Consumption** ^[web]
High protein intakes may cause extra metabolic stress to be placed on the liver and kidneys.
- 29 **Susceptibility To Hangovers** ^[web]
Acetaldehyde is a toxic substance produced in the body from alcohol and is one of the impurities found in cheap wine and 'moonshine' spirits. Some researchers believe that an acetaldehyde buildup is the cause of hangovers. If the liver's detoxification pathways are impaired, aldehydes can, instead of being converted to the next intermediate product, build up to harmful levels and cause damage since they are often more toxic than the original substances from which they are derived.

It is probably the metabolism of methanol to formaldehyde and formic acid that caused the symptoms of the hangover. Quick methanol metabolizers suffer more. This is reinforced by the fact that the types of drinks associated with more severe hangovers contain higher levels of methanol. [*Hangovers: Not The*

91% likelihood

21% concern level

Top recommendations

Continued Alcohol Avoidance
TMG (Trimethylglycine)
Therapeutic Fasting ^[web]
Coffee Enema ^[web]

Ethanol, Perhaps The Methanol, British Medical Journal, January 4, 1997;14: pp.2-3]

All types of alcoholic drinks contain some methanol, a substance blamed for the worst hangovers. Whiskey, cheap red wine, fruit brandy and other dark spirits contain the most methanol, sometimes as much as 2% by volume. Vodka and other clear drinks contain the least. In the liver, methanol takes 10 times longer than ethanol to break down.

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.

→ [Read full details and recommendations](#)^[web]

Allergy to Foods (Hidden) is indicated by what you have told us:

1 Bloating caused by specific foods^[web]

2 Onion intolerance^[web]

Onion or garlic allergy is often called an 'intolerance' rather than an allergy. Symptoms may manifest immediately, or be delayed for up to a day.

3 Above average sneezing frequency^[web]

4 Craving specific foods^[web]

We may actually be allergic to the very foods we most crave. By eliminating these foods from our diet for 10-14 days, the cravings may disappear as the withdrawal symptoms cease.

5 Significant epigastric pain^[web]

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.

6 Heart racing/palpitations^[web]

7 Frequent difficulty falling asleep^[web]

8 Occasional sore throats^[web]

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

9 High cigarette smoke sensitivity^[web]

Smoke can aggravate underlying allergies.

10 Eczema^[web]

11 Anal itching at night^[web]

12 Excessive flatulence^[web]

13 Discomfort caused by mold/mustiness^[web]

14 Excess nose/throat mucus^[web]

15 Occasional runny nose^[web]

16 Regular postprandial somnolence^[web]

17 History of sinusitis^[web]

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

18 Bowel movement changes^[web]

19 Occasional unexplained nausea^[web]

... and by the following:

20 Probable Constipation

21 Confirmed 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.

22 Probable 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.

23 Possible Parasite Infection

24 Confirmed Heartburn / GERD / Acid Reflux

25 Migraine/Tension Headaches^[web]

26 Possible Weakened Immune System^[web]

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.

27 Confirmed Bruxism (Clenching/Grinding Teeth)^[web]

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

87% likelihood

20% concern level

Top recommendations

[Test for Food Allergies](#)^[web]

[Elimination Diet](#)^[web]

[Nambudripad Allergic Elimination Therapy \(NAET\)](#)^[web]

[Ozone / Oxidative Therapy](#)^[web]

28 Possible Meniere's Disease [\[web\]](#)

Several studies demonstrate a strong link between food allergies and Meniere's Disease.

29 (Less likely) IBS (Irritable Bowel Syndrome) [\[web\]](#)

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

30 (Less likely) Excess Protein Consumption [\[web\]](#)

High-protein diets may trigger food allergies. Food allergies often arise when protein is poorly digested and/or particular protein-containing foods are consumed too frequently.

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

-1 Slowed pulse rate [\[web\]](#)

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.

→ [Read full details and recommendations](#)^[web]

Dehydration is indicated by what you have told us:

- 1 **Insufficient water consumption** ^[web]
- 2 **Dark urine color** ^[web]
- 3 **Cloudy urine** ^[web]
Yellow and/or cloudy urine may be evidence of a water intake deficiency.
- 4 **Very dry eyes** ^[web]
- 5 **Frequent difficulty falling asleep** ^[web]
- 6 **History of adult allergies** ^[web]
- 7 **Allergies to certain foods** ^[web]
- 8 **Vision disturbances** ^[web]
- 9 **Low alcohol consumption** ^[web]
- 10 **Increased emotional instability** ^[web]
- 11 **Constant fatigue** ^[web]
- 12 **Being easily irritated** ^[web]
- 13 **Dizziness when standing up** ^[web]
- 14 **A high-stress lifestyle** ^[web]
- 15 **Brittle fingernails** ^[web]
- 16 **Occasional runny nose** ^[web]
- 17 **Your daily need: 5 cups / 1.25 liter**
Your daily water requirement is based on your *ideal* weight (not your actual weight), and your ideal weight is calculated from your height and gender.
- 18 **Caffeinated soft drink consumption** ^[web]
Caffeine is a mild diuretic.

... and by the following:

- 19 **Small risk of Kidney Disease**
Renal insufficiency can occur from underperfusion due to dehydration.
- 20 **Confirmed Heartburn / GERD / Acid Reflux**
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).
- 21 **Moderate Dyspepsia / Poor Digestion** ^[web]
- 22 **Migraine/Tension Headaches** ^[web]
- 23 **Confirmed Vertigo** ^[web]
- 24 **Moderate Arrhythmias/Dysrhythmias** ^[web]
- 25 **(Less likely) Rheumatoid Arthritis** ^[web]
- 26 **Possible Caffeine Intoxication** ^[web]
Dehydration may result from the increased urinary frequency brought on by caffeine.
- 27 **Hearing Loss** ^[web]
- 28 **General Weakness** ^[web]
A loss of 4-5% of body weight of fluid decreases the capacity for hard muscular work by 20-30%.
- 29 **Small risk of Gout / Hyperuricemia** ^[web]
Gout can be caused by dehydration and the use of diuretics such as coffee or alcohol.
- 30 **Susceptibility To Hangovers** ^[web]
The most obvious source of headaches due to hangovers is dehydration caused when alcohol suppresses anti-diuretic hormone. This hormone normally orders the body to conserve water, but alcohol dulls the command, causing people to lose far more water to urination than they take in with the alcohol.
The body reacts to the open floodgates by borrowing water from other organs, such as the brain. As a result, the brain shrinks. While that may not cause pain by itself, the brain has a covering called the dura that is connected to the skull by pain-sensitive filaments. Deformation of the dura can cause the

83% likelihood

20% concern level

Top recommendations

Increased Water Consumption
Continued Caffeine/Coffee Avoidance
Increased Fruit/Vegetable Consumption

headaches that come with a hangover.

Dehydration is counter-indicated by the following:

- 1 **Drinking fruit/vegetable juice** ^[web]

Main Condition 16 of 39 [Condition Summary](#) ↑

There are two major types of diabetes, Type 1 and Type 2.

TYPE 1, also known as Juvenile Diabetes or Insulin-Dependent Diabetes Mellitus (IDDM), is an autoimmune-related disease that usually strikes between the ages of 5 and 20 years. In these cases, the patient does not produce enough insulin.

TYPE 2, also known as 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.

→ [Read full details and recommendations](#)^[web]

35% likelihood
19% concern level

Top recommendations
 Sugar Avoidance / Reduction
 Plant-Based Nutrition
 Continued Aerobic Exercise
 Continued Processed Foods Avoidance

Diabetes Type II is indicated by what you have told us:

1 Vision disturbances^[web]

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.

2 Constant fatigue^[web]

3 Omnivorous diet^[web]

August, 2011: A study by researchers at Harvard University and published in the *American Journal of Clinical Nutrition* examined the health records and diets of more than 440,000 men and women spanning a period of between 14 and 28 years and found that people who ate 100gm of red meat a day were 19% more likely to develop type 2 diabetes.

4 Occasionally feeling unusually cold^[web]

The coldness caused by diabetic hypoglycemia is usually accompanied by weakness and, in severe cases, disorientation and fainting.

5 Taking naps^[web]

It was reported in 2010 that a Chinese study of 19,567 people found a correlation between increased napping and increased risk of developing type 2 diabetes. Participants reporting frequent naps (4-6 days per week or daily) were 42% to 52% more likely to have diabetes.

6 Regular postprandial somnolence^[web]

7 Processed meat consumption^[web]

August, 2011: A study by researchers at Harvard University and published in the *American Journal of Clinical Nutrition* indicates that consuming red meat – in particular, processed meats – can drastically increase one's risk of developing diabetes.

The researchers examined the health records and diets of more than 440,000 men and women spanning a period of between 14 and 28 years and found that people who ate 100gm of red meat a day were 19% more likely to develop type 2 diabetes.

More importantly, processed meats such as bacon, products made from mince, and cold meats such as ham and salami, had a far greater effect: Just 50gm a day, the equivalent of two slices of bacon, one sausage or one small burger, increases the risk of developing diabetes by 51%.

There is widespread evidence that red meat drastically increases the likelihood of major health problems including heart disease, strokes and some types of cancer. Until now, however, there has been little evidence that relatively small amounts of processed red meat could increase the chance of diabetes.

Previous research has found that just 100gm of red meat every day – or half a normal size steak – increases the likelihood of developing type 2 diabetes by 20%.

... and by the following:

8 High 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.

9 Confirmed Heartburn / GERD / Acid Reflux

10 Probable Lack of Sleep

11 Confirmed Restless Leg Syndrome^[web]

12 Increased Urinary Frequency^[web]

13 Nocturia^[web]

14 Low Sex Drive^[web]

Lack of sexual desire can be a consequence of diabetes.

15 Small risk of Periodontal Disease - Gingivitis^[web]

If you are diabetic, you are at higher risk of developing infections, including periodontal diseases. These infections can in turn impair the body's ability to process and/or utilize insulin, creating a vicious circle in which your diabetes may be more difficult to control and your infection more severe than in a non-diabetic. [*Journal of Periodontology* November 1999]

Diabetes Type II is counter-indicated by the following:

-1 Confirmed absence of diabetes^[web]

-2 High legume consumption ^[web]

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].

Condition: Mercury Toxicity (Amalgam Illness)

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

→ [Read full details and recommendations](#)^[web]

Mercury Toxicity (Amalgam Illness) is indicated by what you have told us:

1 **Past amalgam filling removal** ^[web]

2 **Being an unsocial person** ^[web]

3 **Nasal congestion** ^[web]

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

4 **Angry/hostile disposition** ^[web]

5 **High cold water fish consumption** ^[web]

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.

6 **Having trouble concentrating** ^[web]

7 **Vision disturbances** ^[web]

Intermittent blurred distance vision is a sign of mercury toxicity.

8 **Heart racing/palpitations** ^[web]

9 **Being easily irritated** ^[web]

10 **Constant fatigue** ^[web]

11 **Occasionally feeling unusually cold** ^[web]

12 **Occasional sore throats** ^[web]

13 **Slight moodiness** ^[web]

... and by the following:

14 **Probable Depression**

15 **Small risk of Chronic Renal Insufficiency**

16 **Probable Allergy to Foods (Hidden)**

17 **Probable Constipation**

18 **Possible Chronic Fatigue / Fibromyalgia Syndrome**

19 **Possible 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.

20 **Significant Anxiety**

21 **Small risk of Kidney Disease**

Kidney disease, including kidney failure, is a possible symptom of mercury toxicity.

22 **Pronounced Insomnia**

23 **Night Sweats** ^[web]

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

24 **Possible Yeast / Candida Infection**

25 **Poor Memory** ^[web]

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

26 **Possible Diverticular Disease** ^[web]

27 **Moderate Headaches** ^[web]

28 **Confirmed Vertigo** ^[web]

29 **Possible Weakened Immune System** ^[web]

In vitro studies suggest that even low, environmentally relevant exposure levels of mercury, which are not toxic, still contribute to immune dysfunction by

61% likelihood

19% concern level

Top recommendations

Selenium

Alpha Lipoic Acid

High/Increased Fiber Diet

Heavy Metal Detoxification /

Avoidance ^[web]

30 Confirmed Bruxism (Clenching/Grinding Teeth) ^[web]

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

31 Nocturia ^[web]

32 Cold Hands and Feet ^[web]

33 Small risk of Panic Attacks ^[web]

34 Male Hair Loss ^[web]

Mercury toxicity can cause hair loss.

35 Bad Breath (Halitosis) ^[web]

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

-1 Not having any amalgam fillings ^[web]

Main Condition 18 of 39 [Condition Summary](#) ↑

Condition: Constipation

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.

→ [Read full details and recommendations](#) ^[web]

Constipation is indicated by what you have told us:

1 Having hard stools ^[web]

80% likelihood

19% concern level

Top recommendations

- Plant-Based Nutrition
- High/Increased Fiber Diet
- Continued Aerobic Exercise
- Increased Water Consumption

Main Condition 19 of 39 [Condition Summary](#) ↑

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.

→ [Read full details and recommendations](#)^[web]

59% likelihood

19% concern level

Top recommendations

Plant-Based Nutrition
 TMG (Trimethylglycine)
 Test Adrenal Function^[web]
 Test Thyroid Function^[web]

Chronic Fatigue / Fibromyalgia Syndrome is indicated by what you have told us:

1 Disturbed sleep^[web]

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

2 Constant fatigue^[web]3 Unsound sleep^[web]4 Nasal congestion^[web]5 Short-term memory failure^[web]6 Frequent difficulty falling asleep^[web]7 Low alcohol consumption^[web]8 Dark urine color^[web]9 Long-term sleep deficit^[web]10 Vision disturbances^[web]11 Brittle fingernails^[web]12 Dizziness when standing up^[web]

... and by the following:

13 Probable 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]

14 Significant Anxiety

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.

15 Night Sweats^[web]16 Moderate Dry Eye^[web]17 Confirmed Restless Leg Syndrome^[web]18 Moderate Headaches^[web]

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

19 (Less likely) Rheumatoid Arthritis^[web]

Almost all (98%) of Rheumatoid Arthritis patients report fatigue. They also report that it is more of a problem than the stiffness and pain.

20 Cold Hands and Feet^[web]

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

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

-1 High energy/stamina^[web]

Increased Risk of Osteoporosis - Osteopenia

"The silent crippler", as osteoporosis is often called, sneaks up on its victims and, without any pain, gradually causes bones to become more porous and fragile. One day you grab your coat and your wrist snaps; or a friend hugs you and cracks your rib; or you step off a curb and break your hip...

→ [Read full details and recommendations](#)^[web]

Increased Risk of Osteoporosis - Osteopenia is indicated by what you have told us:

1 History of many broken bones^[web]

2 History of stress fractures^[web]

3 Having poor posture^[web]

Stooped posture is an early sign of bone loss.

4 Caffeinated soft drink consumption^[web]

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]

5 Low alcohol consumption^[web]

Alcohol interferes with the body's absorption of calcium.

... and by the following:

6 Possible Hypothyroidism

People with hypothyroidism can develop osteoporosis if they are taking too much thyroid hormone.

7 High risk of Consequences of Poor Diet

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

8 Possible Nutritional Deficiency

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

9 Possible Calcium Requirement

When body stores of calcium are low, the body must draw calcium from the bones in order to avoid serious complications.

10 Moderate 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.

11 (Less likely) Vitamin B12 Requirement^[web]

Researchers at the University of California devised a study to determine if low levels of vitamin B-12 might be associated with bone loss in older women. Results showed that women with the lowest levels of B-12 had a significantly higher risk of bone loss and fractures compared to women with the highest levels. The researchers also noted that for some women, B-12 supplements may help slow the rate of bone loss.

12 Possible Folic Acid Deficiency^[web]

Folate (folic acid) and the B-vitamins involved in homocysteine conversion (such as B12 and B6) may be beneficial in reducing the risk of osteoporosis because high levels of homocysteine are implicated in chronic diseases such as osteoporosis.

13 (Less likely) Rheumatoid Arthritis^[web]

According to researchers, women with rheumatoid arthritis have up to double the risk of developing osteoporosis and those who use steroid drugs to help control the arthritis are at an even higher risk of bone loss. [Arthritis and Rheumatism March 2000]

14 (Less likely) Excess Protein Consumption^[web]

High protein intakes may lead to loss of calcium, leading in turn to the development of osteoporosis.

15 (Less likely) Fluoride Toxicity^[web]

Fluorides destroy collagen, which is the glue that adds strength to the bones.

59% likelihood

18% concern level

Top recommendations

Plant-Based Nutrition
Continued Aerobic Exercise
Sugar Avoidance / Reduction
Continued Dairy Products
Avoidance

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.

→ [Read full details and recommendations](#)^[web]

Hypoglycemia is indicated by what you have told us:

- 1 **Fatigue slightly reduced by eating**^[web]
- 2 **Poor tolerance of sugars**^[web]
- 3 **Unsound sleep**^[web]
- 4 **Afternoon coffee/sugar craving**^[web]
- 5 **High refined sugar consumption**^[web]
- 6 **Sugar/sweet craving**^[web]
- 7 **Severe shoulder tightness**^[web]
- 8 **Having trouble concentrating**^[web]
- 9 **Vision disturbances**^[web]
Blurred vision and diplopia (double-vision) are possible symptoms.
- 10 **Regular postprandial somnolence**^[web]
- 11 **Strong appetite**^[web]
Hunger is a symptom of hypoglycemia.
- 12 **Depression with some anxiety**^[web]
- 13 **Moderate afternoon/evening fatigue**^[web]
- 14 **Heart racing/palpitations**^[web]
- 15 **Increased emotional instability**^[web]
- 16 **Dizziness when standing up**^[web]

... and by the following:

- 17 **Probable Depression**
Endogenous depression – depression originating from within as opposed to being due to external factors – is a known symptom.
- 18 **Significant Anxiety**
- 19 **Night Sweats**^[web]
Nighttime hypoglycemia may be without symptoms or manifest itself as night sweats, unpleasant dreams or early morning headache.
- 20 **Poor Memory**^[web]
Temporary forgetfulness is a known symptom of hypoglycemia.
- 21 **Confirmed Restless Leg Syndrome**^[web]
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]
- 22 **Migraine/Tension Headaches**^[web]
- 23 **General Weakness**^[web]

77% likelihood

18% concern level

Top recommendations

Sugar Avoidance / Reduction
Continued Caffeine/Coffee Avoidance
Continued Aerobic Exercise
Continued Processed Foods Avoidance

Condition: Autoimmune Tendency

Autoimmune diseases result from the body's immune system mistaking the tissues its own body for foreign invaders, and attacking them.

→ [Read full details and recommendations](#)^[web]

Autoimmune Tendency is indicated by the following:

1 Possible Hypothyroidism

2 Confirmed Gluten Sensitivity / Celiac Disease

3 Possible Diabetes Type II

Type 2 diabetes is in the process of being redefined as an autoimmune disease rather than just a metabolic disorder.

4 Probable Environmental Illness / MCS

Reports of autoimmune markers in MCS patients, like most MCS data, are inconsistent. Drs. Alan LeVin and Vera Byers in 1992 reported finding anti-thyroid and anti-smooth muscle antibodies among MCS patients, leading to the conclusion that some MCS patients may develop autoimmune disease: The immune systems of MCS patients may generate antibodies to chemicals, or to their own tissues, the latter of which may activate an autoimmune response. In some cases, MCS could be viewed as a chemically-formed autoimmune disease. [*Environ Health Perspect 105(Suppl 2): pp.417-436 (1997)*]

5 (Less likely) Sjogren's Syndrome^[web]

6 (Less likely) Multiple Sclerosis^[web]

7 (Less likely) Lupus, SLE (Systemic Lupus Erythematosus)^[web]

8 Possible Meniere's Disease^[web]

About 60% of patients with Meniere's disease are found to have antibodies for inner ear proteins.

9 (Less likely) Rheumatoid Arthritis^[web]

10 (Less likely) Sarcoidosis^[web]

11 Small risk of Zinc Toxicity^[web]

Prolonged large doses of zinc may, by lowering manganese levels, increase susceptibility to autoimmune reactions.

58% likelihood

18% concern level

Top recommendations

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

Main Condition 23 of 39 [Condition Summary](#) ↑

Condition: Liver Function Test Requirement

The liver is the chemical factory of the body: it stores and releases energy and minerals, makes bile and controls fat absorption. It also makes proteins, vitamins and hormones, regulates blood clotting, filters blood and breaks down waste products. A blood test can show problems with various of these processes, indicating what illness is causing the problems.

→ [Read full details and recommendations](#)^[web]

Liver Function Test Requirement is indicated by what you have told us:

1 Itchy skin^[web]

The reason why patients with liver disease itch is not known, although it is commonly believed that some substances accumulate in the blood as a result of a poorly functioning liver and thus cause itching. A simple blood test can exclude liver disease as a cause for the itching, as liver enzymes are often elevated with liver involvement.

2 Constant fatigue^[web]

... and by the following:

3 Probable Liver Detoxification / Support Requirement

4 General Weakness^[web]

76% likelihood

18% concern level

Top recommendations

[Test/Monitor Liver Function](#)^[web]

Main Condition 24 of 39 [Condition Summary](#) ↑

Increased Risk of Elevated Insulin Levels

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.

→ [Read full details and recommendations](#)^[web]

Increased Risk of Elevated Insulin Levels is indicated by what you have told us:

1 Apple-shaped body when overweight^[web]

... and by the following:

2 Confirmed 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]

3 Probable Lack of Sleep

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.

4 Small risk of Gout / Hyperuricemia^[web]

Preliminary research suggests that insulin resistance may play a role in the development of gout. Gout is strongly associated with the consequences of insulin resistance i.e. obesity, hypertension, hyperlipidemia and diabetes.

75% likelihood

18% concern level

Top recommendations

[Sugar Avoidance / Reduction](#)
[Continued Aerobic Exercise](#)
[Chromium](#)^[web]
[DHA \(docosahexaenoic acid\)](#)^[web]

Main Condition 25 of 39 [Condition Summary](#) ↑

Condition: Need For Routine Preventative Health Measures

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.

→ [Read full details and recommendations](#)^[web]

Need For Routine Preventative Health Measures is indicated by what you have told us:

1 Cancer in family members^[web]

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

2 Unknown time since last doctor visit^[web]

3 Being somewhat nearsighted^[web]

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

4 Unknown total cholesterol level^[web]

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.

5 No recent health checkup^[web]

6 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.

... and by the following:

7 Possible Diabetes Type II

Persons with diabetes must take extra care to be sure to have thorough, periodic eye exams (at least yearly), especially if early signs of visual impairment are noticed. Anyone experiencing a sudden loss of vision, decrease in vision or visual field, flashes of light, or floating spots should contact their eye doctor right away.

8 (Less likely) Glaucoma^[web]

Regular eye tests are recommended if you are over 40 years old. The test for glaucoma must be performed by a trained person, either an ophthalmologist or a trained ophthalmic optician. The test for glaucoma may not be a part of the standard eye test given and should be requested.

Those diagnosed with glaucoma will need to attend regular follow-up appointments during which any perceived loss of vision must be reported. Those who have had an episode of acute glaucoma should be aware of the early symptoms and consult a doctor immediately should they re-occur.

97% likelihood

17% concern level

Top recommendations

[Test for Cardiac Risk Factors](#)
[Visiting An Eye Doctor](#)^[web]
[Adequate Dental Care](#)^[web]
[Male-Specific Cancer Screening](#)^[web]

Main Condition 26 of 39 [Condition Summary](#) ↑

Condition: Low Melatonin Level

Melatonin is a hormone in the same category as estrogen and testosterone and should not automatically be used as liberally as its current availability suggests. It is manufactured from tryptophan by the pineal gland in the brain and secreted in small amounts. Melatonin plays an important role in the sleep cycle, the trigger for melatonin secretion being decreased light exposure: as sunlight exposure decreases, melatonin secretion begins. Melatonin is sometimes called the "Dracula of hormones" – it only comes out in the dark.

→ [Read full details and recommendations](#)^[web]

Low Melatonin Level is indicated by what you have told us:

1 Disturbed sleep ^[web]
A history of light, anxious, restless sleep is often evidence of low melatonin levels.

2 Constant fatigue ^[web]

... and by the following:

3 Probable Depression

4 Possible Enlarged Prostate

5 Significant Anxiety

6 Pronounced Insomnia

7 Probable Lack of Sleep

8 Migraine/Tension Headaches ^[web]
Migraines sufferers often are found to have reduced blood levels of melatonin.

71% likelihood

17% concern level

Top recommendations

[Test for Hormones](#) ^[web]

[Melatonin](#) ^[web]

[Increased Sleep](#) ^[web]

[Continued Caffeine/Coffee](#)

[Avoidance](#)

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.

→ [Read full details and recommendations](#)^[web]

71% likelihood

17% concern level

Top recommendations

[Glutamine](#)^[web]
[Continued Dairy Products Avoidance](#)
[Gluten-free Diet](#)^[web]

Increased Risk of Increased Intestinal Permeability / Leaky Gut is indicated by what you have told us:

- 1 [Allergies to certain foods](#)^[web]
- 2 [History of adult allergies](#)^[web]
- 3 [Broad-spectrum antibiotic use](#)^[web]
- 4 [Tetracycline use](#)^[web]
- 5 [Pain medication use](#)^[web]
The overuse of pain medication can eventually lead to leaky gut syndrome.
- 6 [Bloating caused by specific foods](#)^[web]
- 7 [Bowel movement changes](#)^[web]
- 8 [History of sinusitis](#)^[web]
- 9 [Occasional unexplained nausea](#)^[web]

... and by the following:

- 10 [Confirmed Gluten Sensitivity / Celiac Disease](#)
- 11 [Probable Allergy to Foods \(Hidden\)](#)
- 12 [Probable Constipation](#)
- 13 [Possible Bacterial Dysbiosis](#)
It is likely that both yeast and bacterial overgrowth commonly occur together; overgrowth of either can lead to Leaky Gut Syndrome.
- 14 [Possible Yeast / Candida Infection](#)
It is likely that both yeast and bacterial overgrowth commonly occur together; overgrowth of either can lead to Leaky Gut Syndrome.
- 15 [\(Less likely\) Rheumatoid Arthritis](#)^[web]
- 16 [\(Less likely\) Alcohol-related Problems](#)^[web]

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.

→ [Read full details and recommendations](#)^[web]

Bacterial Dysbiosis is indicated by what you have told us:

- 1 **Tetracycline use** ^[web]
- 2 **Broad-spectrum antibiotic use** ^[web]
- 3 **Poor tolerance of sugars** ^[web]
- 4 **Excessive flatulence** ^[web]
- 5 **Constant fatigue** ^[web]

... and by the following:

- 6 **Probable Allergy to Foods (Hidden)**
- 7 **Possible Autoimmune Tendency**
- 8 **Possible Parasite Infection**

Small bowel parasites may predispose a person to bacterial overgrowth in the small intestine.

- 9 **Possible Hydrochloric Acid Deficiency**

- 10 **Confirmed 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.

- 11 **(Less likely) Rheumatoid Arthritis** ^[web]

Immunologic responses to gut flora have been advanced by several authors as being important causative factors of inflammatory joint diseases. It is well-known that reactive arthritis can be activated by intestinal infections with Yersinia, Salmonella and other enterobacteria. In some cases bacterial antigens have been found in synovial cells and may enter the circulation because of the increased intestinal permeability associated with the intestinal infection. Increased intestinal permeability and immune responses to bacterial debris may cause other types of inflammatory joint disease as well.

- 12 **Adult Acne** ^[web]

- 13 **(Less likely) IBS (Irritable Bowel Syndrome)** ^[web]

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.

Bacterial Dysbiosis is counter-indicated by the following:

- 1 **No significant diarrhea** ^[web]
- 2 **Not suffering from diarrhea** ^[web]

71% likelihood

17% concern level

Top recommendations

[Probiotics](#)^[web]
[Microbiological Stool Exam](#)^[web]
[Grapefruit Seed Extract](#)^[web]
[Antibiotics](#)^[web]

Enlarged Prostate

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.

→ [Read full details and recommendations](#)^[web]

Enlarged Prostate is indicated by what you have told us:

1 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 almost 80% of males past the age of seventy. Most physicians consider this to be a normal consequence of aging.

2 Weak urine stream^[web]

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

3 Interrupted urine stream^[web]

... and by the following:

4 Probable 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.

5 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.

6 Nocturia^[web]

69% likelihood

16% concern level

Top recommendations

Zinc

[Natural Progesterone](#)^[web]

[Essential Fatty Acids](#)

[Saw Palmetto](#)^[web]

Alternative Names: *Multiple Chemical Sensitivity / MCS, Environmental Illness, Ecological Illness, Total Allergy Syndrome, Multiple Allergy, Chemical Injury, Chemical Sensitivity.*

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.

→ [Read full details and recommendations](#)^[web]

90% likelihood

16% concern level

Top recommendations

- [Sauna Detoxification Program](#)^[web]
- [Chemical Avoidance](#)^[web]
- [Selenium Allergy Protocol](#)^[web]
- [Liver Detoxification Phase II Support](#)^[web]

Environmental Illness / MCS is indicated by what you have told us:

- 1 **Allergy to chemicals**^[web]
- 2 **High cigarette smoke sensitivity**^[web]
- 3 **Having trouble concentrating**^[web]
- 4 **Being easily irritated**^[web]
- 5 **Constant fatigue**^[web]
Daytime grogginess is a possible symptom of environmental illness.
- 6 **Strong appetite**^[web]
- 7 **Heart racing/palpitations**^[web]
Heart palpitations and dysrhythmias can be caused by chemical exposures in sensitized individuals.
- 8 **Moderate abdominal pain**^[web]

... and by the following:

- 9 **Probable Constipation**
- 10 **Possible Chronic Fatigue / Fibromyalgia Syndrome**
MCS is a distinct illness that many times is diagnosed secondarily to CFS and/or fibromyalgia.
- 11 **Pronounced Insomnia**
- 12 **Poor Memory**^[web]
- 13 **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.
- 14 **Moderate Arrhythmias/Dysrhythmias**^[web]
An irregular or rapid heart beat and awareness of your heart beating are listed as possible symptoms of environmental illness.

Condition: Low Male Testosterone Level

It is possible you have a testosterone deficiency.

Low testosterone effects almost every major system in the male body and has potentially serious long term health consequences. Testosterone significantly affects the brain, libido, muscles, blood, and many other aspects of male health.

→ [Read full details and recommendations](#)^[web]

Low Male Testosterone Level is indicated by what you have told us:

- 1 [A high-stress lifestyle](#) ^[web]
- 2 [Angry/hostile disposition](#) ^[web]

... and by the following:

3 [Moderate 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.

4 [Probable Depression](#)

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

5 [Moderate risk of Osteoporosis - Osteopenia](#)

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.

6 [Moderate risk of 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.

7 [Low Sex Drive](#) ^[web]

Many studies over the years have shown that testosterone is critical to sexual desire. One of the most common symptoms of low male testosterone level is a loss of libido.

8 [Possible Andropause/Male Menopause](#) ^[web]

Low Male Testosterone Level is counter-indicated by the following:

- 1 [Being highly motivated](#) ^[web]
- 2 [High energy/stamina](#) ^[web]

65% likelihood

15% concern level

Top recommendations

[Test for Hormones](#)^[web]
[Testosterone Levels, Test](#)^[web]
[Tribulus](#)^[web]
[DIM / I3C](#)^[web]

Condition: Anxiety

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

→ [Read full details and recommendations](#)^[web]

Anxiety is indicated by what you have told us:

- 1 **Poor ability to relax** ^[web]
- 2 **Frequent feelings of insecurity** ^[web]
- 3 **Angry/hostile disposition** ^[web]
- 4 **Regular nightmares** ^[web]
- 5 **Frequent difficulty falling asleep** ^[web]
- 6 **Unsound sleep** ^[web]
- 7 **Occasionally feeling unusually cold** ^[web]
- 8 **Occasional chest tightness** ^[web]

... and by the following:

- 9 **Probable Constipation**
This connection is discussed in the link between constipation and stress.

Main Condition 33 of 39 [Condition Summary](#) ↑

85% likelihood

15% concern level

Top recommendations

[Sugar Avoidance / Reduction](#)
[Continued Caffeine/Coffee Avoidance](#)
[Continued Aerobic Exercise](#)
[Continued Alcohol Avoidance](#)

Wise to rule out: Chronic Renal Insufficiency

Alternative Names: *Chronic Kidney Disease, CKD.*

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.

→ [Read full details and recommendations](#)^[web]

Increased Risk of Chronic Renal Insufficiency is indicated by what you have told us:

- 1 **Itchy skin** ^[web]
- 2 **Constant fatigue** ^[web]

... and by the following:

- 3 **Possible Diabetes Type II**
Type II diabetes mellitus is the leading cause of chronic kidney disease, accounting for 35% of the new cases each year and 25% of all cases in the U.S.
- 4 **Moderate Headaches** ^[web]
- 5 **(Less likely) Glomerulonephritis** ^[web]
With about a million glomeruli in each kidney, there is an ample reserve of kidney function, and a person can go many years or even decades without feeling the effects of renal failure. However, once a glomerulus is damaged, it cannot be repaired. IgAN progressively destroys these glomeruli. As more and more glomeruli become scarred and non-functional, the remaining ones start working harder (a process called hyperfiltration), and eventually, as more and more of them fail at an increasingly faster rate, the kidneys no longer have enough function left to perform their task of filtering waste products from the blood.
- 6 **Small risk of Gout / Hyperuricemia** ^[web]
Patients with impaired renal function filter and excrete less uric acid and therefore become hyperuricemic. Interestingly, patients with renal failure do not develop gout as frequently as expected, despite their high plasma urate levels. The explanation for this phenomenon may be that they have not incurred sustained hyperuricemia levels long enough to develop gout. Only 1% of renal failure patients develop gout but nearly 30% of patients with adult polycystic kidney disease do.

Main Condition 34 of 39 [Condition Summary](#) ↑

21% likelihood

21% concern level

Top recommendations

[Plant-Based Nutrition](#)
[Essential Fatty Acids](#)
[Baking Soda](#) ^[web]
[Chitosan](#) ^[web]

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.

→ [Read full details and recommendations](#)^[web]

20% likelihood
20% concern level

Top recommendations
[High/Increased Fiber Diet](#)
[Aspirin](#)
[Low/Decreased Fat Diet](#)^[web]
[Continued Aerobic Exercise](#)

Increased Risk of Colon Cancer is indicated by what you have told us:

1 Grilled meat consumption ^[web]

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 colorectal 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)]

2 Family history of colorectal cancer ^[web]

3 Bowel movement changes ^[web]

In general, you should see a specialist if you are over 40 and have the following symptoms:

- A change in normal bowel habits towards looser and/or more frequent stools that has lasted for over 6 weeks
- Any bleeding from the rectum.

4 Processed meat consumption ^[web]

One study has revealed that every 50 grams of processed meat consumed daily increases the risk of colorectal cancer by 50%.

5 Excessive flatulence ^[web]

... and by the following:

6 Possible Bacterial Dysbiosis

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

7 Possible Vitamin D Requirement

British Medical Journal, January 2010: Those with a higher level of vitamin D in their blood are less likely to develop bowel cancer than those with low levels. A study has concluded that those with the highest levels of the vitamin were at 40% lower risk of developing the disease compared with those with the lowest levels. Researchers at the International Agency for Research on Cancer (IARC) in Lyon, France, and Imperial College London looked at vitamin D quantities in 1,248 people with bowel cancer and 1,248 controls in the largest ever study of the subject.

8 Possible Inadequate Fiber Intake ^[web]

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

9 Moderate risk of Problems Associated With A Sedentary Lifestyle ^[web]

Risk of developing breast and colon cancers is significantly increased in those who spend a lot of time sitting, according to research presented in November of 2011 at the American Institute for Cancer Research.

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.

→ [Read full details and recommendations](#)^[web]

Increased Risk of Atherosclerosis is indicated by what you have told us:

- 1 **Being highly motivated** ^[web]
- 2 **Pain in chest or left side** ^[web]
- 3 **No social support group** ^[web]
- 4 **Angry/hostile disposition** ^[web]
Negative attitudes such as anger, hostility, distrust, depression and anxiety are often contributing factors.
- 5 **Hydrogenated fat consumption** ^[web]
- 6 **Discontinued multiple vitamin use** ^[web]
- 7 **Being male**
Men are more likely to suffer from this condition than women.

... and by the following:

- 8 **Probable 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*]
- 9 **Confirmed 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.
- 10 **Significant Anxiety**
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*]
- 11 **Possible Magnesium Requirement** ^[web]
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.
- 12 **High risk of Excess Sugar Consumption**
Excessive sugar consumption has been linked to elevated triglycerides and may contribute to atherosclerosis, especially in individuals with elevated insulin levels.
- 13 **(Less likely) Lupus, SLE (Systemic Lupus Erythematosus)** ^[web]
Numerous studies have confirmed premature, accelerated atherosclerosis in SLE patients. Although the exact cause is not known at this point, atherosclerotic heart disease is a common cause of morbidity and death amongst lupus patients.

Increased Risk of Atherosclerosis is counter-indicated by the following:

- 1 **Being in your 40s**
- 2 **Very good aerobic exercise level** ^[web]
- 3 **Much vitamin C supplementation** ^[web]
- 4 **Moderate fruit/vegetable consumption** ^[web]

31% likelihood

17% concern level

Top recommendations

Test for Cardiac Risk Factors
Plant-Based Nutrition
Nut and Seed Consumption
Continued Aerobic Exercise

Wise to rule out: Kidney Disease

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.

→ [Read full details and recommendations](#)^[web]

Increased Risk of Kidney Disease is indicated by what you have told us:

1 Itchy skin ^[web]

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

2 Pain medication use ^[web]

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

3 Mild left lumbar discomfort ^[web]

4 Constant fatigue ^[web]

... and by the following:

5 Possible Kidney Stones (Urolithiasis)

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.

6 Small risk of Gout / Hyperuricemia ^[web]

Hyperuricemia is caused by a variety of means, one of which is abnormal kidney function. In addition, for some individuals gout is a progressive, crippling chronic disease that eventually damages the kidneys.

27% likelihood

15% concern level

Top recommendations

[Hydrangea](#) ^[web]

[Goldenrod](#) ^[web]

[Gravel Root](#) ^[web]

[Parsley](#) ^[web]

Main Condition 37 of 39 [Condition Summary](#) ↑

Wise to rule out: Pneumonia

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.

→ [Read full details and recommendations](#)^[web]

Pneumonia is indicated by what you have told us:

1 Chest pain when breathing ^[web]

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.

... and by the following:

2 Possible Diabetes Type II

Diabetes is a risk factor for the development of pneumonia.

3 Possible Weakened Immune System ^[web]

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

4 (Less likely) Alcohol-related Problems ^[web]

Alcoholism is a risk factor for the development of pneumonia.

27% likelihood

15% concern level

Top recommendations

[Conventional Drug Use](#)

[Bromelain](#) ^[web]

[Bacteria / Pathogen Testing by PCR](#) ^[web]

[Cayenne Pepper](#) ^[web]

Main Condition 38 of 39 [Condition Summary](#) ↑

Wise to rule out: Non-Hodgkin's Lymphoma

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.

→ [Read full details and recommendations](#)^[web]

Non-Hodgkin's Lymphoma is indicated by what you have told us:

- 1 Itchy skin** ^[web]
- 2 Occasional unexplained fevers** ^[web]
- 3 Caucasian ethnicity** ^[web]
Non-Hodgkin's lymphoma occurs more frequently in whites than in African-Americans.
- 4 Being male**
It is more common in men than in women.
- 5 Moderate abdominal pain** ^[web]
- 6 Being in your 40s**
The likelihood of getting non-Hodgkin's lymphoma increases with age.
- 7 Constant fatigue** ^[web]

... and by the following:

- 8 Night Sweats** ^[web]
- 9 Possible Weakened Immune System** ^[web]
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.
- 10 (Less likely) Epstein-Barr Virus (EBV)** ^[web]
Human T-lymphotropic virus type I (HTLV-1) and Epstein-Barr virus are two infectious agents that increase the chance of developing non-Hodgkin's lymphoma.

13% likelihood
13% concern level

Top recommendations

Selenium
Plant-Based Nutrition
Continued Caffeine/Coffee
Avoidance
LDN - Low Dose Naltrexone ^[web]

Secondary Health Conditions - Detail

Below, for your reference, are the details of 23 health conditions which, although not likely or serious enough to be included in the main list, are worth considering.

Condition: Allergic Rhinitis / Hay Fever (confirmed)

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

→ [Read full details and recommendations](#)^[web]

Allergic Rhinitis / Hay Fever is indicated by what you have told us:

- 1 Hay fever^[web]
- 2 Above average sneezing frequency^[web]
- 3 Occasional runny nose^[web]

... and by the following:

- 4 **Confirmed Bruxism (Clenching/Grinding Teeth)**^[web]
Allergy may play a role in bruxism. It is reported that bruxism is more frequent in those experiencing periods of allergic rhinitis or asthma.
- 5 **Possible Meniere's Disease**^[web]
Several studies have found a strong connection between inhalant allergies and Meniere's Disease.
- 6 **Tendency To Nosebleeds**^[web]

100% confirmed

18% concern level

Top recommendations

Increased Fruit/Vegetable Consumption
Vitamin B5 (Pantothenic Acid)^[web]
Continued Caffeine/Coffee Avoidance
Sugar Avoidance / Reduction

Secondary Condition 1 of 23 [Main Condition Summary](#) ↑

Condition: Low Serotonin Level

When serotonin levels are low, many psychological problems can develop including serious depression.

→ [Read full details and recommendations](#)^[web]

Low Serotonin Level is indicated by what you have told us:

- 1 Disturbed sleep^[web]
- 2 Sugar/sweet craving^[web]
- 3 Increased emotional instability^[web]

... and by the following:

- 4 **Probable Depression**
Serotonin levels can dictate if you feel depressed or not. Antidepressant medications like Paxil, Zoloft, St. John's Wort, and Prozac work by preventing serotonin destruction and loss. These antidepressants inhibit serotonin uptake (or reuptake) by the neurons in the brains. Low serotonin levels cause depression.
- 5 **Significant Anxiety**
Serotonin levels are often low among people with anxiety disorders.
- 6 **Confirmed Obsessive-Compulsive Disorder (OCD)**^[web]
Although the exact cause is not known, experts believe that OCD may be caused by low levels of a chemical in the brain called serotonin.
- 7 **Confirmed Restless Leg Syndrome**^[web]
Tryptophan, a serotonin precursor, has been shown to help a small percentage of RLS sufferers. [*Am J Psychiatry* 143(4): pp.554-5, 1986]
- 8 **Migraine/Tension Headaches**^[web]

63% likelihood

15% concern level

Top recommendations

Tryptophan / 5HTP

Secondary Condition 2 of 23 [Main Condition Summary](#) ↑

EFA (Essential Fatty Acid) Requirement

Please refer to the discussion of this topic in the Recommendations/Treatments section. This knowledge will help you decide what you should do as you read about "Essential Fatty Acids" there.

→ [Read full details and recommendations](#)^[web]

EFA (Essential Fatty Acid) Requirement is indicated by what you have told us:

- 1 **Much ear wax build up** ^[web]
- 2 **Severe shoulder tightness** ^[web]
- 3 **Adult acne** ^[web]
- 4 **Aspirin is effective pain reliever** ^[web]
- 5 **Hydrogenated fat consumption** ^[web]

... and by the following:

6 **Confirmed Chronic Inflammation**

In order to maintain proper balance of the anti-spasmodic 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.

7 **Possible EFA (Essential Fatty Acid) Type 3 Requirement**

8 **Possible Yeast / Candida Infection**

9 **Moderate risk of EFA (Essential Fatty Acid) Type 6 Requirement** ^[web]

10 **Dandruff** ^[web]

A diet low in essential fatty acids can result in skin problems, such as dandruff.

11 **Male Hair Loss** ^[web]

Essential fatty acid deficiency can result in dry, brittle hair and hair thinning or loss.

85% likelihood

15% concern level

Top recommendations

[Essential Fatty Acids](#)
[Digestive Enzyme \(Trial\)](#) ^[web]

Zinc Requirement

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.

→ [Read full details and recommendations](#)^[web]

Zinc Requirement is indicated by what you have told us:

- 1 **Frequent hangnails**^[web]
- 2 **Disturbed sleep**^[web]
- 3 **Weak sexual desire**^[web]
- 4 **Darker/redder skin color**^[web]
Darkening of the skin all over the body is a symptom of zinc deficiency.
- 5 **Adult acne**^[web]
- 6 **Brittle fingernails**^[web]

... and by the following:

- 7 **Probable Depression**
- 8 **Confirmed 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.
- 9 **Possible Enlarged Prostate**
- 10 **Possible 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*]
- 11 **Possible Weakened Immune System**^[web]
Zinc deficiency weakens the immune system.
- 12 **Possible Pyroluria**^[web]
Pyroluria is caused by an overproduction of kryptopyrole during hemoglobin synthesis, which chemically combines with vitamin B6 and zinc, resulting in their excretion and a deficiency of both of these essential nutrients.
- 13 **Possible Iodine Requirement**^[web]
Low zinc intakes exacerbate the effect of low iodine intake.
- 14 **(Less likely) Rheumatoid Arthritis**^[web]
There is a possibility that zinc malabsorption may contribute to low zinc levels amongst rheumatoid arthritis. [*J Rheumatol. 1997;24(4): pp.643-646*] While levels of zinc have been found to be lower than normal in the blood of patients with rheumatoid arthritis, supplementation does not appear to be beneficial to the condition.
- 15 **(Less likely) Alcohol-related Problems**^[web]
Zinc deficiency is frequently associated with alcoholism, due to a lower intake of food.
- 16 **Male Hair Loss**^[web]
Mineral metabolism of 19 patients with hair loss was examined. Twelve of those patients had problems with their zinc metabolism. Specific nutritional and mineral therapy resulted in improved hair growth after 2-3 months of treatment. [*Blaurock-Busch, E. Wichtige Nahrstoffe fur Gesunde Haut und Haare, Kosmetik Internat. 3/87*]

81% likelihood

14% concern level

Top recommendations

Zinc
Continued Caffeine/Coffee
Avoidance
Test Zinc Levels^[web]
Digestive Enzyme (Trial)^[web]

Condition: Parasite Infection (confirmed)

Intestinal parasites are micro-organisms that live in the intestines. Some cause problems while others can live for long periods in the bowel without causing symptoms or requiring treatment.

→ [Read full details and recommendations](#)^[web]

Parasite Infection is indicated by what you have told us:

- 1 **Offensive-smelling stool** ^[web]
- 2 **Regular postprandial somnolence** ^[web]

... and by the following:

- 3 **Possible Yeast / Candida Infection**

Intestinal parasites such as worms destroy friendly bacteria in the gut, making yeast overgrowth possible. It is common for Candida patients to also have parasites and parasites should be suspected if Candida overgrowth recurs.

- 4 **Confirmed Pinworm Infection** ^[web]

Secondary Condition 5 of 23 [Main Condition Summary](#) ↑

100% confirmed

14% concern level

Top recommendations

[Conventional Drug Use](#)
[Parasite Cleanse](#) ^[web]
[Test for Parasites](#) ^[web]
[Black Walnut](#) ^[web]

Condition: Insomnia

Although one-third of the average person's life is spent sleeping, many of the physical and chemical bases of sleep remain a mystery. Sleep-wake patterns are governed by circadian rhythms, which usually run on 25-hour cycles with two natural daily peak times for sleeping, at night and at mid-day, the traditional siesta time.

→ [Read full details and recommendations](#)^[web]

Insomnia is indicated by what you have told us:

- 1 **Frequent difficulty falling asleep** ^[web]
- 2 **Unsound sleep** ^[web]
- 3 **Disturbed sleep** ^[web]

... and by the following:

- 4 **(Less likely) Alcohol-related Problems** ^[web]

Depletion of tryptophan as a result of heavy drinking explains why alcoholics suffer from insomnia.

Secondary Condition 6 of 23 [Main Condition Summary](#) ↑

96% likelihood

13% concern level

Top recommendations

[Continued Caffeine/Coffee Avoidance](#)
[Tryptophan / 5HTP](#)
[Melatonin](#) ^[web]
[GHB \(Gamma-Hydroxybutyrate\)](#) ^[web]

Condition: Hemorrhoids (confirmed)

Hemorrhoids are swollen hemorrhoidal plexuses in and around the anus and lower rectum that stretch under pressure, similar to varicose veins in the legs. Internal hemorrhoids are found just above the anal canal, while external hemorrhoids are usually visible under the skin around the anus. The presence of external hemorrhoids suggests a good probability of internal hemorrhoids also.

→ [Read full details and recommendations](#)^[web]

Hemorrhoids is indicated by what you have told us:

- 1 **Hemorrhoids** ^[web]
- 2 **Anal itching at night** ^[web]

... and by the following:

- 3 **Probable 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.

Secondary Condition 7 of 23 [Main Condition Summary](#) ↑

100% confirmed

13% concern level

Top recommendations

[High/Increased Fiber Diet](#)
[Ozone / Oxidative Therapy](#) ^[web]
[Colloidal Silver](#) ^[web]

Condition: Kidney Stones (Urolithiasis)

Kidney stones are painful urinary disorders that start as salt/chemical crystals which precipitate out from urine. Under normal circumstances, the urine contains substances that prevent crystallization but for patients with this condition, these inhibitory substances are ineffective. Tiny crystals will pass out along with the urinary flow without causing problems. At least 1% of people will pass a kidney stone during their lifetime, producing some of the most severe pain possible.

→ [Read full details and recommendations](#)^[web]

Kidney Stones (Urolithiasis) is indicated by what you have told us:

- 1 Moderate hypogastric pain** ^[web]
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.
- 2 Mild left lumbar discomfort** ^[web]
- 3 Insufficient water consumption** ^[web]
Restricted water consumption is an important causative factor.
- 4 Weak urine stream** ^[web]
- 5 Moderate unexplained fevers** ^[web]
- 6 Being male**
Kidney stone disease is a little more common in males and usually in those aged between 20 and 40.

... and by the following:

- 7 Night Sweats** ^[web]
- 8 Small risk of Gout / Hyperuricemia** ^[web]
Gout (excess uric acid) is a common cause of kidney stones.

Secondary Condition 8 of 23 [Main Condition Summary](#) ↑

37% likelihood

12% concern level

Top recommendations

[Increased Water Consumption](#)
[Continued Caffeine/Coffee Avoidance](#)
[Magnesium](#)^[web]
[Continued Dairy Products Avoidance](#)

Condition: Hydrochloric Acid Deficiency

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.

→ [Read full details and recommendations](#)^[web]

Hydrochloric Acid Deficiency is indicated by what you have told us:

- 1 Delayed gastric emptying** ^[web]
- 2 Adult acne** ^[web]
- 3 Offensive-smelling stool** ^[web]
- 4 Eczema** ^[web]
- 5 Excessive flatulence** ^[web]
- 6 Regular postprandial somnolence** ^[web]

... and by the following:

- 7 Confirmed Heartburn / GERD / Acid Reflux**
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.
- 8 Possible Yeast / Candida Infection**
- 9 (Less likely) Rheumatoid Arthritis** ^[web]
Lack of stomach acid occurs frequently in rheumatoid arthritis patients. This is associated with changes in gastric microbial patterns.
- 10 (Less likely) IBS (Irritable Bowel Syndrome)** ^[web]

Secondary Condition 9 of 23 [Main Condition Summary](#) ↑

50% likelihood

12% concern level

Top recommendations

[Hydrochloric Acid \(Trial\)](#)^[web]
[Digestive Enzyme \(Trial\)](#)^[web]
[Folic Acid](#)^[web]
[Vitamin B-Complex](#)

Immune System Imbalance (TH2 Dominance)

The quality of an individual's immune system can be evaluated through the balance of cytokines it is producing. This increasingly popular classification method is referred to as the Th1/Th2 balance. Interleukins and interferons are called "cytokines" which can be grouped into those secreted by Th1 type cells and those secreted by Th2 type cells. Th1 cells promote cell-mediated immunity while Th2 cells induce humoral immunity.

→ [Read full details and recommendations](#)^[web]

Immune System Imbalance (TH2 Dominance) is indicated by what you have told us:

- 1 **High refined sugar consumption**^[web]
- 2 **History of candidiasis**^[web]
- 3 **Allergy to chemicals**^[web]
- 4 **History of adult allergies**^[web]
- 5 **Hydrogenated fat consumption**^[web]

... and by the following:

- 6 **Moderate risk of Cancer, General**

- 7 **Possible 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.

- 8 **(Less likely) Rheumatoid Arthritis**^[web]

A Mayo Clinic study found that the T-cells were 'worn out' in rheumatoid arthritis patients, who do not make new T-cells as readily as they should.

Secondary Condition 10 of 23 [Main Condition Summary](#) ↑

53% likelihood

12% concern level

Top recommendations

[Increased Water Consumption](#)
[Vitamin E](#)
[DHEA](#)
[Glutamine](#)^[web]

Condition: Histadelia (Histamine High)

Histadelia, more common in males, is characterized by elevated blood levels of histamine.

→ [Read full details and recommendations](#)^[web]

Histadelia (Histamine High) is indicated by what you have told us:

- 1 **Being highly motivated**^[web]
Those with elevated histamine (histadelics) tend to work compulsively.
- 2 **Slender fingers and toes**^[web]
Histadelics often have long fingers and toes.
- 3 **Good creativity/imagination**^[web]
Histadelics are often highly creative.
- 4 **Excess nose/throat mucus**^[web]
Histamine can cause additional mucus production.
- 5 **Occasional unexplained nausea**^[web]

... and by the following:

- 6 **Probable Depression**
Histadelics are often chronically and suicidally depressed.
- 7 **Confirmed Allergic Rhinitis / Hay Fever**
- 8 **Confirmed Obsessive-Compulsive Disorder (OCD)**^[web]
Histadelics are often prone to obsessions, compulsions, and addictions.
- 9 **Pronounced Insomnia**
The overarousal seen in histadelia may contribute to insomnia.
- 10 **Moderate Headaches**^[web]

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

- 1 **High tolerance for pain**^[web]
- 2 **A lack of phobias**^[web]
- 3 **Good tolerance of heat**^[web]
- 4 **Weak sexual desire**^[web]

Secondary Condition 11 of 23 [Main Condition Summary](#) ↑

53% likelihood

12% concern level

Top recommendations

[Test Copper Levels](#)^[web]
[Test Histamine Levels](#)^[web]
[Calcium](#)
[Test Folic Acid Levels](#)^[web]

Calcium Requirement

Calcium is the most abundant mineral in the human body. Of the body's total calcium, about 99% is in the bones and teeth where it plays a structural role. The remaining 1% is present in body tissues and fluids where it is essential for cell metabolism, muscle contraction and nerve impulse transmission.

→ [Read full details and recommendations](#)^[web]

Calcium Requirement is indicated by what you have told us:

1 **History of many broken bones**^[web]

2 **Not consuming calcium-fortified food**^[web]

3 **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.

4 **Low dark leafy greens consumption**^[web]

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.

5 **Brittle fingernails**^[web]

... and by the following:

6 **Confirmed 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).

7 **Male Hair Loss**^[web]

Mineral metabolism of 19 patients with hair loss was examined. Eighteen of those patients showed considerable problems with calcium absorption. Specific nutritional and mineral therapy resulted in improved hair growth after 2-3 months of treatment. [Blaurock-Busch, E. *Wichtige Nahrungstoffe für Gesunde Haut und Haare, Kosmetik Internat.* 3/87]

67% likelihood

12% concern level

Top recommendations

[Increased Fruit/Vegetable Consumption](#)
[Continued Caffeine/Coffee Avoidance](#)
[Calcium](#)
[Vitamin D](#)

Secondary Condition 12 of 23 [Main Condition Summary](#) ↑

Condition: Nutritional Deficiency

Alternative Names: *Inadequate nutrition, Malnourishment, Malnutrition*

Malnutrition is a state in which the body is not getting enough of the required nutrients. Starvation is a severe form of malnutrition.

→ [Read full details and recommendations](#)^[web]

Nutritional Deficiency is indicated by what you have told us:

1 **Craving specific foods**^[web]

Specific food cravings can be manifestations the body's attempt to obtain certain nutrients that it is missing. If a person attempts to satisfy their cravings with junk foods (foods with no nutritional value), the cravings will continue.

2 **Being easily irritated**^[web]

... and by the following:

3 **High risk of Consequences of Poor Diet**

4 **Probable EFA (Essential Fatty Acid) Requirement**

5 **Possible General Mineral Requirement**

6 **Possible Multiple Vitamin Need**^[web]

Nutritional Deficiency is counter-indicated by the following:

-1 **Healthy Diet Choices**

68% likelihood

12% concern level

Top recommendations

[Increased Fruit/Vegetable Consumption](#)
[Continued Processed Foods Avoidance](#)
[Multiple Mineral Supplementation](#)^[web]
[Multiple Vitamin Supplement](#)^[web]

Secondary Condition 13 of 23 [Main Condition Summary](#) ↑

Condition: Lack of Sleep

Sleep is essential for staying healthy. When a lack of sleep is suspected, it may require a determined effort to get more. The effort, however, is worth it since life is more enjoyable when you feel refreshed. If a sleep deficit is chronic, it may take many weeks of adequate sleep to fully recover.

→ [Read full details and recommendations](#)^[web]

Lack of Sleep is indicated by what you have told us:

- 1 **Difficulty getting out of bed** ^[web]
- 2 **Regular drowsiness** ^[web]
- 3 **Disturbed sleep** ^[web]
- 4 **Long-term sleep deficit** ^[web]
- 5 **Short-term memory failure** ^[web]
- 6 **Unsound sleep** ^[web]
- 7 **Having trouble concentrating** ^[web]
- 8 **Frequent racing thoughts** ^[web]
- 9 **Regular postprandial somnolence** ^[web]
You are more likely to feel sleepy after a meal if you didn't get enough sleep the night before.
- 10 **Taking naps** ^[web]

... and by the following:

- 11 **Significant Anxiety**
- 12 **Possible 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.

- 13 **Susceptibility To Hangovers** ^[web]
Lack of sleep increases susceptibility to hangovers.

Secondary Condition 14 of 23 [Main Condition Summary](#) ↑

94% likelihood

12% concern level

Top recommendations

[Continued Caffeine/Coffee Avoidance](#)
[Increased Sleep](#) ^[web]
[Massage](#) ^[web]
[Melatonin](#) ^[web]

Condition: Heartburn / GERD / Acid Reflux (confirmed)

Alternative Names: *Gastroesophageal Reflux Disease (GERD), Gastro-Oesophageal Reflux Disease (GORD), Gastric Reflux Disease, Acid Reflux Disease*

Heartburn is a symptom of gastroesophageal reflux disease (GERD), which is a digestive disorder that affects the lower esophageal sphincter (LES) – the muscle connecting the esophagus with the stomach. Many people, often pregnant women, suffer from heartburn or acid indigestion caused by GERD.

→ [Read full details and recommendations](#)^[web]

Heartburn / GERD / Acid Reflux is indicated by what you have told us:

- 1 **Confirmed heartburn** ^[web]
- 2 **Occasional unexplained nausea** ^[web]

... and by the following:

- 3 **Moderate Dyspepsia / Poor Digestion** ^[web]

Secondary Condition 15 of 23 [Main Condition Summary](#) ↑

100% confirmed

12% concern level

Top recommendations

[Plant-Based Nutrition](#)
[Continued Dairy Products Avoidance](#)
[Continued Caffeine/Coffee Avoidance](#)
[Continued Alcohol Avoidance](#)

Alternative Names: *Candidiasis*, *Thrush*, *Oral Thrush*, *Vaginal Thrush*, *Candida Albicans*, *Vaginal Yeast Infection*

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.

→ [Read full details and recommendations](#)^[web]

62% likelihood

11% concern level

Top recommendations

[Sugar Avoidance / Reduction](#)
[Continued Garlic](#)
[Boric Acid](#)^[web]
[Probiotics](#)^[web]

Yeast / Candida Infection is indicated by what you have told us:

- 1 [Poor tolerance of sugars](#)^[web]
- 2 [Broad-spectrum antibiotic use](#)^[web]
Antibiotics reduce the number of "friendly bacteria" in the intestinal tract that normally keep the *Candida albicans* under control.
- 3 [Discomfort caused by mold/mustiness](#)^[web]
- 4 [Sugar/sweet craving](#)^[web]
- 5 [Tetracycline use](#)^[web]
- 6 [History of candidiasis](#)^[web]
- 7 [High refined sugar consumption](#)^[web]
- 8 [Allergy to chemicals](#)^[web]
- 9 [High cigarette smoke sensitivity](#)^[web]
- 10 [Anal itching at night](#)^[web]
- 11 [Occasional mucus in stools](#)^[web]
- 12 [Bowel movement changes](#)^[web]
- 13 [Excessive flatulence](#)^[web]
- 14 [Pain medication use](#)^[web]
- 15 [History of sinusitis](#)^[web]
- 16 [Occasional runny nose](#)^[web]
- 17 [Regular postprandial somnolence](#)^[web]
- 18 [Occasional unexplained nausea](#)^[web]

... and by the following:

- 19 [Probable 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.
- 20 [High risk of Consequences of Poor Diet](#)
Improper diets, such as those high in carbohydrates, sugar, yeast and yeast products can lead to *Candida* overgrowth.
- 21 [Confirmed Stress](#)
- 22 [Probable Constipation](#)
Chronic constipation can lead to *Candida* overgrowth.
- 23 [\(Less likely\) Mitral Valve Prolapse](#)^[web]
One doctor has reported that over 80% of the women who have been diagnosed as having mitral valve prolapse suffer from an overgrowth of *Candida albicans*.
- 24 [General Weakness](#)^[web]
- 25 [\(Less likely\) Alcohol-related Problems](#)^[web]
Alcohol kills friendly bacteria, increases toxic overload of the liver and thus allows *Candida* to grow.
- 26 [Small risk of Overconsumption](#)^[web]
Overeating causes indigestion of food and allows fermentation.
- 27 [Male Hair Loss](#)^[web]
Candida can cause hair shedding in male or female patients. The exact mechanism is unclear because there are so many possible pathways. The three most likely pathways are thyroid dysfunction, allergies and enzyme suppression.

Yeast / Candida Infection is counter-indicated by the following:

- 1 [Absence of meal-related bloating](#)^[web]

Condition: Premature/Signs of Aging

Aging is not so much a matter of counting birthdays as of changes in fitness, in the way your body works and reacts. If your body changes enough that you look, feel, and function differently than when you were younger, age may be overtaking you.

→ [Read full details and recommendations](#)^[web]

Premature/Signs of Aging is indicated by what you have told us:

- 1 **Loss of interest in activities**^[web]

... and by the following:

- 2 **Moderate risk of Osteoporosis - Osteopenia**

- 3 **Moderate risk of Atherosclerosis**

- 4 **Possible Low Melatonin Level**

Melatonin declines rapidly as we age, with levels generally minimal by age 70.

- 5 **Possible Low Male Testosterone Level**

- 6 **Possible Low DHEA Level**^[web]

Sometimes known as the "youth hormone", DHEA protects the body from premature aging. A lower-than-normal level of DHEA can also be a sign of premature aging, as DHEA production decreases with age.

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

- 1 **Health not declining**^[web]

Secondary Condition 17 of 23 [Main Condition Summary](#) ↑

62% likelihood

11% concern level

Top recommendations

[Increased Fruit/Vegetable Consumption](#)

[Selenium](#)

[Stress Management](#)

[Test for Hormones](#)^[web]

Condition: Indoor Allergies

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

→ [Read full details and recommendations](#)^[web]

Indoor Allergies is indicated by what you have told us:

- 1 **History of adult allergies**^[web]

- 2 **Nasal congestion**^[web]

- 3 **Above average sneezing frequency**^[web]

- 4 **Discomfort caused by mold/mustiness**^[web]

... and by the following:

- 5 **Tendency To Nosebleeds**^[web]

Secondary Condition 18 of 23 [Main Condition Summary](#) ↑

64% likelihood

11% concern level

Top recommendations

[Essential Fatty Acids](#)

[Vitamin B5 \(Pantothenic Acid\)](#)^[web]

[Bioflavonoids](#)^[web]

[Ozone / Oxidative Therapy](#)^[web]

EFA (Essential Fatty Acid) Type 3 Requirement

Please refer to the discussion of this topic in the Recommendations/Treatments section. In that section, essential fatty acids are discussed in general. Your need for the Omega-3 family of essential fatty acids is noted here, and should be taken into consideration as you review the information there.

→ [Read full details and recommendations](#)^[web]

64% likelihood

11% concern level

Top recommendations
[Essential Fatty Acids](#)

EFA (Essential Fatty Acid) Type 3 Requirement is indicated by what you have told us:

- 1 **No significant omega-3 oil intake**^[web]
- 2 **Brittle fingernails**^[web]

... and by the following:

3 **Moderate 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.

4 **Probable 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.

5 **Moderate risk of 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.

6 **Possible Immune System Imbalance (TH2 Dominance)**

7 **Possible Chronic / Hidden Infection**^[web]

8 **(Less likely) Multiple Sclerosis**^[web]

Polyunsaturated omega-3 fatty acid deficiency may contribute to depressive symptoms in alcoholism, multiple sclerosis and postpartum depression.

It is interesting to note that the incidence of MS is quite low in Japan, where consumption of marine foods, seeds, and fruit oil is quite high. These foods contain abundant polyunsaturated fatty acids, including the omega-3 oils (alpha-linolenic, eicosapentaenoic, and docosahexanoic acids). Deficiencies of the omega-3 oils are thought to interfere with lipid elongation and permanently impair formation of normal myelin.

9 **(Less likely) Lupus, SLE (Systemic Lupus Erythematosus)**^[web]

There is a possible defect in the metabolism of essential fatty acids (EFAs) in systemic lupus erythematosus (SLE). In order to verify this possibility, doctors in one study measured the plasma levels of various EFAs and their metabolites in SLE. These results showed that amongst SLE patients the concentrations of Omega-6 and Omega-3 oils or metabolites were low. Even small doses of fish oils (which contain EPA and DHA) have been shown to help.

10 **(Less likely) Rheumatoid Arthritis**^[web]

Aching, swollen joints may just be demanding the right kind of oil. Shifting the body's balance toward omega-3 oils and away from omega-6 oils significantly alleviates symptoms in patients with rheumatoid arthritis, according to a recent study in the Journal of Rheumatology.

11 **(Less likely) Alcohol-related Problems**^[web]

Polyunsaturated omega-3 fatty acid deficiency may contribute to depressive symptoms in alcoholism, multiple sclerosis and postpartum depression.

12 **Small risk of Panic Attacks**^[web]

In one study, 3 out of 4 patients with panic attacks or a history of agoraphobia for 10 or more years improved within 3 months after taking flaxseed oil.

EFA (Essential Fatty Acid) Type 3 Requirement is counter-indicated by the following:

-1 **High cold water fish consumption**^[web]

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*]

Condition: General Mineral Requirement

Every living cell on this planet depends on minerals for proper function and structure. Minerals are needed for the proper composition of body fluids, the formation of blood and bone, the maintenance of healthy nerve function, and the regulation of muscle tone, including that of the muscles of the cardiovascular system.

→ [Read full details and recommendations](#)^[web]

General Mineral Requirement is indicated by what you have told us:

- 1 A high-stress lifestyle** ^[web]
Calcification of soft tissues, especially following trauma, is common. During stress, calcium is drawn out of the bones as a result of demineralization.
- 2 Anal itching at night** ^[web]
- 3 Heart racing/palpitations** ^[web]

... and by the following:

- 4 Probable Zinc Requirement**
- 5 Possible Magnesium Requirement** ^[web]
- 6 Possible Calcium Requirement**
- 7 Possible Iodine Requirement** ^[web]
- 8 Possible Manganese Requirement** ^[web]
- 9 Possible Iron Requirement** ^[web]
- 10 Possible Selenium Requirement** ^[web]
- 11 Small risk of Phosphorus Deficiency** ^[web]

Secondary Condition 20 of 23 [Main Condition Summary](#) ↑

65% likelihood

11% concern level

Top recommendations

[Multiple Mineral Supplementation](#) ^[web]
[Continued Caffeine/Coffee Avoidance](#)
[Mineral Testing](#) ^[web]

Increased Risk of Excess Sugar Consumption

Sugar consumption is on the rise. According to diet surveys conducted by the USDA, the average American consumes 20 teaspoons of added sugar each day. Added sugar does not include sugar naturally found in milk and fruit. This is double the USDA's recommendation that the average person eat no more than 10 teaspoons of added sugar per day.

→ [Read full details and recommendations](#)^[web]

Increased Risk of Excess Sugar Consumption is indicated by what you have told us:

- 1 High refined sugar consumption** ^[web]
- 2 Sugary soft drinks consumption** ^[web]
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.
- 3 Adult acne** ^[web]

... and by the following:

- 4 Possible Diabetes Type II**
A high-fat, high-sugar diet that contains refined flour products is probably the most important risk factor for diabetes. Such a diet tends to be low in chromium content and also causes more insulin to be produced, which requires even more chromium.
- 5 Small risk of Panic Attacks** ^[web]
Eating a lot of foods high in refined sugar increases blood lactate levels and may induce panic in susceptible persons.

Secondary Condition 21 of 23 [Main Condition Summary](#) ↑

85% likelihood

11% concern level

Top recommendations

[Sugar Avoidance / Reduction](#)
[Increased Fruit/Vegetable Consumption](#)
[Stevia](#) ^[web]
[Increased Water Consumption](#)

Vitamin D Requirement

Deficiency of vitamin D can over a period of months cause rickets in children and osteomalacia in adults – a skeletal demineralization especially in the spine, pelvis, and lower extremities. Signs and symptoms of osteomalacia are burning in the mouth and throat, nervousness, diarrhea, and insomnia.

→ [Read full details and recommendations](#)^[web]

Vitamin D Requirement is indicated by what you have told us:

1 Living at 41°-56° latitude ^[web]

The body's main source of vitamin D is sunlight, but higher latitudes mean less available sunlight – especially during the winter. At most latitudes in the United States, little or no vitamin D is made in the skin in the late fall (autumn) and early winter. In the most northern regions, the vitamin D blackout lasts for about six months. As a result, it has been estimated that up to 70% of Americans (and Europeans) may be deficient in vitamin D. Only in the last several hundred years has urbanization, industrialization, glass (UVB does not penetrate glass), excessive clothes (UVB does not penetrate clothes) and sunblock greatly lowered levels.

2 Tender calf muscles ^[web]

3 Disturbed sleep ^[web]

4 Unsound sleep ^[web]

5 Being in your 40s

With aging there is a reduced capacity to synthesize vitamin D from sunlight and a reduction in the kidney's ability to convert vitamin D to its biologically active form.

6 Occasional sore throats ^[web]

42% likelihood

10% concern level

Top recommendations

[Continued Sunlight Exposure](#)
[Vitamin D](#)

Secondary Condition 22 of 23 [Main Condition Summary](#) ↑

Condition: Gastric/Peptic/Duodenal Ulcers

A peptic ulcer is a hole in the gut lining of the stomach, duodenum, or esophagus. A peptic ulcer of the stomach is called a gastric ulcer; of the duodenum, a duodenal ulcer; and of the esophagus, an esophageal ulcer. An ulcer occurs when the lining of these organs, normally protected by a thick mucous layer, is corroded by the acidic digestive juices which are secreted by the stomach cells. Peptic ulcer disease is common, affecting millions of Americans yearly.

→ [Read full details and recommendations](#)^[web]

Gastric/Peptic/Duodenal Ulcers is indicated by what you have told us:

1 Significant epigastric pain ^[web]

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.

2 Pain between shoulder blades ^[web]

'Ruptured' gastric ulcers which have gone through the stomach wall can cause a sharp pain which sometimes can be described as a pain felt in the region between the shoulder blades.

3 Dizziness when standing up ^[web]

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

4 Being in your 40s

... and by the following:

5 Confirmed 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.

6 Confirmed Heartburn / GERD / Acid Reflux

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. [*AmJ Gastroenterol* 2000;95: pp.101-105]

7 (Less likely) Gastritis ^[web]

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

8 Bad Breath (Halitosis) ^[web]

42% likelihood

10% concern level

Top recommendations

[Glutamine](#)^[web]
[Increased Water Consumption](#)
[Sugar Avoidance / Reduction](#)
[Stress Management](#)

Secondary Condition 23 of 23 [Main Condition Summary](#) ↑

Recommendations by The Analyst™

Below are details of recommendations by The Analyst™ that may do you the most overall good, with the most useful shown first. For each recommendation you can read:

- A brief overview
- Further information on our web site
- Reasons why it is being recommended
- Supporting evidence

What do the bullets mean?

1 **2** **3** **4** Condition or Risk Factor that may benefit from this recommendation, color-coded to reflect Level of Concern.

X Reason *against* following this recommendation.

Instead of reading through this large section of your report, we suggest returning to the [graphical summary](#) above and clicking on items of interest there, which will take you to their specific details below.

Over half the population of the U.S. drinks at least two cups of coffee a day. Some 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.

→ [Read full details](#)^[web]

Continued Caffeine/Coffee Avoidance is being suggested for the following reasons:

- 1 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.
- 2 Possible 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.
- 3 High risk of Consequences of Poor Diet**
- 4 Significant Dehydration**
- 5 Moderate risk of Osteoporosis - Osteopenia**
A study of 84,484 patients showed a correlation between bone fractures and heavy coffee consumption.
- 6 Possible Hypoglycemia**
Avoid all soft drinks, coffee, tea, artificial colors and additives.
- 7 Confirmed Allergic Rhinitis / Hay Fever**
- 8 Possible Low Melatonin Level**
Avoid stimulants such as caffeine, alcohol and sugar, which may interfere with melatonin production.
- 9 Significant Anxiety**
Caffeine can cause adrenal insufficiency which in turn can lead to anxiety.
- 10 Probable 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.
- 11 (Less likely) Non-Hodgkin's Lymphoma**
The consumption of coffee, tea and cola were all positively correlated with a higher risk of NHL.
- 12 Pronounced Insomnia**
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]
- 13 Confirmed Heartburn / GERD / Acid Reflux**
- 14 Probable Lack of Sleep**
- 15 Possible Calcium 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.
- 16 Possible Kidney Stones (Urolithiasis)**
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.
- 17 Possible Poor Bone Health** ^[web]
Caffeine leaches calcium from the bones.
- 18 Possible General Mineral 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.
- 19 Possible Gastric/Peptic/Duodenal Ulcers**
Since coffee stimulates gastric acid secretion, moderation in coffee consumption is often recommended.
- 20 Confirmed Restless Leg Syndrome** ^[web]
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.

Aerobic exercise is any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature. It is a type of exercise that overloads the heart and lungs and causes them to work harder than at rest. The benefits of aerobic exercise can be yours today if you simply get up and get moving – life is motion!

→ [Read full details](#)

Despite an overall recommendation for Aerobic Exercise, there are reasons against it:

X Possible Chronic Fatigue / Fibromyalgia Syndrome

Exercise is often a problem for people with CFS because physical activity can worsen symptoms. Medical opinion has been divided on whether CFS patients should attempt regular exercise or not – some believe that gentle exercise is helpful, while others caution against any form of aerobic activity at all. However, a study published in the British Medical Journal found that patient education on CFS and a graded exercise program can greatly improve CFS symptoms in many cases.

Some people with CFS, especially in the weeks or months following onset, are unable to perform the most basic activities, such as showering or walking from one room to another. In such cases of extreme exhaustion and pain, the person may be confined to their bed. As time passes, they may feel a little better and attempt regular exercise. However, aerobic activity can cause a relapse of symptoms that forces the person back to their bed again. The added problem for CFS sufferers is that a sedentary lifestyle causes a range of other health problems including muscle wastage, loss of bone mass, and increased risk of obesity and cardiovascular disease.

A person with CFS needs a gentle approach to physical activity and should only make tiny increases in the frequency, duration and intensity of their exercise program. General suggestions include:

- Aim for no more than three exercise sessions per week
- Experiment to find the type of exercise that works best for you. Choose from a range of gentle activities such as stretching, yoga, Tai Chi, walking and light weight training.
- Stretching seems to be well tolerated by people with CFS. You may prefer to perform your stretching program while lying down in bed.
- Aerobic exercise seems to cause relapses for many people with CFS. If this is true for you, try non-aerobic forms of exercise like weight training with one-kilogram dumbbells.
- Learn from past relapses. For example, if walking for 20 minutes worsened your symptoms, try walking for five minutes and see how that goes. It may be helpful to keep a diary to keep track of what works and what doesn't.
- Stop the physical activity well before you feel tired.
- Remember that your exercise tolerance will differ from one day to the next.
- Listen to your body – if you don't feel up to exercising on a particular day, don't.
- Only increase the intensity, time spent or frequency of exercise when you know you can cope with it. For example, if you can exercise for five minutes without suffering a relapse, try for six minutes.

X Possible Low Melatonin Level

Exercising in the evening decreases melatonin levels for up to 3 hours afterwards, at precisely the time of day when they should be rising. Decrease exercise and/or try to exercise earlier in the day.

X Confirmed Heartburn / GERD / Acid Reflux

Heartburn is more frequent when exercising within 2 hours of eating.

Continued Aerobic Exercise is being suggested for the following reasons:

1 Moderate risk of Coronary Disease / Heart Attack

A sedentary lifestyle of physical inactivity is almost as great a risk factor for heart disease as smoking because of diminished circulation and weight gain.

Research has shown that even moderate exercise can substantially reduce the incidence of coronary events. Aerobic exercise reduces cardiac risk by lowering LDL- and raising HDL-cholesterol levels, and by reducing blood pressure, body fat, blood sugar, mental stress, and blood clotting. Exercise also improves the heart's pumping ability, greatly enhancing the body's functional capacity and stamina.

It is never too late to start. Healthy people who begin exercising after age 45 can reduce their death rate by 23%, and even patients who have already had heart attacks can use medically-supervised aerobic exercise to reduce their risk of another heart attack by up to 25%.

2 Probable Depression

Researchers found that walking for 30 minutes each day quickly improved depressive symptoms faster than antidepressant drugs typically do. Another study compared exercise with antidepressants among older adults and found that physical activity was the more effective depression-fighter. [*British Journal of Sports Medicine April 2001;35: pp.114-117*]

Previous studies have suggested that exercise is a potent mood-booster, and some research indicates that for some patients regular activity may be a better depression treatment than psychotherapy or medication. Exactly why is unclear, but exercise does influence certain mood-related hormones. And it is also believed to enhance people's sense of control over their lives.

The main conclusion to draw from studies conducted is that the practice of exercise shows a negative correlation with depression – in other words, *the more you exercise, the less depressed you feel*. Interestingly, any kind of exercise relieves the symptoms of depression.

3 Probable General Detoxification Requirement

4 Confirmed Stress

Regular exercise can help reduce elevated levels of hormones (such as cortisol) that are associated with chronic stress.

5 Small risk of Colon Cancer

Try to get at least 30 minutes of physical activity every day.

6 Possible Diabetes Type II

Aerobic exercise reduces the risk of diabetes and improves the diabetic condition through several different mechanisms.

7 Probable Constipation

Lack of exercise can lead to constipation, although doctors do not know precisely why.

8 Moderate risk of Osteoporosis - Osteopenia

Physical activity may help reduce fracture risk by enhancing bone strength and improving bone quality. Exercise strengthens bones.

9 Possible Hypoglycemia

Moderate exercise improves glucose metabolism. Those few individuals who find that strenuous or prolonged exercise causes hypoglycemia should take food at the earliest opportunity.

10 High risk of Elevated Insulin Levels

11 Moderate risk of Atherosclerosis

Regular aerobic exercise lowers fibrinogen levels – a risk factor for atherosclerosis of equal or greater predictive value than cholesterol. Additionally, exercise improves the production of nitric oxide within the blood vessel wall, which should limit the progression of atherosclerosis. Exercise improves the fitness of the heart as well as circulation.

12 Significant Anxiety

Exercise is one of the most important coping mechanisms to combat anxiety and stress. By discharging negative emotions and stress hormones through physical activity, you can enter a more relaxed state from which to deal with the issues and conflicts that are causing your anxiety.

The benefits of exercise can come from many directions: the decision to take up exercise, the symbolic meaning of the activity, the distraction from worries, mastering your inertia and the effects on self-image, and the biochemical and physiological changes that accompany the activity.

Exercise increases blood flow to the brain, releases hormones, stimulates the nervous system, and increases levels of morphine-like substances found in the body (such as beta-endorphin) that can have a positive effect on mood and pain. Exercise may trigger a neurophysiological high that produces an antidepressant effect in some, an anti-anxiety effect in others, and a general sense of "feeling better" in most.

13 Possible Poor Bone Health ^[web]

Exercise frequently and consistently, with a special focus on weight-bearing exercises such as walking since these strengthen bones.

14 Possible Gastric/Peptic/Duodenal Ulcers

Active men had one-half to one-third the risk of developing a duodenal ulcer over 20 years compared with their sedentary counterparts. Men who walked or ran at least 10 miles per week were 62% less likely than inactive subjects to develop an ulcer. Men who walked or ran less than 10 miles each week had about half the ulcer risk of those with no regular exercise.

15 Poor Memory ^[web]

Exercise will improve oxygen levels within the bloodstream, which will in turn naturally increase oxygen levels in the brain.

Recommendation 2 of 30 [Recommendation Summary ↑](#)

Recommendation: Sugar Avoidance / Reduction

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.

77% - Important

→ [Read full details ^{\[web\]}](#)

Sugar Avoidance / Reduction is being suggested for the following reasons:

1 High risk of Consequences of Poor Diet

2 Possible Diabetes Type II

3 Moderate risk of Osteoporosis - Osteopenia

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.

4 Possible 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.

5 High risk of Elevated Insulin Levels

6 Confirmed Allergic Rhinitis / Hay Fever

7 Possible Low Melatonin Level

Avoid stimulants such as caffeine, alcohol and **sugar**, which may interfere with melatonin production.

8 Significant Anxiety

9 High risk of Excess Sugar Consumption

10 Possible Yeast / Candida Infection

Avoid foods high in simple carbohydrates such as refined sugars (sucrose, fructose, corn syrup), fruit juices, honey, and maple syrup.

11 Possible Gastric/Peptic/Duodenal Ulcers

12 Confirmed Restless Leg Syndrome ^[web]

See the link between Restless Leg Syndrome and Caffeine Avoidance.

Recommendation 3 of 30 [Recommendation Summary ↑](#)

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.

→ [Read full details](#)^[1,2]

Plant-Based Nutrition is being suggested for the following reasons:

1 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

2 Moderate risk of Cancer, General

"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]

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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

3 Small risk of Chronic Renal Insufficiency

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

4 Small 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"*]

5 Possible 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.

6 Probable 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.

7 Possible Chronic Fatigue / Fibromyalgia Syndrome

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

8 Moderate risk of Osteoporosis - Osteopenia

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. [Rorer T, Manz F. *Estimation of the renal net acid excretion by adults consuming diets containing variable amounts of protein. Am J Clin Nutr* 1994;59:1356-61]

9 Confirmed 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.

10 Moderate risk 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.

11 (Less likely) 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.

12 Possible Histadelia (Histamine High)

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.

13 Confirmed Heartburn / GERD / Acid Reflux

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

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.

→ [Read full details](#)^[ref]

Despite an overall recommendation for Increased Fruit/Vegetable Consumption, there is a reason against it:

X Possible Yeast / Candida Infection

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. Sugar avoidance is a standard recommendation on any anti-candidal diet.

Increased Fruit/Vegetable Consumption is being suggested for the following reasons:

1 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.

2 Moderate risk of Cancer, General

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.

3 High risk of Consequences of Poor Diet

4 Small 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.]

5 Significant Dehydration

6 Possible 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.

7 Moderate risk of Osteoporosis - Osteopenia

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.

8 Possible 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.

9 Confirmed Allergic Rhinitis / Hay Fever

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

10 Moderate risk 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.

11 Possible Nutritional Deficiency

12 Possible Calcium Requirement

Dark green leafy vegetables and broccoli are rich in calcium.

13 Possible Poor Bone Health ^[web]

Eat plenty of fresh green, leafy vegetables and colored foods, such as kale, tomatoes and peppers. These foods are great sources of bone-building nutrients like calcium and vitamin K. Eat other foods high in calcium and magnesium such as seeds and nuts, broccoli, brown rice, avocado, and beans.

14 High risk of Excess Sugar Consumption

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.

15 Moderate Premature/Signs of Aging

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.

Recommendation 5 of 30 [Recommendation Summary](#) ↑

Recommendation: High/Increased Fiber Diet

71% - Recommended

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.

→ [Read full details](#)^[edit]

High/Increased Fiber Diet is being suggested for the following reasons:

1 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.

2 Moderate risk of Cancer, General

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.

3 Small 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.

4 Possible 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.

5 Possible Mercury Toxicity (Amalgam Illness)

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

6 Probable 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.

7 Possible Hypoglycemia

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

8 Moderate risk of Atherosclerosis

9 Confirmed Hemorrhoids

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.

Recommendation 6 of 30 [Recommendation Summary](#) ↑

Selenium is an essential mineral which works closely with vitamin E. Selenium is absorbed fairly easily in the upper portion of the GI tract.

→ [Read full details](#)

Selenium is being suggested for the following reasons:

1 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.

2 Possible Hypothyroidism

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.

3 Moderate risk of Cancer, General

4 Small risk of Colon Cancer

5 Possible Mercury Toxicity (Amalgam Illness)

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

6 Moderate risk of 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.

7 (Less likely) 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.

8 Moderate Premature/Signs of Aging

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**.

"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.

→ [Read full details](#)^[web]

Essential Fatty Acids is being suggested for the following reasons:

1 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]

2 Confirmed 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).

3 Small risk of 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.

4 Possible 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.

5 Probable EFA (Essential Fatty Acid) Requirement

6 Possible Indoor Allergies

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

7 Possible EFA (Essential Fatty Acid) Type 3 Requirement

8 Confirmed Restless Leg Syndrome ^[web]

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.

Recommendation: Continued Alcohol Avoidance

63% - Recommended

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.

→ [Read full details](#)^[web]

Continued Alcohol Avoidance is being suggested for the following reasons:

1 Possible 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.

2 Probable 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.

3 Small 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.

4 Moderate risk of Osteoporosis - Osteopenia

Alcohol is toxic to the cells that form bones and inhibits the absorption of calcium.

5 Possible Hypoglycemia

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

6 Confirmed Allergic Rhinitis / Hay Fever

7 Possible Low Melatonin Level

Avoid stimulants such as caffeine, alcohol and sugar, which may interfere with melatonin production.

8 Significant Anxiety

9 Confirmed Heartburn / GERD / Acid Reflux

Avoid or limit alcohol.

10 Possible Poor Bone Health ^[web]

Alcohol leaches calcium from the bones.

11 Possible Gastric/Peptic/Duodenal Ulcers

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.

12 Problems Associated With Snoring ^[web]

Avoid alcohol and sedatives before bedtime.

Recommendation: Increased Water Consumption

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.

62% - Recommended

→ [Read full details](#)^[↗]

Increased Water Consumption is being suggested for the following reasons:

1 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.

2 Significant Dehydration

3 Probable 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.

4 Confirmed Allergic Rhinitis / Hay Fever

5 Confirmed Heartburn / GERD / Acid Reflux

Additional water intake can help resolve heartburn symptoms.

6 Possible Immune System Imbalance (TH2 Dominance)

7 Possible Kidney Stones (Urolithiasis)

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.

8 High risk of Excess Sugar Consumption

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.

9 Possible Gastric/Peptic/Duodenal Ulcers

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.

Recommendation 10 of 30 [Recommendation Summary](#) ↑

Recommendation: Aspirin

Alternative Names: *Acetylsalicylic Acid*.

60% - Recommended

Aspirin (acetylsalicylic acid) is one of the most widely-used medications in the world, with over 40,000 tons being consumed each year. A great body of evidence also suggests that regular aspirin use may offer strong protection against the consequences of heart attack, liver disease, and various cancers.

→ [Read full details](#)^[↗]

Aspirin is being suggested for the following reasons:

1 Moderate risk of Coronary Disease / Heart Attack

If you are at risk of having a heart attack, taking one aspirin daily can greatly reduce this risk. A quarter of heart attacks occur within three hours of waking up, when the blood is thickest and stickiest and the circulation is at its slowest, increasing the risk of clot formation. Therefore, the most effective time to take aspirin for the prevention of heart attack, stroke and deep vein thrombosis is before sleeping.

During a heart attack, it is important to get some aspirin into your bloodstream as quickly as possible by chewing 1 adult-strength or 2 to 4 low-dose aspirin. Most heart attacks occur when a cholesterol-laden plaque ruptures in a coronary artery, attracting platelets to its surface and causing a clot (thrombus) to build up. If the clot blocks the artery completely, it deprives part of the heart of oxygen and causes a heart attack. Aspirin helps by inhibiting platelets; only a tiny amount is needed to inhibit all the platelets in the bloodstream – in fact, small doses are better. This will slow clotting and decrease the size of the blood clot that is forming.

After a heart attack, aspirin can help prevent further attacks when taken daily. An appropriate preventative dose is around half a regular aspirin tablet (150-160mg), or two baby aspirin tablets (81mg each.)

2 Moderate risk of Cancer, General

People who take aspirin daily have a 36% reduced likelihood of developing metastatic cancer, according to a meta-analysis published in 2012.

3 Confirmed Chronic Inflammation

Drugs that reduce inflammation are effective, but even the relatively "safe" ones such as aspirin can cause gastritis or even an ulcer.

4 Small risk of Colon Cancer

A study published in 2012 followed more than 500 colon-cancer patients in the Netherlands aged 70 and older, over 100 of which were prescribed daily low-dose "baby" aspirin after the cancer diagnosis. Between 1998 and 2007, the death rate for those prescribed aspirin was about half that of the non-aspirin users, with the greatest benefit occurring among those with more advanced cancer and in those who received no chemotherapy. [*Journal of the American Geriatrics Society, November 23, 2012*]

In October of 2012, a study published in the *New England Journal of Medicine* also showed that aspirin therapy could improve colon cancer survival rates.

Recommendation 11 of 30 [Recommendation Summary](#) ↑

Recommendation: Animal/Saturated Fats Avoidance

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.

59% - Recommended

→ [Read full details](#)^[web]

Animal/Saturated Fats Avoidance is being suggested for the following reasons:

1 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.

2 High risk of Consequences of Poor Diet

3 Small 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.

4 Confirmed 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.

5 Possible Poor Bone Health ^[web]

Reduce intake of animal fats and concentrate on the "good" fats found in fresh, cold-water fish, olive, canola, evening primrose, and flax oils.

Recommendation 12 of 30 [Recommendation Summary](#) ↑

Recommendation: Vitamin B6 (Pyridoxine)

Alternative Names: *Pyridoxine*, or *Pyridoxine HCL*.

59% - Recommended

Vitamin B6 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.

→ [Read full details](#)^[web]

Vitamin B6 (Pyridoxine) is being suggested for the following reasons:

1 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.

2 Possible Low Adrenal Function / Adrenal Insufficiency

3 Confirmed 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.)

4 Moderate risk of Atherosclerosis

5 Possible Low Melatonin Level

Vitamins B3 and B6, as well as calcium and magnesium support the production of melatonin.

6 Significant Anxiety

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

7 Confirmed 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]

8 Possible Histadelia (Histamine High)

9 Possible Kidney Stones (Urolithiasis)

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.

Recommendation 13 of 30 [Recommendation Summary](#) ↑

Recommendation: Continued Processed Foods Avoidance

The convenience of processed foods does not justify the cost to our health.

→ [Read full details](#)^[web]

58% - Recommended

Continued Processed Foods Avoidance is being suggested for the following reasons:

1 High risk of Consequences of Poor Diet

2 Possible 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.

3 Possible Hypoglycemia

Refined carbohydrates are more readily absorbed than unrefined, and should be avoided in those with any glucose intolerance.

4 Confirmed Allergic Rhinitis / Hay Fever

5 Possible Nutritional Deficiency

6 Possible Poor Bone Health^[web]

Eat organic whenever possible and eat whole grains instead of refined flour.

Recommendation 14 of 30 [Recommendation Summary](#) ↑

Recommendation: Test for Cardiac Risk Factors

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.

→ [Read full details](#)^[web]

56% - Useful

Test for Cardiac Risk Factors is being suggested for the following reasons:

1 Moderate risk of Coronary Disease / Heart Attack

2 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.

3 Moderate risk of Atherosclerosis

Recommendation 15 of 30 [Recommendation Summary](#) ↑

Recommendation: Nut and Seed Consumption

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.

→ [Read full details](#)^[web]

55% - Useful

Nut and Seed Consumption is being suggested for the following reasons:

1 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.

2 Possible 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.

3 Moderate risk of 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.

Recommendation 16 of 30 [Recommendation Summary](#) ↑

Alternative Names: *The tocopherols.*

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.

→ [Read full details](#)^[web]

Vitamin E is being suggested for the following reasons:

1 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]

2 Confirmed Stress

3 Small risk of 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]

4 Possible 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]

5 Confirmed Allergic Rhinitis / Hay Fever

6 Moderate risk of Atherosclerosis

Dosage: 400 IU per day.

7 (Less likely) Non-Hodgkin's Lymphoma

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

8 Possible Immune System Imbalance (TH2 Dominance)

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

9 Confirmed Restless Leg Syndrome ^[web]

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

53% - 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.

→ [Read full details](#)^[ref]

Zinc is being suggested for the following reasons:

1 Confirmed Gluten Sensitivity / Celiac Disease

Tissue damaged by celiac disease has demonstrated an enhanced recovery rate with adequate zinc intake.

2 Possible Low Adrenal Function / Adrenal Insufficiency

3 Moderate risk of Osteoporosis - Osteopenia

4 Confirmed Allergic Rhinitis / Hay Fever

Zinc is recommended at 20 to 30mg per day.

5 Possible 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.

6 Possible Parasite Infection

Tissue damaged by intestinal parasites demonstrates an enhanced recovery rate with adequate zinc intake.

7 Probable Zinc Requirement

8 (Less likely) 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]

9 Possible Gastric/Peptic/Duodenal Ulcers

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*]

While it is wise to avoid burning or excess tanning from solar or indoor ultraviolet radiation, it should be realized that solar UVB radiation (290-315nm wavelength) is the primary source of vitamin D for most people. Dietary sources are generally inadequate, and supplements have to be used carefully.

→ [Read full details](#)^[web]

Continued Sunlight Exposure is being suggested for the following reasons:

1 Moderate risk of Cancer, General

Staying out of the sun completely may increase your chances of developing cancer, say doctors. For years, experts have advised people to cover up in the sun to protect themselves from skin cancer. A letter in the British Medical Journal (November, 2003) from professor Cedric Garland of the University of California warns people against taking this advice to the extreme. He says that a lack of sun can reduce levels of vitamin D, which may increase the risk of cancer. Studies have suggested that vitamin D can protect against colon, breast, prostate and other cancers.

2 Possible Diabetes Type II

October 2014: A study by scientists at Edinburgh and Southampton universities and published in the journal *Diabetes* has shown that moderate sunlight exposure causes the skin to release a gas called nitric oxide, which in turn helps control the metabolism and slow weight gain. Rubbing a cream containing nitric oxide on to the skin can have the same effect. The researchers commented, "Our observations indicate that the amounts of nitric oxide released from the skin may have beneficial effects not only on heart and blood vessels but also on the way our body regulates metabolism"

3 Moderate risk of Osteoporosis - Osteopenia

Habits to curtail include heavy smoking, excess alcohol consumption, and limited sunshine exposure or vitamin D intake.

4 Confirmed Seasonal Affective Disorder (SAD)^[web]

For more than 15 years, patients have used light therapy for the treatment of SAD either individually or under the direction of a medical practitioner. The most commonly used and studied form of light therapy involves the use of a light box that administers bright light during a particular time of day, usually in the morning but sometimes in the evening. More recently developed but less studied forms of light therapy include dawn light simulation and the use of light visors. The antidepressant effects of light therapy are thought to be mediated through the eyes, not through skin exposure.

Combinations of the three components of light therapy (timing, intensity and duration) can affect the outcome of treatment. Long-term efficacy has not been established, and the intensity-response relationship, the optimal treatment schedule, and the long-term safety of light therapy have also not been clarified.

Although there has been controversy about the importance of timing, studies have confirmed that, on average, morning light therapy is superior to evening light exposure. The wavelength or type of light (incandescent, fluorescent) is not as important as intensity, but white light may be superior to narrow band wavelengths. Ultraviolet wavelengths are not necessary for the antidepressant response, and should be avoided because of long term toxicity.

Light intensity is usually expressed in "lux", a unit of luminance. As a reference, indoor lighting is usually less than 500 lux, outdoor light on a cloudy day ranges from 1,000 lux to 5,000 lux, and midday summer sunlight can reach 50,000 lux or higher. The usual dose of light therapy used in previous studies was 2,500 lux for at least one to two hours per day, but further research showed similar benefit with 30 minutes of 10,000 lux exposure. Since shorter periods of exposure are more convenient, the 10,000 lux fluorescent light box has become the clinical standard.

Commercial light devices are now widely available in medical supply stores or through mail order. A light device should meet government electrical safety standards, have a filter for the ultraviolet wavelengths and have been tested in reputable clinical trials. Patients must maintain proper distance and positioning to ensure the correct dose of light exposure. Because of the rapid response and relapse with light therapy, patients should become involved as active participants in determining their optimal dosing of light. For example, if patients respond to early morning light exposure, but the time is inconvenient for them, they can try shifting the exposure time to afternoon or early evening. Alternatively, they can try to reduce the duration of exposure to 15 minutes for maintenance.

Some response to light therapy generally occurs within two to four days, and measurable improvement is often seen in one week. Most patients experience rapid recurrence of symptoms after discontinuing light therapy. Longer trials have shown increasing improvement after two weeks, and further gains at three or four weeks.

The common side effects of light therapy reported by patients in clinical trials include eye strain or visual disturbances (19%-27%), headache (13%-21%), agitation or feeling "wired" (6%-13%), nausea (7%), sweating (7%) and sedation (6%-7%). These side effects are generally mild and subside with time or by reducing the dose of light. Extreme mood shifts have also been reported as uncommon but serious side effects of light therapy.

Light therapy should be administered under the guidance of an experienced and trained medical professional to properly diagnosed patients who have no psychotic disorder and who are not suicidal. Light therapy continues to be an investigational treatment, but with well-established benefits for users.

5 Possible Low Melatonin Level

Proper exposure to light and dark can improve melatonin production by 50-200%. For optimum melatonin levels you need at least 30-60 minutes of outdoor light daily, preferably in the morning, and you need a very dark room at night. Sunglasses can confuse the brain, so reducing or eliminating their use is recommended. If you can not be outside or you live in a dark, gloomy climate, full spectrum indoor light can help. If you cannot darken your bedroom, use a sleep mask.

6 Possible Vitamin D Requirement

People should aim to get 10 to 15 minutes of exposure to direct sunlight each day when the weather allows, without sunscreen, to allow adequate synthesis of vitamin D. Most people achieve this simply by going about their daily activities. Those living at higher latitudes (further from the equator) should supplement their diets to ensure they are getting enough vitamin D, particularly during winter. A lack of sun during the winter months means that many people are deficient in this vitamin by December each year.

In the spring and summer, light-skinned adults can make large amounts (20,000 IU) by sunbathing on both sides, without sunblock, for a few minutes (about one-third the time it takes for the skin to begin to slightly redden). Darker-skinned persons need five to 10 times longer depending on the amount of melanin pigment in the skin.

Vitamin D production occurs within minutes and is maximized long before the skin turns red or begins to tan. One does not have to get repeated blood tests when using sun exposure to obtain vitamin D. Toxicity can not occur even with heavy and continuous sunbathing because ultraviolet light begins to degrade vitamin D after making about 20,000 IU, thus reaching a steady state.

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.

→ [Read full details](#)^[web]

Stress Management is being suggested for the following reasons:

1 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.

2 Confirmed Stress

3 Moderate risk of Atherosclerosis

Cardiovascular risk factors that most highly predicted carotid artery wall thickness scores were holding anger in, being self-aware and having hostile attitudes.

4 Moderate Premature/Signs of Aging

Both Eastern and Western medicine recognize that stress can affect the adrenal glands and accelerate the aging process.

5 Possible Gastric/Peptic/Duodenal Ulcers

Decrease your stress level.

6 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.

It is a fact of life that modern medicine, despite its many faults, has brought us some genuinely useful remedies for problems that are difficult to treat through natural means. It is for you and your doctor to decide what is best for you; we mention conventional drug therapies simply because they do provide substantial relief in many cases where alternatives are unavailable.

→ [Read full details](#)^[web]

Conventional Drug Use is being suggested for the following reasons:

1 Moderate risk of Cancer, General

COX-2 inhibitor drugs, so-called because they block an enzyme called cyclooxygenase-2 (COX-2), are used to treat pain and inflammation. There is now compelling evidence that they may also protect against cancer. Mitch Gaynor, MD, director of medical oncology at the Strang Cancer Prevention Center in New York, notes that suppressing COX-2 may be beneficial because "...the COX-2 enzyme helps make carcinogens much more active once they get into your body. The enzyme also allows cancerous cells to grow new blood vessels."

There may be drug-free alternatives to the synthetic COX-2 inhibitors as close as your spice shelf. Although they do not have as powerful an action, it appears that certain foods are natural inhibitors of the COX-2 enzyme. By incorporating these foods in your diet, you can obtain some of the potential cancer-preventing benefits of the COX-2 inhibitors naturally.

2 Confirmed Allergic Rhinitis / Hay Fever

Prescription Drugs

Nonsedating antihistamines may cause life-threatening irregular heartbeat and should not be taken with other drugs or if you have other liver or heart problems. **Oral decongestants** may have systemic side-effects. **Nasal corticosteroid sprays** are effective if used properly; improvement takes 1 to 2 weeks. **Systemic steroids** are prescribed only for severe allergic rhinitis; generally prescribed for short amounts of time because of their many side-effects.

Over-the-Counter

Antihistamines may cause drowsiness. **Alpha-adrenergic topical sprays** reduce congestion but there is a rebound effect if used for more than a few days. **Cromolyn sodium** is the only preventative drug choice; works as well as antihistamines but does not cause drowsiness; take continuously or it will not work effectively; it is virtually without side-effects.

NOTE: Extended use of antihistamines or nasal sprays can make your allergic rhinitis worse.

3 (Less likely) Pneumonia

Pneumonia caused by bacteria and mycoplasma is generally treated with antibiotics. The type of antibiotic used depends on which organism has caused the infection. If the infection is severe, and especially in very young and old people, the pneumonia may need to be treated in hospital with antibiotics and fluids given into a vein, and extra oxygen through a mask.

Fungal pneumonias are treated with specific antifungal drugs.

4 Possible Parasite Infection

For those not afraid of using pharmaceutical remedies, treatment for intestinal worms is simple, cheap and effective, with a single dose of Albendazole (400mg pills), which kills the adult worms. As reinfection may occur (particularly amongst children), treatment is advised once a year, or every six months if reinfection is a big problem. Those who should not be treated by these means include: those who are already unwell for some other reason, e.g. with a fever (treatment should be delayed until they are feeling better); girls/women are pregnant (treatment should not be given during the first three months of pregnancy); those with chronic illness such as sickle cell anemia.

5 Confirmed Obsessive-Compulsive Disorder (OCD)^[web]

The most effective medications for OCD are the SSRIs (Selective Serotonin Reuptake Inhibitors) Prozac, Paxil, Luvox, and Zoloft as well as the tricyclic Anafranil. Other medications may be added to improve the effect.

6 Confirmed Heartburn / GERD / Acid Reflux

If nothing else seems to work, it may be necessary to start using proton pump inhibitor drugs.

7 Possible Kidney Stones (Urolithiasis)

For prevention of stone formation, medical therapy is available for those with known predisposing conditions. For those with stones, pain-killers (as prescribed by a doctor) can provide great relief. In addition, some medications may help break down larger stones.

Vitamin D is fat-soluble vitamin requiring bile for absorption, and occurs naturally in animal foods such as salmon, herring, sardines, egg yolks, cod liver oil and dairy products. It can be acquired either by ingestion or by exposure to sunlight.

→ [Read full details](#)^[web]

Vitamin D is being suggested for the following reasons:

1 Moderate risk of Cancer, General

Evidence of vitamin D's protective effect against cancer is compelling. For more than 50 years, documentation in medical literature suggests regular sun exposure is associated with substantial decreases in death rates from certain cancers and a decrease in overall cancer death rates. Recent research suggests this is a causal relationship that acts through the body's vitamin D metabolic pathways. For instance, some evidence points to a prostate, breast and colon cancer belt in the United States, which lies in northern latitudes under more cloud cover than other regions during the year. Rates for these cancers are two to three times higher than in sunnier regions.

Dark-skinned people require more sun exposure to make vitamin D. The thickness of the skin layer called the stratum corneum affects the absorption of UV radiation. Dark human skin is thicker than white skin and thus transmits only about 40% of the UV rays for vitamin D production. Darkly pigmented individuals who live in sunny equatorial climates experience a higher mortality (not incidence) rate from breast and prostate cancer when they move to geographic areas that are deprived of sunlight exposure in winter months. The rate of increase varies, and researchers hesitate to quote figures because many migrant black populations also have poor nutrition and deficient health care that confound statistics somewhat.

Although excessive sun exposure may give rise to skin cancer, researchers as early as 1936 were aware that skin cancer patients have reduced rates of other cancers. One researcher estimates moderate sunning would prevent 30,000 annual cancer deaths in the United States.

Vitamin D may also go beyond cancer prevention and provide tumor therapy. Much has been made of pharmaceutical angiogenesis inhibitors – agents that help inhibit the growth of new, undesirable blood vessels that tumors require for nutrient supply and growth. Laboratory tests have shown vitamin D to be a potent angiogenesis inhibitor.

Vitamin D also works at another stage of cancer development. Tumor cells are young, immortal cells that never grow up, mature and die off. Because vitamin D derivatives have been shown to promote normal cell growth and maturation, drug companies today are attempting to engineer patentable forms of vitamin D for anti-cancer therapy.

2 Moderate risk of Osteoporosis - Osteopenia

3 (Less likely) Non-Hodgkin's Lymphoma

Administration of activated vitamin D (1,25 dihydroxycholecalciferol) may be beneficial in non-Hodgkin's lymphoma. Experimental Study: In a small trial, patients with non-Hodgkin's lymphoma who were found to have high levels of vitamin D receptors responded to activated vitamin D. [Cunningham D, Gilchrist NL, Cowan RA, et al. *Vitamin D as a modulator of tumour growth in low grade lymphomas. Abstract. Scot Med J 30: p.193, 1985*]

4 Possible Calcium Requirement

Vitamin D is essential for absorption of calcium from the gut. This is because calcium is transported into the body by a special carrier protein which requires vitamin D for its synthesis.

5 Possible Poor Bone Health^[web]

Getting enough calcium and vitamin D is vital to good bone health.

6 Possible Vitamin D Requirement

Rickets heals promptly with 4,000 IU of oral vitamin D per day administered for approximately one month. During this treatment, the doctor should monitor the levels of 25-OH-D in the plasma to make certain they are raised to a normal value. The bone abnormalities (visible by X-ray) generally disappear gradually over a period of 3-9 months. Parents are instructed to take their infants outdoors for approximately 20 minutes per day with their faces exposed. Children should also be encouraged to play outside.

Osteomalacia is treated by eating 2,500 IU per day of vitamin D for about three months. Measurements of 25-OH-D, calcium, and parathyroid hormone should be obtained after the treatment period to make sure the therapy did, in fact, result in normal blood values.

Alternative Names: *Dehydroepiandrosterone, Dehydroepiandrostenedione, Androstenolone*

DHEA is a hormone produced by the adrenal glands. It peaks at approximately age 25 and then declines. In the prime of life (age 20 to 25), men produce about 31mg of DHEA 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%.

→ [Read full details](#)^[web]

DHEA is being suggested for the following reasons:

1 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.

2 Probable 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 placebo. 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.

3 Moderate risk of Cancer, General

4 Possible Low Adrenal Function / Adrenal Insufficiency

5 Small risk of Colon Cancer

6 Possible Chronic Fatigue / Fibromyalgia Syndrome

7 Possible Immune System Imbalance (TH2 Dominance)

DHEA increases TH1 cytokines which help balance the immune system.

8 Poor Memory^[web]

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: Calcium

Calcium is present in a wide range of foods such as dairy products, dark-green leafy vegetables, sea vegetables, canned salmon, sardines, tofu, dried fruits, nuts (almonds, brazil nuts) and seeds – especially sesame seeds.

→ [Read full details](#)^[ref]

46% - Useful

Despite an overall recommendation for Calcium, there is a reason against it:

X Possible Kidney Stones (Urolithiasis)

High levels of urinary calcium, due to an excess of non-absorbable calcium being consumed, can cause crystallization and subsequent stone formation. Those with a tendency to form calcium stones are advised to abstain from taking non-prescribed calcium pill supplements.

Calcium is being suggested for the following reasons:

1 Moderate risk of Coronary Disease / Heart Attack

One study showed a 30% to 35% reduction in ischemic heart disease risk in women with a high intake of supplemental calcium. Dietary calcium achieved no significant change in heart attack risk, the researchers noted.

2 Moderate risk of Osteoporosis - Osteopenia

As you age, the need for absorbable calcium, in conjunction with other essential minerals and vitamins, can be increased.

One study found that a supplement containing calcium, manganese, zinc and copper prevented bone loss in postmenopausal women, whereas calcium alone was ineffective. Calcium supplements for osteoporosis should contain other minerals as well, or the form of calcium used should have been proven to be of benefit.

Intake of supplemental calcium (1000mg per day or more) and vitamin D was associated with reduced tooth loss (due to bone loss) over a five year period in a study of 145 healthy subjects aged 65 years and older who completed a 3-year trial of the effect of calcium and vitamin D supplementation on bone loss from the hip, as well as a 2-year follow-up study after discontinuation of the study supplements. [*Am J Med* 2001;111(6): pp.452-6]

There are products using compounds of calcium which have been proven to reverse osteoporosis. One such is *AdvaCAL*.

3 Possible Low Melatonin Level

Vitamins B3 and B6, as well as calcium and magnesium support the production of melatonin.

4 Significant Anxiety

5 Possible Histadelia (Histamine High)

6 Possible Calcium Requirement

Calcium supplements are best taken between meals, ideally right before bed. Since you can only absorb about 500mg at a time, you may want to use divided doses. Drink a full glass of water or juice with them. The form of calcium does not really matter – calcium carbonate or calcium citrate – just don't use the dolomite form, which may be contaminated with lead. Some people simply take generic TUMS, which is fine. Studies show that calcium carbonate works just as well as the high profit margin supplements that you can buy.

NOTE: Calcium supplements may interfere with prescription medications or other supplements that you are taking, so try to avoid taking them within a few hours of any other pills.

7 Possible Poor Bone Health ^[web]

Calcium is essential for healthy bones.

Recommendation: Continued Dairy Products Avoidance

46% - 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.

→ [Read full details](#)^[ndj]

Continued Dairy Products Avoidance is being suggested for the following reasons:

1 Probable 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.

2 Moderate risk of Osteoporosis - Osteopenia

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.

3 Possible Autoimmune Tendency

4 High risk of Increased Intestinal Permeability / Leaky Gut

See the link between Intestinal Permeability and a Gluten-free diet.

5 Confirmed Heartburn / GERD / Acid Reflux

Whilst drinking milk can be a 'quick fix' by neutralizing some of the acid, it also has a rebound action that eventually will encourage the secretion of more stomach acid, which causes the acid reflux.

6 Possible Kidney Stones (Urolithiasis)

Those with a tendency to form calcium stones may want to avoid foods rich in calcium, such as dairy products.

Recommendation 25 of 30 [Recommendation Summary](#) ↑

Recommendation: TMG (Trimethylglycine)

45% - Useful

Alternative Names: *Anhydrous Betaine or simply Betaine.*

An extract from sugar beets, 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.

→ [Read full details](#)^[ndj]

TMG (Trimethylglycine) is being suggested for the following reasons:

1 Probable Depression

The compound 5-adenosylmethionine (SAME), potentially produced through the demethylation of TMG, has been shown to alleviate depression.

2 Possible 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.

3 Probable Liver Detoxification / Support Requirement

4 Possible Chronic Fatigue / Fibromyalgia Syndrome

Recommendation 26 of 30 [Recommendation Summary](#) ↑

Recommendation: Alpha Lipoic Acid

Alternative Names: *Thioctic Acid* or (less common) *Thiotic Acid*

44% - 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.

→ [Read full details](#)^[web]

Alpha Lipoic Acid is being suggested for the following reasons:

1 Probable 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.

2 Possible 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]

3 Possible 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.

4 Moderate risk of Atherosclerosis

Recycles vitamins E and C when they've been used. Dosage: 50mg bid.

5 Moderate Premature/Signs of Aging

Recommendation 27 of 30 [Recommendation Summary](#) ↑

Recommendation: Tryptophan / 5HTP

Alternative Names: *5-HTP*, *5 HTP*.

44% - Useful

An essential amino acid, tryptophan is the least abundant amino acid found in foods. It is used by the brain to produce serotonin; it is a natural relaxer, helps alleviate insomnia, reduces anxiety and depression and helps treat migraine headaches. 5-HTP is safer than Tryptophan, yet equally as effective. It doesn't require a prescription.

→ [Read full details](#)^[web]

Tryptophan / 5HTP is being suggested for the following reasons:

1 Probable Depression

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

2 Significant Anxiety

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

3 Possible Low Serotonin Level

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

4 Confirmed Obsessive-Compulsive Disorder (OCD)^[web]

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

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

5 Pronounced Insomnia

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

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

6 Confirmed Restless Leg Syndrome^[web]

Tryptophan, a serotonin precursor, has been shown to help a small percentage of RLS sufferers. [*AmJ Psychiatry* 143(4): pp.554-5, 1986]

Recommendation 28 of 30 [Recommendation Summary](#) ↑

Recommendation: Continued Garlic

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.

42% - Useful

→ [Read full details](#)^[web]

Continued Garlic is being suggested for the following reasons:

1 **Moderate risk of Coronary Disease / Heart Attack**

2 **Moderate risk of Cancer, General**

3 **Probable Liver Detoxification / Support Requirement**

4 **Possible Diabetes Type II**

5 **Possible Mercury Toxicity (Amalgam Illness)**

Garlic chelates heavy metals such as cadmium, gold, lead and mercury, and acts as a detoxifier.

6 **Moderate risk of 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.

7 **Possible Immune System Imbalance (TH2 Dominance)**

Garlic, raw or aged extract, promotes TH1 cytokines to help balance the immune system. Raw garlic can kill many kinds of fungus and bacteria.

8 **Possible Yeast / Candida Infection**

Liberal consumption of garlic, ginger, cinnamon and other aromatic herbs can have significant antifungal activity.

Recommendation 29 of 30 [Recommendation Summary](#) ↑

Recommendation: Vitamin B-Complex

The B-vitamins, like vitamin C, are water-soluble and are not stored in the body. This means that they are needed on a daily basis in order for the body to maintain healthy levels.

41% - Useful

→ [Read full details](#)^[web]

Vitamin B-Complex is being suggested for the following reasons:

1 **Moderate risk of Coronary Disease / Heart Attack**

105 male and female subjects with coronary artery disease who received folic acid (1mg/day), vitamin B12 (400mcg/day) and vitamin B6 (10mg/day) experienced a significant reduction in reblockage after angioplasty over those who did not take the vitamins. Homocysteine levels were reduced during the trial. [*N Engl J Med* November 29, 2001;345: pp.1593-1601]

2 **Confirmed Stress**

There is evidence that high doses of B-complex vitamins in humans can reduce the immune-suppressing effects of stress. [*Ann NY Acad Sci* 1990;585: pp.513-5]

3 **Possible Chronic Fatigue / Fibromyalgia Syndrome**

4 **Significant Anxiety**

Several of the B-vitamins are indicated in anxiety treatment. When taking high doses of a particular B-vitamin, it is best to use a B-complex as well.

5 **Possible Hydrochloric Acid Deficiency**

Several B-vitamins are needed to support hydrochloric acid production.

6 **High risk of Excess Sugar Consumption**

7 **Poor Memory**^[web]

B-vitamins can be supplemented in a B-complex vitamin (100mg daily) to support the nervous system and prevent imbalances from occurring.

Recommendation 30 of 30 [Recommendation Summary](#) ↑

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.