

Future Health Now! Encyclopedia



Carolyn Dean MD ND

A Complement Formula Book

FUTURE HEALTH *NOW!* ENCYCOPEDIA

Carolyn Dean MD ND

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INTRODUCTION

I am increasingly aware that we all have the ability to create and manifest what we want. Some doctors even wonder if most drugs work by the placebo effect because it harnesses hope. We would never admit to 'hoping for the worst' but that's what we do when we view our health and our world in a pessimistic manner.

In this *Future Health Now Encyclopedia* edition, I want to offer the hope and possibility that you can improve your health, stay well and live a long and healthy life using the best treatments available for the physical body and the psyche.

To this end, after 45 years of study, even though I thought I never would, I developed a line of products. They are called Completement Formulas that now form the basis of all my treatment recommendations.

People who take our [ReMag](#), [ReMyte](#), [ReCalcia](#), [ReStructure](#), [RnA ReSet Drops](#), [ReAline](#), [Pico Silver Solution](#), [Flora ReVive](#), [Whole C ReSet](#) and [ReNew Skin Serum](#) seem to require only one other supplement - Blue Ice Royal (Vit D, A, K2), which is also available on our website [RnAReSet](#).

Note: If you want to immediately skip to the section that tells you how to take all the Completement Formulas, go to [Completement Formulas Protocol](#).

My Theory of Everything!

Below are the six major linchpins that I've uncovered about health and disease in my 45+ years of study, which I describe in over a dozen free eBooks that you can download from [Dr. Carolyn Dean Live](#).

1. [Magnesium and Mineral Deficiency](#)
2. [Yeast Overgrowth](#)
3. [Recognizing the Stress and Conflict Basis of Disease](#)
4. [RnA ReSet Drops and ReNew](#)

5. [Completement Formulas](#)

6. [Ketogenic Diet and Intermittent Fasting for Weight Loss](#)

(1) Magnesium and Mineral Deficiency

Magnesium deficiency is the most important cause of chronic disease for the simple reason that magnesium controls 1,000 different enzyme systems accounting for 80% of known metabolic functions in the body that can be brought to a grinding halt if you don't have enough. In my August 2017 edition of [The Magnesium Miracle](#), I list 65 diseases that are caused by magnesium deficiency.

Instead of recognizing that the body requires magnesium, doctors will tell their patients it's not necessary. Patients who know their blood pressure, heart arrhythmia and angina are properly treated with magnesium will be denied this vital mineral if they end up in hospital. I've even witnessed patients being denied their magnesium and simultaneously given a medication containing 12 fluoride molecules, which effectively binds and blocks magnesium activity.

Even integrative doctors turn a blind eye. They've gotten into the allopathic habit of running expensive tests to define a person's metabolism, neurotransmitters, hormones, nutrients and even genes. Then they prescribe a whole host of hormones, supplements and procedures to correct the imbalances without even realizing that most of the imbalance is due to a lack of magnesium in vital enzyme systems. In fact, they often ignore magnesium in favor of more "sexy" and expensive nutrients. Or if they do prescribe magnesium, they don't use ones that give a therapeutic effect before they give a laxative effect.

It's very sad, because if doctors would give people enough magnesium to achieve optimum levels on Magnesium RBC blood testing, they would see most of their patient's symptoms improve.

Magnesium is involved in everything, including how genes get turned on and off. Be aware that the current trend to blame everything on gene mutations

is false. Gene mutations are not developed in a generation but in centuries. The rise in gluten sensitivity, MTHFR gene mutations to name two are likely due to magnesium and other mineral and cofactor deficiencies that turn genes on and off causing the outward appearance of gene mutations.

When treating a patient, I begin with magnesium then add the other minerals. But the caveat is that the minerals you take have to be bioavailable. We know bioavailability is key because of the way people have become calcified by taking poorly absorbed calcium and other “dirt minerals” for decades overdosing iodine, zinc, and copper. Instead of calcium supplements I recommend people get their calcium from food sources and only take 600mg per day. If you can’t get the full 600mg of calcium that you need from your diet, use my liquid mineral product, [ReCalcia](#). Dosage: 1 tsp = 300mg.

For personal reasons, I had been actively seeking a form of magnesium that is fully absorbed at the cellular level and does not have any laxative effect. Magnesium has a wonderful failsafe mechanism—the laxative effect—that prevents it from building up in the body. What’s not absorbed into the bloodstream and into the cells after a dose of magnesium goes through the kidneys into the urine and through the intestines as loose stool.

My problem is that any form of magnesium in pills or powder gives me a fairly immediate laxative effect. This means I’m unable to get enough magnesium into my blood and cells to effectively fight my magnesium deficiency symptoms (heart palpitations and leg cramps) before it explodes out the other end!! Sorry, a bit dramatic, but that’s what happens to me and to many others.

When I began using the right type of magnesium ([ReMag](#)), which I had to create, I finally found relief from all my magnesium deficiency symptoms (heart palpitations, charley horses, insomnia, muscle twitching) with no laxative effect. See descriptions of [ReMag](#), [ReMyte](#), and [ReCalcia](#) in # 5 below.

(2) Yeast Overgrowth

Another major problem that goes unrecognized in modern health care is yeast overgrowth. Yeast produces 178 toxins that lead to an inflammatory state in the body. Working to diminish yeast overgrowth involves a yeast-free diet, a good probiotic and natural antifungals. You can read my free e-book, [*ReSet The Yeast Connection*](#), for much more information.

I've written out my yeast protocols in detail in the section called [*Yeast Overgrowth*](#). For a thorough yeast detox, I also recommend gentle cleansing with [*magnesium and clay baths*](#). You can Google several articles I've written on this topic, including "[*Too Toxic to Detox*](#)" to learn how to proceed with your detox so you won't have any side effects.

Even food allergies can be a result of yeast overgrowth because yeast causes a leaky gut and incompletely digested food molecules enter the bloodstream and "seem" to cause symptoms of food allergies. That's why food allergy testing can be a waste of money because it will often list all the foods you are currently eating and make you feel like you are allergic to everything and totally freak you out.

There are a couple of myths about treating leaky gut that I'd like to dispel. The first is that since you aren't properly absorbing nutrients through a leaky gut it's a waste to even bother taking them. With *ReMag* and *ReMyte's* unique ability to be fully absorbed at the cellular level, you do not have to depend on intestinal absorption for that to occur. Getting these well-absorbed minerals into your cells will help heal your leaky gut.

Another myth is that infectious organisms, including yeast, utilize magnesium in their metabolism, and therefore you should not take too much magnesium because you are just feeding the infection. That notion is absurd. It's similar to the justification of chemotherapy that says, "We have to kill the cancer cells even though we know it's going to kill a lot of other normal cells."

However, if you have enough magnesium and other essential minerals, your immune system heals and is able to properly fight infections without the use of antibiotics – drug or natural and without removing vital nutrients from your body. If it appears you have an infection but you may not need an antibiotic, start by supporting the structure and function of your immune system with [Pico Silver](#), a stabilized ionic form of silver that is better absorbed and more effective than colloidal silver. Use the dosage recommended on the label for acute or chronic support or consult with your health practitioner.

(3) Total Biology

Western Medicine ignores the stress and conflict basis of disease that I learned about in Total Biology (an offshoot of German New Medicine). It is a scientific system that helps discover the stressful conflicts that worry our mind and that are systematically downloaded into the body as a disease in order to relieve the stress on the mind and “keep the body alive for another day.”

German New Medicine research shows that most people with cancer feel they have a problem that “can’t be resolved” that ends up in their body as a physical disease.

German New Medicine doctors can scientifically prove their theories. A CT scan of the brain (without dye) can identify focal points in the brain that correspond to the affected body part. When a person’s conflict is exposed and it no longer holds power over them, the brain lesions actually disappear. These foci are usually called artifacts by radiologists.

A thousand disease conditions and their conflicts have been identified. It is breakthrough medicine that informs my work with patients and can offer miraculous benefits. I wish I could list the conflicts for the 134 conditions in this book, but I have to leave that to the following experts.

For more information, you can go to my teacher’s website, [Gilbert Renaud](#)

[ND](#). He calls his special form of Total Biology "Recall Healing". Dr. Renaud has become very busy lecturing around the world and only does a few private consultations. Therefore, I refer my patients to [Dr. David Holt MD](#), who was trained by Dr. Renaud. Dr. Holt is incredibly gifted in Total Biology, which he practices via phone or Skype.

There is a [Free Introduction](#) to German New Medicine available online.

(4) RnA ReSet Drops

RnA ReSet Drops are made from germinated barley sprouts (yet they are gluten-free) and create a new cell that we call the iCell. The body's natural intent is to form perfect cells and *RnA ReSet Drops* help make that happen. *RnA ReSet Drops* influence our RNA through the DNA in Chromosome 14, which then uncovers our full complement of 144,000 DNA double helix strands. Until now, 98% of DNA in our cells has been labeled Junk DNA. Nothing could be further from the truth.

In our current state we only have access to one double helix strand, but we are so much more. *RnA ReSet Drops* allow your body to perfectly process what you are already ingesting, enhancing your body's potential for balanced nutrition and putting that information into creating perfect cells.

Science focuses on DNA and has overlooked the fact that various types of RNA program DNA to produce proteins that govern the structure and function of our body. As you may know, DNA is double-stranded, making it less flexible than single-stranded RNA. The flexibility of RNA makes it the perfect substance that can be influenced by *RnA ReSet Drops* to ensure the complete perfection in our cells.

Begin with 1 drop under your tongue twice a day, for one week. Let it sit there for a few minutes, rolling it around in your mouth for the benefit of your gums and teeth. As saliva builds up and dilutes the drop, you can swallow but

don't immediately follow with food or drink. Wait a few minutes before you do so. On the eighth day, put two drops under your tongue, twice a day, for the next week. Continue by adding two more drops each subsequent week until you reach 10-15 drops twice a day, which is the average dose. Take *RnA ReSet Drops* 15 minutes away from food or drink. Of course, you can begin with *RnA ReSet Drops* alone or add it at any time in your *Completement Formula protocol*. However, some people like to do things in sequence.

RnA ReSet Drops can be used by anyone at any level of health or illness. Therefore, I will put a note in each of the conditions that *RnA ReSet Drops* can be part of your protocol. However, we do not recommend *RnA ReSet Drops* for healthy children – they are perfect as they are and don't need enhancement!

For a fascinating look at what these amazing Drops can do, you can watch my [RnA ReSet Drops Webinar](#) on YouTube. Most people say they just get the intuitive sense that these drops are for them and once they start taking them, they don't look back. I recommend *RnA ReSet Drops* for any and all conditions.

Note: *RnA ReSet Drops* are made from barley sprouts, each batch undergoes Elisa Testing and tests Gluten-Free 99 times out of 100, even so, we can't say they are gluten free.

The *Total Body ReSet protocol* includes *ReMag*, *ReMyte*, *ReAline*, *ReStructure*, along with *RnA ReSet Drops*. These are 5 of the 10 *Completement Formulas* and comprise the best treatment for Total Body Meltdown that is occurring in epidemic proportions in our population. The other 6 formulas are *ReCalcia*, *Pico Silver*, *Flora ReVive*, *Whole C ReSet*, *ReNew Skin Serum*, and *ReNew Face Cream*.

(5) Complement Formulas

a. ReMag

ReMag is a picometer-sized, stabilized ionic form of magnesium that is fully absorbed at the cellular level. The absorption of this form of magnesium is unparalleled. Magnesium deficiency can manifest symptoms that can be misidentified and mistreated in over 65 medical conditions.

b. ReMyte

ReMyte is its companion product to *ReMag* having 12 picometer-sized, stabilized ionic minerals. They are low dose minerals, so they will never become toxic, but, because of their size, they are fully absorbed at the cellular level and they don't need other vitamins or minerals or protein transporters or even stomach acid to help that absorption. They go directly into the cells where minerals belong, and our Genius body figures out what to do with them and when. Furthermore, it doesn't matter if your gut is leaky or not, the minerals are still completely absorbed. After absorption those minerals can begin to heal your leaky gut and other hormones and tissues that are out of balance.

I find that I don't even need to do hair analysis testing to determine mineral imbalance in my patients. I just slowly introduce these low dose minerals in *ReMag* and *ReMyte* and let the body come into its own natural balance.

You can find out more about the source of *ReMag* and how *ReMag* and *ReMyte* are created in my free eBooks: [*ReMyte & ReCalcia: Invisible Minerals Part II*](#) and [*ReMag: Invisible Minerals Part I*](#).

After 6-8 weeks of taking ½ tsp three times a day of *ReMyte* (with 9 of its 12 minerals directed at supporting the thyroid), I felt a bit revved up and

speedy. I took my pulse and it was elevated. These are the signs to look for if you have too much thyroid hormone. So, I stopped my Armour thyroid medication and my symptoms disappeared. I continue to feel fine without my Armour thyroid many months later and keep taking the standard dose of *ReMyte* ½ tsp three times a day.

Thyroid weakness is epidemic, but most doctors ignore the clinical signs of hypothyroidism and depend on inaccurate blood tests to guide treatment. Doctors only treat the thyroid when your hormones hit rock bottom. Instead of natural mineral building blocks to keep the thyroid from getting depleted, they use synthetic hormone replacement. Even integrative doctors usually only treat with desiccated thyroid or Armour thyroid. Even though they are natural hormone replacements, it's not the best way to treat the thyroid. They also use high doses of iodine to force the thyroid into action. However, the thyroid requires 6 different minerals (that are found in *ReMyte*) for proper function, not just iodine. *ReMyte* also supports the adrenal glands, sex hormones and all other tissues and organs of the body. Giving the thyroid the proper building blocks allows it to make its own thyroid hormones and not need hormone replacement therapy.

After eight weeks on *ReMyte*, I began getting a slight laxative effect from *ReMag* and realized I no longer needed 3 teaspoons a day. I was able to cut my dosage in half to ½ teaspoon three times a day. I realized that the extra magnesium I seemed to need, before *ReMyte* was trying to treat symptoms of other mineral deficiencies. When I treated those mineral deficiencies with *ReMyte*, I didn't require as much *ReMag*.

Taking *ReMag* and *ReMyte* two or three times per day is much more efficient and effective than just once a day. Even more effective is pouring the day's dose of *ReMag* and *ReMyte* into a liter of bottled water and sipping it throughout the day. That way, you don't overload your cells with magnesium at any one time, which can allow some of them to be flushed out in the urine. You

won't get the laxative effect but the magnesium that's not immediately absorbed into cells will be in the blood and will pass through the kidneys and be excreted.

Both formulas can also be taken together in water or a smoothie, with or without food, but I don't recommend them in hot drinks in case the minerals dissipate with heat.

The beauty of *ReMag* and *ReMyte* being in liquid form (8-ounce bottles) is that if you want to build up slowly, you can start with a few drops. When you have a whole laundry list of health issues, your body can reject anything and everything you give it, even if it's "natural." That's what I call being "too toxic to detox" and it makes people think they are "allergic" to everything. In such cases I tell people to begin with 2 or 5 or 10 drops of *ReMag* and *ReMyte* and work up by adding 2 or 5 or 10 more drops every few days.

You can read my blog, [*When Magnesium Makes Me Worse*](#) to understand how a very depleted, deficient and toxic body can go through a healing reaction when the body starts to grab onto the important minerals that it has been missing.

A unique property of *ReMag* and *ReMyte* is that because they are so fully absorbed into cells, they pull water in behind them for proper metabolic processing and at the same time, they kick out heavy metals and toxins. The proper function of minerals and water in the cell prevents cellular dehydration.

c. **ReAline**

ReAline is a specific formula that provides the perfect building blocks to enhance and assist the body in detoxifying chemicals and heavy metals. We call it: "Taking out the Trash." The amino acids in *ReAline* are sulfur-based L-methionine and L-taurine. Even though sulfur is the third most common mineral in the body (after calcium and phosphorous), the importance of sulfur is not commonly acknowledged. It is primarily necessary for the sulfation aspect of

detoxification in the liver.

Sulfur is a key component in protein replication and in balancing DNA. Obtaining sulfur from these amino acids is more metabolically sound than taking sulfur supplements because the body can gauge how much it requires in any given moment and not be forced to respond to a sudden increase in sulfur.

Methionine is a precursor to glutathione, the most powerful antioxidant in the body, capable of removing heavy metals and chemicals. We highly recommend using *ReAline* along with *RnA ReSet Drops* to help take out the trash as you are building new perfect cells.

The formula contains 4 methylated and 4 food-based B vitamins. Methylation is a vital metabolic process that occurs in every cell and every organ of our body. It controls sulfur metabolism, which balances the need for methyl groups; it influences glutathione to control oxidative stress and other sulfur metabolites like cysteine, taurine, and sulfate.

d. [ReCalcia](#)

ReCalcia is a picometer-sized, stabilized ionic form of calcium, boron, and vanadium, however calcium makes up the majority of the formula. If you can't get the full 600mg of calcium that you need from your diet, use *ReCalcia*. Dosage: 1 tsp = 300mg. The section on [Osteoporosis](#) contains a list of calcium-rich foods.

e. [ReStructure](#)

ReStructure is a high protein powder for athletes and Paleo dieters as well as a meal replacement for losing weight and balancing blood sugars. Protein is the main ingredient, but carbs and fats are also part of the formula for the appropriate macronutrient balance. It's also the perfect meal if you are on our

Yeast ReSet diet. *ReStructure* contains a "secret ingredient": the concentrated, dehydrated *RnA ReSet Drops* that makes *ReStructure* the most unique meal replacement you will ever find. Mix with water, coconut milk, almond milk, or your favorite juice or blend with fruit for a delicious healthy beverage charged with the power of *RnA ReSet Drops*!

If you have more questions, you can download over a dozen free eBooks at DrCarolynDeanLive. You can ask questions through chat or via email at support@RnAReSet.com. You can ask me health and product questions live on my 2-hour call-in radio show [Dr. Carolyn Dean Live](http://Dr.CarolynDeanLive) Mondays at 4pm PST on Achieve Radio.

f. [*Pico Silver*](#) is our answer to the hundreds of silver products that you can now find online or in your local health food store. Over the years I've recommended a silver product that I trust but our customers wanted something less expensive and more effective. Finally, I asked my chemist to create a picometer-sized silver product using the same stabilized ionic technology that make *ReMag* and *ReMyte* so unique. *Pico Silver Solution* at 20 ppm is the wonderful result. For an in depth review of this form of silver go to my archive site, [Dr. Carolyn Dean Live](http://Dr.CarolynDeanLive) and download [*Pico Silver: Clearing Up The Controversy*](#) from the Books section.

In case you don't get a chance to download the book here are the many incredible uses of *Pico Silver*.

Pico Silver is used orally to support the structure and function of the immune system. As I mentioned in the introduction, my first use of *Pico Silver* was for a cold I "caught" on an airplane. Six teaspoons of *Pico Silver* spaced throughout the day and I woke up without a cold.

The dosage can be quite variable from 1 tsp to 6 tsp, depending on the severity of your symptoms. When you are taking *Pico Silver* for lower

intestinal complaints, add 1-2 tsp of aloe vera juice to help pull the silver into your intestines. Otherwise it will be absorbed higher up.

It didn't take me long to compile the following list of uses for *Pico Silver*. I'm sure I'll add new ones to the list in the next version of this book.

The Many Uses For Pico Silver

1. **Colds, sore throat, flus:** You can take up to 1 tsp every 2 hours while awake for a total of 6 tsp. You can swish and swallow straight *Pico Silver* or put in 2 ounces of water and swish, gargle and swallow.
2. **Cough, Pneumonia:** One teaspoon in a nebulizer and inhale for 10 minutes; repeat several times per day.
3. **Nasal congestion:** Hold several drops in your palm and snuff several times a day.
4. **Traveler's Diarrhea:** 1 tsp with 1 tsp of aloe vera juice every 1-2 hours while awake.
5. **Food Poisoning:** 1 tsp with 1 tsp of aloe vera juice every 1-2 hours while awake.
6. **Cystitis:** 1 tsp every 2 hours while awake for a total of 6 tsp.
7. **Vaginitis:** On tablespoon *Pico Silver* and 2 tablespoons boiled or distilled water, douche twice a day.
8. **Yeast Overgrowth:** Follow yeast protocol in my book [*ReSet The Yeast Connection*](#).
9. **Sore throat, gum infection, dental infection:** Gargle or spray (and swallow) full strength *Pico Silver*.

10. **Conjunctivitis:** 2 drops in each eye several times a day.
11. **Ear infections:** fill ear with 5-10 drops and leave in for 5 minutes.
12. **Disinfecting toothbrushes: 1 tsp in a cup of distilled water, leave overnight.**
13. **Cuts, abrasions, cat scratches:** Spray several times a day on affected parts.
14. **Skin rashes:** Spray on affected area twice a day.
15. **Deodorant:** Spray on armpits to kill odor-forming bacteria.
16. **Athlete's foot:** Spray on affected area twice a day.
17. **Shoes disinfectant:** Spray after wearing to prevent odor.
18. **Dandruff/seborrheic dermatitis:** Spray on scalp to kill fungus related to dandruff.
19. **Hair loss:** Customers who are using *Pico Silver* for dandruff report rapid head hair growth in thinning or balding areas. You can also spray a 50:50 undiluted solution of *Pico Silver* and *ReMag* because they both enhance hair growth.
20. **Nail fungal infection:** Spray or drop on nails twice a day.
21. **Radiation burns:** From cancer radiation. Spray the affected area twice a day.
22. **Root Canal Irrigation:** This is the latest use that I've had for *Pico Silver*. I had to have a root canal and the dentist doesn't irrigate with ozone, so I brought a new bottle of *Pico Silver* and asked him to irrigate with it – and

he did. It's just plain ionized silver without preservatives and he saw no contraindications. I was very happy to know that my root canal won't become infected.

g. [Flora ReVive](#)

Flora ReVive is our wonderful soil-based probiotic/prebiotic formula. The ingredients speak for themselves. Each veggie cap of *Flora ReVive* contains:

- **Saccharomyces Boulardii - 5 billion CFU** (colony forming units) per capsule. *S Boulardii* is a type of yeast that helps keep *Candida albicans* and gut bacteria in balance. This is a hardy probiotic that survives stomach acid and does not require refrigeration.
- **Humic-Fulvic Acid (325mg)** is derived from high carbon humus found in ancient compacted plant material that is broken down by soil bacteria. This rich plant material contains, probiotics, prebiotics, phytochemicals, enzymes, and minerals. It is high in oxygen and antagonistic to *Candida albicans* and biofilms.
- **Inulin 100mg** -As a complex sugar from plant roots, this prebiotic stimulates the growth of beneficial bacteria, which helps improve digestion, immunity and overall health.
- **RnA ReSet Powder 22mg** - Now in its 144th Generation, *RnA ReSet Drops*, act as a catalyst and a source of beneficial amino acids, complex sugars, and lysine which promote healthy cells and support the immune system.

h. [Whole C ReSet](#)

Whole C ReSet is a combination of organic acerola, organic tart cherry and whole fruit complex. It provides full spectrum phytochemicals, polyphenols, including bioflavonoids, anthocyanins, proanthocyanins, ellagic acid, chlorogenic

acid, resveratrol and quinic acid. It is a food-based, organic Vitamin C Complex. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron.

i. ReNew Skin Serum

ReNew Skin Serum provides leading-edge skin enrichment. Its base is a 25X concentrate of *RnA ReSet Drops*. *ReNew* is superior to any serum presently on the market because it is “alive” and very potent. Like the *RnA ReSet Drops*, it benefits from having all the previous generations blended together. *ReNew* is used for its skin rejuvenating properties and local application where a health benefit is desired.

j. RnA ReSet Drops. I’ve already discussed the Drops above as number 4 of my Theory of Everything.

k. Blue Ice Royal

Blue Ice Royal is a food-based source of omega-3 fatty acids, and Vitamins A, D3, K2. Blue Ice Royal Blend contains two-thirds Blue Ice Fermented Cod Liver Oil and one-third X-Factor™ Gold Concentrated Butter Oil. Cod livers are fermented from fish that have been exclusively wild caught in the Bering Sea and Aleutian Island regions of Alaska. X-Factor™ Gold Concentrated Butter Oil is pure oil from cows grazing on rapidly growing grass extracted and concentrated through centrifugation.

(6) Ketogenic Diet and Intermittent Fasting for Weigh Loss

I avoided the Keto Diet for many years. I read about its success in cases of

epilepsy where nothing else was helping. Then I gradually unplugged my ears enough to hear about its success in weight loss and to read the voluminous research that has been done in the last decade. Finally, customers started asking me about the diet and I knew I could no longer hide my head in the sand – or in my case, in a basket of fruit! Overeating carbs in the form of delicious Hawaiian fruit led to my 15-pound weight gain but I'm happy to say that the Keto diet and intermittent fasting turned that around. You can read all about the diet in my e-book, [ReSet Your Ideal Weight](#).

THE STORY OF FUTURE HEALTH NOW ENCYCLOPEDIA

When You Can't Reach the Doctor is the original title of the first edition of this book written in 1988. Its subsequent title in the second and third edition with Keats Publishing and then NCT Publishing was *Natural Prescriptions for Common Ailments*. *Future Health Now Encyclopedia* is the title of the greatly expanded fifth edition and this is the fourth version. FHN is a health encyclopedia that offers a natural approach to health that has produced successful results thousands of patients, clients, and customers.

Instilled in this book is the knowledge that the body is in a constant state of growth and repair and ever in need of suitable building blocks. You may have been attracted to this book because you reject the suggestion that there are only drug solutions to your problems or that your health is solely in the hands of your doctor or that staying healthy is too complex a goal for you to attempt. You may also live with the hope and expectation that you can be well, and you can be healed. We all do. *Future Health Now Encyclopedia* provides simple solutions to put you in control of your own health using nontoxic, noninvasive health options and choices.

The outlined treatments offer safe alternatives to drugs and surgery or they may be used in conjunction with medication or while awaiting the results of diagnostic tests. In the gap of time between discovering symptoms and being

given a specific diagnosis, definitive medical treatment is usually withheld. This period of time can be best utilized by investigating and incorporating safe natural remedies suited to your situation. Most diseases have multiple causes and are only treatable by skillfully combining various therapies.

We are living in an ever-changing world of many options and choices at all levels of society, including medicine. We can no longer ascribe to the allopathic notion that one symptom evokes one diagnosis which only a prescription drug can “cure.” To ignore this common truth is to remain in a suffocating box without knowledge.

It is, however, very important to remember that conventional medicine and natural medicine are not mutually exclusive. It is no longer a matter of using either/or; we have the ability to use both. We can take advantage of highly sophisticated medical technology to diagnose disease and then use natural medicine either in place of or in conjunction with necessary surgery or prescription medication.

Frequently, natural remedies can solve the problem entirely – we see it all the time. In other instances, natural approaches can speed healing and alleviate the side effects of more conventional and invasive therapies. And certainly, nutritional approaches are the best course of action to prevent the onset of certain diseases. If you have lingering or undiagnosed health problems, especially after much effort has been made, please avail yourself of every possible option, which includes seeking out the advice of both medical doctors and naturopathic doctors.

A WORD ABOUT SUPPLEMENTS

I outlined my approach to natural nutrient supplementation in a blog called [Dr. Dean's Supplement Recommendations](#) that I've included in Part Two. You

can immediately link to that information and see how easily you can obtain all your nutrients from my Completement Formulas and 2 others: *ReMag*, *ReMyte*, *ReCalcia*, *ReAline*, *Pico Silver*, *ReStructure* with added *Whole C ReSet*, *Flora ReVive* and *Blue Ice Royal* for Vitamins A, D, and K2. This means you don't need a multiple vitamin and mineral, which tend to have too many ingredients in one pill that never reach therapeutic doses and are often synthetic and/or poorly absorbed. You can read below more about why many supplements are not as they appear.

We have been conditioned to believe that taking a medication is the primary treatment for disease and we take that belief with us wherever we go. If we now turn toward natural medicine, we assume that a handful of nutritional supplements will alleviate our symptoms. However, treating symptoms is still an allopathic approach only you are using supplements instead of drugs.

A good diet, clean air, clean water, exercise, a positive attitude, and stress reduction are as important as good supplements. In fact, you will probably find my recommendations very redundant because I try to work with a limited number of nutrients finding that the body is better served when you allow it to choose what it needs from bioavailable food-based and organic vitamins and picometer minerals Completement Formulas because they reset the body to its original perfect state.

Our present supplement industry is worth almost 40 billion and in 2012 there were 50,000 supplements on the market. FDA regulations being imposed on nutritional supplements are said to be more stringent than those guiding the drug industry. Financially, few small or medium-size companies can bear the cost of compliance with these regulations. Therefore, the largest supplement companies will survive and go forward to be traded on the public stock exchange. Publicly traded companies' first allegiance is to the stockholders and they are required by law to show quarterly profits. Even though consumers take

their products for health reasons, the efficacy and the quality of the product is often of less concern than the profit. Therefore, like any other commodity, the bottom line of profit drives the company to use cheap raw materials, often spending more money on marketing than on the product.

Most vitamins are made from synthetic molecules, chemically derived from petroleum. Therefore, I recommend my *Completement Formulas*, [Premier Greens](#) from Radiant Life, food-based organic *Whole C ReSet* and [Blue Ice Royal](#) (Vit A, Vit D, Vit K2).

I already talked about *ReMag* and *ReMyte* above and how they differ from mined minerals. Plant minerals go through necessary processing by worms, nitrogen-fixing bacteria and mold in the soil and are absorbed through picometer-sized rootlets. Inside the plant they are chelated to make them better absorbed in the body. When you eat plants, proper digestion by hydrochloric acid in the stomach transforms them into the correct ionic form for cellular absorption.

Minerals require all these steps before they can pass through our picometer-sized cell mineral channels, but the most important factor is whether the minerals are in the soil in the first place. That's why I recommend [ReMag and ReMyte](#), which are picometer-size minerals that don't require any processing in the body but are fully absorbed at the cellular level.

A WORD ABOUT FATS AND OILS

Healthy sources of fat include nuts, especially organic and raw almonds, walnuts, pecans, hazelnuts, filberts, and seeds, sunflower and pumpkin. Other sources of good, natural fats include wild salmon, avocados, butter from free-range cows, flaxseed oil on cooked cereal or salads, olive oil on salads and coconut oil for cooking. These fats are a mix of omega-3 and omega-6, which

are best taken in equal amounts. However, the typical diet contains about 6 times more omega-6 than omega-3 fats. Vegetable oils, animals fed grain and farm-raised fish have high amounts of omega-6 fats.

Omega-3 fatty acids are found in plants (linseed or flaxseed) and fish oil (herring, cod or salmon). Omega-3 fatty acids contain alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Plant oils are very high in ALA and fish oils are high in EPA and DHA. Theoretically, ALA can be converted to EPA and DHA, but it takes numerous biochemical steps and enzymatic reactions and only about 10-15% is converted. Therefore, if your intent is to obtain more EPA and DHA, you should take fish oils in case your body is not able to make the proper conversions.

Herbalist Susun Weed has expressed concern that flaxseed oil goes rancid within a few weeks of processing and she does not recommend it. I have found that it produces strong body odor when used on a regular basis. I've also heard reports that it increases symptoms of arthritis and joint pain. ALA acts as a general anti-inflammatory, however it can block some of the body's natural anti-inflammatory activity.

HOW TO USE THIS BOOK

Future Health Now Encyclopedia contains several books in one.

[Part One](#) identifies 135 health conditions listed in alphabetical order that are major health concerns for many people. Since the first edition of this book was self-published in 1988 and later published by Keats Publishing and then McGraw Hill, several conditions, which were relatively rare two decades ago, have been added. Their inclusion serves to highlight the decline in our health. Some of these emerging conditions are: Chronic Fatigue Syndrome, Fibromyalgia, Adrenal Exhaustion, Autism, IBS, Leaky Gut, and Congestive Heart Failure.

For each of the ailments listed there are recommendations under various headings: first aid, diet, supplements, herbs and homeopathy. You can turn to the problem that is most important to you, but don't hesitate to read the entire book; you will then be well prepared if you or a family member develops a particular problem. For each condition there are usually many possible solutions but too many choices can be overwhelming. Therefore, instead of an exhaustive survey that would only serve to show my brilliance, only the most effective remedies have been included.

We do have a [Homeopathic Kit](#) available and I've written a free eBook, [Dr. Dean's Homeopathic Guidebook](#) that outlines the 36 remedies in the Kit. Most of the homeopathic remedies I recommend in this book are in the Kit. Start there but if it's difficult for you to identify the correct remedy, a trained homeopath or naturopath should be consulted.

Aromatherapy using essential oils is a more recent addition to the practice of alternative medicine although it has been in existence for centuries. Essential oils are powerful aromatic compounds distilled from flowers, trees, shrubs, roots, bushes and seeds. Aromatherapy is a science in itself and has a very wide scope; it deserves careful study that goes beyond the scope of this book. Brief mention

of essential oils in conjunction with other therapies will be made for certain conditions. However, if you wish to use essential oils exclusively, be aware that they are very powerful substances that are absorbed directly into the body through the skin and must be processed by the liver. I've heard reports about massage therapists who use essential oils every day on their clients and absorb the oils through their skin and develop a liver toxicity.

The source of the oil you use is also important; make sure they are certified organic. Otherwise pesticides and herbicides, which may be used extensively on expensive flower crops, will be concentrated in the oil.

Part Two: Advice and Information: This section addresses several important topics: Antibiotics, Baby Feeding, Birth Control, Blood Testing, Breast-Feeding, EFT, First Aid, Infant Tips, Pregnancy, Supplements, Surgery, Traveling Advice and X-rays.

Part Three: Optimum Eating: This section starts where we all should start, with an Infant Feeding Guide. Included in Part Three are simple recipes for bean sprouts and beet kvass and information about the dangers of soy.

Part Four: Cleansing: The importance of cleansing cannot be ignored and is covered in this section. Every symptom and condition in *Future Health Now Encyclopedia* can be triggered or worsened by toxins in our air, food, water and in the medications we take. Detox may be as simple as substituting a natural supplement for a toxic drug or a cleansing program to detoxify years of toxin buildup. Information on how to detox from excessive sugar intake and aspartame usage is included in this section.

Part Five: Homeopathic and Herbal Remedies: This section provides a valuable homeopathic and herbal encyclopedia highlighting 28 homeopathic remedies and 3 herbal remedies that are particularly useful in treating the ailments outlined in this book. I begin with a concise definition of homeopathy. Many homeopathic remedies described in Part One are more thoroughly discussed in Part Five with additional information to aid in prescribing.

We do have a [Homeopathic Kit](#) available and I've written a free eBook, [Dr. Dean's Homeopathic Guidebook](#) that outlines the 36 remedies in the Kit. Start there but if it's difficult for you to identify the correct remedy, a trained homeopath or naturopath should be consulted.

Note: The 12X potency recommended for most acute conditions can usually be interchanged with 6X or 30C potency. The higher 200C potencies are best left in the hands of a qualified homeopath who uses them as 'constitutional' remedies that suit the 'constitution' of the individual and his or her chronic disease pattern.

The Appendix offers a quick homeopathic reference guide with a list of symptoms and matching homeopathic remedies. A helpful resource list and a reading list complete the appendix.

Note: There are many ways to stay informed through the [Dr. Carolyn Dean Website](#), the [Dr. Carolyn Dean Live](#) radio show and the [radio show archive](#).

PART ONE: AILMENTS AND REMEDIES

ACNE

Acne can be caused by or aggravated by, diet, environment, chemicals, hormonal factors and emotional stress. At puberty, young men get acne with surging testosterone and young women's acne is stimulated by the elevation of estrogen. In women, acne flares before the period and while taking the birth control pill. Yeast also overgrows when you are on the birth control pill and before your menstrual period because estrogen encourages yeast growth. Yeast produce 178 different toxins, some of which are responsible for nonspecific skin rashes.

We are experiencing an epidemic of early puberty and hormonally induced acne, due to many toxins in the environment. There are synthetic hormones given to cattle and chickens and xenoestrogens (chemical estrogen mimickers) in plastic products and chemicals such as pesticides and herbicides that contaminate our air, food and water. We are also in the midst of severe iodine deficiency and resulting low thyroid. If your morning temperatures are low, read the section on [*Hypothyroidism*](#).

Greasy, sugary foods can cause or worsen acne by stimulating the secretion of oils from pores on face. The oils then plug up they skin pores, allowing bacteria that naturally live on the skin to infect the plugged pores and create blemishes. Oil-based makeup creates acne by blocking your pores.

The emotional component of acne is a trying to hide something that one is guilty about. You're guilty or embarrassed and it comes out as acne instead of blushing. In teenagers it can be guilt about sex or even thinking about sex or problems at home or at school. On a deeper level, it can be an attempt to block puberty by blocking your hormones because you don't want to go through this

life change. You want to keep being a kid and not grow up, you want to block unwanted attention that a masculine or feminine body might bring. Blocking your facial pores is an expression of this desire. The irony is that you actually draw more attention to by having acne. The lesson is to get comfortable in the skin that you're in.

The acne bacteria (*propionibacterium acnes*) that feed on oil and toxic debris on the skin has been isolated but that doesn't mean that antibiotics are "the cure". These bacteria are normal inhabitants of our skin that grow out of control. The treatment involves putting the body back in balance. Studies show that treating acne with antibiotics leads to bacterial resistance and even worse acne that is, unfortunately, often treated with stronger antibiotics. Prolonged intake of antibiotics for acne leads to yeast overgrowth. Yeast and yeast toxins can produce skin rashes and blemishes that make acne worse.

If you have blemishes on your back and buttocks as well as your face, especially if they are cystic in nature, this can mean a food or drug allergy. Dairy products and either too little or too much iodine are the most common causes of cystic acne. Avoid dairy products for a period of three to four weeks to see if your acne clears up. If it doesn't subside, investigate other foods in your diet. Start with foods you eat every day as the possible culprits. Avoid a suspected food for two to three weeks and then challenge your body by eating it for a two-day period to investigate whether the food is indeed causing your problem.

Warning: Never test a food, in this way, to which you know you have strong allergic reactions.

Diet:

For some, simply avoiding sugar, chocolate, white flour, refined foods and artificial sweeteners (such as NutraSweet, which contains aspartame) can stop acne. Others may have to avoid fried foods and cut back on meat consumption,

especially beef and pork. Try eliminating all these triggers for several weeks and see what happens. You have nothing to lose but your acne! An added bonus is that you are eliminating junk food from your diet and you will actually feel healthier, look healthier and have more energy.

Cleansing:

Internal cleansing is an important factor when dealing with acne. The body detoxifies chemicals or excess toxins through the liver and the end products of this detoxification are eliminated through the intestines, the kidneys and the skin. If the kidneys and intestines are overloaded with toxins, then skin conditions can develop when the overload of waste products is eliminated through sweat onto the skin. Therefore, general cleansing can help skin conditions. The simplest form of cleansing is to increase the intake of fresh, pure water and fiber, which increases the size and number of bowel movements, speeding up the removal of toxins. Drink $\frac{1}{2}$ your body weight in ounces of water. If you weight 200 lbs, then you will drink 100 ounces of water per day.

If bowel movements are increased from one to two daily by drinking more water, excess toxins are released through the kidneys. Other gentle forms of cleansing include aloe vera gel, which can be taken in juice once a day, bentonite clay liquid to adsorb toxins and psyllium seed, taken as a fibrous bulking agent and toxin sponge.

Psyllium is taken either as a powder or capsule. The powder is stirred or shaken in a glass of water and quickly swallowed and followed by a second glass of pure water so that the bulking agent will not cause constipation.

Probiotic bacteria should be taken daily during cleansing and especially if psyllium is used for more than one month at a time. I recommend our [Flora ReVive](#). Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be

taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*. See the section on [Cleansing](#) in [Part Four](#) for more.

First Aid:

A good natural skin cleanser (preferably organic) and a [Magnetic Clay](#) facial mask can be used on a regular basis to open and cleanse the pores. When beginning this treatment, sometimes the acne will appear to get worse as the underlying pores are cleaned and debris comes to the surface. A dab of Magnetic Clay on a spot can help dry it up overnight.

If you have acne with dry skin, not oily skin, be sure to use neutral pH soap like Castile that won't dry out your skin. Dry skin treatment includes cod liver oil and flaxseed oil, taken by mouth—not on the skin and coconut oil on the skin daily. I recommend [Radiant Life](#) for their coconut oil products.

Supplements:

* Zinc: [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains zinc and 11 other complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* Iodine: [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains iodine and 11 other complementary minerals. Dosage: ½ tsp three times per day.

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn](#)

[Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* Vitamin E: Choose a food-based organic product. Dosage: One or two tablets per day. Vitamin E is beneficial for healing the skin, both taken by mouth and rubbed into acne scars.

* [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [Flora ReVive](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver

while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

Homeopathy:

- * Hepar sulph: 12X for painful acne that resembles tiny boils.
- * Graphites: 12X for acne that scars and when the rest of the skin is unhealthy with eczema and cracked skin on the fingertips.
- * Antimonium tart: 12X for acne that scars, in a person who also has lots of mucus.

There are many other homeopathic acne remedies, but a personalized prescription requires a thorough assessment by a homeopathic physician.

Avoid Antibiotics

One of the unfortunate aspects of having severe acne is that prescription antibiotics are usually given to suppress the condition. Oral antibiotics should be avoided if at all possible because the side effects of antibiotics, used long-term, can be very serious. Oral antibiotics may kill the bacteria that contribute to facial blemishes, but they also kill all intestinal bacteria, creating an extreme imbalance in the intestinal flora. This imbalance can lead to the overgrowth of yeast in the intestines. Yeast toxins, in turn, can cause skin detox reactions that can worsen acne. See the sections on [***Antibiotics vs Probiotics***](#) in [***Part Two***](#) and [***Yeast Overgrowth***](#) in [***Part One***](#).

ACNE ROSACEA

Acne rosacea is a chronic acne-like eruption of 'unknown origin' that occurs on the face, mostly over the nose and cheeks. It is three times more common in women than men and usually begins in middle age. Rosacea is also accompanied by facial flushing, broken capillaries, pustules and dry skin, but rarely blackheads. In men, it is more common to have an unsightly, red, swollen, and inflamed nose. Rosacea can also cause inflammatory eye symptoms.

Initiating factors for the condition may include vitamin B deficiency, food allergies, low stomach acid, hypothyroidism, yeast overgrowth and a family history or tendency toward dry skin and dermatitis.

The allopathic medical treatment for Rosacea often includes antibiotics. Antibiotics, however, encourage yeast and fungal overgrowth, even on the skin. So, there is a vicious cycle at work: an antibiotic can kill off some of the organisms that are causing Rosacea, but it can also encourage more fungus to grow, which perpetuates the condition.

If you have been given antibiotics for your Rosacea, a yeast-free program is necessary. A yeast-free diet will exclude the three most common food allergens: gluten, dairy and sugar. See the section on [Yeast Overgrowth](#) for full details.

To investigate a possible thyroid connection that may be associated with Rosacea, you should take your morning temperature several days in a row. If you are a woman, the best time for you to take your temperature is during your period. Otherwise, if you take your temperature at mid-cycle, it will show an ovulation temperature elevation. If your temperature is a degree under the normal 98.6, you should support your thyroid gland with thyroid minerals that are found in [ReMyte](#) multiple mineral. Read the section on [Hypothyroidism](#) for

more information.

Skin health can be compromised by the overuse of antibacterial soaps and creams that diminish the natural immune protective layer of the skin. Patting the skin with cotton balls soaked with 3% hydrogen peroxide after washing with neutral pH soap will gently cleanse the skin.

Diet:

Avoid spicy foods, alcohol, coffee and cigarettes, which can all irritate the skin and worsen symptoms. Go on a yeast free diet avoiding sugar, gluten and dairy.

Supplements:

* [*ReMyte*](#) – a fully absorbed multiple mineral that contains 12 complementary minerals, 9 of which support thyroid function and includes zinc for skin health and immune system support. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for detoxification including neutralizing yeast toxins. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme

processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* Digestive enzymes with hydrochloric acid: Dosage: 1-2 taken at the end of meals. Incompletely digested food can be absorbed and create allergic reactions that can manifest as skin conditions. My current recommendation is KAL brand Super Enzymes.

* Blue Ice Royal: Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or 1/2 tsp per day.

ADDICTIONS

Dr. Abram Hoffer, the father of Orthomolecular Medicine, is very clear about the origin of addictions. He says:

"Sugar is an addiction far stronger than what we see with heroin. It is the basic addictive substance from which all other addictions flow. Refined sugar and all refined foods such as polished rice, white flour and the like, are nothing less than legalized poisons."

Once children become addicted to sugar, they can't seem to get enough of it, and they are hooked for life. Sugar robs the body of nutrients, challenging both mental and physical health. That's why the treatment of addictions begins with diet, but it also utilizes vitamins, minerals, homeopathic remedies and behavioral and psychological counseling. A substance that can help achieve detachment from your addiction is *RnA ReSet Drops*. They can be used for all forms of addiction.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

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ALCOHOL ADDICTION

Alcohol is a high caloric toxic drink that causes weight gain, yeast overgrowth, nutrient depletion, liver damage and brain damage. To be metabolized, it robs the body of many vitamins and minerals, especially the B vitamins and magnesium. One of the dangers of alcohol lies in its primary waste product – acetaldehyde. This poison is also produced when *Candida albicans* (yeast) digests sugar from our diet. Exhaust fumes and smoking cigarettes are further sources of acetaldehyde poisoning. Magnesium becomes depleted when this toxin is present because it is a necessary cofactor for the enzyme that metabolizes acetaldehyde.

Acetaldehyde attaches to red blood cells, proteins and enzymes, travels to all parts of the body and passes across the blood brain barrier where it is responsible for creating the symptoms we identify as a hangover. It does that by blocking the attachment of oxygen to red blood cells. It also damages the structure of red blood cells making them rigid, so they are unable to squeeze through tiny capillaries to bring oxygen to the tissues. The brain uses 20% of all the oxygen that we inhale but stiff red blood cells cut down that amount considerably leaving you gasping for air and feely woozy.

Acetaldehyde also induces deficits in three important vitamins: the nerve vitamin, B1 (thiamine), the energy and neurotransmitter vitamin, B3 (niacin), and vitamin B5. These B vitamins are crucial for normal brain function. When they are lacking, neurons (brain nerve cells) can be irreparably damaged. Alcohol and acetaldehyde are also damaging to the liver. The amount of alcohol dehydrogenase, the enzyme that breaks down alcohol, increases dramatically in response to alcohol consumption. Some people produce small amounts of this enzyme and alcohol stays in the bloodstream making them feel drunk very quickly.

People become addicted to the alcohol high. When their blood alcohol level drops, they crave more. When alcohol isn't available or people are "on the wagon," sugar is a socially accepted substitute because it maintains a steady level of alcohol in the body by feeding yeast. Blood tests before and after a large amount of sugar can show an elevation in blood-alcohol levels. People have been arrested for drunk driving and failed the Breathalyzer test without touching a drop of alcohol. Read about [Yeast Overgrowth](#) and you'll learn that some people have created a living "alcohol still" in their gut because yeast produces alcohol and acetaldehyde all by itself!

Diet:

Eliminating sugar from the diet is the first step in treating alcoholism because it curbs the craving for alcohol. Follow a good diet of vegetables, fish, chicken, whole grains, and fruit and strictly avoid refined foods and sugar, coffee, and tea to further prevent alcohol cravings. Low blood sugar (hypoglycemia) can trigger cravings for sugar or alcohol; therefore, it is wise to eat small frequent meals to keep the blood sugar in balance. Read the section on [Hypoglycemia](#) for more details. According to nutritionists, food allergies can be synonymous with addiction. Read the section on [Allergies](#) for more information.

Supplements:

*[ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1

capsule twice per day.

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* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for metabolizing alcohol and acetaldehyde. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* Chromium and Zinc: [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains chromium, zinc and 10 other minerals that work synergistically. Dosage: ½ tsp three times per day.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Herbs:

Damage to the liver must be addressed in the treatment of alcoholism. Milk thistle is the most important herb in this regard. Use an organic, whole plant extract and take the recommended dosage indicated on the label. See the section on [Liver Disease](#) for more detailed information.

Homeopathy:

Alcohol addiction can be treated with various homeopathic remedies.

* Sulphuric acid 12X (one dose every few hours). This remedy is completely safe in this extremely diluted form where not one molecule of the original material remains. It acts somewhat like Antabuse, a prescription drug that causes a feeling of nausea and illness when you drink while taking it.

* A remedy called Quarkus alba can reduce the desire for alcohol. Take the 12X potency, one dose, three times daily.

* Nux vomica can curb desire as well as treat a hangover. Take the 12X potency, one dose every hour for a hangover; use it three to four times a day to prevent alcohol cravings.

Acupuncture:

Alcohol and drug detox clinics often employ ear acupuncture in their treatment protocols. Ear acupuncture can be extremely useful for balancing

neurochemistry, calming the nervous system and eliminating cravings. However, it usually does not have lasting effects if not accompanied by elimination of sugar, a good diet and supplemental nutrients.

EFT:

Emotional Freedom Technique is a form of self-therapy that consists of tapping on acupressure points to help release blocked emotions that trigger physical problems and cravings. Read about [EFT](#) in [Part Four](#).

COFFEE ADDICTION

Coffee is probably the most consumed beverage on the planet and there are many reasons why. It's a stimulant and a laxative, which may account for a recent flood of media reporting that coffee is a health drink! If your blood flows well because your heart is stimulated by coffee and you are not as constipated when drinking java – yes, you may experience benefits. If you are already stressed to the max, adrenaline pumping non-stop and addicted to other stimulants like alcohol and sugar, coffee is simply adding to your stress.

An accumulation of stimulants can make your heart jumpy and set your nerves on edge. In a certain group of stressed-out and toxic folks, even one cup of coffee is enough to trigger a serious heart arrhythmia. You know you're addicted because, when you try to stop, you get a pounding headache – that can't be healthy. The only way out is to cut it out!

The good news is that you don't have to go cold turkey. Start by taking magnesium. Magnesium is the body's natural energizer and it relaxes the bowel, so it's a gentle laxative as well, so it does what coffee does, naturally. It's also calming, treats insomnia and neutralizes adrenalin surges preventing anxiety. Plan a time 2-3 weeks after starting magnesium to wean off coffee; you will be amazed how easy it can be.

I recommend [ReMag](#). With magnesium under your belt, switch to black tea for one week only. For withdrawal symptoms of irritability, sensitivity and headaches take Chamomilla 12X, a homeopathic remedy (one dose, 3-4 times a day) or you can increase your magnesium intake by one more dose per day. Then stop black tea and switch to herbal teas or a grain coffee substitute, available in health food stores. Chamomilla can be continued another few days. Read labels, because some herb teas, especially green tea, can be caffeinated.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

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TOBACCO ADDICTION

Addictive chemicals are purposely put in tobacco making it very difficult to give up. Tobacco is cured with sugar, which stimulates combined sugar and tobacco cravings. Smoking natural tobacco eliminates the chemicals, making it easier to quit tobacco. *Natural Spirit* is the brand name of one natural tobacco. You may have to roll your own for a while as well – it's a sure way to cut down when you have to stop and make them. You know you're over tobacco when it's just too much bother to roll a cigarette.

During the first month after quitting smoking there is often a worsening of "smoker's cough". This happens because the small hair cells that line the bronchial tubes start to regenerate after being paralyzed for years. They immediately begin to move and clear mucus, which often contains black tar held deep in the lungs. Although uncomfortable, coughing up this poisonous material is a good sign that things are improving.

Diet:

Drink lots of pure water to help flush out toxins. An adult body is 70% water and if you have been smoking for years, your internal fluids are contaminated. The guideline for water intake is to drink half your weight in ounces of water. If you weigh 150 lbs, that means you should drink 75 oz of water a day. To make sure the water you drink is utilized properly at the cellular level, you have to take minerals that are absorbed at the cellular level, this means *ReMag* and *ReMyte*, and sea salt. I think it's important to mix ¼ tsp of sea salt in every pint of drinking water for the 72 minerals that you can no longer find in tap water, distilled water, reverse osmosis water, or highly filtered water.

Maintain a good diet and in the initial stages, avoid red meat, sugar, coffee, alcohol and refined foods, which can stimulate the craving for cigarettes.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) a fully absorbed multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#). The zinc in *ReMyte* will help reactivate taste buds so that you can enjoy food more fully.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

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Try to avoid substituting one addiction for another. Most people who give up smoking begin eating sweets and rapidly gain weight. Find out the reason for your addiction and avoid being dependent on any substance. In [Part Two](#), read

about **EFT** to help eliminate the emotional reasons for smoking.

Homeopathy:

The following homeopathic remedies are used to treat tobacco cravings:

- * Caladium 12X potency one dose three to six times a day.
- * Nicotine 12X potency one dose three to six times a day.
- * Tabac 12X potency one dose three to six times a day.
- * Calc. phos 12X potency can be used for residual bronchitis that may remain after giving up cigarettes.

Herbs:

- * Lobelia is called Indian tobacco and in small doses can treat tobacco withdrawal.
- * Avena sativa, also called wild oats, can also help with tobacco withdrawal. The tincture form is used for both herbs at a dose of 5 to 10 drops in 4 ounces of water three times a day
- * Fenugreek seed tea, 1 teaspoon per cup of boiling water steeped for seven minutes, can help loosen the mucus that accompanies cigarette withdrawal and can also lessen coughing episodes. Drink several cups a day.

Acupuncture:

Ear acupuncture can help curb the craving for nicotine. There are several points in the ear that can be used to balance the body by easing irritability and clearing the lungs of the buildup of waste material. A doctor trained in ear acupuncture can administer these treatments.

SUGAR ADDICTION

Dr. Abram Hoffer and many other notable doctors say that steady consumption of refined sugar for fifteen to twenty years is a major cause of diabetes. As long as sugar consumption stays below 35 pounds annually and constitutes less than 20% of daily caloric intake, you can be reasonably healthy. Once your consumption of refined sugar rises to 70 pounds annually, chronic disease becomes a measurable problem.

It is estimated that in North America about 35% of our daily calories are derived from refined sugar and our annual intake has now reached 150 pounds per person. Diabetes is also closely associated with obesity and 97% of people with type II diabetes are obese, prompting researchers to create a new disease entity called "diabesity".

It seems that Dr. Hoffer was correct about sugar consumption and diabetes because obese children, who eat sugar and drink sodas from infancy, are developing adult onset diabetes at an unprecedented rate. In 1982, less than 4% of diabetic children aged 10-14 had type II diabetes. By 1994, the rate had risen to 16% and is presently hovering around 20% to 45% depending on the age group.

When you eat too much sugar or carbohydrates, you put considerable strain on your insulin-producing pancreas. You may already know that insulin keeps your blood sugar levels under control. Insulin also works as a protective mechanism that allows your body to store food as glycogen. Refined carbohydrates (white sugar, white flour products, soda, high fructose corn syrup and sweetened juices trigger the release of excessive insulin to deal with the high sugar levels. Excessive insulin signals the body to create more fat cells to store carbohydrate, to increase the production of cholesterol, and to conserve water.

The only way to keep insulin from surging and storing extra calories is by eating a diet that does not trigger the release of insulin with every meal. It is not just excess fat in the diet that makes fat but any sugar, fruit, fruit juice or simple carbohydrate. However, if you do eat a high protein diet, you need to take more magnesium. Read the section [Detoxing Sugar & Aspartame](#) in [Part Four](#) to learn why both substances are best avoided.

In my magnesium research I was amazed to learn that 28 atoms of magnesium are required to process one molecule of glucose. If you are trying to break down a molecule of fructose, you need 56 atoms of magnesium. Therefore, heavy sugar consumption leads to magnesium deficiency.

Diet:

A balanced diet should include protein (animal or vegetarian); complex carbohydrates (beans, grains); fats (nuts and seeds); and fruits and vegetables, eliminating refined sugar and flour. Read the [Optimum Eating Plan](#) to individualize your own diet. Also, read the section on [Allergies](#) because you can become allergic and addicted to things you eat all the time.

Balancing pH by eating more alkaline foods and drinking alkaline pH water is one way to eliminate sugar cravings.

Supplements:

* Magnesium deficiency is a measurable sign of diabetes. Magnesium supports insulin production in the pancreas; helps glucose cross cell membranes; helps carbohydrate digestion. Choose [ReMag](#) is fully absorbed, bioavailable magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag:](#)

[*Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* Chromium is a mineral that is involved with the efficient metabolism of carbohydrates, fat and protein. It also helps regulate insulin, making it work more efficiently in the utilization of sugar in the body. Because of its activities, chromium is able to decrease sugar cravings and is also indicated in the treatment of diabetes. [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains chromium, zinc and 10 other minerals that work synergistically to balance blood sugar. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

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ADRENAL EXHAUSTION

Conventional medicine has a very narrow definition of adrenal function that swings between the two extremes of being “entirely normal” or “totally destroyed.” I learned that definition in medical school and just the other day a patient said that’s what an endocrinologist just told her. In 40 years, nothing has changed. The endocrinologist scoffed at her saliva cortisol levels and her questions about her weakening adrenals and said, “The adrenals either work or they don’t work.” At the point they don’t work, he said he would give her a prescription for replacement hormones (synthetic). If the adrenals do not function at all, that condition is called Addison’s disease.

In natural medicine we observe that the adrenal glands usually function in between those two extremes due to many physical and emotional stresses that can strain the adrenal glands and diminish one’s reserve. Because the only solution that allopathic medicine knows is hormone replacement, they don’t recognize the need for mineral and vitamin support for the adrenals to prevent them from failing.

When someone exhausts his or her adrenal glands through compulsive exercise, this is called “overtraining.” When someone eats a high sugar meal, the blood sugar soars and then crashes. The crash triggers adrenalin to push the blood sugar back to normal, which depletes the adrenals over time. The adrenal glands’ job is to keep the blood sugar levels constant but when they wear down, hypoglycemia can occur. When irregular spurts of adrenalin flood the body, anxiety and panic attacks are diagnosed. In none of these cases is the true cause of symptoms identified as adrenal depletion.

Conventional medicine does not recognize adrenal depletion possibly because there is no prescription medication for weakened adrenals. There is only treatment for complete adrenal collapse – hydrocortisone. However, in natural

medicine, the building blocks for repairing the adrenal glands are nutrients that are beyond the scope of conventional medicine. Unfortunately, when people who suffer from over-exercising, hypoglycemia, and panic attacks go to their medical doctor for a diagnosis they are given a prescription for antidepressants and anti-anxiety medication, but not what they really need.

Prevention:

* Symptoms of hypoglycemia are closely associated with adrenal exhaustion; follow the advice in the section on [Hypoglycemia](#). Eat small frequent meals and avoid alcohol, caffeine and sugar.

* Sleep 7-8 hours per night; go to bed by 10pm. And if possible, take a nap during the day. Read my blog "[Lying Down Therapy](#)."

* Exercise at least 30 minutes daily combining stretching, walking, and yoga to maintain flexibility and build endurance.

Adrenal Fatigue and Thyroid Insufficiency

The adrenals don't stand alone, so in order to balance your adrenals you also have to look at your thyroid and your sex hormones. I refer to them as a three-sided stool. When one of the legs of the stool is shortened, it affects the other two. This can be seen on blood testing; when cortisol levels go up, thyroid hormone levels go down.

There is an ongoing debate among natural medicine practitioners about what comes first, adrenal fatigue or thyroid insufficiency, and what do you treat first? I think it's a moot point because they are not looking at one of the main causes of both conditions: mineral deficiency, which means you can and must treat the two conditions simultaneously. Treating disease in a linear format, one

thing at a time is not consistent with the way the body works, where everything is interrelated and works synergistically.

The treatment for adrenal fatigue begins with sodium and magnesium, which are vitally important for proper adrenal function. If your adrenal glands are weak or depleted as indicated by exhaustion, low blood pressure when rising from a lying position and chronic stress, there is a combined sodium and magnesium depletion. If you start taking large doses of magnesium without replacing sodium, you may feel even worse. I recommend $\frac{1}{8}$ to $\frac{1}{4}$ tsp of sea salt in every pint of drinking water. How much water? Half your body weight in ounces of water.

The best diet for the adrenals is a yeast-free diet avoiding sugar, gluten and dairy to cut down on the body-wide inflammation that yeast produces. Magnesium will also treat inflammation.

The adrenals are supported with food-based Whole Vitamin C Complex and Vitamin B Complex. I highly recommend our *Whole C ReSet* and *ReAlign*.

The other key ingredient to adrenal health is plenty of rest. I call it "[Lying Down Therapy](#)." Please don't think you can "tough it out" and just "muscle your way through" adrenal fatigue. That's the worst thing you can do. You may require 8-10 hours of sleep and naps to fully recover. It's extremely important to take care of your adrenals because they are responsible for the production of more than 50 hormones that are essential for proper body function.

Extra sleep, rest, sea salt, high dose magnesium, and a multiple mineral formula work to help alleviate adrenal fatigue. But it's also important to face the cause of your stress and realize your body may be producing physical symptoms as a result of this stress.

Some practitioners suggest that you have to take DHEA and pregnenolone for adrenal repair, but I have another suggestion. Instead of immediately jumping to hormone replacement, let's use the proper building blocks to make

our own hormones. Put *ReMag* in a spray bottle and spray on the skin. It will stimulate DHEA receptors below the surface of the skin. For the proper amounts of cholesterol to make hormones like pregnenolone you need good fats such as olive oil and coconut oil.

The third requirement for making your own hormones is properly functioning enzyme systems. And we know that in order for enzyme systems to function properly you need lots of bioavailable magnesium.

An underactive thyroid, as one of the triggers for adrenal fatigue, has its own list of causes that includes thyroid receptor blockage due to yeast toxins and mineral deficiency. Nine minerals in *ReMyte* that support thyroid function include: iodine, selenium, zinc, molybdenum, boron, copper, chromium, manganese, and magnesium.

The standard treatment for thyroid, even for natural medicine practitioners, is to give thyroid replacement therapy. It may be the more natural form of Armour thyroid, but it's still treating with hormones instead of treating the reason the thyroid became weakened in the first place.

I've worked closely with Candida (yeast) overgrowth for decades. A poor diet of refined sugars, high gluten wheat, and processed dairy feeds yeast. Diet, antibiotics and cortisol from acute and chronic emotional stress causes yeast overgrowth. There are 178 different yeast toxins that are produced by yeast in their life cycle. These toxins are absorbed into the bloodstream and lead to a chronic inflammatory state that can block hormone receptors and cause arthritis, chronic fatigue and pain.

The best anti-inflammatory agent available to the body is magnesium. When magnesium is depleted, adrenal fatigue symptoms continue unabated. Magnesium and molybdenum help detoxify yeast toxins directly.

The sex hormones are also supported by minerals and the proper function of the thyroid and adrenals. DHEA stimulation by transdermal magnesium will

stimulate production of estrogen, progesterone and testosterone. I've had patients tell me that when they started taking *ReMag* and *ReMyte*, their menopausal symptoms disappeared. If they were taking bioidentical hormones, the hormones were either more effective or were no longer necessary.

Supplements:

* *ReMag* is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* *ReMyte* is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals, nine of which support the thyroid. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcium: Invisible Minerals Part II*.

* Potassium. This mineral is included in *ReMyte*. Potassium is high in green leafy vegetable. You can also drink potassium broth. The recipe for this broth is under the heading Potassium in my *ReMyte* book, which is a free download under Books at the [Dr. Carolyn Dean Radio Show Archive](#).

* Sea Salt. Add 1/8th to ¼ tsp of sea salt in every pint of drinking water for the natural sodium that is lacking in people with adrenal weakness and stress.

* *ReAlign* contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme

processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

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AGORAPHOBIA

This condition is described as anxiety on leaving the house, due to a morbid dread of open or public places. Symptoms can extend to many anxiety-provoking situations. A person in an extremely stressful situation who begins to panic may always link that type of stress with a feeling of dread.

On a physical level, if your blood sugar drops suddenly while you are under acute stress, the adrenal reaction produced to restore the blood sugar level can cause a fight-or-flight reaction, which feels like a panic attack. Thereafter, you will unknowingly link this hypoglycemic reaction with the stress and the panic attack, and the panic is likely to recur under similar stressful conditions.

For information on how to avoid low blood sugar, read the section on [*Hypoglycemia*](#). Also read the section on [*Anxiety*](#).

Diet:

Avoid caffeine, sugar and alcohol.

Supplements:

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* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [*Dr. Carolyn Dean Live*](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

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Homeopathy:

* The homeopathic remedies for agoraphobia are Aconite, Kali arsenicum, and Arsenicum. *Dosage:* These can be taken in the 6X or 12X potency, one dose twice a day and as needed.

Psychological Support:

* Face the fear.

* Hum or sing. This activates the right side of the brain and deactivates the left side of the brain, which is worrying and escalating the fear.

* Celebrate each small victory against your fears. These small steps add up.

* Try to move - walk, run, jump, dance; don't lie down and give in to the fear.

* Don't let fear of fear control your life.

Go to [Part Two](#) and read how [EET](#) can help fight fear and other disabling emotions.

ALLERGIES

ALLERGIES (INHALED)

Allergies are a widespread problem. Conventional medicine considers inhaled allergens as the main form of allergic reaction. The most common inhaled allergy is hay fever, with its symptoms of itchy, runny eyes, runny nose, and cough in specific seasons, predominantly spring and fall. Spring allergies are usually to grasses and pollens. Any chemical, powder, dust, hair or dander from animals can be a potential inhaled allergen.

Hay Fever:

The best treatment for hay fever is prevention. In the very early spring or late winter (February or March), begin taking a homeopathic remedy made from grasses and pollens. The dosage is 12X, one dose two or three times a day. If this remedy is taken one month before the onset of the season, usually symptoms will be diminished. Similarly, to avoid ragweed allergies that occur in mid-August, take homeopathic ragweed, also called Ambrosia 12X and Mold 12X, two or three times daily in late July. These remedies can be continued during the season if you are still experiencing some symptoms. Most health food stores will carry these remedies, or you can order them online.

Diet:

Avoid sugar, gluten and dairy, all of which are known to be common food allergens that increase mucus production, irritate mucus membranes and stimulate yeast overgrowth. Therefore, during allergy season, it is helpful to cut back on these mucus-producing foods. By doing so, you cut down the irritation in your mucus membranes and are therefore less susceptible to inhaled pollens and

other irritants.

Yeast, as you will read about in the section [***Yeast Overgrowth***](#) irritates nasal passages, sinuses, and the gastrointestinal tract, causing micropunctures that allow pollens and toxins to be absorbed thus setting off allergic reactions and sensitivities. The proper treatment of yeast often lessens or eliminates hay fever attacks.

Supplements:

Vitamin supplementation for allergies include the following natural antihistamines:

* [***ReMag***](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [***Dr. Carolyn Dean Live***](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [***Whole C ReSet***](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* Antronex is a very specific product made by the company Standard Process. Antronex contains a bovine liver fat extract called Yakriton, which helps the liver dispose of excess histamine.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* Digestive enzymes with hydrochloric acid can be taken with each meal to prevent incomplete food digestion, which can trigger food allergies. My current recommendation is KAL Brand Super Enzymes.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Herbs:

* Stinging nettle leaves treat hay fever; the best form is freeze-dried nettles.

* Yarrow and myrrh are astringents that can slow down mucus formation.

* Fenugreek, sage, and barberry (used in place of goldenseal, which is becoming extinct) also slow down mucus formation.

* Echinacea and astragalus root are immune balancers.

Herbs can be taken in capsules, 1 or 2 at a time, 2 to 3 times daily or as tinctures, 10-30 drops, 3 times daily or as herbal teas or infusions.

Note: According to herbalist, Susun Weed, "An infusion is a large amount of herb brewed for a long time." Typically, one ounce by weight (about a cup by volume) of dried herb is placed in a quart jar that is filled to the top with boiling water, tightly lidded and allowed to steep for 4-10 hours. After straining, a cup or more is consumed, and the remainder chilled to slow spoilage. Drinking 2-4 cups a day is the usual prescription. Since the minerals and other phytochemicals in nourishing herbs are made more accessible by drying, dried herbs are considered best for infusions.

Prevention:

You may find that you react to substances and chemicals in your environment all year round. Women seem to be more sensitive to chemicals probably because they do most of the house cleaning and are therefore more exposed to harsh cleaning products, dust and mold.

First, investigate the household products and pesticide sprays used in and around your home and try to eliminate as many toxic chemicals as you can. There are many nontoxic products available; for example, borax is an all-purpose cleaner available in most grocery stores. It's very safe and gentle enough to be used as an eyewash and vaginal douche (pharmaceutical grade).

For indoor allergens such as dust, mites, and mold, you must keep the

air dry and clean with air filters and dehumidifiers. Make sure mold doesn't grow in these appliances; mold spores can cause widespread symptoms in susceptible people.

Mold in bathrooms and basements is usually cleaned away with bleach, but the chlorine in bleach is unsafe to breathe. Safer methods include distilled white vinegar, which can be poured into a spray bottle and directed at the mold. Another is grapefruit seed extract that can be used to soak vegetables to kill parasites, but 20 drops in 2 cups of water in a spray bottle will also kill mold. Tea tree oil is a very strong-smelling essential oil that is a powerful mold killer. Put one or two teaspoons in 2 cups of water, shake, and spray. Zeolite clay powder can also be spread on a moldy surface to kill the mold.

There are vegetable-enzyme cleaners on the market that also remove mold. If you do use Clorox bleach for bathroom mold, apply a diluted amount and do not inhale the fumes; quickly leave the bathroom and allow it to air out. Dust mites, nasty looking, microscopic insects that find flakes of our shed skin tasty, are the most common inhaled allergens. Inhaled by babies, the bodies of mites can cause eczema and asthma. Prevent problems by vacuuming your mattress, cover it with safe plastic, wash your pillows and bedclothes frequently and use tile or hardwood instead of carpet on your floors.

Occasionally after a bad cold with nasal congestion, you can develop hay fever or dust allergies because your mucous membranes become very sensitive. If this happens, have someone else clean your home thoroughly or use a cotton mask, because cleaning and dusting itself can lead to an allergy attack.

Pet hair, fur, dander, skin oils and secretions can also create an allergy problem. They should at the very least be isolated from your sleeping space. A veterinarian friend warned me that fleabites could create infections and circulation problems leading to gangrene in diabetics when you get bitten around the ankles. Animals should be kept out of the house and routinely treated for

fleas. [*Pico Silver*](#) can be useful for both animals and humans to support the immune system against infection.

Different substances in your work environment can produce “sick building syndrome.” This is a real condition that began to manifest itself when we tried to make our office buildings airtight and heat controlled. The fumes from hundreds of chemicals, including formaldehyde, paint, ink, copy machine chemicals, plastics, and pesticides can overwhelm a sensitive person and produce a considerable amount of disability. The dramatic increase in children’s asthma in recent years could be a result of chemical exposure to paint and harsh cleaning products in school. One of our greatest tasks in the twenty-first century is to demand efficient guidelines from both industry and government to clean up our environment.

Medical allergy shots have not, in my experience, been very helpful for most people. I commonly hear people say, “Well, I’ve been on allergy shots for several years now and I think they’re helping.” If they don’t help within a few months, they probably never will.

ALLERGIES (FOOD)

The predominant food allergens recognized by allopathic allergists include eggs, peanuts, nuts, fish, shellfish, and strawberries. In the susceptible individual, these foods create a surge of IgE antibodies that latch onto mast cells causing them to release histamine. A small amount of histamine produces little or no reaction but a large outpouring causes hives, asthma or severe swelling of the throat and face. These instant reactions are easy to spot, and most people identify problematic foods early in life. Also, on the list of possible allergies are numerous food additives such as bisulphites, MSG, aspartame (NutraSweet), food colorings, dyes, and preservatives.

MSG is used as a flavor enhancer, which means it stimulates taste buds and tricks the brain into thinking that a meal of sawdust is gourmet cuisine. Animal studies indicate that MSG causes brain damage; it also triggers headaches and asthma in susceptible people. Another food additive, bisulphites, may keep salads looking green and fresh but they can also trigger asthma.

Medical researchers have now declared aspartame to be a toxin and a direct poison rather than an allergen. According to an Italian study published in 2005, aspartame was directly associated with several types of cancer in research animals. Among ninety-two recorded side effects, aspartame causes headaches, seizures, anxiety, depression, weight gain and fluid retention. Read the section [***Detoxing Sugar & Aspartame***](#) to learn more.

Many alternative medicine doctors are convinced that food allergies are more widespread than just those that initiate an IgE response. While they may not be defined as food allergies in the strict sense of those defined by modern medicine, people can suffer food reactions or food sensitivities that make it impossible for them to eat certain foods. The discussion on Leaky Gut, offers an explanation for the absorption of undigested food molecules through the gastrointestinal lining into the blood stream, creating allergy reactions. These

food molecules, in the wrong place at the wrong time, can trigger another type of antibody – called IgG. Food IgG antibodies can be measured by sophisticated blood tests.

IgG antibodies cause delayed reactions in the form of antigen-antibody complexes that travel through the bloodstream and can settle anywhere in the body, producing a myriad of symptoms from headaches to diarrhea. The identification of such symptoms can be very difficult if you or your doctor do not think first of allergies. IgG blood testing can help diagnose food allergies, but elimination and challenge food-testing can be even more accurate.

First, eliminate all processed, dyed, and synthetic foods. Using a process of elimination and challenge, work through each food group. For example, avoid sugar for two weeks, then challenge your body with sugar several times in a forty-eight-hour period and observe your reactions. Do the same with all dairy, then all gluten products. This is a time-consuming but can provide vital information. When you avoid a food for two weeks, then eat it again, your body will react to it strongly, whereas you may be used to the minor symptoms that it causes when you eat it on a daily basis. Read more about [***Food Elimination & Challenge***](#) in [***Part Three***](#).

WARNING: Do not attempt this type of challenge testing with food to which you have a known allergy.

If you constantly crave a particular food, it may mean you are addicted to it and allergic at the same time. In fact, you may unconsciously learn to eat it every day to prevent withdrawal symptoms. For example, if you are addicted/allergic to caffeine, you will probably experience headaches when you eliminate it. You may have been having vague head symptoms all along but had not really been aware of them, but you will feel much better by eliminating coffee altogether. The same goes for many other foods.

Allergies can cause many diverse reactions: fatigue, heart palpitations, racing heart, runny nose, headaches, sweats, abdominal pain, irritable bowel, bladder irritation, skin reactions, dizziness, memory impairment, and brain fog. You can even experience anxiety and depression purely as a result of the foods you ingest.

One of the oldest ways to detect a food allergy is to use Dr. Coco's pulse test. Take your pulse before and after eating a large serving of one particular food; if your pulse increases by more than ten beats, you may be allergic to that food.

The underlying cause of allergies may also be a toxic body with an impaired immune system due to bad diet, stress, and chronic infections. Many people who have toxic overload will say that anything they eat makes them feel nauseous or irritable or gives them itchy skin. The answer is not to eliminate all foods but to detoxify the body so that the digestive process can work unimpaired.

Read the section on [***Stress***](#) and [***Yeast Overgrowth***](#) to learn about the 178 different toxic waste products from yeast and the several toxic chemicals produced by stress that creates inflammation and allergy-like symptoms in the body.

Read about [***Infections***](#) and [***Antibiotics vs Probiotics***](#) to learn how to treat mild infections with [***Pico Silver***](#) without resorting to antibiotics. In [***Part Four***](#) follow the [***Cleansing***](#) program and follow the [***Optimum Eating Plan***](#) in [***Part Three***](#), to begin the process of elimination of toxins from the body.

Supplements:

* [***Pico Silver***](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The

dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or 1/2 tsp per day.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

ALLERGIC SKIN REACTIONS (See [Skin Conditions](#))

ALZHEIMER'S DISEASE

Alzheimer's disease, a cause of senile dementia, is becoming epidemic in our aging population. A recent report found that Alzheimer's disease has become the fastest-growing medical condition in America. The symptoms can mimic other diseases and include fatigue, depression, disorientation, memory impairment, paranoia and aggressive behavior.

Alzheimer's disease is often misdiagnosed. Half the people diagnosed with it may, in fact, not have this condition but suffer from brain toxicity due to a lifelong accumulation of toxins, chemicals, poisons and nutrient deficiencies that prevents normal detoxification. While allopathic medicine tries to find the "one cause" for Alzheimer's and the "one drug" that will cure it, alternative medicine practices detoxification and supplementation to effectively treat this condition.

Other possible causes of Alzheimer-like symptoms and ones that need to be ruled out and/or treated include: mercury and aluminum poisoning from annual flu shots, [Thyroid Deficiency](#), vitamin B12 deficiency (pernicious anemia), mini strokes, Parkinson's disease, [Allergies](#), [Yeast Overgrowth](#), polypharmacy, drug reactions, environmental allergies, heavy metal toxicity and nutritional imbalances.

A Toxin-Free Life

It's best to avoid heavy metals, chemicals, toxins and poisons as much as possible. Our bodies have a great deal of resilience and try to protect us from toxins. However, we are exposed to thousands of chemicals on a daily basis and our detoxification pathways are being overloaded. See the section on [Cleansing](#) for more details. See a complete list of what to avoid in the [Cancer](#) section.

Aluminum and mercury are the two major heavy metals cited as prime suspects in Alzheimer's. Men and women should not have flu shots (containing

mercury and aluminum) or use antiperspirants containing aluminum hydroxide, which blocks the lymphatic system around the breasts and is implicated in breast cancer as well as Alzheimer's.

Visit the [Safe Minds website](#) for a 2014 listing of over 200 medical consumer products that still contain mercury. Years ago, I counted 100 mercury-containing drugs and was very disappointed to see more not less poisonous drugs on the market.

Avoid all aluminum pots and pans and aluminum foil, antiperspirants and antacids. Aluminum sulfate is added in the water treatment process to help eliminate bacteria, however, this means aluminum contaminates our water supply.

Chlorine, fluoride and arsenic are other contaminants that need to be filtered out of drinking water. Distilled water and reverse osmosis are said to offer the most complete removal of contaminants; however, you must take full mineral replacement if you use these forms of water purification and those minerals should be picometer-sized. I recommend [ReMag and ReMyte](#) and sea salt in water.

If you have mercury fillings replaced, the safest substance is gold. Otherwise, make sure your dentist uses the white composite fillings but performs a compatibility test to make sure you will not react to the white plastic. Removing all your mercury dental fillings is a big undertaking. It is important to consult a dentist who is very knowledgeable about mercury amalgam removal. Such a dentist will use a mercury vapor analyzer that measures the amount of mercury vapor that is created by your chewing a piece of gum to see if you really do need to consider mercury amalgam removal. Proper removal of amalgams includes using low-speed drills that remove the mercury filling intact and, as quickly as possible; oxygen and supplements that help detoxify the mercury that is being released. Mercury-free dentists are listed in the [Resources](#) section.

Flu vaccines, which are urged on the elderly population, are preserved with mercury and also contain aluminum. The aluminum is introduced specifically to irritate the immune system enough to mount a response to the vaccine.

According to a review paper by Jefferson in the *Lancet* (Oct 2005), a systematic review of all flu vaccine trials showed that they are *not* effective in preventing the flu or "influenza-like illness" or pneumonia in the elderly population. An overall effectiveness rate of only 8% was found for flu vaccinations.

Flu vaccines are not only ineffective; they are harmful. This is the conclusion reached by Dr. Hugh Fudenberg, a biologist and immunogeneticist who has published 850 papers in peer review journals. In a speech before the National Vaccine Information Center (NVIC) international conference, in Arlington, VA, September 1997, Dr. Fudenberg reported from his research that if an individual had five consecutive flu shots between 1970 and 1980 (the years studied), his/her chances of getting Alzheimer's Disease was ten times higher than if the individual had zero, one, or two shots.

Since it appears to be the total toxic load that creates some brain diseases, preventive measures can be taken to lower your chemical exposure. Avoid gas heating and cooking in homes that are poorly ventilated. Industry needs to use more efficient air filters to remove chemicals and heavy metals such as mercury from coal burning plants and crematoriums and lead in the air from leaded gas and industry. Organophosphate pesticides found in your own garage or shed or on your lawn are associated with Parkinson's disease and brain syndromes.

Diet:

You can avoid pesticides, herbicides and GMOs in your diet by choosing organic foods. Join a local CSA (Community Supported Agriculture) where people buy memberships in a farm and the farmer delivers produce weekly to a central pick-up site.

Avoid "Diet" products that contain aspartame (NutraSweet, Equal), which are found in over 9,000 diet products. Aspartame has a list of ninety-two side effects. A 2005 Italian study shows that aspartame is associated with several forms of cancer in test animals. It is a neurotoxin that causes headaches, seizures, and, in spite of being marketed as a diet product, promotes obesity and diabetes.

Those with a family history of Alzheimer's or who already have the condition should not eat most commercial fish because they may be contaminated with mercury. Wild Alaska salmon with very low levels of mercury may be one of the safest sources of fish.

Supplements:

Vitamin and mineral deficiencies and toxicity have been implicated in Alzheimer's. Nutrients are necessary to support normal brain function and detoxify the body. Even if you are on an organic diet, there could be some nutrients missing as soils are depleted and there is insufficient remineralization of the soil.

Taking supplements is the best way to ensure a balanced nutrient load. However, many of the supplements on the market today are synthesized from coal tar and inappropriate for an already toxic body.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books

link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. It supports the structure and function of connective tissue and helps repair worn out adrenal glands. Dosage: One tablet, once or twice daily.

* [ReAlign](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or 1/2 tsp per day.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Herbs:

Chinese medicine provides a comprehensive treatment program for conditions such as Alzheimer's by combining herbal formulas that both detoxify and nutritionally support the body, along with acupuncture that treats energy blockages. Individual herbs that have been studied for their ability to support

brain function include the following:

- * Ginkgo biloba: a powerful herb that increases blood flow to the brain and improves memory

- * Gotu kola: an important herb that improves cerebral function used widely in Asia as an anti-aging remedy

AMENORRHEA

Menorrhoea means menstruation, amenorrhoea means a delay or absence of the menstrual period. Primary amenorrhoea is diagnosed when the period does not begin at the "normal" age in young women, which is from age 10-14. If the period, called menarche, has not begun by age fifteen or sixteen, investigations are advised. However, if you weigh less than 100 pounds or are an extremely active athlete, this may account for the lack of menstruation. In fact, the average age of menarche in young competitive athletes is 15.

Menarche begins at a particular weight not a certain age. At around 100 pounds, there is usually enough fat in the body to be processed by the liver into the necessary hormones to create the menses. The age for menarche is getting earlier and earlier, possibly because there are more overweight girls. Also, the chemicals in our environment can mimic hormones and are another cause of this trend.

If menstrual cycling has been established for over a year and the period stops for several months, this is called secondary amenorrhoea. Some specialists don't regard it as a problem unless the period is absent for one year. It can be the result of severe stress, either emotional or physical (including a disease process), weight loss (going below 100 pounds), overwork, anemia, grief, or disappointment. Clinical investigation includes tests for pregnancy and anemia as possible causes.

Supplements:

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RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II.*](#)

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

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Homeopathy:

* Calc. Carb: for overwork and exhaustion.

* Ferrum met: for anemia and resulting weakness. An oral iron supplement should also be taken.

- * Ignatia: for grief, fear of failure or disappointments causing amenorrhea.

- * Rhus tox: for suppression of periods in an overactive athlete.

- * Sepia: for amenorrhea due to the birth control pill, miscarriage, or abortion.

All remedies can be taken in the 12X potency, one dose twice a day. These remedies should be used for a maximum period of two to three months. For further prescriptions, consult a homeopathic physician.

ANEMIA

The blood circulating in our arteries and veins visits every cell in the body through microscopically small vessels. Blood, also called hemoglobin, consists of plasma (fluid) and cells (red blood cells, white blood cells and platelets). Blood carries glucose to the tissues and removes waste products like carbon dioxide and lactic acid. Red blood cells also carry oxygen to all parts of the body. When you are diagnosed with anemia, it means there are too few red blood cells to bring oxygen and glucose to your tissues.

Low levels of hemoglobin have to be thoroughly investigated to determine the cause; whether it is due to blood loss, blood destruction or lack of blood production. The nutritional causes of lack of blood production can be low iron, low copper, low B12 and low folic acid. These deficiencies can be determined by blood tests. The treatments for nutritional causes of anemia include diet and vitamin and mineral supplementation.

Diet:

Red meat (free range and antibiotic free), prune juice, legumes, collards, spinach, and blackstrap molasses are good sources of iron. All dark green leafy vegetables are excellent sources of iron. Herbs such as kelp, watercress, and nettles are also very rich in blood-building nutrients.

Supplements:

* Iron: For proven iron deficiency anemia, choose an [angstrom-sized iron](#) for better absorption and to avoid constipation. Dosage: Take as indicated on the label and follow with regular iron blood tests.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12

complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

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Homeopathy:

* Ferrum phos and/or Ferrum met, 12X potency, 2 doses daily for a month, help the body's absorption and utilization of iron.

Pregnancy Anemia

During pregnancy, the excess strain on a mother's blood supply often lowers blood levels by 1 or 2 grams from the normal 12 to 16 grams of hemoglobin. The supplements most required during pregnancy for creating hemoglobin are iron and folic acid.

The ferrous form of iron that is usually prescribed for anemia, even for pregnancy anemia, in 300-milligram doses, is only about 7% absorbed; the rest must be excreted through the intestines and often causes constipation and dark stools. Food sources of iron and [angstrom-sized iron](#) are more readily absorbed. Lower doses of iron are required and there is no constipation.

Decades of research have shown that folate must be taken during pregnancy to help produce red blood cells and to prevent birth defects. However, the synthetic form, folic acid is usually prescribed. Folate is a form that is methylated and naturally found in food and much better absorbed.

Excellent sources of dietary folate include vegetables such as romaine lettuce, spinach, asparagus, turnip greens, mustard greens, parsley, collard greens, broccoli, cauliflower, beets, and lentils. Some of the best food sources of folate are calf's liver and chicken liver (sourced from free range and pasture raised). Remember, the more natural the supplement, the better it is for the body. The body is not able to adequately use synthetic forms of supplements.

Nutrients that help iron absorption include vitamin C and magnesium. Besides iron, hemoglobin relies on copper for its proper formation and function.

Supplements

* Iron: To build up the blood, choose an [angstrom-sized iron](#). Take one dose twice daily or adjust dosage according to levels of iron and hemoglobin on blood testing.

* [*ReAlign*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

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* Copper: Use fully absorbed, bioavailable [*ReMyte*](#), a multiple mineral that contains copper and 11 other complementary minerals many of which support blood formation and function. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

ANGINA PECTORIS

Angina is a condition where the blood vessels of the heart either go into spasm or are blocked, causing crushing chest pain on exertion or during emotional stress. The pain can be directly over the heart and radiate down the left arm or up into the left jaw.

Women can have a different pattern of angina pain that causes a heavy feeling in the back, shoulders, arms or jaw but often not the chest. The type of pain women experience is different as well, often described as burning or hot with skin tender to the touch. Here's a good guideline - any pain above the waist that worsens on exertion should be considered angina until proven otherwise.

But it must be distinguished from heartburn, which is relieved by one or more of the remedies included in the [Heartburn](#) section, including DGL licorice and HCL with pancreatic enzymes.

Allopathic medical treatment employs a variety of medications to increase blood circulation to the heart muscle, increase the width of blood vessels and decrease blood pressure. Nitroglycerine is the most common drug prescribed. It dilates the veins and to a certain extent the arteries, including the coronary arteries, which reduces the workload of the heart and increases the oxygenation of the heart.

Since the year 2000, more and more drugs have been used when a patient demonstrates heart disease symptoms. Even if the patient has normal blood pressure, normal cholesterol and normal blood sugar, they may be put on a half dozen powerful drugs in order to "prevent" more disease. In fact, these drugs are doing the opposite; they are causing disease due to their toxicity, especially the fact that they drain the body of magnesium. If the drug in question contains fluoride molecules, the damage to magnesium is even worse. Fluoride binds magnesium making a brittle compound called MgF_2 , which not only depletes

magnesium but deposits in bone, cartilage and soft tissue causing damage.

While undergoing medical treatment, investigations to decide on surgical intervention are usually performed. Coronary angiography checks for blockage in the coronary arteries. During this procedure, while watching an X-ray monitor, a doctor guides a catheter through an artery in the groin up into the coronary arteries in the heart. Once in the coronary artery system, the doctor injects a radioactive liquid dye through the catheter. An X-ray movie is taken to identify blockages by tracing the flow of the dye.

If the coronary arteries are blocked, an invasive surgical technique called angioplasty may be offered to try to improve the heart's blood supply. The definition of angioplasty is a procedure that remodels blood vessels. A thin catheter containing a deflated balloon is inserted into an artery toward the blocked coronary artery. Once in place, the balloon is inflated squeezing through the fatty plaque blockage. Often a "stent", a small stainless-steel mesh tube, is placed in the artery to hold it open. Clinical trials using antibiotics in the stent that release the drug over 45 days have shown less blockage for a longer period of time than without. No studies have been done to determine if such permanently placed drugs cause yeast overgrowth and lead to a whole other array of symptoms.

A more invasive form of surgery, coronary artery bypass, has become very commonplace. During this procedure, a vein is removed from the leg and is used to reroute blood around the blocked part of the artery to deliver blood to the heart. Studies routinely show that angioplasty and bypass surgery do not measurably extend lives. Unless lifestyle measures are introduced, the arteries become blocked again in a measurable amount of time.

Alternative Therapies

Natural treatments show great promise in treating heart disease. Dr. Dean Ornish made medical history with his strict vegetarian diet, exercise and stress reduction protocol, which was successful in reversing heart disease. This program seemed to confirm that high cholesterol is the culprit in heart disease. However when you read my [***Optimum Eating Plan***](#), you will learn that it may be the "A" blood types that do best on Ornish's diet, whereas "O" types can become very deficient in essential fatty acids and other nutrients.

When it comes to diets for heart disease, one size does not fit all. Read more about the cholesterol controversy in the [***Atherosclerosis***](#) section. In brief, cholesterol is not "the" or even "a" cause of heart disease and has led to the use of statin drugs that are causing more problems than they are supposed to cure.

Following the right diet for your blood type will also help you lose weight. Excess weight puts a strain on the heart, because all the extra miles of capillaries that feed the extra fat tissue have to be pumped by an overworked heart.

Exercise also helps with weight loss and provides natural stress release. Walking is probably the best form of exercise. If an angina attack comes on while walking, just stop and rest. As endurance builds and circulation improves, health will return.

Smoking, of course, is contraindicated in heart disease. It dramatically decreases oxygen levels throughout the body and the heart has to work furiously to try to keep the body oxygenated.

Remember, the second most common cause of heart palpitations is drinking coffee - stop it. The most common cause is magnesium deficiency.

Supplements:

* [*ReMag*](#): Magnesium is the original calcium-channel blocker and treats heart spasms and palpitations. *ReMag* is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals many of which are necessary to support the heart. Hypothyroidism can lead to heart disease; thus, the 9 minerals that support the thyroid and are necessary for thyroid hormone production prevent this condition are included in *ReMyte*. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* Vitamin E: Choose a food-based organic product. Dosage: One tablet, once or twice daily.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione.

Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* Nattokinase: Dosage: 100 mg every eight hours to help reduce fibrinogen that leads to clots and thickened blood. I can't tell you not to take blood thinners, but much research exists to show that nattokinase functions as a natural blood thinner with no side effects.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Herbs:

Please try to use organic herbs as much as possible.

* Hawthorne berry is an herbal tonic that is useful for supporting and strengthening the heart. Dosage: take 5 to 10 drops in 4 ounces of water three times a day.

* Spigelia in herbal tincture form can be used for severe chest pain in an emergency but should not be used in place of prescribed medication. Check with your doctor to see whether you can use herbal tinctures as well as medication. Please don't take chances with a life-threatening condition by using only natural remedies in the beginning. As your health improves, you should be able to wean off medication with the help of your doctor.

* Avena sativa herbal tincture is made from oats and its calming properties can help treat palpitations. Take 5 to 10 drops three or four times a day.

Chelation Therapy

Chelation therapy is being used with success for angina and atherosclerosis. Over a thousand doctors have treated more than half a million patients over the past forty years. It is an intravenous therapy using a chelating agent called EDTA that chelates or “claws” out heavy metals. In cases of hardening of the arteries, EDTA presumably pulls out calcium from the plaque that is lining artery walls. Circulation is restored to normal with improvements seen in memory and eyesight, elimination of chest pain and leg cramps and improved oxygenation to the whole body. For some people, chelation therapy is nothing short of a miracle.

Check the [Resources](#) section for the number of ACAM, the medical organization that rigorously trains and tests doctors in the practice of chelation therapy.

However, there is even an alternative to this alternative. I’ve become concerned that chelation can remove more than heavy metals and excess calcium – it can remove other minerals from the body. I recommend our [ReAlign](#), which is a natural detoxifier along with [ReMag](#) and [ReMyte](#). Picometer-sized magnesium dissolves calcium and does not allow it to build up in the arteries. With the right sized minerals in the cells of the body, larger sized minerals are eliminated and do not build up in tissues and on blood vessel walls. More research is necessary to scientifically prove this point, but testimonials are pouring in from people whose heart health is improving on these minerals, especially when they also take *RnA ReSet Drops*.

In May 2014, I received a testimonial from a 78-year old woman who after 3.5 months on *ReMag* was able to stop using incontinence pads. She had been on them for about 7 years. She said that the *ReMag* helped dissolve the calcium that was causing her bladder and urethra to become rigid and subject to leaking. I’m sure she’s right. Early magnesium researchers in France said that the rigidity of the body that we call aging is simply calcification!!

ANOREXIA

The definition of anorexia is the persistent loss of appetite. The disease condition called anorexia nervosa is defined as an eating disorder characterized by a distortion of body image resulting in an extreme fear of becoming overweight leading to excessive dieting to the point of starvation causing serious health problems. This condition is very complex and requires treatment on both the physical and psychological levels.

One very important nutrient for treating anorexia is zinc. Zinc deficiency causes poor wound healing, white spots on the nails, increased susceptibility to infections and lack of sense of taste and smell. If food has no smell or taste, it's as if you are eating cardboard and can possibly lead to food avoidance. Which comes first, food avoidance or the compulsion to lose weight? If you have a zinc deficiency and no taste or smell, you may eat sweeter or saltier food to feel satisfied.

Bulimia is a condition wherein food binging is followed by excessive use of laxatives or self-induced vomiting, to prevent weight gain. Stomach acid brought up during vomiting can damage the esophagus and teeth. These are serious conditions. It is important to have a thorough medical workup at an eating disorder clinic to investigate and treat all aspects of this condition.

Supplements:

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains zinc and 11 other complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#). There are 9 minerals in *ReMyte* that support the thyroid that is often in a weakened state in anorexia.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

* *ReAlign* contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

Homeopathy:

There are several homeopathic remedies considered useful for anorexia; a qualified homeopathic physician should administer these. Because of the seriousness of this condition self-administration of remedies is not recommended.

ANXIETY

Anxiety has taken on a life of its own in our culture. It's defined as nervousness, agitation or worry about a subject or in anticipation of an event. Physical manifestations include elevated heart rate, sweating, shaking, weakness and stomach or intestinal distress. Valium and Ativan, two anti-anxiety drugs, are top sellers in America.

The important nutritional issues to address in the face of anxiety are a high sugar diet, low blood sugar and nutrient deficiencies – especially magnesium.

Hypoglycemia (low blood sugar) can create all the symptoms of anxiety. Drinking sugar-laced sodas and coffee, eating white flour and white sugar confections and consuming alcohol on a daily basis can create hypoglycemic symptoms.

One can of soda contains ten teaspoons of sugar, which overwhelms the body's blood sugar levels maintained normally at about two teaspoons. A sugar high from this type of insult is followed by a rush of insulin that forces blood sugar into the cells and results in a blood sugar crash and symptoms of anxiety. See the section on [***Hypoglycemia***](#) for an overview of this condition. Ongoing hypoglycemia can cause a depletion of the adrenal glands. Therefore, the treatment of anxiety also consists of supporting the adrenals. Read the section on [***Adrenal Exhaustion***](#).

Avoid sugar but don't make the mistake of replacing sugar with "diet" products artificially sweetened with aspartame (NutraSweet, Equal, Spoonful). Two amino acids (phenylalanine and aspartic acid) and methanol (wood alcohol) are the building blocks of this neurotoxin. One of the two amino acids, phenylalanine, lowers the brain's seizure threshold and depletes serotonin. Low levels of serotonin trigger panic attacks, anxiety, and mood changes. Aspartic acid is a neurotoxin. Wood alcohol causes blindness. If you have anxieties, eliminate aspartame from your diet. Read the section on [***Detoxing Sugar &***](#)

[***Aspartame***](#) for more information.

Emotional freedom technique (EFT):

EFT is based on tapping a series of easily accessible Chinese acupuncture points on the face and hands. EFT founder, Gary Craig, finds that when properly applied it is over 80% clinically effective for trauma, abuse, stress, anxiety, fears, phobias, depression, grief, addictive cravings, children's issues, and hundreds of physical symptoms including headaches, body pains, and breathing difficulties. Read more on [***EFT***](#) in [***Part Four***](#).

Supplements:

* [***ReMag***](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for stress reduction, adrenal support, muscle relaxation and deep sleep. Click on the Books link at [***Dr. Carolyn Dean Live***](#) to download the free eBook, [***ReMag: Invisible Minerals Part I***](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [***ReMyte***](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals that support the thyroid and the adrenal glands. Dosage: ½ tsp three times per day. Click on the Books link at [***Dr. Carolyn Dean Live***](#) to download the free eBook [***ReMyte & ReCalcia: Invisible Minerals Part II***](#). The minerals in *ReMyte* will support the adrenals glands as well as the thyroid.

* Sea salt. Add ⅛ to ¼ tsp to each pint of drinking water for the sodium necessary to support the adrenal glands.

* [***ReAline***](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any

condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

ARTHRITIS (Osteoarthritis and Rheumatoid)

OSTEOARTHRITIS

Arthritis means inflammation of the joints. It is a very complex and multifaceted disease. A diagnosis of arthritis is made by analyzing X-rays, blood tests, and findings on a clinical examination. The most common finding is wear and tear on the joints and loss of the supporting padding around and between joints.

You can develop joint symptoms due to toxicity from processed foods, sugar, gluten, alcohol, coffee, or food to which you are allergic. These toxins can gather in vulnerable, overworked joints or in areas where you have suffered an injury. The only way to find out if these substances are causing problems is to eliminate them from your diet and see if your joints feel better.

The medical treatment of arthritis is directed toward suppressing pain and inflammation with stronger and stronger prescription medication without understanding that those drugs will cause more inflammation as they build toxicity and drain the body of magnesium and other minerals.

Historically, the first drug used to treat arthritis and hailed as a miracle cure was cortisone. It wasn't long before the horrible side effects of bleeding ulcers, suppression of adrenal gland function and thinning bones turned the miracle into a disaster. Suppression of the adrenal glands begins in as little as 7 days on drugs like prednisone.

A series of NSAIDs (nonsteroidal anti-inflammatory drugs) that claimed to be safer than cortisone were also associated with bleeding ulcers. A newer generation of NSAIDs – Vioxx, Celebrex and Bextra – came under extreme fire in 2005 when Vioxx was shown to cause about 140,000 heart attacks – many fatal. I say that the reason these drugs cause heart side effects is because they deplete the body of magnesium. Ironically, magnesium is the best anti-inflammatory agent you can take for arthritis. Celebrex contains fluoride

molecules that can account for its higher rate of heart disease side effects. Fluoride binds magnesium making it unavailable to the body. The resulting MgF₂ compound is brittle and deposits in bone, joints, cartilage and tendons creating or increasing symptoms of arthritis.

Menopausal women often develop arthritic symptoms. Does cessation of the monthly period, which serves to rid the body of toxins, mean that, instead, the toxins are building up in the joints? The same might be said for iron build-up and high levels of hemoglobin; some researchers believe that women escape heart disease because their blood is not as high in iron and as thick as men's blood. Because women lose blood every month, there is less strain on the heart. Donating blood at the local blood bank can be a sure way to thin out your blood and also stimulate the production of a fresh crop of red blood cells. However, don't forget that a good diet free of sugar and processed foods and drinking plenty of pure water can also keep the blood from sludging and clumping.

Cleansing:

If you are going through menopause and especially if you have symptoms of arthritis, go on a detoxification program. Read the section on [Cleansing](#) for information on how to create a safe detox program.

Diet:

Diet advice begins with what to eliminate. First, avoid artificial sweeteners. Next, try eliminating the most allergenic foods such as sugar, gluten, dairy and corn and determine if there is an improvement. Then eliminate yeast-growing foods such as yeast, moldy foods, cheeses, and fruits and see if this improves your joints even more.

A common cause of small-joint arthritis is allergy or sensitivity to the

deadly nightshade family of potato, tomato, green pepper, tobacco, eggplant and paprika. These should be avoided for at least two months to determine possible allergy.

Meat, with its high content of purines (a precursor to uric acid) and arachidonic acid (a precursor to inflammatory products) should be avoided in the beginning of treatment. Free-range meat can probably be introduced periodically once symptoms have been eliminated.

For arthritis, a good healthy diet includes whole grains (non-gluten), vegetables, nuts, seeds, fruit, fish, and chicken. Reaching optimum weight is also very important because any excess weight on an inflamed joint creates more pain.

First Aid:

Simple advice for relief from the pain of arthritis includes:

- * Castor oil packs or massaging with the oil. This oil has been proven to increase lymphatic blood flow to clear away toxins and inflammatory by-products. See [Cleansing](#) for instructions.

- * Gentle stretches and exercise; tai chi and yoga are especially helpful.

- * Hydrotherapy: swimming or simple exercises done in a heated pool can do wonders. The downside to most pools, however, is the harsh chlorine used as a disinfectant. Ozone and saline pools are much safer.

- * Massage therapy, especially lymphatic drainage massage helps circulation and clears away inflammatory by-products.

- * Be careful with heating pads and ice. Use heat only on stiff joints and for only

a short time. Use ice if a joint is hot and inflamed, for less than ten minutes at a time. Be sure to check with your doctor for special instructions on your case.

* Meditation, prayer, or affirmations help to calm and remove stress.

Supplements:

Supplements can treat arthritis in several ways: they can alleviate symptoms caused by mineral and vitamin deficiencies, build cartilage, treat pain and inflammation, and help you avoid the potentially life-threatening side effects of anti-inflammatory medications.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems in the body. It is a powerful anti-inflammatory and confers the proper resiliency to bones and joints. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals many of which will help alleviate the symptoms of osteoarthritis. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*ReMag Lotion*](#). Magnesium applied to the skin helps relieve and heal local areas of pain and tension, as well as being absorbed throughout the body. One teaspoon of *ReMag* Lotion contains 200mg of fully absorbed *ReMag*.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our

Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or 1/2 tsp per day.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body,

mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Herbs:

* Turmeric, ginger, and frankincense are anti-inflammatory herbs used in the Indian Ayurvedic herbal tradition. The three together or in combination with other herbs have a long history of treating arthritic conditions. You must rely on the label information for directions on dosage and obtain organic herbs as much as possible. My feeling is that many of these traditional herbs work because they are high in magnesium and other essential minerals.

Homeopathy:

* Rhus tox: For pain worse after rest.

* Bryonia: For pain worse with motion.

Dosage: For either remedy, use a 6X or 12X potency, one dose three times a day. Try it for two weeks; if it hasn't worked by that time, it is not the right remedy. A chronic condition may require the skills of a trained homeopath to take a detailed case history and prescribe an individualized remedy.

Read the sections on [Allergies](#), [Cleansing](#), [Yeast Overgrowth](#), [Chronic Fatigue](#), and [Digestion](#) to understand your condition and pick up more health tips.

RHEUMATOID ARTHRITIS (RA)

Rheumatoid arthritis is an autoimmune disorder causing chronic inflammation, typically in the lining of the small joints in the hands and feet. The inflammation

causes a painful swelling that can eventually result in bone erosion and joint deformity. RA can also affect other organs of the body — such as the skin, eyes, lungs, and blood vessels. But none of these scenarios have to play out.

According to modern medicine, an autoimmune disorder occurs when the immune system attacks your own body's tissues by accident. But that doesn't make sense, there has to be a reason. The reason is possibly because the immune system is actually attacking toxic areas of the body.

Chinese medicine defines a type of arthritis that is caused by internal infections being directed at the joints – in an effort to protect the internal organs. I think that falls into the category of Rheumatoid Arthritis. Of note is the role that [Pico Silver](#) can play in helping support the immune system against subclinical infections.

Yeast overgrowth due to overuse of antibiotics; viral infections such as Epstein-Barr or mononucleosis; intestinal bacterial infections including those caused by measles vaccine; and parasitic infections can all cause hundreds of toxic byproducts to be released. The organisms and the toxins they produce are all treated as foreign substances by the immune system and can trigger antigen-antibody complexes that can attack the joints as unintended collateral damage. You can support the structure and function of your immune system with [Pico Silver](#). Use the dosage recommended on the label for acute or chronic support or consult with your health practitioner.

In the previous section, I proposed that toxins could cause symptoms of osteoarthritis from various infections that deposit in joints triggering pain and adding to the wear and tear on joints. However, in RA, I think the immune system gets overly involved and mounts an aggressive attack on the toxins with the potential for severe collateral damage to the joints.

The medical treatment for RA is very powerful corticosteroids and methotrexate. Methotrexate is an antimetabolite and antifolate drug used to

prevent autoimmune reactions in the body. It's also used to treat cancer, but for RA the doses are lower; however, side effects like hair loss, nausea, headaches, and skin pigmentation are common.

The advice and supplement suggestions for RA are identical to those I've already given for osteoarthritis. However, I also recommend a very strict yeast-free diet, the probiotic [Flora ReVive](#) and the antifungal therapy I discuss in the [Yeast Overgrowth](#) section.

Cleansing:

If you are going through menopause and especially if you have symptoms of arthritis, go on a detoxification program. Read the section on [Cleansing](#) for information on how to create a safe detox program.

Diet:

Diet advice begins with what to eliminate. First, avoid artificial sweeteners. Next, try eliminating the most allergenic foods such as sugar, gluten, dairy and corn and determine if there is an improvement. Then eliminate yeast-growing foods such as yeast, moldy foods, cheeses, and fruits and see if this improves your joints even more.

A common cause of small-joint arthritis is allergy or sensitivity to the deadly nightshade family of potato, tomato, green pepper, tobacco, eggplant, and paprika. These should be avoided for at least two months to determine possible allergy.

Meat, with its high content of purines (a precursor to uric acid) and arachidonic acid (a precursor to inflammatory products) should be avoided in the beginning of treatment. Free-range meat can probably be introduced periodically once symptoms have been eliminated.

For arthritis, a good healthy diet includes whole grains (non-gluten),

vegetables, nuts, seeds, fruit, fish, and chicken. Reaching optimum weight is also very important because any excess weight on an inflamed joint creates more pain.

First Aid:

Simple advice for relief from the pain of arthritis includes:

* Castor oil packs or massaging with the oil. This oil has been proven to increase lymphatic blood flow to clear away toxins and inflammatory by-products. See [Cleansing](#) for instructions.

* Gentle stretches and exercise; tai chi and yoga are especially helpful.

* Hydrotherapy: swimming or simple exercises done in a heated pool can do wonders. The downside to most pools, however, is the harsh chlorine used as a disinfectant. Ozone and saline pools are much safer.

* Massage therapy, especially lymphatic drainage massage helps circulation and clears away inflammatory by-products.

* Be careful with heating pads and ice. Use heat only on stiff joints and for only a short time. Use ice if a joint is hot and inflamed, for less than ten minutes at a time. Be sure to check with your doctor for special instructions on your case.

* Meditation, prayer, or affirmations help to calm and remove stress.

Supplements:

Supplements can treat arthritis in several ways: they can alleviate symptoms caused by mineral and vitamin deficiencies, build cartilage, treat pain and inflammation, and help you avoid the potentially life-threatening side effects of anti-inflammatory medications.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems in the body. It is a powerful anti-inflammatory and confers the proper resiliency to bones and joints. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals many of which will help alleviate the symptoms of rheumatoid arthritis. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*ReMag Lotion*](#). Magnesium applied to the skin helps relieve and heal local areas of pain and tension, as well as being absorbed throughout the body. Make sure your magnesium oil source can provide safety data that demonstrates purity since magnesium chloride comes from the ocean and can be contaminated with mercury. *ReMag* is 99.9% pure.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

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Herbs:

* A minister, a longtime friend of the family, 'swears' by devil's claw since he heard me recommend it during a TV interview. Dosage: 100 mg three times a day.

* Turmeric, ginger, and frankincense are anti-inflammatory herbs used in the Indian Ayurvedic herbal tradition. The three together or in combination with other herbs have a long history of treating arthritic conditions. You must rely on the label information for directions on dosage. My feeling is that many of these traditional herbs work because they are high in magnesium and other essential minerals.

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* Bryonia: For pain worse with motion.

Dosage: For either remedy, use a 6X or 12X potency, one dose three times a day. Try it for two weeks; if it hasn't worked by that time, it is not the right remedy. A chronic condition may require the skills of a trained homeopath to take a detailed case history and prescribe an individualized remedy.

Read the sections on [Allergies](#), [Cleansing](#), [Yeast Overgrowth](#), [Chronic Fatigue](#), and [Digestion](#) to understand your condition and pick up more health tips.

ASTHMA

Asthma is a condition where the bronchial tubes go into spasm resulting in shortness of breath and wheezing that can be life threatening. Asthma is recognized as a combination of toxicity, stress, and allergic reaction. But, since muscle spasms in the bronchial tubes are what ultimately cause the wheezing, no matter what the trigger, magnesium is the most important treatment for asthma. Magnesium is also extremely important especially if you use asthma medication that can drain your magnesium stores.

For treating stress, first and foremost make sure you are taking magnesium. Also participate regularly in gentle exercise such as yoga, swimming, or tai chi. These exercises not only relax and stretch your muscles but encourage you to breathe deeply. Going even further into the mind-body connection you can utilize visualization and the power of imagination to “take the weight” of asthma off your chest. Your inability to breathe can be related to a suffocating relationship or not being able to speak your mind. Write a journal and speak your mind, unburdening the weight on your chest.

Some people have allergies to any number of inhaled or ingested substances that can trigger asthma attacks. Such substances include chemicals in our air, water, and food. The incidence of asthma is rising in children, probably because schools are bombarded with oil-based paints, pesticides, and toxic cleaning products and magnesium deficiency is epidemic.

The dust and debris from dead cockroaches and insects in crowded housing is another common cause of asthma and eczema in children.

Food additives such as MSG cause symptoms in many people. MSG sufferers can develop a tightening of the scalp and temple muscles causing an MSG headache. A similar tightening effect occurs in the lungs of asthmatics. Aspartame (NutraSweet) has shortness of breath as one of its ninety-two side effects.

Read the section on [*Allergies*](#) to learn how to eliminate foods that may be causing problems. Some doctors feel that asthmatics do not digest their food because of a deficiency of hydrochloric acid in the stomach. Read the section on [*Digestive Disorders*](#) for more information.

If you suffer asthma symptoms at night, it's important to keep your bedroom mold-free, dust-free, and animal dander-free. Remove the carpets, cover your mattress with plastic, wash pillows and bedcovers frequently, and keep the filter of your air conditioner clean and mold free. Vacuum often and keep vacuuming using a HEPA filter so the dust doesn't get blown back into your room.

If the atmosphere is dry, use a humidifier but make sure it doesn't cause mold.

Avoid smoke-filled environments, burning incense, cigarettes, secondhand smoke, and wood-burning fires. Use air conditioners, air cleaners, and water purifiers.

Diet:

Read about [*Food Elimination & Challenge*](#) in [*Part Three*](#) to determine food allergies as a possible cause of asthma.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: 1/2-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for relaxing the smooth muscles of the bronchial lining. Click on the Books link at [*Dr. Carolyn Dean Live*](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals, 9 of which support the thyroid. The minerals help protect the mucus membranes from allergic reactions. Minerals are also very important for cellular hydration. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Herbs:

* Ephedra, also called Ma Huang, has been used by Chinese herbalists for centuries in formulas to treat lung conditions. Because it is also an appetite

suppressant and metabolic stimulant for weight loss it has been misused by companies promoting weight loss formulas. In the amounts used for treating the lungs there is no danger of over stimulating the heart or any other side effects. Ephedra is legal to use in the U.S. It is best used in combined formulations with other lung herbs such as mullein, cherry bark, fenugreek, and horehound.

* Brigham tea contains natural ephedra, which is a bronchial relaxant, but use no more than 1 to 2 cups a day.

Acupuncture:

Acupuncture is also very helpful for asthma, especially ear acupuncture, on the lung point, which relaxes the lungs and diminishes symptoms.

Homeopathy:

* Arsenicum 12X, especially for night asthma with panic attacks, one dose every few minutes. However, take this remedy while seeking medical assistance.

* There are many homeopathic remedies for asthma, which include Aconite and Nux vomica. You can read about these remedies in ***Part Five***. Study them to see if they fit your case.

Acute Asthma Attack

In an acute attack, while waiting to be seen by a doctor, take in lots of fluids so that the lungs don't get dry and turn the mucus into hard plugs that further block the breathing. Magnesium and multiple minerals found in *ReMag* and *ReMyte* are very important to ensure cellular hydration. Minerals are absorbed into cells and water follows, hydrating the cells.

Use fenugreek tea to liquefy mucus and inhale steam or use a humidifier.

You may not realize how much moisture can be lost during a fever or an asthma attack. If you aren't urinating out as much as you are taking in, you are becoming dehydrated.

ATHEROSCLEROSIS

Atherosclerosis or hardening of the arteries is blamed on elevated cholesterol. However, it's more likely a combination of infection and inflammation with inflammatory substances from the immune system attracting calcium deposits and causing an impenetrable plaque that blocks the arteries. Read the section on [Angina](#) for a discussion of medical investigations and medications that are used when atherosclerosis causes artery blockage.

Cholesterol

Cholesterol is not the bad guy. It's an essential building block for hormones; it protects all the nerves in the body with a special layer of fat; and it helps to produce bile, which is necessary for digestion. Cholesterol also acts as an antioxidant that sponges up excess free radicals that cause damage in the body. The greater the number of free radicals, the higher the cholesterol as it tries to contain them. One avenue of treatment is to eliminate free radicals and then the cholesterol level will drop.

If too little cholesterol is eaten in the diet, the liver will manufacture its own to complete its necessary tasks. The only cholesterol that is bad is rancid cholesterol. The early cholesterol studies used eggs, because they are high in cholesterol, but it appears that they used rancid egg powder, giving both eggs and cholesterol a very bad name. Huge advertising campaigns, developed around egg-free, cholesterol-free products, drove the food industry down a very unhealthy path that we have only recently begun to understand. We now know that heavily marketed margarine made from trans-fatty acids causes heart disease. The processing of fats and oils creates unnatural products that damage the heart.

Another theory about atherosclerosis is that arteries can be injured by an infection (possibly chlamydia), whereupon LDL (bad) cholesterol binds with

calcium to heal the wound, causing hardening of the arteries and leading to angina, stroke, heart attack and impaired circulation to the extremities. Read the section on [Angina](#) for more about this process.

Medical treatment for cholesterol is fixated on prescribing statin drugs to the point of advising people to lower their cholesterol to 180, whereas we need at least 200 to fulfill many important roles in the body including protecting our brain cells, creating cell membranes and making hormones. In spite of years of research there is no real proof that lowering cholesterol with statins makes a person live any longer. Statins may lower cholesterol to some extent making your blood test results look better but they do not extend life. Also, the side effects of statins can negate their benefits. Statins can cause severe side effects. The most common is rhabdomyolysis – destruction of muscle tissue. This condition begins with pain in the arms and legs, however, most people, including doctors, don't realize it's a side effect and attribute the pain to "growing older" and being tired. Pain medications are usually prescribed for the pain of statin-induced arthritis instead of discontinuing the statin.

Pain medications, like Vioxx and Celebrex, can cause heart disease. If allowed to progress – by staying on statin medication, the muscle breakdown can be deadly. Other side effects include 'global amnesia' where an individual suddenly develops complete memory loss. This may occur because cholesterol is needed to coat our brain neurons. The widespread use of Viagra among statin users may be related to insufficient cholesterol to produce testosterone.

Homocysteine

Homocysteine is an amino acid that builds up in blood vessels and can lead to heart disease. It is also high in people with cancer, arthritis, Alzheimer's, asthma, and other chronic diseases. When it was found that a deficiency of methylated B vitamins and magnesium cause homocysteine build-up, we had even more

evidence that heart disease and other chronic diseases are due to inflammation and nutrient deficiency. Armed with this knowledge we can implement a dietary and supplement approach for prevention. An optimum homocysteine level is less than 10 mg/dl. There is no drug treatment for homocysteine build-up. It is treated and prevented by taking the B vitamins, folic acid, B12, and B6 along with magnesium.

C-Reactive Protein (CRP)

CRP is a specific marker of inflammation in the body. CRP measures heart disease, infection and autoimmune disease (arthritis, lupus, and Crohn's). However, we know that CRP can fall dramatically with weight loss. So, remember, CRP is also a marker that indicates a bad diet and weight gain and not necessarily a specific disease. An optimum level of CRP is less than 6 mg/l. There is no specific drug treatment for CRP, although a role for statins is being investigated. However, inflammation indicates infection and toxins, so the treatment is detoxification and natural anti-inflammatories like magnesium. Taking medications to treat inflammation can only lead to more inflammation because the liver has to detoxify any drug that you take.

Cleansing:

One important aspect of cholesterol metabolism is that excess cholesterol can be reabsorbed back into your body instead of being naturally eliminated through the intestines. This means detoxification and cleansing are very important to help pull out as much old cholesterol by this route as possible. If there is an overabundance of abnormal bacteria in your colon and a slow transit time (constipation), more cholesterol will be reabsorbed leading to higher blood levels. Therefore, a high-fiber diet, bulking agents such as psyllium, and detoxifying with bentonite clay and aloe vera gel are all important. See the section on [***Cleansing***](#).

Diet:

The best diet for atherosclerosis is suited to your blood type. Read about the [***Optimum Eating Plan***](#) to see how you can individualize yours; it's not the same for everyone. Although a very strict low-fat, high-carbohydrate diet may help eliminate plaque in your arteries, it can also lead to essential fatty acid deficiency in the long run. Similarly, a high-protein, low-carbohydrate diet can help you lose weight initially but can lead to strain on the kidneys.

Use organic natural oils and butter to replace margarine and processed oils. Flaxseed oil (in a lightproof bottle) can be used on salads and cereal. The best oils for cooking are olive oil and coconut oil. I recommend [*Radiant Life*](#) for their coconut oil products.

These oils are monosaturated and won't become denatured or rancid on heating. Recent studies actually show that people who use olive oil have half the rate of heart disease of those who don't. Even though they are fats, coconut oil and olive oil can cause the undesirable LDL cholesterol to fall and maintain good HDL cholesterol. In choosing between butter and highly processed polyunsaturated margarines, butter is actually healthier. Manufactured margarines cause more harmful oxidative effects than even completely saturated butter. Read Sally Fallon and Mary Enig's books, *Nourishing Traditions* and *Eat Fat Lose Fat* for an eye-opening education on fats and oils.

Supplements:

The supplements for atherosclerosis are varied according to the many causes of heart disease and include nutrients that prevent side effects from prescribed medications.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

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* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

* Vitamin E: Choose a food-based organic product. Dosage: One or two tablets per day acts as a mild blood thinner to prevent abnormal clotting.

* Nattokinase: 100 mg every eight hours to help reduce the buildup of fibrinogen that leads to clots and thickened blood.

* Red Rice Yeast for the treatment of cholesterol. There is a caution with this substance, however. It contains the same chemical that is found in statin drugs and is capable of producing muscle pain, weakness and increased levels of creatine kinase just as statin drugs do.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

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Herbs:

* Garlic, raw or in capsules, is an important heart treatment for treating infection, lowering cholesterol and is a mild blood thinner.

* Hawthorn is a heart tonic used for mild forms of angina and rhythm disturbance.

* Cayenne improves blood flow and strengthens the heart.

The above herbs along with mistletoe, motherwort, bilberry, and white willow are found in the proprietary formulation Strauss Herb Drops, credited with improving blood pressure, lowering blood lipid levels and lessening the risk of heart disease in clinical research trials.

Exercise:

Exercise is extremely important in treating and preventing heart disease. Begin with slow short walks and gradually increase their intensity. Any form of exercise allows blood vessels to grow and multiply and improves the circulation in all parts of the body.

ATHLETE'S FOOT

Athlete's foot is a very common condition caused by a fungus that lives on the skin and toenails. Warm, dark, damp environments, antibiotics and a high sugar diet encourage fungal growth. People in tropical climates are more prone to this infection, but sweaty footwear and walking barefoot in spa and sports facility showers is a common cause in North America. In the acute stage, fungal skin infections may blister and crack and discharge clear liquid. Most often it is characterized by chronic irritation and annoying itchiness.

First Aid:

In the acute stage, keep the area dry and uncovered between soaks.

* Soak your feet in a solution of 1 quart of water and 1 tablespoon of [Magnetic Clay](#), 1 tablespoon of sea salt, 1 tablespoon of baking soda, and 1 tablespoon of [Pico Silver](#).

* Taheebo tea can also be used to soak the feet. This tea is made from the bark of a tree that grows in Brazil on which fungi or mold won't grow. A solution of a tablespoon of this bark boiled for an hour in a quart of water can be used several times. Simply reheat before reusing. After soaking, which lessens the inflammation, pain and itching, apply antifungal cream or lotion. There are many over-the-counter medications that can be used two or three times a day but must be continued for at least four weeks. Preparations available in health food stores include wild oregano oil, tea tree oil, and garlic oil, which are powerful antifungals. Fungus grows best in oxygen-deprived areas; by using cream containing vitamin E, a powerful oxygenator, you can discourage fungal growth.

After soaking your feet, scrub them to remove any dead skin that can harbor the fungus and dry them well – perhaps even with a hair dryer. Zeolite powder (white clay), used for removing the odor from footwear, helps to trap fungus spores, to dry athlete’s foot blisters and to keep the foot dry inside your shoes. After soaking your feet, powder with zeolite, put on fresh cotton socks and put another ½ teaspoon of powder directly inside your shoes. Change your socks several times a day if your feet perspire heavily and change your shoes once or twice a day, because they hold moisture where the fungus can grow. The worst types of shoes and boots are rubber and plastic, which hold sweat and moisture inside.

If you are susceptible to athlete’s foot, that may be due to an overgrowth of yeast, which makes you more susceptible to fungal growth. Yeast mainly grows in the gastrointestinal tract, but when it overgrows, it can cause oral thrush in the mouth and vaginitis in women. It can be undetectable on the skin but creates an environment in which other fungi can grow. Sometimes, to get rid of athlete’s foot, treatment of yeast overgrowth is also necessary. Treatment includes avoiding sugar, gluten, dairy, and alcohol for a period of time to starve the yeast in the gastrointestinal tract. See the section on [Yeast Overgrowth](#), which fully explains this condition.

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

ADHD and hyperactivity are names used to describe children who don't quite fit into a "normal" pattern of behavior. ADHD is the most commonly diagnosed behavioral disorder of childhood affecting 3-7% of children. It's defined as developmentally inappropriate levels of inattention, hyperactivity and impulsivity. A child, however, can manifest one particular type of ADHD:

- * Predominantly Inattentive Type
- * Predominantly Hyperactive-Impulsive Type
- * Combined Type (inattention, hyperactivity-impulsivity)

For all our ability to define this condition on paper, it is still a subjective diagnosis without any objective blood tests, MRI's, or other investigations to make a diagnosis. Children can exhibit a wide range of behavior from being naturally inquisitive and asking endless questions; taking things apart; exploring their environment; to being downright violent. A child may be "acting out" to get attention from overly busy parents, even if it is negative attention they receive. The brain of a child with ADHD may be the equivalent of a "hunter" in a "gatherer" society where we expect all children to conform to a classroom of long hours of sitting in chairs at desks often with boring tasks.

Whether ADHD is a disease that warrants medication is cause for heart-wrenching debate. Autism and Asperger's syndrome occur in one out of 150 children. They are defined as neurological disorders and discussed in the section on [*Autism*](#). Many researchers and parents feel that ADHD is at one end of a growing spectrum of behavioral and neurological conditions that are affecting far more children today than 100 years ago. Some researchers blame genes, but genes don't break down overnight. Now more people are looking at factors in our environment as the probable cause or causes.

What Causes ADHD

ADHD appears to have many possible causes:

- * Industrial chemicals in our food air and water.
- * Heavy metal toxicity – lead from car exhaust and paint; mercury from vaccinations, mercury dental fillings and fish; aluminum from canned food and deodorants.
- * Our electrified environment/magnetic fields - fluorescent lighting, television, computers, video games, cell phones, and cell phone towers.
- * A highly refined diet overloaded with sugar and white flour.
- * A chemical diet of thousands of food additives.
- * Nutrient deficiencies.
- * Food allergies.

Peanut butter, the favorite food of most kids, can be highly allergenic due to a common mold; its oily nature makes it go rancid quickly, but it is often highly sweetened with sugar so you don't taste the rancidity. I visited a young couple with a two-year-old boy and witnessed the proverbial Dr. Jekyll/Mr. Hyde transformation. Within minutes of spooning out peanut butter from the jar, this adorable child turned into a head-beating, rampaging monster. I shared the above information, which at first shocked the parents but helped them adjust their son's diet; he became a normal person again.

Drugs for ADHD

The medical management of attention deficit/hyperactivity disorder (ADHD) focuses on the use of amphetamine stimulants, like the prescription drugs Ritalin, Dextroamphetamine, Concerta, and Adderall. The brain of an ADHD child is roughly explained as being wound up too tightly. However, under the influence

of drugs like speed, it paradoxically unwinds. A child or adult without ADHD would become hyperactive on speed.

Amphetamines can pump up the heart rate, elevate blood pressure, cause stomachaches, dizziness, insomnia, and eye twitching. Agitation and hostility can appear with long-term use. ADHD drugs can also reduce appetite, which can stunt growth. In 1995 the U.S. Drug Enforcement Agency warned doctors about the shared chemistry of cocaine and Ritalin. Ritalin is regulated in the United States as a class II substance along with heroin, morphine, barbiturates, and cocaine. The multibillion-dollar sales of Ritalin have increased by 400% since 1995.

In the United States, 330 million doses of Ritalin are taken daily, while the rest of the world only consumes 65 million daily doses. As soon as a child reaches puberty, the effect of Ritalin often changes under the influence of hormonal surges to act like true "speed" with such devastating effects (violence, suicidal depression, and so on) that the child is often prescribed Prozac – "the frying pan into the fire routine," as Dr. Ann Blake of the International Coalition for Drug Awareness describes it.

In January 2000, the American Medical Association expressed alarm that children as young as two years of age are put on Ritalin and five-year-olds are on Prozac. The long-term effects on the growing brain are unknown; no long-term studies have ever been conducted. Evidence does, however, exist to show that long-term use of Ritalin significantly reduces blood flow to the brain, disrupts growth hormones, and can cause depression and insomnia.

ADHD and Adolescence

Let's look at ADHD and adolescence. There is a common misconception that ADHD improves with age, which has led to a lack of acknowledgment and support for teens in high school with this problem. In girls, talkativeness,

inattention, and truancy are not viewed as ADHD but as a lack of discipline. In boys, impulsive behavior, drugs, truancy, and vandalism are labeled ADHD.

One of the symptoms of ADHD is a constant need for stimuli, mostly sound. So if the music isn't blaring or if they aren't on the telephone, teens conduct a nonstop monologue to fill up acoustic space. The added stress of puberty worsens an existing ADHD problem because hormones have their own way of creating mood swings. Researchers using PET scans and specialized EEGs on ADHD children speculate that the problem of ADHD is a "slowing of the brain waves." Whether this is true or not, it still doesn't explain what is causing the slowing, which is probably a combination of nutrient deficiencies, especially of EFAs and environmental toxicity.

The need for brain balancing in your hyperactive or dyslexic child can be determined by finding out if he/she is using the same dominant eye as her/his dominant hand. Do this experiment: punch a hole in a piece of plain paper with a pencil. Simply ask your child to look through the hole at a distant object. Give no further instructions. He will obviously have to look through one eye and the eye he chooses will be his dominant eye. If he is right-handed and chooses his left eye, the right and left sides of the brain have to work a lot harder to pass information between the two sides.

Brain Gym, a small booklet written by Gail Dennison, provides "brain exercises" that help balance the right and left sides of the brain and enhances communication across the corpus collosum that divides the two. One theory that explains why boys have more ADHD than girls is that the male brain is left-brain dominant while the female uses both brain hemispheres equally and has a larger corpus collosum.

Essential Fatty Acid Research

Research by Dr. David Horribon shows that a deficiency in essential fatty acids (EFAs) may be the underlying cause of ADHD, dyslexia and dyspraxia (severe clumsiness). Dr. Horribon was assisted in his research by Vicky Colquhoun and her daughter, Sally Bunday, who founded the Hyperactive Children's Support Group in the United Kingdom. They observed that ADHD children are thirstier than other children; they drink more but produce a lot less urine. They also have a higher incidence of asthma and much more dry skin and brittle hair. Since skin is waterproofed through the action of essential fatty acids, which must be replenished daily through food, it appears that ADHD children lose water rapidly through their skin - EFAs are somehow chronically depleted.

EFAs from food are converted through the liver and gut metabolism into polyunsaturated fatty acids (PUFAs). These PUFAs supply vital brain food without which perception, cognition, memory, attention, spatial behavior, and the eyes simply cannot work properly. And to top it all off, ADHD appears to be due to a deficiency of EFAs that begins in utero if the mother is nutritionally depleted during her pregnancy.

The British government followed up on this work and studied 17,000 children from the time they entered school, for several years. Objective blood tests and extremely reliable predictive behavior tests were developed to identify which kids developed these learning disabilities. Remedial action with EFA supplementation was taken with immense success.

In 1995 in the United States, Purdue University performed controlled studies providing undeniable proof of the EFA hypothesis. When research showed that human breast milk is rich in EFAs, but infant formula contained virtually none - resulting in highly significant differences in IQ - the American Society for Nutritional Sciences submitted a report to the FDA in 1998 that resulted in EFAs finally being legislated into infant formulas.

These EFAs can be obtained from fish oils, flaxseed oil, evening primrose oil and borage oil. The overuse of inferior, rancid, fried, fake oils to the exclusion of EFAs explains why so many brains are slowing down, both young and old. A tablespoon or two of flaxseed oil on salad or cooked cereal and a tablespoon of cod liver oil every day can provide most of the necessary essential oils. Your health food store carries special formulas containing omega-3, omega-6, and DHA in the refrigerator section.

Wiring Kids Brains

A 2004 study in the journal *Pediatrics* called "Early Television Exposure and Subsequent Attentional Problems in Children" found a higher incidence of ADHD in children who watched a lot of TV between the ages of one and three. It's not just the content of TV that we have to worry about; it's also the electromagnetic radiation from the TV set itself. Make sure your child's desk and bed are 3 feet away from any electrical outlets.

Diet:

All children should be limited in their intake of sugar or junk food; their developing brains and bodies need the most nutritious food you can find. If your child has ADHD symptoms, the most allergenic foods are dairy and gluten; they should also be avoided for two or three weeks to see if your child's behavior improves. If this diet is effective you might investigate [***Yeast Overgrowth***](#) as a trigger for symptoms.

Foods with coloring or additives are damaging to the brain. The worst ones are the "excitotoxins" aspartame and MSG, which excite brain neurons to the point of cell death.

Aspartame is an artificial sweetener made from two amino acids and wood alcohol. Many researchers are calling for a ban on the product due to its ninety-two documented side effects. In the initial testing of aspartame laboratory animals experienced seizures, several types of cancer including brain tumor. Chewing a single stick of aspartame-sweetened gum has induced seizures in susceptible children.

In the late 1980's a number of researchers set out to prove that sugar does *not* cause hyperactivity. A close reading of the studies showed that the placebo most often used in the studies was aspartame. In other words, one group of children were fed sugared products, another group was fed aspartame-sweetened products as the so-called inert substance. The results of these studies showed that the effects of aspartame and sugar on the behavior of children were the same. Therefore, the conclusion was that sugar does not cause hyperactivity. Aspartame, however, is a powerful neurotoxin and can cause hyperactivity and aberrant behavior. The researchers assumed that aspartame was benign but there were more incidents of hyperactive behavior due to aspartame, making sugar look good. See the sections on Sugar Addiction under [Addictions](#) and [Detoxing Sugar & Aspartame](#) for more information.

Monosodium glutamate (MSG) is a modified form of glutamic acid with one sodium atom added to the molecule. As an excitotoxin it also excites neurons to death. Dr. John Olney, a neuroscientist at Washington University in St. Louis, found that MSG is toxic to the retina and a single dose can destroy specific cells in the hypothalamus. Dr. Olney went public with his findings and spent many years trying to convince the FDA to remove MSG from baby foods. Be sure to read labels for MSG and avoid hydrolyzed protein, which also contains MSG.

Books by Dr. Ben Feingold (*Why Your Child Is Hyperactive*) and Dr. Doris Rapp (*Is This Your Child? Discovering and Treating Unrecognized Allergies in*

Children and Adults) are useful to investigate and understand the role of allergies and food additives (colors and dyes) in ADHD.

Dr. Feingold was the first to identify food additives as a cause of hyperactivity. Thousands of children have benefited from following his diet. Doubt was intentionally cast on his approach when the food industry funded studies to show that food additives were not responsible for ADHD. They claimed they found no hyperactive behavior in children by only studying ten food additives and using chocolate as the placebo. These were considered legitimate studies by the food industry in spite of the fact that there are thousands of food additives children can be exposed to and chocolate (with its ingredients of sugar and caffeine) can cause hyperactive behavior. When the media was given erroneous conclusions of these false studies, parents were led to believe that there is no harm in the thousands of chemicals in their children's diets. The food industry would have us believe that the damage caused by sugar is only to our teeth but it ignores the rampant escalation of diabetes and numerous other nutritional deficiency diseases.

Supplements:

The dosages of nutrients for children are based on weight and should be supervised by a doctor who is familiar with treating ADHD.

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReCalcia*](#): If dairy is avoided, make sure your child is getting enough calcium. The section on [*Osteoporosis*](#) contains a list of calcium-rich foods. Check the RDA for calcium for your child's age and take that amount using [*ReCalcia*](#). Dosage: 1 tsp = 300mg.

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals including zinc. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

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* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [Flora ReVive](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Herbs:

Herbs that calm the nervous system include: Hops, valerian, skullcap, wild oat and St. John's wort. They can be found as tea or tinctures at your local health food store. Developing a habit of drinking calming herb teas will keep your teens away from the stimulating effects of tea and coffee.

Homeopathy:

Homeopathy for behavioral problems can be very effective. We do have a [Homeopathic Kit](#) available and I've written a free eBook, [Dr. Dean's Homeopathic Guidebook](#) that outlines the 36 remedies in the Kit. Start there but if it's difficult for you to identify the correct remedy for your child, a trained homeopath or naturopath should be consulted.

* Arg nit is used for the hyperactive child with a sweet tooth. The child seems to have a high metabolic rate and is thin, pale, anxious, and can't sit still.

- * Calc phos is suited to the child who likes to play pranks but is still shy and afraid. Physically there are swollen tonsils and abdominal gas.

- * Chamomilla is used to calm the excessively agitated child who cannot sit still for one minute and literally wears himself out to the point of tears.

- * Kali bromatum is for the case of the child who is constantly using his hands in some form and cannot keep them still.

- * Lycopodium is used for the child who is exhausted but still can't sit still. There is irritability and restlessness, mostly around dinnertime, and lots of gastric distress.

- * Stramonium is used for a severe case of hyperactivity with violence. There is a characteristic loud and frenetic speech pattern in such children.

AUTISM

When the first edition of this book was written in 1988, autism was a rare diagnosis – one in ten thousand children were affected. In the 2014 edition of this Encyclopedia the CDC reported that 1 in 88 children had been identified with autism or autism spectrum disorders. However, that reference is no longer active. Several government sites fail to give the incidence of prevalence of autism. An [Autism Community Report](#) from the CDC said:

From 1994 to 2005, the number of children ages 6–21 years receiving services for autism increased from 22,664 to 193,637. And those numbers likely do not include all children with ASDs, because some children receive special education for a particular need, like speech therapy, and not for a classification of autism.

Eighty percent of children develop autism for no reason that conventional medicine has been able to identify. However, parents of many of these children can pinpoint the decline in their child’s health to a vaccination or series of vaccinations – especially if they were given when the child had a cold or flu.

The hallmark of autism is impaired social interaction – these children don’t respond normally to other people and the world around them. In the face of repetitive movements, aggressiveness or apathy and withdrawal, often their physical symptoms are overlooked. However, the majority of children with autism have:

- * Normal development for 12-30 months followed by regression
- * GI problems - chronic diarrhea or constipation.
- * Sleep problems
- * Excessive drooling
- * Impaired muscle tone
- * Ear infections with extended use of antibiotics

Vaccines have been preserved with thimerisol – a mercury compound since the 1920's. Some companies have voluntarily removed the high amounts of mercury from their products, however, all vaccines, use thimerisol in their manufacture and only some companies remove it completely. Testing in 2005 found that drug companies do not succeed in removing it all and there were residues of mercury in most vaccines tested. For a sensitive child, even a molecule of mercury can be toxic. Lined up on one side of the battle lines about thimerisol are the vaccine manufacturers, government agencies and conventional medicine; on the other side are intelligent and concerned parents and a handful of researchers who have uncovered convincing evidence that is being ignored. A chilling fact is that children who have never been vaccinated, never acquire autism. This has been documented by doctors who treat the Amish, a religious sect that refuses inoculations.

Another reason why vaccines may be harmful has been uncovered by the work of Dr. Andrew Wakefield. When he identified live measles virus in the intestines of children with autism and bowel dysfunction, the only possible origin was MMR vaccination. A firestorm of protest has erupted against Dr. Wakefield personally and against his findings. None of that changes the fact that most autistic children suffer bowel dysfunction.

The conventional medical treatment for autism is symptomatic. The alternative treatments are focused on detoxifying mercury and overcoming a particular kinase enzyme deficiency caused by mercury that many autistic children have. Without a properly working kinase PI3 system the children can't break down wheat and dairy. Instead, they make opiates from these foods, which act like rogue neurotransmitters and cause brain damage.

The most important treatment for autism is avoidance of sugar, gluten, and dairy. However, it seems to be the hardest one for busy parents to implement. Kinase PI3 enzyme damage also means that autistics can't absorb

B12 or folate and it must be given in the methylated B12 and methyl folate forms of these B vitamins. Treatments to detoxify mercury are varied. They range from IV glutathione, DMPS, EDTA, to oral chlorella but must be undertaken with utmost caution to prevent re-circulation of mercury through their sensitive brains.

Each child is unique and requires an individualized treatment protocol with a knowledgeable practitioner. I will list some of the treatments I have used in the past.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

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BACK PAIN

This can be a very frightening condition and can signify either a muscle spasm or a prolapsed (slipped) disc. Disc prolapse occurs when the pad between two vertebrae is squeezed or forced out of place due to heavy lifting or trauma and the bones irritate or press the nerves that come off the spinal cord. This diagnosis must be clarified by a medical examination and an MRI. Surgery is often recommended for this condition. However, usually the first advice given is bed rest, muscle relaxants and painkillers. You can also use ice alternating with heat.

If you are overweight, the excess strain of that weight can aggravate the back, so a weight-loss program is indicated. Back pain is common in people with hypothyroidism or weakened adrenals. These conditions should be investigated under the relevant sections [*Hypothyroidism*](#) and [*Adrenal Exhaustion*](#).

First Aid:

The usual treatment for pain in the acute injury period is ice. Non-practitioners should never use heat on an acute inflammation; it can cause further swelling and release of more inflammatory products. However, Chinese medicine practitioners are trained in the proper use of heat for acute inflammation.

If the pain is chronic, use ice and heat (ten minutes of one, rest ten minutes and ten minutes of the other).

You can use castor oil packs to reduce the inflammation in both acute and chronic pain. See Cleansing for instructions.

Warm to moderately hot Epsom salts (magnesium sulfate) baths will help chronic back pain; magnesium absorbed into the tissues creates muscle relaxation.

Supplements:

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Homeopathy:

The following homeopathic remedies can be useful for an acute attack. They are non-toxic and can be used along with prescription medication.

- * Arnica: for pain, shock, swelling, bruising and bleeding
- * Rhus tox: for pain that is more like stiffness
- * Hypericum: for pain with nerve tingling and nerve irritation

Dosage: Use a 6X or 12X potency for all three and take one dose every half hour to one hour while pain is severe, reducing to three doses daily when pain is diminished.

Exercise:

The emergency “exercise” for acute back pain is a yoga position called “the cobra.” Lie on your stomach with your arms at your sides and your face straight forward and very slowly and gently lift your head and upper shoulders. Do this several times every hour. This position seems to align the spine and can help alleviate back pain.

Gentle and structured exercise is vital in order to heal back pain. You should focus on stretching all the muscles of the body, not just the back. This is

even more important than the usual recommendation to strengthen the abdominal muscles. If the muscles in your neck and back are tight and painful when you roll your neck or when you try to touch your toes, you need stretching exercises. Yoga is probably the best recommendation for most people. Several sessions a week will help you stretch out those tense muscles so that they won't go into spasm. You will also develop good posture and improve your breathing.

The best therapeutic program I have found is a gentle alignment therapy developed by Pete Egoscue. Go to the [Egoscue Website](#) to learn more.

Chiropractic:

Several recent studies have proven that the optimum care for acute and chronic back pain is offered by a good chiropractor that recognizes that misalignment of any part of the body can contribute to back pain. The best chiropractors work on muscles as well as bones, prescribe a series of exercises and encourage you to learn how to take care of your own body rather than creating a dependency on their services.

Massage:

Deep massage therapy can stretch and relax tense muscles that feed into a chronically painful back. Tomezo Hoshino, the originator of Hoshino Therapy, in a 1988 interview in the East West Journal, says that the musculoskeletal pains that affect so many people can be treated and cured without medication, injections, or surgery and that these ailments are all preventable. Hoshino devised a unique pressure-point system where back and neck pain, sciatic, bursitis, tendonitis, pinched nerve, arthritis, and many other problems can be successfully treated. Application of this system consists of applying thumb pressure to 250 "vital" points in order to detect and eliminate hardened tendons and ligaments and early stages of calcification even before they show up on x-rays, as well as other abnormalities such as early signs of muscle atrophy,

deformed or immobile joints. To these areas of imbalance, deep pressure revitalizes soft tissues by increasing blood flow, which counteracts the cold rigidity of the affected parts; improves metabolic function of tissues; and increases mobility, strength, and ability to repair. See [Resources](#) section for Hoshino practitioners.

Acupuncture:

Acupuncture is another excellent therapy for back pain. Make sure you seek out a good practitioner who has had experience and success in treating back pain.

Prevention:

Prevention, of course, is the best treatment.

- * Learn how to lift by bending your knees and keeping your back straight.
- * Don't twist your back to move an object; move your whole body.
- * Don't sit for long hours without proper back support.
- * When working at a computer try to make sure you are looking directly at the screen and not craning your neck unnecessarily.
- * Try standing at your computer using a tall workstation.
- * If you sit with your legs up on a sofa while reading or on your laptop, place a pillow under your knees to prevent stretching your sciatic nerve.
- * Use a telephone headset and microphone and never elevate your shoulder to hold your phone.

* Use a firm mattress that doesn't sag.

* Sleep on your back with support under your knees and under your head and neck. Or sleep on your side with support under your neck and head and another pillow between your knees. There are many styles of neck pillows available now. These have a rounded center that conforms to the shape of the neck, holding it in proper alignment during sleep.

Chiropractors say that a person with a bad lower back can have a corresponding problem in the neck and vice versa. Therefore, pay attention to your neck as well as your back.

BAD BREATH

Bad breath may be just another symptom of a body out of balance. Most people think that bad breath comes from eating strong smelling or highly spiced food. These foods include the obvious ones like garlic, onion, spicy, and heavy meats and cheeses, fish, coffee, and alcohol. But bad breath is mostly due to bacteria in the mouth that feed off the food we eat; they are especially attracted to sugar. Plaque forms on the teeth and the bacteria become attached to the plaque.

Brushing your teeth and rinsing your mouth after eating are important ways of dealing with bad breath. Flossing between your teeth removes food particles that begin to decompose. Popping breath mints and using mouthwashes that usually contain sugar and alcohol and are only short-term solutions. Sucking whole cloves after a meal makes a very acceptable natural breath mint. You can use them for their antibacterial action in order to keep your mouth healthy and also to prevent "catching" bacteria from others. Just gently chew and suck them, but don't swallow them whole; as they break down in your mouth the pieces may be swallowed.

The real solution, however, is to look at your diet to see what you are eating on a regular basis that is causing bad breath. The most likely substance is sugar, which feeds bacteria and allows them, in the dark, moist recesses of the mouth, to create gases that can cause bad breath.

Let us consider the function of the tongue. In animals, especially dogs, it eliminates moisture, much as our skin eliminates perspiration. Perspiration or sweat is not just pure water; it contains salt and by-products of chemical processes in the body, in which the kidneys, through the intestines and the skin, excrete waste. The tongue serves the same function, so the body in trying to eliminate waste uses the tongue as an exit point. Waste products, being

eliminated through the tongue will coat it, contributing to bad breath. The more waste products and the more toxic the waste products from the body, the more the tongue is coated giving the breath a foul odor. If you have a coated tongue, undergo a Cleansing program to remove toxins from your body.

People who have a very clean diet, which means plenty of fresh vegetables, fruits, nuts, seeds, grains, fish, and chicken – rarely have bad breath. People who eat sugar, dairy products, coffee, alcohol, and meat have more of a tendency to bad breath.

Most people do not chew their food properly. If you chew properly, you can digest up to one-third of ingested carbohydrates in your mouth. Meat is a protein and it requires hydrochloric acid in the stomach for digestion. Meat takes up to seven hours to digest in the stomach and intestines, because it can take that long for enough hydrochloric acid to build up and break down the protein molecules. During that seven-hour period, more and more food is eaten and interferes with the digestive process. Incomplete digestion creates undigested food molecules that become food for intestinal bacteria and yeast both of which cause fermentation and gassy waste products. Besides belching and flatulence, these waste products can cause bad breath. Similarly, when sugar is eaten and there are other foods in the stomach, the mixture can become fermented and create alcohol in the stomach and intestines. When there is an overgrowth of yeast, undigested food and a high sugar diet can create high enough alcohol levels to give a positive reading on a Breathalyzer test. Read the sections on [***Digestive Disorders***](#), [***Yeast Overgrowth***](#), and [***Optimum Eating Plan***](#) for more information on these conditions.

BED WETTING

At a certain age, children are expected to sleep through the night without wetting the bed. For some it can occur at age two, for others it may take until age seven. The cause of chronic bed-wetting is often psychological stress, especially if there is another child born around the time the bed-wetting starts. Bed-wetting can be an attention-getting device on an unconscious psychological level. Other stresses in the home can result in bed-wetting. Sleepovers often produce bed-wetting because of excitement and stress.

In natural medicine we make a point of looking for food allergies that can contribute to irritation or relaxation of the bladder neck muscles, which allows the urine to leak during the night. Urination can come during the very deep-sleep phase when there is not enough arousal to wake a child up and allow him to go to the bathroom. The foods that seem to cause the most problems are milk orange juice, peanut butter and sugar, but almost any food can conceivably be a problem.

Drinking any liquid before bed can fill the bladder. Limiting food and liquid intake after supper is appropriate. Also, getting the child up to urinate when the parents are going to bed helps to keep the bladder empty. See the section on [*Allergies*](#) for more information on this topic.

Hypothyroidism can also be a cause of bed-wetting. Take a basal temperature, as outlined under Hypothyroidism to determine thyroid activity. If the temperature is low, you will have to consult with a doctor about obtaining natural thyroid support.

BITES

Mosquito Bites

In the past few years there has been a concern about West Nile virus, which is a mosquito-borne flu-like illness. West Nile has a mortality rate of less than one in 1 million infected people and mainly affects immune-suppressed or elderly people. Even though, in general, it is an extremely mild condition, because it is new to America, it has resulted in massive spraying of carcinogenic pesticides in many parts of America. West Nile is even milder in children than in adults. Children, however, are the ones who suffer most from pesticide sprays and are sprayed with toxic mosquito repellants like DEET.

Most commercial mosquito sprays are strong chemical compounds that can have adverse effects when absorbed. There is a natural bug repellent, a citrus lotion called citronella. This insect repellent seems to have no side effects when absorbed. There are anecdotal reports that citronella may not be safe for pets, so check with your veterinarian for a natural bug repellent for pets. Health food stores are carrying more natural insect repellents that you can try out. They are sure to be safer than commercial pesticides, which are called "humanicides" because they are deadly to all life forms, not just insects.

Bee Stings

If you or anyone in your family is allergic to bee stings, keep an Anakit (bee-sting kit) on hand. This kit contains adrenaline in a needle and should be used, especially if the sting is around the face or throat.

Supplements:

Mosquitoes seem to dislike the odor produced from the ingestion of B vitamins,

especially thiamine (B1), so in mosquito season, you can take extra dosages of the B complex. A moistened aspirin on the cleaned bite area can relieve the pain and stop the inflammation.

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Homeopathy:

Homeopathic remedies for bites and stings include:

* Apis: If someone has a bee-sting allergy, Apis can be used every few minutes while preparing the anakit injection.

* Ledum is the remedy of choice for sharp stabbing bites, spider bites, or even cat and dog bites.

Cat and Dog Bites

Although widely rumored to be cleaner than human bites, cat and dog bites can still cause infection. The area should be cleaned well with 3% hydrogen peroxide and examined by a doctor, who may advise an antibiotic cream, a tetanus booster and possibly antibiotics by mouth. Minor wounds can be soaked in an herbal antibiotic, such as echinacea or calendula or [Pico Silver](#) and poulticed with [Magnetic Clay](#), comfrey, or even damp white bread to prevent wound infection. I mix Magnetic Clay with Pico Silver instead of water to make a really powerful poultice.

An infection will produce a red line from the wound toward the nearest

lymph node as the body tries to clear the infection; this indicates that the infection may be entering the blood stream and that an antibiotic should be used. If you use an antibiotic, be sure to take probiotic bacteria along with it to prevent an overgrowth of yeast. I recommend [Flora ReVive](#). Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora Revive*.

BLADDER INFECTIONS

The most common trigger for bladder infections in women is intercourse during which the urethra can be trapped and irritated. This causes the urethra to swell. If there are bacteria near the urethra, which can easily migrate from the bowel area, the inflammation and swelling provide an ideal environment for bacteria to grow.

Wash before and after intercourse with mild soap like castile (made from vegetable oil, not animal fat) and urinate before and after intercourse to flush bacteria out of the opening of the urethra. In general, to avoid bladder infections after intercourse, be sure to avoid excessive jamming action on the urethra with the penis. Changing positions can protect the urethra. Taking a homeopathic remedy called Staphysagria 12X, one dose one to two times after intercourse, may prevent infection in susceptible people.

Inserting a non-sterile diaphragm can also result in bacteria overgrowth. The diaphragm as it rests inside the vagina above the pubic bone can cut across the urethra, irritating it and inhibiting bladder emptying. Tampons may also cause some of the same problems as diaphragms and lead to bladder infections.

Another cause of burning urination is aspartame (NutraSweet). Read the section on [***Detoxing Sugar & Aspartame***](#) to learn what to avoid.

In young girls, bladder infections can be the result of taking bubble baths; avoid them. In older women, dryness and skin atrophy due to estrogen depletion, if it occurs around the perineum, can cause breaks in the skin and allow the introduction of bacteria that may then irritate the urethra causing burning or slight bleeding on urination. Treating the area with bio-identical estriol creams can help strengthen the skin in and around the vagina.

Simple commonsense advice to prevent bladder infections includes avoiding tight jeans, wearing loose cotton underwear and avoiding scented

tampons, pads or even colored toilet paper. After having a bowel movement, wipe from front to back to avoid pulling bowel bacteria into the vagina/urethra area.

First Aid:

If bladder symptoms such as frequent urination, burning and pressure begin, it is important to submit a urine sample to your doctor to have it tested for bacterial overgrowth. While waiting for results, you can use natural treatments. Start with 1/2 to 1/4 teaspoon of baking soda in one glass of water every thirty minutes. This can help make the urine less acidic and therefore less burning. (Warning: don't use baking soda [sodium bicarbonate] if you are being treated for a heart condition because it can raise sodium levels causing fluid retention.) Also avoid caffeinated tea, coffee and sugar, all of which can acidify the urine.

Herbs:

* Unsweetened cranberry juice or cranberry tablets help bladder infections by preventing bacteria from attaching to the bladder lining. So, it's more of a preventive measure than a treatment for UTI. Dosage: Studies findings show that 10-16 ounces of daily cranberry juice or 800-1,600 mg per day of cranberry capsules help prevent URIs.

* D-Mannose: A 2014 study reported in the British Journal of Urology found that D-mannose (the concentrated active ingredient in cranberry juice) was as effective as antibiotics for preventing recurrent UTIs, with no side effects. Like cranberry juice, the D-mannose sugar sticks to E. coli bacteria, so it can be flushed out when you urinate. It also activates the Tamm-Horsfall protein, which plays a key role in the body's defense against UTIs.

* Take various combinations of parsley, buchu, goldenrod, marshmallow, berberis, and cramp bark tea in large quantities. Lots of herbal tea and water

help decrease inflammation and flush out bacteria.

Supplements:

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#). For a bladder infection, please use the higher doses.

Probiotics:

If you have to take a prescription antibiotic, ask your doctor for a urinary antiseptic such as nitrofurantoin or nalidixic acid, which have their own set of side effects but do not affect the intestinal bacteria and cause yeast overgrowth.

If you use an antibiotic, or even a strong antibacterial herb like oregano oil, be sure and take plain organic yogurt or probiotic capsules as well. I recommend *Flora ReVive*. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

Homeopathy:

* Cantharis or Causticum in the 12X potency taken every hour can be helpful for the burning pain of bladder infections.

* Staphysagria 6X or 30C can be taken every hour for postcoital irritation. Do not take chamomile tea with homeopathic remedies, as it can neutralize their action.

Read the sections on [Yeast Overgrowth](#) and [Antibiotics vs Probiotics](#).

BOILS

Boils are usually caused by a staphylococcal infection. They are painful and even debilitating if they are on your buttocks, in your armpit, groin, or some other sensitive region. Another possible cause of boils is an overload of toxins in the body. Toxins stress the liver, kidneys and colon and especially in cases of constipation, toxins are released through the skin. People who have a tendency to create boils should avoid constipation and read the section on [Cleansing](#). A prescription for a strong antibiotic is the standard medical treatment. Until antibiotics are necessary, several natural remedies can be used.

Poultices

Boils can be treated with poultices to try to bring the boil to a head and discharge the contents. Here is a short list of possible poulticing materials.

- * [Magnetic Clay](#) can be mixed with water and applied to a boil. Remove and replace when dry.

- * Poultices of bread moistened with water can be applied to the area and wrapped in a clean cotton cloth. Remove and replace every 6 hours.

- * A hot water and sea salt compress may bring a boil to a head (1 tsp sea salt to 1 pint of water). Replace when cool.

- * Fresh or dry comfrey makes an excellent poultice. Pulverize or chop 1 tablespoonful, steep in 1/2 cup boiling water for fifteen minutes, strain, wrap in gauze and apply to the boil, covering with plastic wrap. Replace with fresh herbs every 6 hours.

Supplements:

Boils tend to occur in people who have a zinc deficiency. Zinc is important for wound healing. Zinc is found in sunflower seeds, pumpkin seeds and oysters but should also be taken in supplement form.

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Herbs:

* Herbal tincture of echinacea can be used for a person who is toxic and produces boils, 10 to 15 drops three times a day in water. This can be taken orally or used to soak a boil.

* Hypericum tincture can be diluted and used to soak boils

* Calendula tincture can be diluted and used to soak boils.

Homeopathy:

* Hepar sulph: is used to bring boils to a head.

* Calc sulph: for recurring crops of boils.

* Silicia: for boils that are slow to heal.

* Sulphur: for burning and itching boils.

Dosage: Each of the above remedies, in the 12X potency, can be taken one dose three times a day.

BRONCHITIS

The bronchial tubes create breathing pathways for oxygen to reach the lungs. When the mucus membranes lining the tubes become swollen, inflamed, irritated and thick with mucus, a cough is activated to try and clear the mucus or simply because of the inflammation. Bronchitis often begins with a simple cold that develops into a chronic cough. Therefore, the best treatment for bronchitis is to ensure that a cold is not prolonged. See the section on [*Colds and Flus*](#). Colds are most often due to a virus, so antibiotics will not alleviate the problem. It may be important to consider the following reasons that a cough develops from a cold.

1. Inhaled allergies to dust, pollens, mold or animal dander can irritate an inflamed throat and bronchial passages. The same goes for burning incense; it should be avoided.
2. Excessive mucus from a diet high in mucus-forming foods such as sugar, gluten and dairy can cause post-nasal drip that irritates the back of the throat.
3. Smoking (or smokers) should be avoided – cigarette smoke is the most common reason people get bronchitis.

First Aid:

Use steam or a humidifier to help liquefy the mucus. Drink lots of fluids. Dehydration is quite common with bronchitis. If your urine output does not equal your water input, you may be dehydrated, which can elevate fever and solidify mucus.

Diet:

Avoid mucus-forming foods such as sugar, gluten, and dairy.

Supplements:

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. It is a powerful antioxidant, essential for a strong immune system and has a reputation for treating the common cold in high doses.

Herbs:

Take mucus-thinning herbs such as fenugreek in capsule or tea form.

Bronchial herbal teas available in health food stores usually include herbs such as mullein and lobelia.

Homeopathy:

There are many homeopathic remedies for bronchitis. Study each of these remedies, which are also included in [*Part Five*](#), to match a remedy to your symptoms.

* Antimonium tart, for a wet, rattling cough that creates a feeling of thick mucus in the chest and is exhausting.

* Bryonia, for a dry and painful cough that's worse with movement. Dry mouth, thirst, an upset digestion and a desire to be alone are other indications.

- * *Calcarea carb*, for bronchitis brought on by a cold. The cough is worse from lying down and getting cold and is worse at night.
- * *Causticum*, for a constant, deep, raw, racking cough with the feeling of mucus stuck in the throat and upper chest.
- * *Dulcamara*, for symptoms made worse by allergies that cause hoarseness, brought on by a change of season from dry and warm to cool and wet.
- * *Hepar sulph*, for a rattling, hoarse cough with yellow mucus caused or triggered by a draft and made worse by cold food or drink.
- * *Kali bich*, for a metallic, hacking cough productive of stringy, sticky yellow mucus causing pain in the chest.
- * *Pulsatilla*, for a cough that chokes and gags producing thick yellow mucus. The cough may be dry at night and loose in the morning and worse in a stuffy room.

Acupuncture:

A useful therapy for treating bronchitis is acupuncture. Properly trained acupuncturists can perform pulse diagnosis and determine if there is an energy imbalance contributing to your bronchitis. Treatment may include an individualized acupuncture protocol and herbal formulas.

BRUISING

Bruising usually occurs after an injury, after bumping into a piece of furniture or even after running or exercising, which can break small capillaries through gravity and impact. Frequent bruising may be due to medication such as aspirin or other drugs such as antidepressants and asthma drugs, which can inhibit platelet aggregation, thereby slowing clotting and leading to even larger bruises.

Aspirin causes intestinal bleeding and bruising on the skin. With so many people taking aspirin for heart disease, it's the first question to ask. Alcoholics tend to bruise easily because of liver impairment. Others who bruise easily may have a Vitamin C Complex deficiency. Vitamin C Complex includes the bioflavonoids; there are about 8 different parts of the Vitamin C complex not just ascorbic acid.

First Aid:

Ice is also useful for the first twenty-four or thirty-six hours to stop the inflammation and keep inflammatory cells from leaching out into the surrounding area and triggering more inflammation. Ice packs can be applied every fifteen to twenty minutes. After thirty-six hours, heat can be used to clear the dead blood cells from the area by increasing circulation.

Supplements:

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* *ReAlign* contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

Vitamin B12 and folic acid are two vitamins responsible for the size of the red blood cells. If these vitamins are deficient, the cell size expands, the membrane weakens and there is bleeding and bruising. A doctor can perform blood tests to determine if there is a rare B12 deficiency condition called pernicious anemia. If there is not or if you are unable to get testing, take a B complex that contains both B12 and folic acid.

Homeopathy:

* Arnica 12X by mouth and Arnica cream on the bruise, as long as there is no broken skin. There is no better treatment than arnica for bruises caused by injury. Arnica is a mountain plant and is a miraculous treatment for any injury, from a black eye to a broken bone. The more serious the injury, the more frequently the Arnica is taken, anywhere from every fifteen minutes to every two hours. Even long after an injury, Arnica can be safely and effectively used.

BURNING FEET

This unusual condition is often very difficult to diagnose. You and your doctor should rule out known causes of burning feet such as athlete's foot, flat feet, and simply being on your feet too much without proper foot support.

Morton's neuroma causes pressure on the nerves between the toes producing a localized numbness, tingling and burning pain.

Sciatica from a compressed nerve in the back can cause numbness and tingling in the foot. Similarly, a compressed nerve in the ankle can cause numbness in the feet, but also weakness.

Poor circulation in diabetes and peripheral vascular disease due to hardening of the arteries can cause burning and numbness.

Fluid retention from yeast overgrowth and toxic overload can swell the lymphatic circulation and cause burning feet.

Alcoholism and diabetes can damage peripheral nerves and cause burning, tingling, pain in the feet.

Chronic magnesium deficiency can also cause burning and numbness of the feet.

Medically, these conditions can be ruled out only when they are in the full-blown state. Be aware that a mild form of any one of them may cause burning feet. Therefore, read the sections on [***Atherosclerosis***](#), [***Yeast Overgrowth***](#) and [***Diabetes***](#).

Cleansing:

Toxins in the body may build up in the feet simply because of gravity, especially if the lymphatic circulation is impaired. Read the [***Cleansing***](#) section in [***Part Four***](#).

First Aid:

Burning feet may improve by taking Epsom salts baths or footbaths. In some cases, diluted apple cider vinegar, as a footbath is helpful. Chinese water therapy uses cold-water footbaths just prior to bedtime for this particular condition. Each individual will have to explore a variety of these natural methods to determine the one that works best.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [*Dr. Carolyn Dean Live*](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Magnesium taken 2-3 times daily with the last dose before bedtime, improves circulation, helps detoxify the body, treats diabetic neuropathy and is a powerful muscle relaxant. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReAlign*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* Vitamin E: Choose a food-based organic product. Dosage: One or two tablets per day strengthen dilated blood vessels and improve blood circulation.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

BURNING MOUTH

Burning mouth can be caused by sensitivity to a chemical food additive, toxic metals, food allergies, or vitamin and mineral deficiencies. The wood alcohol component of aspartame can cause local burning in the mouth. Read the section on [Detoxing Sugar & Aspartame](#). Read the section on [Allergies](#) to determine what common allergens you might be ingesting that could be causing your problem.

Heavy metals in your dental fillings can cause burning mouth. Mercury makes up 50% of "silver" fillings and can gas off while chewing and be absorbed through the mucus membranes of the mouth. See the section on [Dental Problems](#) to find out more about mercury fillings.

Vitamin and mineral deficiencies that can make the mouth more sensitive include magnesium, B12, folic acid, B complex, iron, and zinc. Ordering a hair analysis through your doctor or naturopath can assess mineral deficiencies.

Diet:

The most basic advice is to avoid all products that contain food additives, especially aspartame (NutraSweet), to see if they are causing your problem. Also avoid sugar in case infectious organisms in your mouth are feeding off yeast and producing irritating toxins.

Supplements:

Take the following supplements once you have ruled out other more serious causes of burning mouth:

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible

for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReMyte](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

BURNS

First-degree burns affect the outer layer of the skin causing pain, redness, and swelling. Second-degree burns affect both the outer and underlying layer of skin causing blistering as well as pain, redness, and swelling. Third-degree burns extend into deeper tissues causing white or blackened, charred skin.

First Aid:

First aid for burns depends on the degree and extent of the burn. When faced with first degree or mild second degree burns, the immediate treatment is cold water on the burn and oral homeopathic Cantharis 12X every few minutes. Cantharis should be in everyone's first aid kit. A doctor should see all other burns.

You must never break a burn blister, or any blister for that matter, because this can allow infection to set in. The burn blister protects the underlying skin while it heals. Aloe vera gel or the cut leaf from an aloe vera plant can be placed on burns. Calendula lotion or Hypericum lotion can also be applied to a blistered burn. Vitamin E oil is also good for the local treatment of burns and scars after the blister has healed.

BURSITIS

Bursitis is a painful condition of the bursa (a small sack of lubricating fluid that is found cushioning every joint in the body). The most frequent site of bursitis is the shoulder, followed by elbow and knee. Shoulder bursitis is often caused by overuse, injury or lying on the shoulder in an awkward position overnight. A dislocated joint will cause swelling of the bursa and subsequent bursitis.

The medical treatment for bursitis includes the first aid treatments listed below, anti-inflammatory medications, and a prescription for physical therapy. Ultrasound or interferential or diathermy treatment can help lessen fluid build-up and inflammation. Chiropractic and acupuncture are also commonly used to treat bursitis and all musculoskeletal conditions.

First Aid:

R.I.C.E. is the acronym for the medical treatment of inflammatory conditions like bursitis.

Rest - don't use the affected joint, wear a sling to take the pressure off the joint.

Ice - ten minutes on, ten minutes off. Don't apply ice directly to the skin. Wrap it in a cloth. There is some controversy about using ice at all. Chinese medicine says it can damage the tissues. I've taken to using heat packs for injuries and find it more effective than ice. So, experiment with both and see what suits you best.

Compression - if the joint is swollen, a mild pressure bandage will keep fluid from building.

Elevation - especially for knee and ankle bursitis, keep the leg elevated.

Castor oil packs are also very useful to decrease inflammation. You can use ice (ten minutes on and ten minutes off) during the day and castor oil at night. See Cleansing for instructions.

Exercise Therapy:

Resting the affected joint for too long can lead to stiffness. Even if the joint is somewhat painful, beginning some form of exercise as soon as possible is important. Exercise therapy to help clear the fluid in shoulder bursitis is performed by leaning your chest on the end of an ironing board with the painful arm hanging; swing it gently back and forth for a few minutes several times a day. Doing this exercise will prevent frozen shoulder syndrome from following on the heels of bursitis.

Supplements:

This condition is best treated with natural anti-inflammatories (before going to medication). The most effective is a combination of magnesium, Vitamin C Complex (food-based organic) and pancreatic enzymes.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

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* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

* [*ReNew*](#): The highly concentrated form of *RnA ReSet Drops* can be put on injured tissue (but not open wounds) and stimulate healing.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

CALLUSES AND CORNS

A callus is a buildup of tough skin in any area subjected to extra pressure and extra work. Calluses on the hands may be due to hefting a heavy hammer all day; calluses on the feet may arise from ill-fitting shoes. If the calluses are around the heel, you can develop thick, cracked skin. If the pressure becomes severe and focused on one spot in particular, a corn may develop. A corn is a callus with a hard core.

To prevent calluses and corns, wear proper footwear that does not put pressure on your heels or toes. Some people must wear insoles or custom-made orthotics, which are insoles specially made by podiatrists or chiropractors to keep their feet in the proper position within the shoe. Podiatrists advise people with pressure areas between the toes to put toe pads made of foam or lamb's wool between the toes.

To treat calluses, soak the feet in various solutions:

- * Epsom salts in warm water relieves inflammation from a corn pressing on a nerve.

- * To remove a callus, tape the gel side of an aloe vera leaf over the callus. Wear this to bed and in the morning you can rub off the callus with a dry facecloth or a pumice stone.

- * An excellent foot soak consists of equal parts white vinegar and castor oil heated in an old pot. This solution can be kept in the pot and reheated as needed. It's a very messy mixture but it works wonders. After soaking, preferably near a tub, wash off the oil and use a pumice stone to smooth away the dead skin.

Supplements:

If your skin is dry and cracked and you have a tendency to form calluses, you may be deficient in essential fatty acids. You may need to take omega-3 fatty acids from fish oil or flaxseed oil, 3 grams of either every day.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or 1/2 tsp per day.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: 1/2-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible detoxification in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

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CANCER

Cancer is occurring in epidemic proportions. One in two people will be diagnosed with cancer in their lifetime. It is a terrifying statistic and a horrendous disease that most people try to ignore. After all, if the “war on cancer” has failed so miserably, what can an individual do about this disease? We cannot stay in denial, however; we must arm ourselves with knowledge about the real causes of cancer so that we can fight the causes as well as the disease.

The known causes of cancer include chemical exposures, smoking and secondhand smoke, radiation, malnutrition and excessive psychological stress. The World Health Organization (WHO) stated thirty years ago that 89% of all cancer is caused by pesticides, radiation and other toxic chemicals in our environment. Diet and smoking have become cancer scapegoats, however, while the chemical industry continues to pollute our air, water and food.

Carcinogenic malathion and pyrethroid pesticides are sprayed on millions of people in the northeastern United States to try and eliminate a mild flu-like virus called West Nile, instead of using proper pest management for mosquitoes. This over-reaction indicates that those in power are not aware of the chemical build-up in our world and in our bodies. Only recently have we studied the chemicals stored in body tissues and in breast milk of ordinary citizens. The chemicals found number in the hundreds.

First, we need to know what actually happens to chemicals when they enter our bodies. Any toxin introduced into the body by eating, touching or breathing activates the liver’s detoxifying enzymes. If the liver is already busy trying to detoxify prescription medications or a synthetic-food diet, any extra chemical insult can overwhelm the enzyme system and the chemical can be directly toxic to the body. Liver enzymes readily break down water-soluble toxins, but not those that bind to fat cells (for example, pesticides). In

metabolizing these man-made toxins, liver enzymes become a double-edged sword by making toxins out of some of the chemicals not previously so toxic (for example, benzene and malathion).

These metabolic toxins created by our own enzymes then go on to bind with cellular DNA, where they cause mutations and cancers. Once this process has begun, all other bodily defenses, such as tumor suppressor genes, are also turned off because the toxin is now attached to a body protein and recognized as safe! The inevitable mutations in DNA are not hunted down and destroyed by immune surveillance and are incorporated into new DNA/RNA base-pairs. Cancer cells proliferate, create their own blood supply, thrive on hormones and sugar and finally kill the host.

There is aluminum in powerful antiperspirants that men and women slather on lymphatic-rich armpits. In women who shave, the microscopic nicks in the skin enhance absorption of this toxic material into the vulnerable area of the lymphatic system around sensitive breasts. Talcum powder that we use on our babies and ourselves is readily absorbed and could play a role in pelvic adhesions, endometriosis and cancer. Mercury in dental fillings, vaccines, and fish is a constant source of contaminations. Women and men are exposed to oil-based paints, lawn chemicals and garden herbicides. Men and women suffer the chemical assault of synthetic colognes and perfumes. Cancers of the sex organs (breast, prostate, uterus, testes) are on the rise, because many of these chemicals are hormone disruptors.

Cancer Facts

1. Children are more sensitive to chemicals than adults. Cancer is the leading cause of death, after accidents, in children.
2. The greatest increase is in hormone-dependent cancers of the breast, prostate, and testicles because of chemical hormone disruptors.

3. Cancer care costs \$5 billion annually in North America.
4. We have lost the war on cancer. Since President Nixon declared a war on cancer, treatments have been limited to drugs, surgery, and radiation; the survival rate has become no better and the incidence of cancer is now 1 in 2.
5. Samuel Epstein of the University of Illinois (active in banning DDT) says, "We have so much information on cancer prevention which we are not using. I wouldn't give a damn if we didn't do any more research for the next fifty years. The worldwide cancer epidemic is primarily the responsibility of the cancer establishment, comprised of the American and Canadian Cancer Societies and the National Institutes of Health of both Canada and the United States. On their boards sit people who are directly connected to the very industries that are known to produce carcinogens" (pesticides, drugs and industrial xenobiotics).
6. Dr. Epstein warns that all of us now carry more than 500 different compounds in our cells, none of which existed before 1920 and that "there is no safe dose for any of them."
7. Devra Lee Davis, internationally renowned toxicologist and epidemiologist of the World Resources Institute in Washington, D.C., speaks about the need to adopt the Precautionary Principle. This would require industry to prove that a new substance causes no harm. Currently, North American law requires that citizens have to prove a substance is dangerous before it can be banned or restricted.
8. Sandra Steingraber, U.S. presidential advisor on cancer prevention and author of the best-selling book, *Living Downstream*, reminds us that cancer has "become a human rights issue" that can only be tackled with "old-fashioned political organization." That is why "scientists are now going directly to the

public” in order to expose “the deception at the heart of the chemical industry; namely, that these pesticides are necessary.”

Cancer Myths

1. Fat is not the cause of cancer, but cancer-causing chemicals accumulate in fat cells. Obese people store lots of chemicals in their fat cells. Follow a detoxification protocol found under Cleansing and the Optimum Eating Plan.
2. The argument that the amounts of endocrine disrupters or chemicals that mimic hormones are too small to cause harm in the body is completely invalid because hormones themselves work in infinitesimal doses. Endocrine disrupters and synthetic hormones, according to neuroscientist Candace Pert, Ph.D., attack and block the hormonal receptor sites because they have the same chemical structure, but they are mirror images and don't fit the intricate three-dimensional mechanism of the receptor sites.
3. Early detection is not the answer. Rosalie Bert ell, Ph.D., an internationally respected radiation expert, testifies that having regular mammograms causes cumulative radiation damage, especially in premenopausal women.
4. Dr. Susan Love says cancer is not genetic: “We have perfectly good genes and then something comes along to screw them up.” Cornell University ecologist Sandra Steingraber states, “A cancer cell is made, not born.”

What You Can Do

1. Boycott chemicals and buy alternatives – this form of activism is simply called “The Power of the Purse.”
2. Return chemicals to the manufacturer complaining about their negative effects on the environment.

3. Purchase products containing chemicals, then return them to the store manager, complain about the contents and ask that alternatives be sold instead.
4. Start a pesticide awareness group. Demand full disclosure of all chemical ingredients (including inert ones) being sold today; approach your local golf course manager and discuss alternative ways of maintenance; go to your city council and get members to explore alternatives to chlorine in public swimming pools and put a stop to the use of chlorine and fluoride in the water supply.

What to Avoid

1. Avoid chemicals: perfumes, antiperspirants, deodorizers, hair dyes, dry cleaning, fabric softeners, smoking, mercury amalgams, cosmetics, fluoridated and chlorinated water, pesticides, herbicides, fungicides, bug killers, fertilizers, cleaning products.
2. Avoid surgery: breast implants, cosmetic surgery.
3. Avoid the electric environment: electromagnetic fields (EMFs), especially with children. Use appropriate protection on your computer screen and microwave oven; avoid living near hydro towers and cell towers.
4. Avoid foods: salt-cured, smoked and nitrate-cured foods, artificial sweeteners (especially aspartame), hormone- and antibiotic-treated meat and bovine growth hormone (BGH) dairy, heating or storing foods in plastic containers, food additives, margarine, hydrogenated vegetable oils.
5. Avoid medications: antibiotics (except in emergencies),

prescription drugs (except in emergencies and if there is no natural substitute), drugs given to prevent an illness (for example, Tamoxifen).

What You Can Do for Yourself and Your Family

1. Read this book and others for information on alternative health options, including diet and supplements.
2. If you are exposed to chemicals at work or at home, wear a heavy-duty charcoal-filtered mask and protective clothing.
3. Wash all your fruits and vegetables in VegiWash to remove the majority of pesticide surface residues. Use grapefruit seed extract to soak vegetables and fruits to eliminate parasitic contamination. See the section on [Parasites](#) for more information.
4. Purchase certified organic milk, meat, and food products in health food stores and demand that your local grocery store carries them. See [Resources](#) for contact information for community-supported agriculture.
5. Use natural sugar substitutes, such as stevia, unpasteurized honey, maple syrup and brown rice syrup, but don't overdo them.
6. Invest in non-polluters. Learn about ethical mutual funds and similar investment opportunities.

The details of specific cancer treatments are beyond the scope of this book, but I will briefly describe several treatment protocols and herbal formulas that you should research now in preparation for the possibility of cancer arising in your family. See the [Resources](#) section for contact information.

1. Dr. William Cham's BEC-5 skin cancer cure. The word cure can be used

correctly with this formula that uses a specific chemical derived from eggplant that causes cancer cell liposomes to explode effectively killing squamous and basal cancer cells. BEC-5 has no influence on normal cells leaving normal skin to grow into the formerly damaged area. It also removes actinic keratosis lesions without scarring.

2. Gerson Diet Therapy has existed since 1930 successfully treating people with all types of chronic diseases. The Charlotte Gerson Health Restoration Center in San Diego offers weeklong programs health maintenance and also teaches you how to continue your treatment at home. The Gerson facility in Tijuana, Mexico focuses on the treatment of cancer. The complete regimen includes over a dozen daily organic vegetable and fruit juices, potassium, iodine and other supplements along with coffee enemas, saunas and [Magnetic Clay](#) poultices.
3. Essiac tea (burdock root, sheep sorrel, turkey rhubarb root, slippery elm bark), Hoxsey Formula (cleansing herbs plus kelp or iodine) and La Pacho tea (antifungal herb) have detoxifying and immune-boosting properties and can be used preventively.
4. 714-X, a substance invented by Gaston Naessens, is injected into the right groin lymphatic chain. It shows a positive effect on the immune system and is used for degenerative diseases such as cancer, lupus, fibromyalgia and chronic fatigue syndrome. A recent scientific report concluded, "714-X is thought to elevate the immune response and to play some role in killing tumor cells." 714-X is sold in fifty-five countries and has been administered by more than 1,500 physicians around the world. It has been legally available to Canadians since January 1990, under the provisions of Health Canada's Special Access program and more than 15,000 requests have been submitted by Canadian doctors for their patients.

5. Dr. Stanislaw Burzynski's antineoplaston peptide therapy is helpful. Antineoplastons are nontoxic substances shown to be a promising therapy for difficult-to-treat brain cancers, low- and intermediate-grade non-Hodgkin's lymphoma and many common types of solid tumors. Antineoplastons consist of small peptides, components of protein and peptide metabolites given by mouth or intravenously. They work by entering the cell and altering specific functions of the genes: some activate the tumor suppressor genes that prevent cancer, while others turn off the oncogenes that force the cancer cell to divide uncontrollably. Burzynski first isolated these natural compounds from blood and urine in the early 1970s. He feels that they are part of the body's natural defense mechanism. He now synthesizes them in his own FDA-approved, 47,000-square-foot pharmaceutical company, which he personally designed and had built.
6. The late Dr. Nicholas Gonzalez's metabolic protocol consisted of enzymes taken between meals, dozens of supplements, coffee enemas and cleansing fasts. A clinical trial showed positive results for end-stage pancreatic cancer. His work lives on through the [Nicholas Gonzalez Foundation](#).
7. Hyperthermia involves heating the body to a temperature between 107 and 111°F for one to three hours after a week of detoxification. Heat increases the metabolic rate of the body, makes the body more acidic and kills rapidly growing cancer cells by depriving them of oxygen.
8. The New German Medicine and [Total Biology](#) brilliantly deal with the conflict basis of cancer and of all diseases.

CANDIDIASIS (See [Yeast Overgrowth](#))

CANKER SORES

A canker sore is a small shallow ulceration embedded in the mucus membrane of the mouth. Cankers are another condition in which you must play detective. The causes include acidic, spicy or abrasive foods or synthetic chemical food additives or a toothpaste additive called sodium lauryl sulfate.

Mechanical damage from a toothbrush or biting the inside of your cheek is another common cause.

An imbalance of the biting surface of the teeth can lead to accidental biting at the sides of the inner cheek and cause trauma that will lead to cankers.

Acidic foods include fruits (pineapples, grapes), tomatoes, chewable vitamin C, and chocolate; abrasive foods are chips and popcorn. Food allergies and yeast can also cause cankers.

Read the sections on [Allergies](#) and [Yeast Overgrowth](#).

First Aid:

To treat cankers, avoid acidic foods and use probiotics or plain organic yogurt to restore normal bacterial flora in the mouth I recommend [Flora ReVive](#).

Rinse your mouth with diluted hydrogen peroxide, goldenseal tea or myrrh tea to clean the ulcer and decrease inflammation. Dabbing the canker with alum can relieve some of the pain. Cankers can be difficult to heal because the mouth is always moist, and you cannot get a healing salve to stick to the canker.

Another supplement that will help hasten the healing time of canker sores is [Whole C ReSet](#). Take 1-2 capsules several times a day and within 48 hours the lesion will heal.

Supplements:

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

Homeopathy:

* Boric acid: This homeopathic remedy is specific for canker sores. Use the 6X or 12X potency and take several times a day.

CARPAL TUNNEL SYNDROME

The carpal tunnel is an area at the wrist where tendons, nerves and blood vessels travel from the forearm to the hand. On the palm side of the wrist, there is a band of tissue going across this tunnel that can trap the nerves and become swollen. The tendons in the wrist can then become inflamed. People who use their wrists a lot are subject to this condition and with repetitive motions, such as in hammering, knitting, writing, typing and massaging, the tendon can swell up.

Excessive typing and texting with the wrists at an angle are the main reason we overwork our wrists. Constant repetitive motion puts pressure on the median nerve that runs into the hand; the result can be numbness and tingling of the fingers, the feeling that the hand is falling asleep and considerable pain. Another possible cause might be food allergies leading to fluid retention, which then causes the band of skin covering the carpal tunnel to swell. Read the section on [*Allergies*](#).

Because of fluid retention, pregnant women are very susceptible to this condition. Twice as many women as men suffer from carpal tunnel syndrome. While one hand is usually more symptomatic, both hands can suffer.

Medically, there is a surgical procedure to release the band over the tendons, but it doesn't necessarily cure the problem.

First Aid:

Exercises include elevating the hands to decrease pressure on the nerve, gently rotating the wrists in circular motions and massaging the fingers, palms and up the wrists toward the elbows with the handheld upright. Sometimes it's merely a matter of cutting back on the amount of work you do with your hands. And whatever work you do, hold your hands so that your wrists are not bent. If you

work on the computer a lot, don't type with your wrists bent backward; keep them straight. A simple readjustment of your working posture is often all it takes to remove this misery from your life.

Ice and cold packs will decrease the inflammation in the wrist; apply ice to this delicate area for less than 10 minutes at a time. Proper sleep posture is very important: don't lie on your arm at night and don't sleep with your hands on top of your body, just keep them at your sides on the bed. Physiotherapists can fit wrist splints to help alleviate the condition.

Supplements:

* [*ReAlign*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

CATARACTS

A thickening and cloudiness of the lens of the eye that impairs vision is called a cataract. The common causes are ageing, corticosteroid use, diabetes, injury, heavy metal poisoning, and free radical damage. Free radicals, which can produce oxidation products in the lens, arise from two sources: waste products created when the body turns food into energy and external sources from the environment such as toxic chemicals in cigarette smoke, car exhaust, chemicals, pesticides, ultraviolet rays and radiation – even from medical diagnostic procedures. Microwave radiation has also been known to cause cataracts.

Surgical removal of cataracts has become so commonplace and so successful that blindness caused by cataracts is becoming less of a threat.

Supplements:

Substances that will detoxify and prevent the oxidation products that cause cataracts include a whole host of antioxidants found in:

*[Premier Greens](#) for the high antioxidant, nutrient-dense green powder that you can use alone or put in smoothies.

* [ReMyte](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcium: Invisible Minerals Part II.](#)

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I.](#) Make

sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

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Herbs:

Bilberry, similar to the blueberry plant, has special status for preventing or healing eye problems. Look for organic sources of any herbs you use.

CHRONIC FATIGUE SYNDROME

This condition has been called many names: Epstein-Barr syndrome and yuppie flu; the British call it Myalgic Encephalomyelitis (ME); but it is commonly referred to as chronic fatigue syndrome (CFS). In the 1988 edition of this book, I called it Epstein Barr Virus. The unwieldy Myalgic Encephalomyelitis is actually the most accurate name because it identifies the muscles and brain as the target sites of symptoms. Some researchers say that it appears to be a reactivation of an already present mononucleosis-like virus called Epstein-Barr. Up to 90% of the population have antibodies to Epstein-Barr, meaning they have had a previous infection with that virus.

To most sufferers, CFS begins like a normal cold or flu but progresses to a severe mono-like infection leaving you feeling extremely fatigued and run down. Symptoms include constant headaches, swollen glands, periodic fevers and chills, muscle aches and pains, muscle weakness, sore throat, and numbness and tingling of the extremities. The general feeling is one of incredible fatigue, inability to do even the simplest of tasks, unable to exercise without collapsing and an inability to cope with any stress. The cognitive dysfunction seems to be the worst part of the illness. You can't seem to write, do math, think, or remember even the simplest things.

Pain is another key to the diagnosis of CFS. The pain can be anywhere in the body and often leads to multiple investigations and even surgeries in search of the elusive cause. Fibromyalgia, which means pain in the muscles, can be a complication of CFS. The inflammation and pain in the muscles may be due to a buildup of toxins from the environment – heavy metals, pesticides, food additives, and pollution, along with toxic waste products from underlying infection with viruses, bacteria, yeast, or parasites.

However, the symptoms of fatigue, numbness and tingling, muscle aches,

pain, and inflammation all line up with severe magnesium deficiency. No one has ever looked at magnesium and mineral deficiency as an underlying cause of CFS.

Read the section on [Fibromyalgia](#) for more information. According to allopathic medicine, in order to be diagnosed with true chronic fatigue you have to have the above symptoms for six months.

Doctors still don't know specifically what "causes" CFS, but I believe that the population as a whole and our immune systems, are excessively stressed and each stressor causes magnesium loss. We are stressed with hundreds of magnesium-depleting drugs and chemicals that invade our bodies from the air, water and food; a highly refined, nutrient-poor diet; electromagnetic radiation from trillions of machines and appliances; and too great a focus on material gain.

In this toxic soup of an environment latent viruses are reactivated and the body is not strong enough to fight them off. Infection caused by chronic yeast overload is another factor in at least 50% of CFS cases. Toxins (178 of them) are produced by yeast in the intestines and can cause many of the symptoms of CFS.

Compared to chronic yeast overgrowth, CFS may have more immune system depression and with the potential underlying viral infection, there is a low-grade fever and much more fatigue. When the immune system is compromised, the normal yeast in the intestines overgrows, invading the surrounding intestinal lining causing irritation and inflammation, poking holes in the intestines and creating a "leaky gut." A leaky gut allows absorption of partially digested foods, which in turn creates allergic reactions. Also, an environment that grows yeast harbors parasites that begin multiplying and producing toxins. Read the sections on [Yeast Overgrowth](#) and [Parasites](#) to see how to treat these conditions.

Conventional doctors try to find the one cause of a condition and the one prescription drug that will "cure" it. That's why conventional medicine finds it

difficult to treat diseases with multifactorial causes because they are accustomed to researching and treating one symptom at a time. In most cases of chronic fatigue, there is usually more than one cause. And that's also why CFS used to be treated as a psychological or psychiatric disorder by conventional medicine. Allopathic medicine still doesn't know how to properly treat CFS.

Here is a composite picture of the typical person diagnosed with CFS: female, thirty to fifty years of age, works closely with the public and is frequently exposed to infectious organisms. She is extremely overworked, was recently immunized, traveled abroad, was exposed to parasites, had surgery, has taken numerous antibiotics over the years, and developed chronic yeast overgrowth. She had a history of mononucleosis in her teens from which she never recovered and developed allergies and chronic sinus and bladder infections. When she took the birth control pill, she developed chronic yeast infections.

A diagnostic clue to CFS is total collapsing fatigue after even mild exercise. Exercise usually helps people who are depressed but not someone with CFS.

If you have CFS, you have probably been investigated and told that there is nothing wrong with you. Next come the prescriptions for Prozac or Zoloft and Ativan and a referral to a psychiatrist. It can be depressing in itself to realize your doctor doesn't believe that you are as sick as you feel. CFS is not a psychological illness, but it can be very depressing when your condition is not understood. Even worse is the fact that the drugs you are given will drain your body of more magnesium. Prozac is especially dangerous because it contains 3 fluoride molecule that irreversibly bind magnesium and deposit the brittle compound MgF_2 into bones, joints and tissues making it unavailable for its 1,000 enzyme functions in the body – including producing energy and treating pain and inflammation!

An interesting aspect of the CFS state is the amount of time people spend worrying and thinking about problems, worrying about the past, worrying about

relationships, worrying about money or even just thinking about what they did yesterday. All this time invested in thoughts of the past means some of your energy is unavailable to you in the present; this can be very draining. Difficult though it may be, imagining that you are happy and well and taken care of can help attract those blessings to you.

Diet:

Treating CFS begins with a healthy organic diet to avoid pesticides, chemicals and genetically modified plants that have crept into our food supply. Check the section on [***Optimum Eating Plan***](#) to determine your own regimen based on blood types. Also incorporate a yeast-free diet as outlined in the section on Yeast Overgrowth. Avoid all food additives and chemicals in your diet. Aspartame (NutraSweet) causes 92 symptoms, including fatigue and should be avoided. Read the section on [***Aspartame***](#) for more information.

Supplements:

Some alternative medicine doctors say there are dozens of nutrients that can be helpful in treating CFS. However, the cost and the number of pills that have to be taken can be overwhelming. I've refined the treatment of CFS to the following:

* [***Pico Silver***](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [***Pico Silver: Clearing up the Controversy***](#).

Pico Silver is part of the treatment protocol for ***Yeast Overgrowth*** because of the underlying nature of CFS being related to Epstein Barr Virus and *Candida albicans*.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Herbs:

* Wild oregano oil: one capsule twice daily. It has anti-infective properties that help lower the levels of virus, bacteria, yeast, and parasites in the body, taking pressure off the immune system and lowering the toxic load.

* Echinacea tincture: 10 drops each morning in water preventively during flu epidemics.

Homeopathy:

* Constitutional homeopathic remedies can help CFS, but if your vital force is very low, homeopathic remedies might create a healing reaction that can make you even more fatigued, therefore, they should be taken under the supervision of a homeopath or naturopath.

* *Oscillocochinum* can be safely taken at the first sign of a cold or flu.

Treatment Summary for CFA

I know CFS can be overwhelming; here is the very basic treatment protocol that you can begin. CFS and fibromyalgia are caused by a combination of yeast overgrowth, a lack of magnesium and a deficiency of minerals that leads to thyroid, adrenal, and sex hormone weakness. The list of symptoms and conditions related to FM and CFS is long and can be overwhelming to the mind adding to the chronic stress and suffering.

1. Rest: Read [Lying Down Therapy](#)
2. Walking outside for at least a few minutes a day.
3. Balancing minerals ([ReMag](#), [ReMyte](#))
4. Treating yeast. See the [Yeast Overgrowth](#) section.
5. Detoxing (with [ReAline](#))
6. Taking [RnA ReSet Drops](#) to make “perfect” cells
7. “Knowing” that you will get well

Women of “action” are hit the most with CFS and FM and they want to keep taking action to fix it. It’s actually not a matter of “fighting” these conditions – the opposite is necessary – relaxing and allowing as your genius body takes over and the new perfect cells you are creating are not affected by words of hopelessness.

COLD EXTREMITIES

Cold extremities are often due to poor circulation, yet many people who experience this condition exercise heavily. The main reasons include low thyroid or low blood sugar. (Refer to the sections on [Hypothyroidism](#), [Hypoglycemia](#) and [Atherosclerosis](#) for important information.

The cooling effects of a strict vegetarian diet, especially a raw-foods diet can leave your extremities feeling cold. If you are a strict vegetarian, you might have to cook more of your food and eat more spicy and warming foods in the cooler months.

Supplements:

Since hypothyroidism is epidemic and iodine, selenium, and magnesium deficiency are also epidemic, the first treatment for cold extremities is *ReMyte*.

* [ReMyte](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Six of the 12 minerals focus on supporting the thyroid. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* Vitamin E: Choose a food-based organic product. Dosage: One or two tablets per day. Vitamin E is beneficial for healing the skin, both taken by mouth and rubbed into acne scars.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

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COLDS AND FLUS

In natural medicine we think of colds and flu as the body's way of eliminating mucus. In Total Biology, colds and flu are evidence of resolution of conflict. The mucus builds up due to excessive eating or poor eating habits, lack of rest, overwork, temperature changes, conflict, worry or climate changes as in the fall and spring. To remedy this, eat wholesome foods and get enough rest. At the onset of seasonal weather changes, take hot and cold showers to acclimatize the skin. Short thirty-second blasts of cold will do.

If a cold or flu begins, don't fight it and don't get mad. Take some time off, rest and heal. If you go to work, you bring your germs for others to share. If you take medications, you just put more toxins into your system and the drugs won't really help because viruses, which are not killed by antibiotics, cause 90% of colds and flu. If anything, drugs suppress the condition and drive it deeper into your system, so it potentially can come back later in a more virulent form. Antibiotics also encourage the overgrowth of yeast, which causes more problems.

Of course, if you have a painful sore throat or a cough, phone your doctor for a throat swab or sputum culture to see if you have a bacterial and not a viral infection. If you must take antibiotics, always eat plain, unsweetened organic yogurt or take probiotic capsules. I recommend [Flora ReVive](#). These replace the good bacteria that the antibiotics kill.

First Aid:

* To prevent germs from spreading to other susceptible people, cover your mouth when coughing, don't use cloth handkerchiefs and wash your hands before touching other people or their possessions.

- * While you are sick, keep your toothbrush in 3% hydrogen peroxide (that you can get from the drug store), then replace or boil your toothbrush when you recover so you won't reinfect yourself.
- * Stop all sugar, dairy and gluten to decrease mucus and don't eat heavy foods such as meat and fried foods.
- * Don't smoke.
- * Take plenty of fruit and vegetable juices and chicken broth.
- * If there are no contraindications, use a warm-water enema with the juice of one lemon to pull out toxins.
- * Take Epsom salts baths, 2 cups in hot water, to open pores.
- * For winter colds wear lots of clothing layers to encourage sweating, wrap a scarf around your throat and wear a hat at all times to avoid the possible loss of 40% of your body heat.
- * Use a vaporizer; mucus can collect at night if the air is too dry.
- * Do chest clapping to loosen mucus in the chest.

Supplements:

- * [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#). I took 6 tsp when

I woke one morning with a scratchy throat and the next morning I woke with no symptoms.

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* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 minerals, including zinc, that all work together synergistically. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be

taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

Herbs:

* Garlic: place a small clove or half a clove of garlic in your mouth and let it sit without chewing through the day and night. Swallow with water when it becomes macerated.

* Sage tea for cough (steep twenty minutes)

* Fenugreek tea for mucus (steep five minutes)

* Ginger grated and boiled, 2 tablespoons in 3 cups of water, gargle and use as a poultice by saturating a hand towel and wrapping around the throat, changing when the poultice becomes cool.

* Use wild oregano oil, garlic, or echinacea herbal antibiotics as tincture, tablets, or teas at least three times a day

* Mullein and lobelia are for chest congestion, 1/2 teaspoon each in hot water three times a day. These herbs can also be used as a chest poultice for pleurisy, pneumonia or bronchitis.

Homeopathy:

For more details on the following remedies, read [Part Five](#). The most common cold remedies are:

* Oscillococcinum is a combination remedy used at the first signs of a cold or flu. Some people use it when they travel, are in crowds or throughout the flu season on a weekly basis. Oscillo has undergone clinical trials for the treatment of colds and flu and is about 70% effective. Considering that flu vaccines are only about 8% effective and have side effects, it is important to have a safe remedy in the medicine cabinet.

* Gelsemium: for colds and flu due to overwork and exhaustion

* Dulcamara: for colds and flu developing at the end of summer and into fall.

* Aconite: can be used for the first signs of a cold or flu.

* Ferrum phos: is also used for the beginning of a cold.

* Kali bich: is used for colds and sinusitis with tough, stringy mucus.

*Hepar sulph: is used for a left-sided sore throat with a cold.

* Pulsatilla: is used for a cold with thick yellow mucus.

Dosage: In all cases you can use the 6X or 12X potency; take one dose every 2 hours the first day, three times a day the second and third day. However, on the first day, if it hasn't worked by the third dose, switch to another remedy.

Post- Influenza Sequelae

Post-influenza problems are becoming just as debilitating as the original flu itself. We've all heard stories about people that have a cold or flu for several months. Many of these people will eventually be diagnosed with Chronic Fatigue

Syndrome (CFS). You can read about CFS in the section [Chronic Fatigue Syndrome](#).

Supplements:

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

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Dr. Ben Goldberg, in a homeopathic newsletter, lists the following remedies to treat residual symptoms of the cold or flu:

For Gastrointestinal Symptoms:

* Antimonium crude: For digestive upsets from the flu. Thickly coated white tongue, aversion to food, worse from eating, worse with acidic or sour drinks, fullness in the abdomen.

* Kali bich: Heavy mucus, poor digestion, anorexic but craves beer.

* Baptisia: After the "stomach flu" for asthenia, lethargy and weakness

* Aurum met: Depression, weakness, hopelessness, brooding, melancholy, thoughts of suicide, easily annoyed.

* Cadmium met purum: A newly proven remedy for severe post-flu depression.

* Cocculus indica: Mental and physical despair, slow recovery, anorexia, insomnia, empty feeling, and sick headaches. Aggravated by motion, which may cause nausea and vomiting.

* Picric acid: Inability to think, as it causes headaches. Patient lies around as the least mental or physical exertion causes extreme weakness.

* Phosphoric acid: Debility and mental exhaustion, poor recovery, weakness, indifference, apathy.

* Kali phos: Used by some physicians as a general "pick-me-up" for the depleted state following a viral illness.

* Carbo veg: Carries the reputation of treating "persons who have never recovered from the effects of some previous illness."

* Scutellaria: For nervous weakness after influenza, called nervous fear.

Dosage: For all remedies, you can use the 6X or 12X potency. Take one dose three times a day. If there is no improvement after 3 days, switch to another remedy.

COLD SORES

Cold sores are really a Herpes Simplex infection around the mouth and nose and usually have nothing to do with colds. Herpes Simplex and Herpes Genitalia, in the genital region, sit on the nerve root underneath the skin and can be reactivated by various triggers. Reactivation coincides with stress; the week before the period when estrogen and progesterone are elevated; or when directly stimulated by sun or heat. The preventive treatment is to avoid stress, too much sun and to maintain an excellent diet and good exercise and sleep habits.

First Aid:

- * Prevention includes using a sun block such as zinc ointment on the lips.
- * Zinc solution applied at the beginning of the tingling stage can speed healing.
- * Ice, witch hazel, or tea tree oil decreases inflammation; they can be used at the first signs of herpes and also help dry up herpes blisters.
- * Boil or replace your toothbrush after the blister stage so you won't risk re-infection. Some people find that two days after the cold sore is at its peak, another one pops up nearby, so be scrupulous about hygiene to prevent re-infection.

Amino Acid Imbalance

When cold sores appear, begin taking lysine, an amino acid that retards the production of RNA, which is the building block of viruses. Lysine comes in 500-milligram capsules; take two capsules three times a day. The foods that contain lysine are fish, chicken, lamb, milk, cheese, beans, brewer's yeast, bean sprouts, fruits, and vegetables. Eat as much of these foods as possible during an outbreak. If there is a stress pattern or particular timing to your herpes, take

lysine and more vitamin supplements around those times.

Arginine is an amino acid that can lower the levels of lysine. Therefore, cut down on these foods: carob, chocolate, gelatin, coconut, oats, soybeans, peanuts, wheat germ, and whole-wheat flour. They are not necessarily bad foods, but they provide the wrong balance of amino acids during this condition. In fact, if your diet is mostly arginine-containing foods and you are subject to herpes outbreaks, it would be a good idea to stop them for a while and see if your condition improves.

Supplements:

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains zinc, selenium and 10 other minerals that all work together synergistically. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

Herbs:

* Tea tree oil can be applied directly on the site. However, use caution with full strength products and dilute them half and half with coconut oil. I recommend [Radiant Life](#) for their coconut oil products.

* Lemon balm (*Melissa officinalis*). Since 1978, lemon balm has been investigated as an external antiviral treatment for herpes. It can be used as a cream made with a concentrated extract of 0.7 grams of the leaves, applied two to four times daily; or you can make a strong tea from 2 to 3 teaspoons of finely cut leaves in 1/2 cup hot water; cool and apply with a cotton ball several times a day.

* St. John's wort. The research on St. John's wort showing it to be an excellent antiviral has been buried under all the data reporting its beneficial effects for mild to moderate depression. It stops viral replication and can be used orally or locally. Dosage: 300 mg two to three times daily.

Homeopathy:

* Herpes 200C, one dose three times a day for three days only during an outbreak.

* Natrum mur: 12X, one dose three times a day for one week after finishing the three days of Herpes 200C.

Many people have found relief and if not a cure, certainly a decrease in outbreaks, by using this treatment.

COLIC

Infants frequently develop colic, a smooth muscle spasm in the intestinal tract caused by stress, air swallowing, overfeeding, yeast overgrowth or allergies. During a colic attack, carry the infant face down along your forearm with its head in your hand and its legs astride your elbow. This puts comforting pressure on its rumbling abdomen.

Colicky babies may need to be burped more than most and doing so relieves gas buildup. In fact, any rhythmic motion, in a car, a swing or being carried, seems to give some relief.

Colic is also related to the stress and anxiety of the parents. A baby picks up your nervousness immediately so parents under stress should read the section called [*Stress*](#).

Diet may be at fault. Please read the section [*Infant Feeding Guide*](#). If the infant is breast-fed, colic may be caused by the mother's diet. Breast-feeding mothers should avoid dairy products and any foods that are bitter or gas forming. Keeping a food diary will help you decide which foods are aggravating your baby.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. For children: Dosage: ¼-½ tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [*Dr. Carolyn Dean Live*](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). For infants and children, you can put *ReMag* in a spray bottle and spray on the skin.

Herbs:

Babies can be given a dilute tea or tincture of certain mild herbs that are soothing to the digestive tract: catnip, fennel, and dill. The dosage for all three is 1/2 teaspoon of the herb in 1 cup of boiling water. Immediately turn off the heat and let steep for fifteen to twenty minutes. When cool, feed to the infant in small teaspoons throughout the day but never more than 4 ounces daily.

Homeopathy:

Homeopathic remedies for colic are safe and effective for infants.

* Chamomilla for fussiness and irritability

* Aethusa for colic from sensitivity to breast milk

* Mag carb or Mag phos can be used for colic that seems to be better with heat and pressure.

For all remedies give one dose three to six times a day. If the remedies are going to work, they will do so within 3 to 5 days. If symptoms persist, if there is vomiting, diarrhea, fever, an abdominal hernia, severe bloating or a visible knot showing through the abdominal wall, immediately seek the advice of a doctor or pediatrician to make sure there is nothing more serious going on.

COLITIS

Ulcerative colitis is a bowel inflammation causing diarrhea and in the extreme case – intestinal bleeding. Along with Crohn’s Disease, it’s called Inflammatory Bowel Disease (IBD). The most probable cause appears to be improper food digestion, which can be brought on by a junk-food diet. Another common cause is intestinal infection. After the original irritation is created by a bad diet or infection, the foods that are most difficult to digest are gluten and dairy. Other substances such as sugar, alcohol, coffee, tea, sorbitol, aspartame sweeteners, and cigarettes are also implicated in bowel irritation.

Infection can begin with sudden onset of diarrhea and can be due to bacteria, parasites, yeast or fungi. Such infections occur commonly when traveling. A stool sample will sometimes indicate the culprit. It is very difficult to identify parasites or even yeast from a stool sample, however. A rectal swab is a much more effective way to identify parasites. The swab scrapes the rectal mucosa sweeping up parasites where they live. This swab must be viewed under a microscope immediately to see the live organisms. To rule out any underlying pathology, your doctor may recommend a bowel x-ray using barium chalk and/or a fiber optic examination of the colon. If nothing is wrong with your intestines, you must research dietary causes of colitis and use natural supplements to treat it.

Diet:

The first step is to avoid gluten, dairy, sugar, tea, coffee, red meat, and all food additives, especially aspartame (NutraSweet). Maintain this diet for at least one month to determine if the food you eat is causing your problems.

Most people improve on this regimen. If you don’t or if only minor improvement is noted, you might have to avoid even more foods and perhaps have food allergy tests to determine the offending foods. These tests are

available through complementary medicine doctors.

There are many treatment programs available for people who have colitis. However, a diet that avoids all grains may allow fruit, which in someone who has yeast overgrowth would not be appropriate. A diet that focuses entirely on vegetables and fruits presents the same problem. Since many people with colitis have a leaky gut and overgrowth of yeast, sugar and fruit restriction are necessary. An individualized program is necessary when treating colitis.

A lactose tolerance test can determine a lactose allergy but will not indicate an allergy to any other constituents of milk. The best advice is to eliminate milk for at least two to three weeks to see if there is a change. You can also be allergic to wheat; this is often due to the gluten in wheat. Gluten is also found in rye and barley. We always include oats in this category but only because most oats are processed and packaged in factories that handle other gluten grains, so the oats are contaminated with gluten. All four grains should be entirely eliminated for at least a month and then challenged back with several meals of gluten grains to determine if reintroduction causes more symptoms. Many people with symptoms of colitis or irritable bowel have an overgrowth of yeast in their intestines, which must be treated. Read about [***Yeast Overgrowth***](#).

You may be suffering from a diet change that is putting too much roughage into your intestines. In trying to improve your lifestyle, you may add more whole grain cereals and breads, vegetables and beans, hearing that these foods are good for you. To your horror you develop gas and cramping in the intestines because of the added roughage and not because you are allergic to them. If this is the case, cut back on the roughage, drink more water, soak your beans before cooking, go into your diet changes more slowly, and take yogurt or probiotics to build up the good bacteria in your intestines. I recommend [***Flora ReVive***](#).

Food Combining

Food combining is often very helpful in calming down an irritable, inflamed bowel. You eat only one to two types of food at a time so that your digestion is not stressed.

- * Eat fruit alone.
- * If you eat protein such as meat, fish, chicken, eggs or cheese, eat it with leafy salad vegetables only, not root vegetables or beans.
- * If you eat grains or bread, eat them with root vegetables and beans.

Supplements:

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* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

* Wild oregano oil has strong anti-infective properties that help reduce the layers of infection that are common in colitis and Crohn's (bacteria, yeast, and parasites). Oregano oil drops are very strong, so start with capsules working up from one daily to three daily. Take probiotics several hours away from oregano oil.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body,

mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Sometimes, in spite of numerous dietary interventions, medications and doctor's visits, symptoms remain. You may have developed a pattern of diarrhea and cramps under stress and specific triggers that perpetuate the problem. Each time you worry, "What if there's no bathroom where I'm going, what if I can't get through my presentation?" intestinal muscles tighten and cramps and diarrhea result. Just as you learned how to create these symptoms, you can unlearn them.

Consider doing EFT or seeing a therapist who practices EFT either in person or over the telephone. See the section on [EFT](#) in [Part Two](#) for a description of this innovative therapy.

Or seek out a practitioner of EMDR. EMDR stands for Eye Movement Desensitization and Reprocessing. In this therapy, the practitioner asks you to move your eyes in a specific sequence while re-imagining the source of your trauma. Bilateral sound stimulation, using headphones or tapping right and left sides of the body in sequence are also used to desensitize, neutralize, and integrate traumatic experiences. There are over 40,000 trained EMDR therapists who have successfully helped over a million individuals overcome trauma from sexual abuse, domestic violence, combat and crime and also depressions, addictions, phobias and self-esteem issues. However, unlike EFT, EMDR involves reliving the trauma in order to neutralize it.

CONGESTIVE HEART FAILURE (CHF)

I wrote about CHF in a blog and said that there appears to be an epidemic of heart failure but in my opinion, hearts aren't failing; it's doctors who are failing to treat heart disease properly.

The problem begins with the name that doctors call this disease. They don't seem to realize that declaring that a patient's heart is "failing" sets the patient up for just that – failure!

A study in the July 2013 issue of *Circulation: Cardiovascular Quality and Outcomes* comments on the high hospital readmission rate of heart failure patients.

Researchers report that: "A million people are hospitalized with heart failure each year and about 250 000 will be back in the hospital within a month...If we could keep even 2% of them from coming back to the hospital, that could equal a saving of more than \$100 million a year."

Heart failure is diagnosed by a combination of cardiac catheterization, CT scan or MRI and ultrasound to measure the ejection fraction of the heart.

The ejection fraction depends on the strength of the heart muscle, specifically the ventricles, to pump blood through the vast network of arteries and capillaries in the body. Did you know that the largest amount of magnesium in the body is found in the heart ventricles? Did you know that muscle cells depend on the proper balance of magnesium and calcium for proper function? If the ventricles are not ejecting blood properly as indicated by an abnormal ejection fraction, my first thought would be that you have magnesium deficiency.

Instead doctors have a standardized treatment of 6 drugs – often sold together in blister packs so you don't miss a dose. The drugs are for blood pressure, cholesterol, fluid retention, and to push the heart to beat stronger. Rarely is there any mention of magnesium in the heart failure literature, yet all

these drugs deplete your body of magnesium.

Even worse, people tell me they are afraid to take magnesium and their doctors warn them not to take magnesium in case it interferes with their medication! How has it come to the point where patients are being warned not to take something that's as important as air, food and water because it will lessen your need for drugs? What has occurred to cause doctors to distrust necessary nutrients and prescribe drugs for life instead of for a short term while the body heals itself?

I've said this many times, especially in my [*Death by Modern Medicine: Seeking Safe Solutions*](#) book. Doctors don't learn anything about using vitamins and minerals clinically in medical school or in hospital training. Even though it's now a fact that magnesium is responsible for the proper functioning of 1,000 enzyme systems in the body (more than the 325 I've reported in the past), doctors have turned a blind eye to the epidemic of magnesium deficiency.

You can even obtain your own magnesium blood test if your doctor won't test you for it. The best test is a Magnesium RBC from [Request A Test](#) that only costs \$49.00. The range of values for the test is 4.2-6.8, but you want to be in the optimum range of 6.0-6.5mg/dL.

If you have any questions about taking magnesium the best blog is [When Magnesium Makes Me Worse](#). Actually, that's a trick title, magnesium doesn't make you worse but other things you are taking may interfere with magnesium's functions.

In CHF, the heart doesn't quit altogether. If it did, that would be a fatal heart attack, but it works less effectively and efficiently. Fatigue and shortness of breath are the result. As the heart slows down, various tissues swell with fluid, mostly the legs and ankles and also lungs in the later stages.

Conventional medical treatment encompasses rest, low sodium diet and drugs like ACE inhibitors, beta-blockers, digitalis, diuretics and vasodilators, most

of which deplete the body of more and more magnesium. The impression that people with CHF get from their doctors is that CHF is incurable – it is quite a burden to live with that thought. Fortunately, the heart is a muscle and it can respond to a heart-building protocol.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

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and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* Vitamin E complex: Choose a food-based organic product. Dosage: One tablet, once or twice daily to support the adrenal glands.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

CONSTIPATION

This condition is mentioned in many parts of this book and will be discussed again in the section on [Cleansing](#). Constipation can occur for many reasons; for instance, from poor bowel habits learned at an early age – young children preoccupied with play who fail to go to the bathroom when they have the urge or are embarrassed or afraid to ask the teacher to be allowed to leave the room. Over time, the bowel message to evacuate is lost and the feces build up and need greater stimulation before evacuation occurs. Parents should encourage regular bowel habits; otherwise constipation can become more serious and chronic.

Having one to three bowel movements daily is normal. It is partly due to the lack of fiber and not enough water in our diets that makes us so sluggish. Some consider a bowel movement every three to four days normal, however, the longer undigested or discarded food matter remains in the large intestine, the more it putrefies and creates harmful wastes that can be reabsorbed into the bloodstream. These toxins and poisons can circulate in the bloodstream, affect the liver and cause dozens of symptoms such as headaches, fatigue, itchy skin, insomnia, irritability, and joint stiffness. Some of these poisons are even carcinogenic.

The beet-transit test is an excellent way to determine how regular your bowels are. Eat a big meal of beets: three medium-sized steamed beets for lunch or early dinner. Within twenty-four hours your stool should be colored beet red. Your urine might even turn pink. Calls to doctors' offices about blood in the stool are often due to beets. If the reddish-purple color does not come through for several days, this indicates constipation.

The causes of constipation include sensitivity to certain foods such as dairy. If you drink milk and eat cheese, avoid them for a few weeks and see what happens.

Medications including antidepressants, codeine, certain calcium supplements and aluminum antacids are constipating.

First Aid:

* Adding a few extra glasses of water a day may be all you need to ease constipation. Divide your weight in half and drink that many ounces daily.

* Eat fiber-rich foods: oat bran, rice bran, vegetables, fruits, whole grains, nuts, and seeds.

* Add Psyllium seed powder or capsules plus lots of water to create a gel-like bulk. The dosage is 1 teaspoon to 1 tablespoon shaken in 2 ounces of water and drink immediately before it turns into a jelly that's hard to swallow. Then drink an additional 8-12 ounces of water. You can take psyllium once or twice a day. Do not eat food or supplements with psyllium. The best times to take psyllium are one hour before breakfast or at least two hours after dinner so that the psyllium doesn't pull your food and nutrients out with it. A little juice can be added for taste. If you use psyllium and do not use extra water, you can actually cause constipation.

* Take a few prunes and figs every day with an extra glass of water.

* Castor oil packs placed on the abdomen help stimulate lymphatic circulation of the bowel. See Cleansing for instructions.

* Massage the large intestine upward on the right side of the abdomen, move across the abdomen at the level of about 2 inches above the umbilicus and then downward on the left side of the abdomen.

* Exercise is very important for speeding up bowel transit time.

Supplements:

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processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

Homeopathy:

There are many homeopathic remedies for constipation. These can be used for a short time to stimulate the body's own vital force to improve this condition.

* Nux vomica for people who have a constant ineffectual urge to defecate. This remedy is also taken for a bowel movement that is incomplete and unsatisfactory, as though some were left behind. This remedy is also useful as an antidote for purgative medicines that have been used for a long time to treat constipation.

* Sulphur treats an ineffectual urge to defecate with a sensation of heat and discomfort in the rectum and an uneasy feeling all through the intestinal tract due to gas and bloating. The stools are hard, dry, dark, and expelled with great straining and often with great pain. Sulphur can also treat constipation alternating with diarrhea.

* Other commonly used remedies are Alumina, Bryonia, Lycopodium, Natrum mur, and Graphites. They should be studied to see if they fit your symptoms. Most of these remedies are described in [Part Five](#) of this book.

Dosage: For all these remedies you can use a 6X or 12X potency and take one dose two to three times a day. If there is no sign of improvement within 5 days, switch to another remedy.

DANDRUFF

Dandruff is a very common condition. It is due to buildup of skin cells on the scalp usually caused by excessive oiliness and can be improved by simply shampooing your hair every day. If you use over-the-counter dandruff shampoos, rotate them: some loosen the flaky skin, some are antibacterial, some decrease the rate at which the skin cells of the scalp reproduce, and the tar-based ones actually retard cell growth.

Doctors, years ago, assured their patients that it was safe to use cortisone creams because they were not absorbed through the skin; now there is a multimillion-dollar market for various types of medicated skin patches and creams. Since our skin and scalp are highly absorptive, it is extremely important to only use skin and hair products that are natural and nourishing because any chemicals in them will be absorbed into the body. One of the pioneers in natural skin and hair products is Aubrey Hampton. Aubrey Organics' products used to be 100% organic, however organic products only have to be 70% organic to be legally called organic, so be sure and check labels for full disclosure.

Remember that dandruff may just be a symptom of a more general imbalance in the body and in order to treat any symptom, we must consider treating the whole body.

First Aid:

Natural rinses for the hair include apple cider vinegar after a shampoo ($\frac{1}{4}$ cup in a pint of warm water). This solution restores the natural acid mantle of the scalp and retards dandruff. If you find thick scaly patches on the scalp, you can apply straight apple cider vinegar on the scalp and rub in vigorously (but if it burns, dilute the apple cider vinegar half and half with water). Leave on for an hour and then shower off with shampoo. It may take several treatments but it's the safest way to remove thick dandruff patches from the scalp.

Diet:

When people eat a healthy diet, which includes plenty of vegetables, fruit, whole grains, nuts, seeds, fish, and chicken, and wash their hair regularly, they rarely have dandruff.

Supplements:

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* *Blue Ice Royal*: Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

Herbs:

Thyme tea helps dandruff; make a solution of thyme tea in a quart of water using several tablespoons of thyme; boil for one hour, strain and use 1 cup of the tea over the hair after shampooing. Leave on the hair and don't rinse off.

DENTAL PROBLEMS

For information on pyorrhea, see the section on [Gum Disease](#). The biggest controversy in dentistry surrounds the issue of mercury amalgam fillings. Many people are not aware that what are commonly called silver fillings are 50% a combination of several metals (silver, copper, tin, and zinc) combined in a paste with 50% liquid mercury and that hardens in the tooth as the metals react together.

Sweden has banned mercury fillings, considering them a definite health hazard. Several states in the U.S. are doing the same. More and more people are inquiring about having their amalgams removed. The composites that replace the mercury are somewhat less stable, may break down a little more easily, and may require earlier replacement. These composites can also have negative chemical reactions in some people; therefore, you should be tested first to see which products are safe for you by a dentist who specializes in mercury amalgam removal. He or she should be someone who has spent time researching the best technique and the best products to use.

Amalgam removal should follow a very specific protocol to avoid absorbing more mercury during the drilling process. Certain criteria that should be followed include the use of oxygen during the procedure; low speed drilling; water spray and suction; and recommendations for a supplement protocol taken before and after removal.

The safest substance to use in dental fillings is gold. There is a small but growing movement in the use of gold for all fillings and bridgework. Gold is electrically neutral and by placing it in the mouth, this property prevents the electrical resistance set up by having a series of metals in the mouth. Gold also has none of the potentially toxic reactions of plastic composite fillings.

Diet:

Good dental nutrition includes avoidance of sugar and refined foods. With proper brushing and flossing and a good diet, most cavities can be avoided.

Supplements:

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* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

* [*ReAlign*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

Homeopathy:

*Aconite: Dental terror is a common complaint that is easily treated with doses of homeopathic Aconite. Use the 12X potency and take one dose every hour before visiting the dentist. It is a remarkable remedy and can effectively calm down the nervous system.

Acupuncture:

Ear acupuncture in the dental points and relaxation points is very helpful for anesthetic purposes and for faster healing. You can also use acupressure in the dental chair. Squeeze the web space between thumb and pointer finger with your opposite thumb and pointer finger; press hard for 5 seconds and release for 5 seconds throughout your procedure, whether or not you have anesthetic.

DEPRESSION

Depression has multiple causes and multiple treatments. As in all other conditions, good nutrition, proper nutrient supplementation, exercise, and sleep provide a solid foundation for your health. Frequently, when you are facing major stress or grief you may be unable to sleep and will stop exercising and eating properly. This causes a vicious cycle of improper care of your body and can prolong problems or deepen depression.

Other reasons for depression can include cerebral [Allergies](#) from foods or chemicals, [Hypothyroidism](#), [Hypoglycemia](#), and [Yeast Overgrowth](#). Read the sections on these topics to learn more about these conditions.

Try not to blame yourself about feeling low; it will only make you feel worse. EFT acupressure tapping can help you refocus on the positive, see the section on [EFT](#) in [Part Two](#) for a description. Try to exercise or go out and do something fun, especially with other people. Sharing your dreams with a friend or counselor can often help you understand why you're depressed. You may be stuck somehow, or you may be in conflict. Talking about it usually helps.

Adolescent depression can accompany the normal youth rebellion against parents and society. Part of the rebellion often takes the form of not following parental guidelines for diet, sleep, and exercise. Many of my patients and observant parents see the damage that is caused by a soda and potato chip breakfast.

Young people are growing their bodies and brains and need the best nutrition possible. Unfortunately, they eat too many refined foods, fast foods, soda and sugar. Such a diet can create a severe nutrient deficiency, especially zinc, magnesium, and essential fatty acid. Low amounts of these nutrients are known to cause mood changes. Also, high sugar intake can deplete vitamin C and the B vitamins, necessary for proper mood balance. If young people take the above supplements, get enough sleep, exercise, and have a good diet, they can

often reverse the symptoms of depression.

According to Dr. Sharna Olfman, professor of clinical and developmental psychology, in her book *No Child Left Different* written in 2006:

“The number of American children being diagnosed with psychiatric illnesses has soared over the past decade and a half. The National Institute of Mental Health (NIMH) estimates that today, one in ten children and adolescents in the United States ‘suffers from mental illness severe enough to result in significant functional impairment.’ During this same time period, psychotropic drugs have become the treatment of first choice rather than the treatment of last resort. Recent years have witnessed a threefold increase in the use of psychotropic medication among patients less than twenty years of age and prescriptions for preschoolers have been skyrocketing. Over 10 million children and adolescents are currently on antidepressants and about 5 million children are taking stimulant medications such as Ritalin.”

A 2014 article on Natural News called [Bombshell: 1 in 13 US Children take Psychiatric Drugs](#) updated these statistics. The CDC's National Center for Health Statistics revealed that 1 in 13, or 7.5 percent of US children, are taking psychiatric drugs.

These statistics are chilling and necessitate a more serious look at our children's diets, stress levels and need for supplemental nutrients.

After pregnancy, women may suffer from nutritional depletion and postpartum depression as a consequence of the intense stress of labor and delivery. Severe hormonal shifts naturally occur, but if you also have thyroid deficiency, they can manifest as mood swings.

PPD can be treated with [ReAline, ReMag, and ReMyte](#). If you can't get a full 600mg of calcium that you need from your diet, use [ReCalcia](#). Dosage: 1 tsp = 300mg, take 1-2 tsp per day.

Ignatia 12X, a homeopathic remedy for postpartum depression, is extremely useful. The usual dosage is one dose three times a day. It is important to continue these supplements while breast-feeding.

For five decades, Dr. Abram Hoffer has successfully treated manic depression, bipolar disorder and schizophrenia with diet, vitamins, and minerals. His treatment protocol, which should be supervised by a practitioner, includes high doses of vitamin B-3 (niacinamide), Vitamin C, B complex, Folic acid, Vitamin D3, magnesium, chromium, and omega- fatty acids. These supplements are taken either alone or combined with smaller doses of prescription medication.

One company, called Truehope, is combining high dose nutrients in a unique formulation to treat bipolar disorder. Truehope has a strong research focus and mainly sells one main product, EMPower Plus. Unlike any other company, they provide telephone support to individuals who wish to wean off their antidepressant medications. You can find them at the [Truehope](#) website. Strauss Herbs has a similar product called VitaMind, which is one of their many offerings.

Supplements:

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReMyte](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books

link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* Tryptophan: an amino acid on the biochemical pathway to serotonin is a decades-old treatment for depression and insomnia. In 1988 a batch of tryptophan contaminated by a genetically engineered bacterial process caused thirty-six deaths. Tryptophan was erroneously blamed and to this day it remains off the shelves and only available by prescription. Interestingly, Prozac came along at the very time tryptophan was banned. Unfortunately, there is a risk of suicide and homicide while under the influence of Prozac and other serotonin-reuptake inhibitors (Zoloft, Paxil) and it's important to have a safe option.

* 5-hydroxytryptamine (5-HTP) is a metabolite of tryptophan in neurotransmitter metabolism and one step closer to serotonin, however, I prefer to use tryptophan and give the body the choice of whether it wants to make 5-HTP and serotonin and not force serotonin production. The best source of 5-HTP is an extraction from the African plant Griffonia simplicifolia rather than a chemical derivation of coal tar.

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione.

Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or 1/2 tsp per day.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Herbs:

* St. John's wort (at 0.3% Hypericin) is standard treatment for mild to moderate symptoms in Germany where 50% of prescriptions for depression include this remarkable herb. Sexual dysfunction is the major reason why people discontinue prescription antidepressants. Up to 70% of people on Prozac, both male and female, experience sexual problems, including loss of libido, inability to achieve orgasm, and in men, loss of the ability to have an erection. St. John's wort has no history of side effects, sexual or otherwise.

DIABETES

Diabetes is the seventh-leading cause of death in this country. There are sixteen million diabetics in the United States, with the numbers increasing dramatically as our population gets older and as more young people succumb to a high-sugar diet.

There are three types of diabetes. About 10% of diabetics are labeled type I and are dependent on insulin. Type I diabetes usually develops in children; they may have suffered a viral infection of the pancreas, resulting in impaired or absent insulin production and require insulin injections to replace their loss. Type II or adult-onset diabetics tend to be non-insulin-dependent, overweight, and between fifty and seventy years old at onset. A third type of diabetes, gestational diabetes, is usually short-lived but it can be predictive of diabetes in the future.

In type II diabetes, insulin is often still available, in fact it is usually elevated, but the cells of the body appear to be resistant to it, leaving insulin unable to do its job of opening up the cell membrane to allow the passage of glucose into the cell to create energy. The signs and symptoms of diabetes are polydipsia (excessive thirst), polyuria (excessive urination) and polyphagia (excessive eating).

In type I diabetes, weight loss may be the first sign, but type II diabetics are usually overweight. The excessive urination carries both sugar and magnesium out of the body. The excessive sugar, excreted through the urine and sweat, provides food for the yeast organism *Candida albicans* resulting in rashes on the skin, especially under the breasts and in the groin, yeast vaginitis in women, and yeast discharge in men.

Common complications of diabetes include nerve damage, called diabetic neuropathy, which mostly affects the feet, with symptoms of numbness, tingling, burning and pain; atherosclerosis and heart attacks; damage to small blood

vessels in the eyes and kidneys, causing vision loss (diabetes is the leading cause of blindness in the United States) and kidney disease; and diabetic foot ulcers, with increased susceptibility to infection, gangrene and amputation. In researching my book, [*The Magnesium Miracle*](#), I learned that all these complications relate to magnesium deficiency and that low magnesium levels serve as a marker for diabetes, occurring in up to 40% of diabetic patients.

In non-Western cultures, it takes only one generation of people eating a diet high in refined sugar and flour to develop diabetes. This is true of people around the world, from Inuit to secluded African tribes. The immediate advice given to a newly diagnosed diabetic is to stop eating sugar and other refined carbohydrates. It is only common sense that avoiding these unhealthy nonfoods in the first place could greatly reduce the incidence of diabetes, yet the medical community has been slow to promote this idea.

Partly as a result, both obesity and adult-onset diabetes are on the rise in children. In the last decade, soft drink consumption has almost doubled among kids, adding an average of 15 to 20 extra teaspoons of sugar a day just from soda and other sugared drinks. A 2001 report in the *Lancet* revealed that each additional soft drink a day gives a child a 60% greater chance of becoming obese.

We know from other important research that obese children develop insulin resistance, a precursor to diabetes, fifty-three times more frequently than normal kids. The number of obese children in the United States doubled between 1980 and 1994; today 24% of kids are obese. Recently there has been a 70% rise in diabetes in thirty-year-olds and the trend shows no sign of abating.

As a nation, we eat 140 pounds of sugar per year per person, so it is no wonder that more and more people are developing symptoms of diabetes and insulin resistance and suffering from magnesium deficiency.

Insulin Resistance

Insulin's job is to open up sites on cell membranes to allow the influx of glucose, a cell's source of fuel. Cells that no longer respond to the advances of insulin and refuse the entry of glucose are called insulin-resistant. As a result, blood glucose levels rise and the body produces more and more insulin, to no avail.

Glucose and insulin rampage throughout the body, causing tissue damage that results in overuse and wasting of magnesium, an increased risk of heart disease and adult-onset diabetes. One of the major reasons the cells don't respond to insulin is lack of magnesium.

Some studies show that chronic insulin resistance in patients with adult-onset diabetes is associated with a reduction of magnesium; magnesium is necessary to allow glucose to enter cells. Additional studies confirm that when insulin is released from the pancreas, magnesium in the cell normally responds and opens the cell to allow entry of glucose, but in the case of magnesium deficiency combined with insulin resistance the normal mechanisms just don't work. However, the higher the levels of magnesium in the body, the greater the sensitivity of the cells to insulin and the possibility of reversing the problem.

Diabetes is difficult to diagnose without lab tests, so it is important to have an annual fasting glucose and hemoglobin A1C test. HgA1C is a great test to see whether you have had a high level of glucose over the previous 3 months. A glucose level of 200 mg/dl indicates diabetes, however fasting levels of glucose above 115 indicate pre-diabetes. HgA1C ranges from 4-7%. But if your levels are above 5, you need to consider pre-diabetes. Don't wait until your doctor says your level is 7.5 and tells you that you now have diabetes.

Glycemic Index

The glycemic index is the rate at which carbohydrate foods (sugar, grains,

beans, vegetables) break down and enter the bloodstream as blood sugar. Foods such as concentrated glucose have a high glycemic index and cause a rapid elevation of blood sugar; this stimulates the pancreas to produce insulin and the excess that cells do not use is stored as fat. Foods with a low glycemic index are broken down more slowly and provide the body and the brain with a sustained energy level. Processed foods, refined white flour and sugars have a high glycemic index; foods high in natural fiber have a low index.

Sucrose, or table sugar, has a moderate glycemic index; this gave researchers the necessary ammunition to say that sucrose is okay for diabetics because it stimulates less insulin than glucose. This is another example of how a half-truth can mislead us. Sucrose is a disaccharide, which means it is made up of two sugars, glucose and galactose. It takes a certain amount of time for the disaccharide bond to be broken; therefore, blood glucose does not rise as fast or as high as with a meal of straight glucose. But it doesn't make sucrose any less a sugar or any less dangerous for diabetics. Read the section on [***Detoxing Sugar & Aspartame***](#) for the real reasons why sugar is bad for you.

Diet:

The proper diet for the prevention and treatment of diabetes includes frequent small meals of protein (fish [wild salmon to avoid mercury], free range chicken and meat) and complex carbohydrates (whole grains, legumes, and vegetables) and the avoidance of simple sugars and white flour.

Stevia, from the leaves of a plant that grows in South America, is the best sweetener to use. You can find it in health food stores. Don't use the sugar substitute, aspartame, which can worsen blood sugar control and cause weight gain, headaches, nerve damage and eye damage, because it is made partly from wood alcohol, which breaks down to formaldehyde. Fiber from oat bran, flaxseed and apples has a positive effect on keeping blood sugar balanced. Also, read *The*

Yeast Connection and Women's Health (Crook & Dean, 2005) and *IBS for Dummies* (Dean & Wheeler, 2005).

Alternative medicine practitioners also suggest identifying any existing food allergies by eliminating likely suspects (dairy, gluten, corn) from the diet for several days and then eating several meals of one of the suspected foods in one day or doing a blood test or finger stick for glucose. If the blood sugar is elevated after eating a particular food, it may be wise to avoid that food and find replacements that do not elevate the blood sugar.

Garlic: Eat one or two cloves daily

Supplements:

* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 minerals including zinc and chromium. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II.*](#)

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I.*](#) Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* Vitamin E complex: Choose a food-based organic product. Dosage: One tablet, once or twice daily to support the adrenal glands.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a

cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

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DIAPER RASH (See [Infant Tips](#))

DIARRHEA

Diarrhea can occur due to infection from bacteria, viruses, yeast or parasites and is often called gastroenteritis. It can also be due to food poisoning or food allergies. For more information on diarrhea, read the [IBS](#) and [Colitis](#) sections. With an acute onset of diarrhea, it is important to have stool tests performed in a laboratory for proper diagnosis. See a doctor immediately if there is blood in the stool. The dangers of diarrhea include dehydration, nutrient depletion, and weight loss. If no organism is identified or while waiting for diagnosis, you can try the following program:

- * Keep well-hydrated using water with picometer-size electrolyte minerals, [ReMyte](#) and [ReMag](#).

- * Avoid all dairy products, because the enzymes for the digestion of dairy are usually flushed out or otherwise unavailable. Thus, these foods can be irritating to the bowel and may prolong the diarrhea.

- * Avoid citrus and acidic fruits, which can irritate the bowel.

- * Drink lots of vegetable broth, which is high in potassium and natural minerals, to replace fluid and mineral loss. Broth can be made from celery, zucchini, beets, carrots, beet greens, or chard; be careful to avoid sulphur-containing vegetables such as broccoli, onions, and cabbage because of their strong taste. This broth can be seasoned and taken throughout the day. If you are too weak to cook, combine a good protein powder with an organic vegetable powder mixed in water. I recommend [ReStructure](#) and [Premier Greens](#).

- * Intestinal flora must be replaced with a probiotic that provides good bacteria including soil-based bacteria. I recommend [Flora ReVive](#). Dosage: Take one

capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* Bentonite is liquid clay with a very large surface area that absorbs toxins. Dosage: 1 tablespoon 3 times a day in water or juice.

* Take the powder or capsule form of psyllium seed to absorb the liquid contents from the intestines and bulk the stool. Take 1 teaspoon shaken in a jar of water or two capsules twice a day with only a small amount of water.

* Carob powder: Stir 2 teaspoons of carob powder in 6 ounces of water and drink to bind up the stool.

Diarrhea can begin with food poisoning or an infection; the mechanism of the bowel is to flush out the irritants with diarrhea. So, diarrhea, in fact, may be a beneficial elimination of the infection. It is best not to use drugs to stop it for twenty-four to thirty-six hours. Following the advice given above will make sure it runs its course but is not prolonged. If the diet is not optimum or includes dairy and acidic fruit, the condition can continue.

Some people, after antibiotic therapy, develop yeast-related diarrhea episodes that may be very difficult to control. The treatment for this form of diarrhea is a yeast-free diet and the use of probiotics to replace the good bacteria. I recommend [Flora ReVive](#). Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

In some cases, testing must be performed for yeast in the stool and blood. Candida antibody levels may be checked to determine the extent of the yeast and the appropriate antifungal medication needed. Refer to the section on [***Yeast Overgrowth***](#) for further information regarding this condition. If strong medications are needed to treat diarrhea, remember to follow up with probiotics and an excellent diet so that the medication will not leave an imbalance of the intestinal flora.

Supplements:

* [***Pico Silver***](#): In case your diarrhea is caused by an infection, this stabilized ionic form of silver supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions.

Replace mineral losses with:

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* [***ReMyte***](#) is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [***Dr. Carolyn Dean Live***](#) to download the free eBook [***ReMyte & ReCalcia: Invisible Minerals Part II.***](#)

Replace intestinal flora with:

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool slowing down the transit time of diarrhea. Dosage: Take 2 – 4 capsules per day.

DIGESTIVE DISORDERS (Also See [Heartburn](#))

Digestive disorders include gastritis, hiatus hernia, gas, bloating, bowel cramping, constipation and diarrhea. However, most of these conditions are also detailed in their own sections under [Hiatus Hernia](#), [IBS](#), [Constipation](#), and [Diarrhea](#). This section discusses how our digestion works and how to prevent digestive problems.

Even if you eat an optimum diet, there is still the question of proper digestion and absorption of those foods. The most important factor in digestion is proper food selection, avoiding non-nutritive junk foods, and choosing foods that provide the building blocks your body needs.

The second most important aspect of digestion is proper chewing. If you chew each mouthful of food thirty to forty times, this stimulates the salivary amylase enzyme in the mouth and one-third of the digestion will be done there. If you gently chew and hold cooked grain in your mouth long enough, it will become sweet. This is the action of the amylase breaking down the starchy carbohydrate into glucose.

The action of chewing also stimulates stomach acid production. If you are under stress or are generally tense, the stomach muscle, like any other body muscle, can go into spasm. This spasm can cut off blood circulation in the stomach and inhibit the production of stomach acid. This reduction in stomach acid can lead to improper or incomplete breakdown of stomach contents, especially protein. If incompletely digested food finds its way into the intestines, the intestinal flora (bacteria and yeast) will feed on this food and create gas and bloating. Incomplete protein digestion can be diagnosed by a urine test called Urine Indican. Most alternative medicine doctors are aware of this test, which is done in specialty labs. See the [Resources](#) section for a list of labs.

The third most important aspect of digestion is to avoid drinking water with a meal, especially ice water. Washing down each bite of food with water

dilutes stomach acid and leads to incomplete digestion, washing food out of the stomach too soon. Cold water also causes fats and oils in the food to cling together, which impedes their absorption. You may drink water ten minutes before or two to three hours after eating.

After passing through the stomach, the food reaches the small intestine, where bicarbonates neutralize the pH of stomach acid and allow pancreatic amylase enzyme to further break down carbohydrates. Also, bile, from the liver and gall bladder, is excreted into the small intestine to emulsify fats. If there is insufficient amylase, undigested carbohydrates will provide food for intestinal flora in the gut. Carbohydrates, when digested by yeast, produce alcohol and acetaldehyde, which, in extreme cases, may cause someone to appear drunk. If fats are not absorbed, the stool is bulky and floats.

Diet:

If food allergies are suspected as a cause of digestive problems, follow the advice in the section on regarding [***Food Elimination & Challenge***](#). Yeast can also cause considerable gastrointestinal upset. Read *The Yeast Connection and Women's Health* (Crook & Dean 2005) and refer to the [***Yeast Overgrowth***](#) section.

First Aid:

* Sodium bicarb: Also called bicarbonate of soda, one half to one teaspoon in a glass of water can help neutralize stomach acid, allergic reactions, or yeast toxins. However, don't use it frequently because it can diminish the digestive ability of the stomach acid.

* Charcoal tablets treat gas with a foul odor by absorbing toxins in the intestines that are eliminated in bowel movements. They may turn the stool black.

*Bentonite clay: Liquid, food grade clay, absorbs toxins, and can be used in detox formulas. See Cleansing.

Supplements:

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Herbs:

* DGL licorice (de-glycyrrhizinated removes the aspect of licorice that may cause fluid retention and high blood pressure) is the treatment of choice for stomach upsets including Heartburn.

* Swedish bitters are bitter herbs in an alcohol base that stimulate digestive juices and help relieve gastritis.

* Mint tea is soothing for the stomach and intestines.

Homeopathy:

* Nux vomica: For overindulgence in food or drink.

* Lycopodium: For queasiness after eating heavy fatty meals.

Both remedies can be used in the 12X potency taken every hour as needed but should be stopped if they have not provided relief within 48 hours at which time a homeopath should be consulted.

DIVERTICULOSIS

Diverticulosis is a disease of the large intestine, reaching almost epidemic proportions, that is associated with constipation and appears to be a direct result of a refined-food diet with its lack of fiber.

When there is a lack of fiber in the large intestine, the liquid matter of the intestinal contents is exposed to the surface of the intestines for longer periods of time and water is more completely absorbed back into the body; thus, the fecal matter becomes drier and harder. Fiber is extremely important for the health of the large intestine because it provides the bulk against which the intestinal muscles push out the waste products of digestion. If there is not enough bulk or fiber in the intestines, as the muscles of the large intestine try to push the hard material along and out the anus, they have to exert more and more muscular force. With all this excess (and often ineffective) pressure, the areas between the muscles weaken and create pouches or sacks, which are called diverticula, that bulge out along the whole length of the intestinal wall.

The diagnosis of Diverticulosis can be made on barium enema x-ray and can be seen during a colonoscopy. In a small percentage of people with this condition, these little diverticula can become inflamed, leading to lower abdominal pain and fever. Diverticulosis then becomes Diverticulitis and is treated medically with antibiotics and sometimes, surgery. The best way to treat both of these conditions is prevention.

Diet:

The main treatment for Diverticulosis is fiber. In countries where a high-fiber diet is maintained, people do not suffer conditions such as Diverticulosis. There are two types of fiber – soluble and insoluble. The following description of these two fibers is taken from *IBS for DUMMIES* (Dean & Wheeler, 2005):

“Soluble fiber traps water and can help sop up the excess fluid like a sponge in a GI tract that’s moving too fast and causing diarrhea. On the other hand, soluble fiber taken with enough liquids can also help soften hardening stool and prevent constipation. Insoluble fiber is the most commonly recommended fiber, but it is a little rough around the edges and may irritate sensitive intestines. High levels of soluble fiber are found in dried beans, lentils, oats, barley and some fruits (like apples and citrus) and vegetables (such as potatoes). Foods high in insoluble fiber are wheat bran, whole grains, cereals, seeds and the skins of many fruits and vegetables.”

When you take any type of fiber, you must increase your liquid intake – six to eight glasses of water daily is the usual recommendation. However, I prefer a recommendation related to your body weight. Measure your weight in pounds and drink half that amount in ounces of water a day. To each quart or liter add ¼ tsp of a good sea salt - for its 72 minerals. If you need extra fiber outside of the diet, psyllium seed powder or capsules are available. Once again, make sure your liquid intake is sufficient. Some people have actually made themselves more constipated by not taking enough liquid with psyllium.

When you cook beans, barley and lentils, be sure to soak them, replacing the water several times over a twenty-four-hour period to reduce their gas-forming potential. People with Diverticulosis and especially Diverticulitis, often suffer from gas pains and will benefit from reading the section on [***Irritable Bowel Syndrome***](#).

Avoid processed foods and concentrate on high-fiber foods. Watch out for gas-forming foods. Check your tolerance for dairy products and even whole wheat, to which many people are allergic or sensitive. To do this, avoid the food for a couple of weeks and then reintroduce it back into your diet. Check the sections on [***Digestive Disorders***](#), [***Constipation***](#), [***Allergies***](#), and [***Food***](#)

Elimination & Challenge in ***Part Three*** for more information on these topics.

Seeds, nuts, and popcorn, especially if they are not chewed well, can be a problem for people with Diverticulosis. Most people do not realize they should be chewing thirty times per bite to make sure food is completely broken down before it gets to the stomach. Do not smoke or drink and avoid caffeine.

Exercise is also very important, as it stimulates the muscles of the intestines and eases bowel movements.

Supplements:

* ***ReMag*** is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, ***ReMag: Invisible Minerals Part I***. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* ***ReMyte*** is a fully absorbed, bioavailable, multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook ***ReMyte & ReCalcia: Invisible Minerals Part II***.

* ***ReAlign*** contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

DIZZINESS

When you have a flu or cold, you can feel dizzy. If your blood sugar is low or if there is a lack of circulation to the inner ear, it can lead to dizziness. Your doctor can rule out the first two conditions by examining the ear canal or eardrum, taking a history for a recent cold or flu, doing blood sugar tests, and making sure your diet is optimal to avoid low blood sugar.

An ear, nose and throat specialist, a neurologist, or a vascular specialist should investigate dizziness due to inner ear problems or sinusitis. In older age groups, arteriosclerosis can cause hardening of the arteries and cut the circulation to the brain, leading to dizziness. Read the section on [***Atherosclerosis***](#).

If these conditions are ruled out and dizziness still persists, avoid mucus-forming foods such as sugar, dairy, and gluten and use teas such as fenugreek that thin mucus that may be blocking the Eustachian tubes; this is taken 1 teaspoon to a cup of boiling water steeped for five to seven minutes. You can also try using a neti pot to help clear out the sinuses. Here are the directions:

Obtain saline water at a drugstore or mix a quarter tsp of sea salt in a cup of boiled warm water and pour it in a neti pot (found in a health food or yoga supply store). The neti pot has a spout that fits into one nostril allowing saline water to flow through the sinuses and out the other nostril. Add one or two drops of tea tree oil as an antifungal, antibacterial. Or, you can have your pharmacist order a Neil Med Sinus Rinse kit and use it in the same way.

A homeopathic remedy called Kali mur 12X, one dose three times a day, can be used for Eustachian tube blockage. For dizziness itself, Bryonia can be used 12X, one dose three times a day.

DRY SKIN (See [Skin Conditions](#))

DYSLEXIA (See [Attention Deficit Hyperactivity Disorder \[ADHD\]](#))

EARACHES

Ear infections develop behind the eardrum from a mucus fluid buildup in which viruses, bacteria, or fungi may overgrow and begin to cause pressure and inflammation. For any ear pain or suspicion of an ear infection, consult a doctor. Earaches can be very frightening, especially for children, because the pain can be intense. Since an ear infection can be so dramatic, parents and doctors are afraid of eardrum damage and consequently often treat them with antibiotics.

Not all earaches are due to bacteria, however. Most are viral induced and self-limited, and antibiotics won't work and some of them are fungal and antibiotics make them worse. A 2000 review of thirty-six years of ear infection studies sponsored by the Federal Agency for Healthcare Research and Quality found that almost two-thirds of children with acute ear infections recover from pain and fever within one day of diagnosis without antibiotics. A full 80% of children recover in one to seven days, without antibiotics. The report also found that amoxicillin, the treatment of choice for many years, is as effective as newer and more expensive antibiotics that cause more side effects.

Some practitioners find that recurrent ear infections are due to food allergies. Often avoiding milk, peanut butter, and orange juice, the main culprits and the ones that are given before bedtime as snacks, can diminish or stop the infections.

Diet:

A list of possible allergens to avoid includes: dairy products, gluten, eggs, chocolate, citrus, corn, soy, peanuts, shellfish, sugar, and yeast. What's left? Introduce only these foods that have low allergy potential for three weeks: lamb, rice, squash, carrots, potatoes, chicken, and applesauce. After three weeks, introduce one new food at a time. That one food should be eaten several times in one day along with the allowed foods. If there is an allergy, it shows up with obvious symptoms.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

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* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral,

please read my book, [Pico Silver: Clearing up the Controversy](#). If the eardrum is intact, I would put 3-4 drops of Pico Silver in the ear once or twice a day.

Herbs:

If you can visualize the eardrum with an otoscope and it is intact, you may warm the following diluted oils and put a few drops in the ear.

* Mullein oil, oil of cajuput, tea tree oil, or oregano oil. All these oils must be diluted 1-part oil to 10 parts safflower oil and dropped into the ear.

Note: These can only be used if the eardrum is intact, has not been broken by infection or by a tube placed in the ear. Also, if there is an ear discharge, drops should not be used unless a doctor is consulted.

Homeopathy:

* Belladonna: For a red-hot throbbing ear.

* Chamomilla: For earache in a fussy, irritable child.

* Hepar sulph: For a splinter-like earache from the throat into the ear. Use the 12X potency, one dose every half hour until the condition subsides.

Aconite, Ferrum phos, Lycopodium, Mercurius, Plantago, Pulsatilla, and Silica are other suitable remedies for ear infection. Many of these remedies can be studied in [Part Five](#). A quick read could give you an idea of which remedy fits your child. You can also consult my free eBook [Dr. Dean's Homeopathic Guidebook](#).

ECZEMA

Eczema is a chronic skin condition that can range from wet blisters to dry flakes. It is usually itchy and can occur on any surface of the body. It is most commonly associated with allergies from contact or foods and is usually aggravated by stress. First, you must track down the allergic factor by systematically *avoiding and challenging* the following: soaps, clothes, jewelry, and certain foods. For children, pay particular attention to dust and dust mites as a possible cause.

You must also investigate and treat yeast overgrowth, especially if eczema develops after taking antibiotics. Yeast overgrowth on the skin or yeast toxins from intestinal yeast overgrowth can cause or aggravate any skin condition. See the section on [Yeast Overgrowth](#) for more advice. Once the offending substance is removed or treated, the skin should normalize.

The medical treatment for eczema is cortisone cream. Using cortisone creams for eczema, however, merely suppresses symptoms; it also stimulates yeast and fungal growth. If infant or childhood eczema is suppressed, the child may later develop other manifestations of allergies such as asthma. Therefore, it is important to determine and treat the cause of any new skin condition.

First Aid:

- * Avoid showers, because they strip the acid mantle of the skin.
- * Use two ounces of apple cider vinegar, a few drops of bath oil, a cotton pouch of oatmeal in the bath or a few tablespoons of [Magnetic Clay](#) in a bath. Magnetic Clay will remove the chlorine from tap water.
- * Use coconut oil as a body lotion. I recommend [Radiant Life](#) for their coconut oil products.

- * Dry indoor air is bad for eczema; use a humidifier and external creams and lotions from organic sources.
- * Avoid wools and use cottons.
- * Use dust mite mattress and pillow covers and launder sheets and pillowcases frequently. Be sure and dry on high heat because the heat may be more effective in killing mites than washing your bedding.
- * Do several rinse cycles on your laundry and don't use scented antistatic products in the dryer.
- * Make sure the soap you use does not irritate the skin. Use a neutral pH soap like castile – made from olive oil, almond oil or coconut oil. I recommend [Radiant Life](#) for their natural products including castile soap and coconut oil products.
- * Remove carpeting, stuffed toys and vacuum frequently.

Supplements:

An important supplement for dry eczema is to lubricate the body with essential fatty acids (EFAs). But don't put them on your skin; take them internally, daily. Make sure the oils and fats you take are guaranteed mercury-free. Take EFAs with meals and avoid water with your meals so that fats and oils in your food will be absorbed properly. Water in the stomach along with oil will cause the oil globules to combine together in an oil puddle, which the body will have trouble digesting and absorbing.

- * [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

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* [*ReMyte*](#) is a fully absorbed, bioavailable, multiple mineral that contains zinc and 11 complementary minerals. Nine of those minerals support the thyroid, which is important for the integrity of the skin. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

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Homeopathy:

There are many homeopathic remedies to treat eczema such as:

- * Sulphur: For burning, red, itchy, unhealthy-looking skin.

- * Graphites: For oozing, crusty skin.

- * Petroleum: For dry, cracked, rough skin.

- * Mezereum: For painful, small bumpy eczema that is not on the face.

- * Sabidilla: For dust and dust mite allergies that cause skin reactions.

These remedies should be properly studied and researched before using. If they do not work after a short time, a homeopath or naturopath should be consulted.

Note: If cortisone has been used for a long time before switching to natural remedies, the skin may go through an aggravation or worsening before getting better. (Read the sections on [Allergies](#) and [Yeast Overgrowth](#)).

EDEMA

Edema is a buildup of fluid in the interstitial spaces between cells of the muscles and other body tissues underneath the skin. This area normally holds fluid as it travels in a dynamic path between the cells and the lymphatic circulation. In other words, it's not supposed to just sit there.

The lymph is an extremely important system that carries all liquid waste away from the cells, runs it through the body and deposits it in the cisterna chyli underneath the top two ribs on the right side of the chest. From there, the wastes go into the bloodstream and then are excreted through the kidneys into the urine or through the skin or the bowels.

If the lymphatic system is overloaded or clogged with too much waste, edema can build up. With age and gravity, the lymph vessels are broken down and fluid falls to the feet, as we see in the elderly who have swollen ankles.

Fluid initially builds up in body tissues when there is a cellular mineral deficiency and dehydration. You require minerals inside cells in order to pull water into cells. The minerals and water together are necessary for cellular metabolism. If you don't have the proper amount of minerals in the cells the cells become dehydrated and the fluid builds up inappropriately in body tissues. I recommend [ReMag](#), [ReMyte](#) and sea salt in water as the best treatment for edema.

The lymphatic circulation depends entirely on exercise and movement in order to pump the lymph up to the chest. People who sit for many hours driving or flying can develop edema, which usually clears once they begin moving again.

Edema in women most often occurs before the menstrual period, as hormones cause the body to retain fluid.

The most dangerous form of edema arises from a weakening of the heart muscle (mostly from magnesium deficiency) causing congestive heart failure and a buildup of fluid in the lungs and in the extremities. See the section on

[Congestive Heart Failure.](#)

Before treating edema with diuretics, it's important to find out what is causing the problem. If you are taking prescription diuretics, ask your doctor if you can replace them with natural ones – but don't take both together because you will get too much of a diuretic effect.

First Aid:

* Lymphatic massage. This is a very delicate massage that consists of lightly brushing the skin in the direction of the flow of the lymph from the feet up to the chest and from the tips of the fingers up the arms to the chest, from the abdomen down to the groin. The motion is brisk and light.

* Rebounding on a mini trampoline is a non-forceful exercise that is perfect for moving lymph.

* Exercise of any kind is important to keep the lymphatic circulation alive.

Supplements:

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link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* Sea Salt. Add 1/8th to 1/4 tsp of sea salt in every pint of drinking water for the natural sodium that is lacking in people with adrenal weakness and stress.

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Herbs:

Diuretic herbs that help decrease the buildup of edema include: parsley, watermelon seeds, uva ursi, nettles, dandelion, and bearberry. These herbs can be taken in capsules or herbal teas. Combine two or more of the above herbs

and use 1 teaspoon per cup steeped for at least ten minutes. A large amount can be made at once and stored in the fridge for 2 days. Cool or cold teas have a greater diuretic effect than hot teas, which induce sweating.

EMPHYSEMA

This condition can only be treated by prevention – in short, no smoking. Smoking creates a breakdown of the structure of the lung in the alveolar areas; destruction of alveoli leads to empty spaces in the lungs so air exchange can no longer occur.

The shallow, rapid breathing of emphysema may pull up on the stomach, creating a stomach spasm or hiatus hernia. Read the section on [*Hiatus Hernia*](#) for more information.

Most communities have lung rehabilitation facilities that perform physiotherapy, teach people exercises for the lungs and demonstrate the use of oxygen in the home.

Medical management by an integrative practitioner can include inhalations of glutathione, the body's most powerful antioxidant.

First Aid:

- * Avoid allergens.

- * Stay away from strong smells and scents.

- * Exercise is important, especially walking and swimming.

- * Don't eat large meals. This puts pressure on the diaphragm. Eat small frequent meals and try to keep an optimum body weight.

- * Learn deep breathing to prevent hiatus hernia and to fully inflate the lungs. When you inhale, let your abdomen rise so that your diaphragm falls. This opens up the lungs to full capacity and massages the stomach in place.

Supplements:

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* Vitamin E complex: Choose a food-based organic methylated product. Dosage: 1 tablet twice per day.

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ENDOMETRIOSIS

The incidence of endometriosis is on the rise. This condition is caused by endometrial tissue, which normally lines the uterus, growing outside the uterus into the pelvic cavity. It can grow along the bowel, on the ovaries, along the fallopian tubes or around the ligaments that support the uterus. If you have endometriosis, every month when you normally have your period, this endometrial tissue swells and bleeds, but this blood has nowhere to go and it stays in the pelvic cavity and causes a buildup of scar tissue. The symptoms are extremely painful periods, low back pain, painful bowel movements and pain on intercourse.

There are many theories as to why endometriosis occurs. Tampons are a possible contributor to this condition. It is therefore advisable to use sanitary napkins; choose ones that aren't bleached with chlorine.

Constipation is an obvious trigger for abnormalities in the pelvis. The pressure of a full colon on the uterus and fallopian tubes may cause displacement of menstrual fluids. Toxic debris adjacent to the uterus and ovaries can also tax the lymphatic drainage in the pelvis and lead to incomplete immune surveillance and removal of endometrial implants by the body's immune system.

Detoxification is very important in endometriosis. Study the sections on [***Cleansing***](#) and [***Constipation***](#).

Endometriosis may, in fact, be the result of an immune system defect. Apparently, most women have some endometrial tissue growing in the wrong place; yet when the abnormally placed endometrial tissue bleeds, their immune systems are able to remove the debris quickly and there is no accumulation or scarring. An inability of certain white blood cells to engulf and eliminate foreign material may be the defect and, according to some research, a cause of fibrocystic breast disease as well.

The late Dr. William Ghent, in his research on fibrocystic breast disease and endometriosis, found that supplemental iodine stimulates the peroxidase enzymes in white blood cells, which require chloride or iodide to activate them. Activated white blood cells then become very effective in chewing up fibrocystic scar tissue in breasts and miraculously do the same thing to endometrial scar tissue.

The incidence of female sexual abuse, both physical and verbal, is higher than anyone is willing to admit. Inappropriate sexual behavior of an older individual, verbal or physical, with a young girl can set up fear and tension focused on the pelvic region that can lead to lifelong physical and sexual symptoms and also, weight gain. If the emotional tension cannot be expressed freely and if the child is not protected from the abuse and is afraid to tell anyone, then physical symptoms become an outlet for the emotional pain. Pelvic tension can lead to painful periods and possibly endometriosis. Read the section on [EFT](#) as a supportive treatment for abuse and trauma.

First Aid:

Research shows that castor oil applied externally to the skin enhances lymphatic clearing of toxins built up in endometrial tissue. See Cleansing for instructions. If this treatment is done for at least an hour on a daily basis, there can be a great reduction in pain. You can keep the poultice on overnight; your body temperature will keep it warm.

Diet:

Natural iodine helps trigger the immune system's peroxidase enzymes; it is found in various seaweeds: dulse, wakame, nori, and kombu. There are many different forms of iodine, so it is best to vary your sources and seaweeds in stews or soups, as wraps for sushi or just eaten plain. Since the source of seaweed may be contaminated ocean water, check with your seaweed company to make sure their products are regularly tested for heavy metals.

There are iodine urine tests available through your natural medicine practitioner. In my experience, everyone I've tested is low in iodine. I recommend *ReMyte*, which contains a well-absorbed form of iodine. I do not recommend high dose iodine because it greatly throws off mineral balance especially when it comes to the nine minerals required to produce thyroid hormones.

A good diet can also boost the immune system to help prevent endometriosis. Avoid caffeine, alcohol, and sugar. Eat an optimum diet of vegetables, fruit, whole grains, nuts, seeds, legumes, fish, and chicken. Fish is especially important because fish oil has anti-inflammatory properties. Menstrual pain is treated medically with anti-prostaglandin drugs, which suppress the body's natural prostaglandins that cause cramping. But natural prostaglandins found in fish oils can be just as effective. Prostaglandins that reduce cramping

are also available in the form of evening primrose oil, which has proven effective in the treatment of endometriosis.

Supplements:

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Homeopathy:

Homeopathy treats the physical as well as the mental and emotional symptoms.

* Staphysagria is the foremost remedy for treating abuse. However, it is best to work with a homeopath for the treatment of chronic conditions like endometriosis.

EPILEPSY

Epilepsy is a misfiring of electrical impulses in the brain caused by one or more of the following: scar tissue due to trauma, creating a focus of irritation in the brain; imbalance of neurotransmitters; heavy metals; toxic chemicals, including alcohol and aspartame; medications and street drugs; vitamin or mineral deficiencies; hormonal imbalance; and low blood sugar. In infants, birth trauma, lack of oxygen and fever are the main causes. Fortunately, the developing brain often grows out of this condition.

The effect on the body can be seen in extension and contraction of the arms and legs as in grand mal epilepsy (also called seizures or convulsions) or abnormal movements of the lips and staring of the eyes and loss of time in petit mal epilepsy. If your child seems to stare in the distance for even a few seconds, then snaps out of it, see a neurologist immediately. Investigations include MRIs and EEGs (electroencephalogram).

Diet, environment, and stress are the first things to examine. The most common causes of seizures are low blood sugar and stress. Someone having a blood test taken early in the morning, having fasted overnight can experience a very mild seizure because of low blood sugar and fear of needles. The combination of the two stresses can trigger an episode. This does not constitute epilepsy, which is a recurrent condition.

Epilepsy is potentially dangerous; when seizures recur, patients are usually put on anti-seizure medication and adults may lose their driver's licenses. Therefore, it is crucial to explore all the possible causes:

* Low blood sugar can lead to a decreased supply of glucose to the brain and trigger an epileptic episode.

- * Some women can seizure just before their periods because of hormonal imbalance. It's important to have salivary hormones tested, which usually shows low progesterone.
- * Mercury amalgams used in dental fillings may also contribute to seizure activity. If your own reading and research propels you to remove your mercury fillings, be aware that there is a strict protocol for removal that prevents even more toxins being released.
- * Mineral deficiency has been implicated in epilepsy. With our food grown on mineral-depleted soil, unless we buy organic produce from mineral-rich areas, we all become mineral deficient. Instead of expensive and inaccurate mineral testing, I recommend taking [ReMag](#), [ReMyte](#), and [ReCalcia](#) and drinking sea salted water. See my [Water and Mineral Guidelines](#) for details.
- * Trauma is one of the predisposing factors to epilepsy. Immediately after any head injury, take homeopathic Arnica, vitamin E, and selenium to prevent bleeding, shock, swelling, and scarring that can occur inside the skull and go undetected.
- * Birth trauma has been implicated in some forms of epilepsy. An assessment by a craniosacral therapist on a newborn could be very helpful to determine whether the sutures of the skull bones are jammed after a particularly difficult birth. Craniosacral therapy and chiropractic adjustments for spinal misalignment could be beneficial for adults with epilepsy but be sure to find someone who has experience and success in this area.
- * Medications and food additives can directly stimulate seizure activity.

The most notable chemical in our environment that causes seizures is aspartame (NutraSweet). It contains two amino acids that can act as powerful neurotransmitters and wood alcohol, which is a neurotoxin causing blindness. There is concern about the phenylalanine in aspartame because of a condition called phenylketonuria (PKU) in which certain individuals who are not able to break down this amino acid develop mental retardation. It is diagnosed at birth and a phenylalanine-free diet is mandatory. Because we have no way of knowing who will be diagnosed with PKU at birth, pregnant mothers should not take anything containing aspartame. There is a concern that some people may have mild PKU but not be diagnosed at birth; then when they eat or drink aspartame products, they react very badly.

In a 1969 study, seven infant monkeys were fed aspartame mixed with milk. One died after 300 days and five others experienced grand mal seizures. Despite this and dozens of other negative studies – such as reports that as little as one stick of sugarless gum has caused seizures in children – aspartame was pushed onto the market. Read more in the section on [***Detoxing Sugar & Aspartame***](#) and don't give it to children especially if they have seizures or epilepsy. Because aspartame has ninety-two different side effects and we don't know who is susceptible, it is best to avoid it entirely.

Monosodium glutamate (MSG) is a food additive that makes things taste fresher and richer. It is used widely in the food industry to supplement bland foods. Until the late 1960's it was added to baby food. It is a potent neurotoxin; many people feel their jaws tightening and pressure in their temples when they eat Chinese food containing high amounts of MSG. MSG can be broken down by vitamin B6 and people with B6 deficiency are most susceptible to its effects. Dr. John Olney, a neuroscientist at Washington University in St. Louis, found that MSG created lesions in certain regions of the brain that are not protected by the blood-brain barrier.

Since drugs and toxins are implicated in epilepsy, it is important to begin a detoxification program using Epsom salts baths and saunas. Read the section on [*Cleansing*](#).

Diet:

Avoid sugar, gluten, dairy, corn and other foods with allergic potential. Avoid food additives and chemicals in the diet and in the environment, especially MSG and aspartame.

Eat small frequent meals of vegetables, fruit, complex carbohydrates, and protein and avoid sugar, alcohol, and food additives. Read the section on [*Hypoglycemia*](#).

The Ketogenic Diet was used successfully before the advent of anticonvulsant drugs and is now experiencing resurgence. It's a high fat, adequate protein, low carbohydrate diet that should be instituted under the guidance of a professional familiar with the diet.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the smooth functioning of the nervous system; when it fires erratically, seizures can result. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books

link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Herbs:

* An herbal treatment for epilepsy due to whiplash with consequent congestion of cerebrospinal fluid is black cohosh (*Cimicifuga*) in tincture form, 10 drops in water two or three times a day.

* Herbs such as hops, valerian, and skullcap are useful for their calming effect on the central nervous system and might be able to lower the seizure threshold. These teas can be taken in combination or as single herbs two to three times a day.

EYE PROBLEMS

The eye is subject to a variety of conditions beyond visual impairment such as infection, allergy, cataracts, and macular degeneration.

If you develop red eyes, this can be due to an infection or an allergy. A bacterial eye infection is called “pink eye” and creates a yellow, sticky discharge causing itchy and sometimes painful eyes. Medical treatment is usually sulfa drug or other antibiotic eye drop, which must be applied every two hours around the clock to keep the proper concentration of drugs in the eyes. Otherwise, you just blink away the drops and the infection can come back. If you catch “pink eye” when it first begins, you might use an herbal eyewash while waiting to see the doctor – and it just might work. See below for the recipe.

In a viral infection, the discharge may be more watery. A very painful eye with a watery discharge can be a herpes infection with a herpes blister in the eye. This is a very serious condition that can affect the eyesight. A doctor must use a special light called a slit lamp to check your eyes for herpes blisters and differentiate them from scratches or abrasions that have become infected. Antiviral prescription drops are used to treat a herpes eye infection.

A foreign body such as dust, pollen, and animal dander can cause an eye allergy. Besides avoidance, you can treat the symptoms with herbal eyebright (euphrasia), homeopathic Similasan eye drops or homeopathic Optique Eye Drops from Boiron; all are available in your local health food store. Sometimes a mild eye infection responds to these remedies. The homeopathic eye drops are the best treatment for dry eyes or tired, overworked eyes.

To treat an eye injury caused by a scratch or abrasion, an antibiotic cream and a forty-eight-hour eye patch are used to heal the abrasion and prevent bacterial infection.

People with sensitive eyes should avoid chlorinated swimming pools.

Supplements:

[*Whole C ReSet*](#): One of the highest concentrations of vitamin C in the body is found in the vitreous part of the eye. According to Chinese medicine, berries have an affinity for the eyes and they also tend to have high amounts of vitamin C. *Whole C ReSet* is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information. For eye conditions, you may put 1-2 drops in an eyecup of saline and rinse the eyes thoroughly, several times a day.

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

Herbs:

Eyebright is the common name for the herb euphrasia. Take 1 tsp of eyebright and steep in 1 cup of boiling distilled water for 15 minutes. Strain well and use in an eyecup as an eye rinse. Apply every 2 hours for allergies, mild eye infection or mild eye abrasion or a sty, which is an infection of an eyelash

follicle. You can also use the herbal antibiotic echinacea in the same manner.

FATIGUE

One of the most common complaints brought to doctors by their patients is fatigue. The causes of fatigue are multiple and can include [Allergies](#), [Anemia](#) (from iron, copper or B12 deficiency), [Iron Overload](#) (hemochromatosis), [Chronic Fatigue Syndrome](#), [Liver Disease](#), [Hypoglycemia](#), [Depression](#), [Hypothyroidism](#), [Mononucleosis](#), [Yeast Overgrowth](#), [Insomnia](#), and [Stress](#). You can read about these conditions in various sections of this book.

Fatigue can make you too tired to exercise, which perpetuates the vicious cycle because exercise can banish some forms of fatigue. You should be content with nothing less than optimal health and should strive to obtain this with an excellent diet, good sleep habits, and regular exercise. Research and investigate the above conditions with your doctor in order to determine the cause of your fatigue.

All the following supplements will help fatigue, but *ReMag* and *ReMyte* most of all.

Supplements:

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books

link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

FEVER IN INFANTS (See [Infant Tips](#))

FIBROCYSTIC BREASTS

Fibrocystic breasts are so common that 50-60% of women are affected during their lifetime. This condition of lumpy, sore, and cystic breasts has been called a disease. It really isn't a disease, nor is it normal. However, it is a condition distressing enough to send many women to their doctor with concerns about breast cancer and is the reason why many women get frequent mammograms and breast lump biopsies.

Conventional medicine has not isolated "the cause" of fibrocystic breasts but there are many potential causes that, when recognized by the individual, can be treated.

The normal elevation of estrogen before the period can cause breasts to be lumpy. Estrogen dominance, in general, can stimulate the breasts. Overweight women can have too much estrogen, which can stimulate the breasts.

Women on the birth control pill can be affected by the daily estrogen stimulation and may have to find another form of birth control.

Xenoestrogens in the environment – pesticides, plastics, and hormones used in beef can create estrogen dominance. Read *Hormone Balance* (Dean 2005) for a thorough review of estrogen dominance.

Other factors that promote lumpy, cystic and fibrous tissue in the breasts are:

- * Salt
- * A high-protein diet
- * Too much fat in the diet, mostly from meat and dairy
- * Theobromine and methylxanthane in coffee, tea and chocolate
- * Constipation

Mammograms used to distinguish between fibrocystic breasts and cancer use ionizing radiation, which accumulates in the body. Properly performed thermography and ultrasound do not use radiation and are much safer alternatives. The following description of how thermography works is taken from *Hormone Balance* (Dean, 2005):

“When cancer cells begin dividing rapidly, the temperature of those cells increases ever so slightly. Thermography measures these temperature changes to 1/10,000th of a degree. It therefore has the potential to detect abnormal cells in breast tissue and tumors the size of a grain of rice, five to seven years before a lump can be felt when 1/2 inch in size or even seen by mammography at 1/8 inch. With a thermogram, you avoid the 42 pounds per square inch pressure on sensitive breasts that has been known to damage breast tissue and spread cancer cells due to the pressure. You also avoid the risk of radiation from mammograms.

The only type of thermography that I recommend is Digital Infrared Imaging (DII). It requires two pictures, one before and one after a cold challenge where you put your hands in freezing water for one minute. A computer reads the difference in the two images and determines if there is an area of increased blood circulation and heat, which is a sign of abnormal growth.”

See the [Resources](#) section for contact information.

Cleansing:

In order to treat estrogen dominance and fibrocystic breasts, [Detoxification](#) and treatment of [Constipation](#) are necessary. The treatment of [Premenstrual Syndrome](#) and [Yeast Overgrowth](#) is also important in relieving painful fibrocystic breast disease. Read all four sections that focus on those conditions in this book.

Diet:

Avoid tea, coffee, chocolate, and cola for at least three cycles to see if there is any improvement and add foods that are naturally diuretic like celery, parsley, and cucumbers.

A diet high in whole grains, vegetables, and beans and low in animal fat, especially a week or ten days before the period, helps the body excrete estrogen by boosting your intake of fiber. Such a diet can also help with weight loss in general, especially in women who are not carbohydrate sensitive.

Read the section [***Optimum Eating Plan***](#) to understand if you are carbohydrate sensitive. Fat in the diet isn't just about the calories; animal fat from meat or dairy retains toxins from the environment that are passed on to us when we eat them. These toxins are then stored in our fat cells and contribute to obesity as well as lumpy breasts.

Supplements:

* Iodine: Iodine helps treat fibrocystic breasts. The mechanism, according to the late Dr. William Ghent of Ontario, Canada, is stimulation of the peroxidase enzymes in white blood cells that digest foreign material, such as the scar tissue formed in breasts by various dietary and environmental triggers. Use [***ReMyte***](#), a fully absorbed, bioavailable multiple mineral that contains iodine and 11 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [***Dr. Carolyn Dean Live***](#) to download the free eBook [***ReMyte & ReCalcia: Invisible Minerals Part II.***](#)

* [***Blue Ice Royal***](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [ReAlign](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* Vitamin E: Choose a food-based organic product. Dosage: One or two tablets per day.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Hormone Replacement

Naturally extracted bioidentical progesterone is available in topical cream form to counter estrogen dominance. There are some over-the-counter brands, but only certain brands contain active progesterone. It is important to obtain a 24-hour urine test to determine if you are estrogen dominant and to prescribe an active form of progesterone. Meridian Valley Laboratory provides such a test. See the [Resources](#) section.

FIBROIDS

This is a condition of benign overgrowth of an area of muscle in the wall of the uterus. Fibroids arise in the muscle layers of the uterus and also include fibrous tissue – thus the name. Some sources say that almost 75% of the female population may have fibroid growth – although most are very small.

A uterine fibroid is not a precancerous condition and the majority of fibroids do not cause any symptoms. Symptoms from a fibroid depend on its location. A large fibroid inside the uterus arising from the inner muscle layer can stretch the uterus lining, which can cause heavy bleeding and prolonged periods. If a fibroid extends from the outer muscle wall, like a mushroom, it can cause pressure on surrounding bladder, nerves, and bowel causing urinary incontinence, constipation, back pain, leg pain, pelvic pressure, cramping, and bloating.

Medically we don't know the exact cause of fibroids, except that estrogen stimulates their growth because they arise during the reproductive years, worsen during pregnancy and regress after menopause. Allopathic treatment is usually just symptomatic for pain but there is no medication that will eliminate fibroids and a hysterectomy is usually advised if bleeding or pain are debilitating. Some feel that there are far too many hysterectomies for fibroids and that more attention should be paid to the cause. If surgery is recommended, only the fibroid should be removed, not the entire uterus and certainly not the ovaries.

Another surgical option is uterine fibroid embolization, also known as artery embolization. Tiny pellets called Embosphere® microspheres were approved by the FDA in 2000 for the treatment of fibroids. The procedure requires insertion of the catheter into the femoral artery by an experienced radiologist; snaking it into the uterine arteries; using a radioactive dye to visualize the location of the catheter and arteries; and injecting tiny pellets to completely block off the uterine arteries – an irreversible procedure. Most doctors who perform this procedure say it is far safer than a hysterectomy. But

there is an ongoing battle about who is right.

In the wings are safe non-surgical treatments that most doctors don't offer to their patients. For example, we know that fibroids are stimulated by excess estrogen and lack of progesterone. So, any treatment that lowers estrogen levels and raises progesterone is worth looking into. The section on [***Fibrocystic Breasts***](#) addresses estrogen dominance as a trigger. The same can be said for fibroids. The increasing levels of xenoestrogens in the environment can be another cause of fibroid stimulation.

Diet:

A diet high in complex carbohydrates such as grains, nuts, seeds, and legumes help reduce the body's estrogen levels. It's partly because of the B vitamins in whole grains and partly the fiber content that removes excess estrogen. Such a diet is also suitable because it is low in saturated fat. Cholesterol in fat is the precursor to hormone production; therefore, reducing fat in the diet can help lower estrogen levels. Fat reduction may also be important because endocrine-disrupting chemicals are stored in fat cells. These chemicals can cause elevation of estrogen and stimulate fibroid growth.

There is some controversy over whether it's wise to use soy if you have fibroids. According to some, the phytoestrogens in soy do not have an estrogenic effect on the uterus. In fact, soy foods may be part of a new class of drugs called selective estrogen receptor modulators. They act selectively and it seems that, in the uterus, soy isoflavones have an anti-estrogenic effect. However, the type of soy that has a beneficial dietary effect is specifically fermented soy – tempeh, miso, and natto – and not the heavily-processed soy protein used in many so-called "health foods". Read the section [***Making Sense of Soy***](#) for the anti-soy view. For the pro-soy view, read *The Complete Natural Medicine Guide to Women's Health* (Kaur, Danylak, Dean).

First Aid:

External castor oil packs can help the pain and congestion created by fibroids. See Cleansing for instructions.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

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and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* **Indole-3-Carbinol:** Derived from Brussels sprouts, cabbage, and cauliflower, research shows protection against breast cancer because it helps “deactivate” estradiol, therefore it should help blunt the estrogen stimulation of fibroids.

* **[Blue Ice Royal:](#)** Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or 1/2 tsp per day.

* **[RnA ReSet Drops:](#)** A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

Hormone Treatment

Progesterone derived from natural sources may balance estrogen dominance and inhibit the growth of fibroids. Yet, a report from Brigham and Women’s Hospital in 1995 argued that progesterone itself might stimulate fibroids. Therefore, it is possible that some women may have more progesterone receptors in the uterus (as they may have in the breasts) than estrogen receptors that respond to excess progesterone by stimulating growth. There are reports of a handful of women who experience breast enlargement and fibroid growth after introduction of natural progesterone or synthetic progestin. There are also reports that excessive intake of progesterone can block the thyroid. If you decide to take progesterone for your fibroids, stop if you experience breast changes and follow

your hormone levels with 24-hour urine testing. See Blood Testing for more information on this type of testing.

FIBROMYALGIA

Fibromyalgia has only appeared in America in the past two decades and now affects between 3-6% of the U.S. population – mostly women. These stark statistics, however, don't convey the degree of disability that people suffer both physically and emotionally. The emotional pain is heightened due to a lack of medical recognition of this condition resulting in patients going to numerous doctors and waiting, on average, five years to be accurately diagnosed. If and when fibromyalgia is diagnosed, the medical treatment is completely drug oriented.

Fibromyalgia is a chronic pain condition with body-wide musculoskeletal aches, pain and stiffness, soft tissue tenderness, general fatigue and sleep disturbances. The neck, back, shoulders, pelvis, hips and hands are the most commonly affected sites, but any part of the body can be involved.

The pain of fibromyalgia is described as deep muscular aching, throbbing, twitching, stabbing and shooting with accompanying nerve symptoms of numbness, tingling and burning. The pain and stiffness are worse in the morning and are aggravated by cold and damp weather; poor sleep, exhausting fatigue, excess physical activity, too little physical activity, anxiety and stress.

Fibromyalgia doesn't just affect the muscles, nerves and sleep center, it is also associated with a host of other complaints: irritable bowel and bladder, headaches and migraines, restless legs syndrome (periodic limb movement disorder), impaired memory and concentration, skin sensitivities and rashes, dry eyes and mouth, anxiety, depression, ringing in the ears, dizziness, vision problems, Raynaud's Syndrome, and impaired coordination.

The diagnosis of fibromyalgia is based on your history and symptoms and a doctor finding specific tender points during a physical exam. There are no medical investigations that can identify this condition. In 1990, the American

College of Rheumatology designated 18 trigger points that identify fibromyalgia. However, most doctors have never been taught how to diagnose fibromyalgia and will often tell you that you are simply depressed. This lack of sensitivity to you and your condition is likely the real reason that you may be depressed.

Medical research claims that the underlying cause of fibromyalgia is a mystery while they investigate neuroendocrine/neurotransmitter dysregulation. This avenue of research may turn up evidence of abnormalities simply because of the inflammatory component of fibromyalgia and bring us no closer to the true causes. Genetic susceptibility is also a frequent area of research, but it seems that researchers should first ask themselves, "How could our genetic pattern change within a span of two decades to cause this condition?" Researchers admit that for a large percentage of patients the onset is triggered by a traumatizing illness or injury, but they theorize such trauma triggers an undetected physiological problem that is already present such as a defect in pain perception.

With no underlying cause to treat with medication, doctors resort to treating fibromyalgia symptoms with pain medications, sleeping pills, and antidepressants. They also encourage lifestyle change and acceptance of the condition.

According to practitioners of natural medicine, fibromyalgia may be the painful endpoint after years of stress, trauma, immunizations, fatigue, infections and a bad diet. Read the chronology of illness in the [Yeast Overgrowth](#) section. It describes how a lifetime of illness and medication can cause yeast overgrowth and lead to fibromyalgia and chronic fatigue syndrome.

The toxins from viruses, yeast, parasites, and a bad diet invariably find their way to the joints and muscles in a large portion of the population. The painful result, according to classical Chinese medicine, is actually a protective mechanism in order to divert these pathogens away from your internal organs. Knowing this should be a wake-up call to reduce your various stressors. The result for some is arthritis, as it mostly affects the joints; for others, it culminates

in fibromyalgia, which mostly affects the muscles.

Since fibromyalgia is associated with chronic fatigue syndrome, yeast overgrowth, and IBS, read *The Yeast Connection and Women's Health* (Crook & Dean, 2005) and *IBS for DUMMIES* (Dean & Wheeler, 2005) for more information.

Cleansing:

Detoxification is a process of eliminating toxins from the body as well as cutting back the amount of toxins you take in. You can't necessarily control the chemicals in the air you breathe but you can control what you put in your mouth. Begin by cutting back your intake of coffee, sugar, alcohol, and diet products sweetened with aspartame or flavored with MSG. You may be using these non-foods as stimulants to rise above your fatigue, but it should be obvious that "what goes up must come down" and stimulants can make your life a roller coaster.

Gentle stretching exercises will help get the blood flowing into your muscles to increase oxygen in the tissues and move out toxins. Sauna therapy is an excellent, relaxing way to sweat out toxins. See the description of how to take a sauna in the section on [*Cleansing*](#).

Diet:

Add whole live foods into your diet to increase the amount of readily absorbed nutrients. Practice [*Sprouting*](#) and make [*Beet Kvass*](#) as described in [*Part Three*](#). Increase your intake of organic vegetables to avoid pesticides and herbicides and use hormone-free, antibiotic-free meat and poultry, depending on your blood type group. Read the section [*Optimum Eating Plan*](#).

Supplements:

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReMag Lotion](#): It's a soothing skin formula made using *ReMag* in a base of nourishing oils. It is light enough to be utilized as a daily moisturizer while still delivering therapeutic levels of magnesium to the cells in its fully absorbed, stabilized ionic form. One teaspoon of *ReMag* Lotion delivers approximately 200 mg of elemental magnesium through the skin. *ReMag* Lotion is the most concentrated transdermal application of magnesium available.

* [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* [Flora ReVive](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut,

you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

Homeopathy:

* *Arnica*: Traditionally used for bruises, sprains, physical exhaustion, and sleeplessness due to overexhaustion, which, in part, fits the fibromyalgia picture. It is also good for mental as well as physical shock.

* *Rhus tox*: Fits the picture of swollen and painful joints made worse by cold applications and better by heat and by pressure.

Dosage: Use 6X or 12 X potency, one or two doses daily.

FLAT FEET

Flat feet are diagnosed when the arch of your foot loses its elevation and touches the floor. People who have this condition can be miserable, with chronically sore and achy feet. You can diagnose yourself by stepping out of a pool or tub onto a surface that will show the outline of your sole. If most of your footprint shows, then you probably have flat feet. An elevated arch will not touch and wet the surface – only on the outer side.

There are several schools of thought on the treatment of flat feet. Some say that if children grow up wearing proper shoes with proper supports, flat feet may be prevented. Then again, flat feet probably don't occur in cultures where walking barefoot is the norm and people are encouraged to walk barefoot to strengthen the ligaments in their feet. My recommendation is to use arch supports and practice yoga – especially "sun salutations" to stretch the ligaments of your feet.

Podiatrists and some chiropractors offer orthotic devices to help people with fallen arches or flat feet. These are leather or plastic inserts that are placed in the shoe and are usually constructed from a mold of your foot. Probably, the more flexible the insert, the better they are for your feet. They are often quite expensive, but some insurance companies cover them and for many people they are indispensable.

GALL BLADDER DISEASE

The gallbladder stores and concentrates bile that is used to emulsify fats. There is an intricate balance between cholesterol, lecithin, and bile acids in the production of bile. If the diet is high in saturated fats, which become liquid at 149°F and solid below that temperature, they will thicken the bile and lead to a buildup of cholesterol and subsequent stone formation in the gallbladder. If there is insufficient lecithin, gallstones can also form.

The pain from gallbladder attacks is from sludge or stones in the gallbladder that are trying to exit through the narrow bile duct under the stimulation of fat in the stomach. A fatty meal stimulates the gallbladder to excrete bile for fat digestion but will also cause extreme pain if there are stones present. Stones in the gall bladder can be seen and diagnosed by ultrasound.

An interesting avenue of research is the allergic component of gallbladder attacks. Other than medications, the biggest offenders are eggs, pork, onions, fowl, milk, coffee, and oranges. Try avoiding these foods before having surgery.

Gallbladder Flush

A folk remedy, called the gallbladder flush can be dangerous. It should only be used if there are no stones in the gallbladder. If there are stones in the gallbladder, stimulation by the flush can force stones into the common bile duct where they can become lodged in the duct and necessitate emergency surgery. Only if there are no stones seen on ultrasound should a gallbladder flush be attempted under the watchful eye of a naturopath or herbalist. The ingredients for the flush consist of apple juice, olive oil, and lemon juice. Consult with a practitioner for the formula.

Diet:

The diet for gallbladder problems includes vegetables, whole grains, legumes, low sugar fruit (apples and pears), fish, and chicken. Meat, dairy, and fried foods are avoided, which eliminate most of the fat that congests the gall bladder.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* Lecithin: Use egg-based lecithin powder or capsules to break down cholesterol and support bile production in the liver. Dosage: as directed on the label.

* Choline 500 mg twice daily, helps produce bile.

* [*RnA ReSet Drops*](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and [in Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

* [*ReAlign*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme

processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

Herbs:

Liver herbs such as: dandelion, milk thistle, burdock root, parsley, garlic, onion, black Russian radish and horseradish can be taken as food, teas, capsules, or tinctures. But make sure the herbs are organic to avoid pesticides and herbicides.

GAS

Gas is common to all, some in more abundance than others. In certain people, gas results in belching and in others it causes flatulence. Flatulence can occur due to lactose intolerance or as a result of eating various foods high in sulphur, such as the cruciferous vegetables (broccoli, brussels sprouts, cabbage, and cauliflower), onions, dried legumes, and gluten products.

Sometimes it occurs because of poor digestion, ranging from improper chewing, to lack of hydrochloric acid in the stomach, to drinking too much water with a meal and allowing incompletely digested food into the intestines where gas-producing bacteria have a feast.

If you lack the enzyme to digest the lactose in milk, it's best to avoid it. There are Lactaid enzymes that you can put in milk or take after eating dairy products to help you digest this food. Beans and legumes can be soaked for twenty-four hours, removing the water and replacing it several times to reduce the gas-forming substances. Beano is a product that also provides a missing enzyme that helps digest beans and can be added to the first mouthful of a bean dish.

Note: More fiber introduced into the diet for health reasons can actually promote gas because the body is not used to it. Go slowly when introducing fiber.

Gas is just a sign of a possible imbalance, so before reaching for a supplement or a medication, search for the root of the problem and cure it entirely. Read the sections on [***Digestive Disorders***](#), [***Constipation***](#), [***Beet Kvass***](#), and [***Cleansing***](#).

Diet:

Avoid foods to which you are allergic or sensitive because they can cause gas.

Eliminate suspect foods from the diet and then reintroduce them; see if flatulence returns to determine the foods you should avoid.

Supplements:

You can treat gas with various nutrients such as:

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* Activated charcoal tablets, which absorb gases in the intestines and may treat symptoms.

* Bentonite clay absorbs gas but must be taken away from meals so that nutrients are not removed from the body.

GOUT

Gout is a buildup of uric acid crystals in various joints of the body. The big toe seems to be the primary target, but the ankle, knee, and joints of the hand can be affected. It's almost ten times more common in men than women and is either due to eating too much "rich" food that causes uric acid buildup or slowing down of kidney function that causes higher levels of uric acid waste.

Diet:

A long list of foods to avoid includes: beef, lamb, pork, all fried meat, bouillon, consommé, meat stock, soups, gravy, pastries, cookies, cream, cakes, fried potatoes, potato chips, wheat germ, yeast, coffee, tea, alcohol, chocolate, and cocoa. If this diet is strictly adhered to, the incidence of gouty attacks diminishes greatly.

Foods that can help eliminate uric acid and alkalize the body include cherries, cherry juice, powdered green drinks, and blended green drinks. My recommendation is [Premier Greens](#).

First Aid:

For acute symptoms, soak the affected joint in an Epsom salts and [Magnetic Clay](#). Put a clay pack or castor oil pack on the affected area to draw out the inflammation. Use ice (10-minute applications), not heat, for relief and keep the foot elevated. Drink lots of water to flush out the uric acid.

Supplements:

* Bromelain enzymes: 500 mg three times daily between meals for its anti-inflammatory properties.

- * Digestive Enzymes: Pancreatic enzymes with hydrochloric acid are the optimum combination for complete food digestion. My current recommendation is KAL Brand Super Enzymes.

- * [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or 1/2 tsp per day.

Herbs:

- * Nettle root, 300 mg three times daily, helps eliminate uric acid.

- * Turmeric, 500 mg three times daily for its anti-inflammatory action.

- * Milk thistle, 400 mg twice daily, with a standardized extract (70 to 80%) of silymarin in a whole plant extract.

- * Garlic, 300 mg twice daily as a high sulfur content detoxifier.

Homeopathy:

- * Colchicum: Derived from the plant colchicum autumnale, the same source as the drug colchicine, which is prescribed for gout. For gouty pain that is worse with movement. Take colchicum 30 X every one to two hours.

- * Arnica: For aching, bruising pain.

- * Belladonna: For red, swollen, throbbing pain.

- * Bryonia: For pain that is worse with the slightest movement or touch.

- * Sulphur: For burning, itching pain, worse with heat and improved with cold.

The last four remedies can be taken in the 12X potency once every 1-2 hours. Change remedies if they do not alleviate the pain within the first 24 hours.

GUM DISEASE

Gum disease, also called pyorrhea or gingivitis, is either the result of inadequate dental hygiene and dental care or a body-wide state of ill health. Neglected teeth build up plaque or tartar, another name for the food debris that coats the teeth, which becomes a breeding ground for organisms, usually bacteria. Plaque can also occur at the gum line and cause irritation of the gums, leading to bleeding and infection of the gum line, pyorrhea, and receding gums. Cigarettes and alcohol have a negative effect on the mouth and can also deplete your body's vitamins and minerals.

The Yeast Connection and Gum Disease

Few people realize that yeast and fungal organisms also make their home in the mouth. A coated white tongue or white patches along the inside of the mouth that can be scraped off are indicative of oral thrush. Yeast organisms will overgrow when sugar and alcohol intake are high and in people who take antibiotics, use oral cortisones, cortisone nasal drops, or even cortisone air-puffers for asthma. Read the section on [Yeast Overgrowth](#) for more details.

Many dentists recommend antibiotics prior to teeth cleaning especially if you have mitral valve prolapse (MVP). When there is an allergy to the recommended antibiotics, people have substituted high doses of echinacea, [Pico Silver](#), or wild oregano oil two days before and five days after dental cleaning.

Any gum disease or dental problem can be helped by holding undiluted [Pico Silver](#) in your mouth for several minutes, several times per day. I did that after a recent root canal and headed very rapidly.

A thick, raw, beefy tongue that is sore, bleeding, and burning with indentations along the tongue from the teeth responds to yeast treatment and B

vitamins. Burning mouth syndrome can be amenable to B vitamins, but because yeast is often a factor, the B vitamins should be from a non-yeast source. Aspartame and other food additives can also cause burning tongue.

Parasites and Gum Disease

Parasites can infect the gums and dentists and periodontists often overlook this type of infection. These organisms can only be seen by direct microscopy. Fresh swabs from the mouth must be viewed immediately under a microscope to see them. Treatment is usually an antifungal agent; however, most oral antifungal agents are very harsh and there are many side effects, one of which is an overgrowth of yeast in the body.

The most natural remedy for oral parasites is a product made from grapefruit seed extract. This extract is a very viscous liquid, the more thick and viscous, the stronger it is. It is extremely bitter; dissolve 2 or 3 drops in 3 ounces of water. Gargle and rinse the mouth for several minutes, but don't swallow the solution. Do this twice a day to help eliminate parasites from the mouth.

First Aid:

* Avoid sugar, alcohol, coffee, and smoking.

* To eliminate plaque and tartar, brush and floss your teeth properly and regularly. The correct way to brush is with a soft toothbrush at a 45-degree angle to the gum line, using small side-to-side motions at the base of the tooth, so that the gum and the tooth are both cleaned. Rinse with 3/4's water, 1/4, 3% hydrogen peroxide to remove bacteria from the mouth. Baking soda also works to change the pH of the mouth and create a less hospitable environment for

bacteria. Some people use oral irrigation units to flush debris away from the gums and teeth.

* In my *Completement Now!* Online Wellness Program, Module 59 describes Oil Pulling. Simply hold 1 TBSP of sesame oil or coconut oil in your mouth for 15-20 minutes, and then spit it out in the toilet. The oil pulls toxins from your mouth and gums.

Diet:

Gum disease is a precursor to osteoporosis in the jawbones, so calcium and magnesium-rich foods are recommended. Calcium and magnesium are found in dark green leafy vegetables, nuts and seeds. Calcium-rich foods include sardines, salmon and organic dairy products. The section on [Osteoporosis](#) contains a list of calcium-rich and magnesium-rich foods. Eating raw vegetables clean the teeth and stimulate the gums at the same time.

Supplements:

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* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. One of the first signs of scurvy

(vitamin C deficiency) is bleeding gums. Bioflavonoids are especially important for capillary healing. Dosage: 1 capsule twice daily.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II.*](#)

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* [*ReCalcia*](#): The section on [***Osteoporosis***](#) contains a list of calcium-rich foods. If you can't get the full 600mg of calcium that you need from your diet, use [*ReCalcia*](#). Dosage: 1 tsp = 300mg, take 1-2 tsp per day.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

HAY FEVER (See [Allergies](#))

HEADACHES

The most common types of headaches described in conventional medicine are tension and migraine. However, for those who look closer and delve deeper, hypoglycemia, allergies, fibromyalgia, chronic fatigue, yeast overgrowth, and hormonal imbalance all produce their own brand of pain.

Hypoglycemia

Headache is one of the many symptoms of hypoglycemia. If a meal is skipped and the brain is deprived of its food (glucose), a hypoglycemic person will feel foggy or dizzy. If this warning signal is not heeded and food is still not eaten, a full-blown headache can result. You may get a headache that has the characteristics of a tension headache or a migraine. The treatment is to keep the blood sugar from falling by eating small frequent meals and avoiding sweets. See the section on [*Hypoglycemia*](#) for a full discussion.

Tension Headaches

Physical and emotional stress can trigger a vicious cycle that culminates in chronic tension headaches. Physical misuse of the body, such as sitting too long at a desk without taking a break, can cause muscle cramping and tightening. Try standing in front of your computer at a tall workstation instead of sitting all day.

First Aid:

* Periodic stretching is a must, even if you have to set a timer on your computer to remind yourself. Every thirty minutes, get up and walk around; do a few neck rolls; put your palms together behind your back and straighten your arms while holding your shoulders back.

- * Keep a small massage tool on your desk and use it on your neck, arms, or legs when you are pondering your next task or waiting for inspiration for your next email.

- * At home, yoga stretches keep your whole body flexible.

- * Purchase special neck posture pillows. You can use the small travel size pillow at home or away from home.

- * Try rolling up a small soft towel and placing that under your neck with the back of your head on a flat pillow. If you lie on your side, the towel should be under your neck as well. Adequate support of the neck, in this way, prevents neck tension and spasm.

Poor sleep position can also lead to neck pain and consequent headaches. Lying on your stomach is especially harmful. Keeping the whole body in alignment is the key. The head should not be propped up on several pillows.

Emotional stress is a major cause of tension headaches. It can occur suddenly or creep up insidiously over time. Most of us have received some shocking news and immediately find our heart racing as adrenaline pours out and blood rushes to our head and pounds in our ears and a headache is born. Crying often intensifies head pain, although for some, it can release tension.

First aid relief for acute headaches

- * A cold pack on your forehead, eyes, and/or neck.

- * A hot shower or soothing bath or footbath may calm your whole body, since head pain can be a whole-body reaction to stress.

- * A massage is helpful and also comforting.

Emotional Stress and Headaches

Chronic emotional stress can lead to chronic tension headaches, which must be treated more aggressively. Tension headaches can occur from a progression of long-standing muscle spasms of the neck and shoulders that over time begin to encroach on the muscles of the scalp. This causes pulling and strain on the scalp and also can begin to jam the underlying sutures of the cranial bones. It's now known that chronic tension can cause fibrositis or fibromyalgia. See the section on [*Fibromyalgia*](#).

Fibrositis

When the fibers in muscles become inflamed from chronic tension, they cause pain and spasms. Muscle spasms can be extremely powerful, to the point of actually causing vertebrae to shift out of position in the upper back and neck. A muscle spasm will create decreased blood flow in the center of the spasm. The lack of circulation will allow buildup of waste products in that area, which can lead to scarring and calcification. The treatment of fibrositis includes very deep muscle massage to slowly break down the calcification, increase the circulation to the area and return normal function.

Temporomandibular Joint Syndrome (TMJ)

TMJ or Temporomandibular joint syndrome is a commonly overlooked cause of headaches. The joint between the cheekbone and the jawbone can be off balance and create constant pressure on sensitive nerves around the joint every time you chew or talk. These nerves affect more than just the head and neck and if inflamed can affect many other parts of the body.

Stress and tension can cause you to grind your teeth at night, leading to TMJ. Holding your jaw open for long periods of time at the dentist's office can

also cause this problem. Your dentist should be aware of this and allow you to take “jaw breaks” periodically if you are undergoing a long procedure. Poorly aligned teeth, infection or gum disease can also throw your “bite” off. Treatment for TMJ often involves wearing a specially molded appliance called a “bite plate” at night over your bottom teeth. A well-fitted bite plate prevents you from grinding your teeth and encourages relaxation of the jaw. See the section on [***Temporomandibular Joint Syndrome***](#) for more information.

Whiplash

Whiplash or other head and neck injuries can lead to chronic headaches. Treatment for these headaches begins with an optimum diet, adequate rest, gentle stretching exercises, massage and sometimes deep massage (called Hoshino, see below) to revive the circulation in the calcified, scarred areas of the muscles, plus craniosacral massage (see below) if tension has jammed the cranial bones. Chiropractic adjustment is also of benefit in TMJ and whiplash.

Migraines

Fluorescent lighting can trigger migraines, especially if the lights are old and buzzing at an altered frequency. Light sensitivity, changes in vision, nausea, and vomiting that come before the pain are called “the aura,” which heralds a migraine attack. Therefore, a darkened, quiet room is helpful to reduce heightened sensitivity and lessen the severity of a migraine.

Research on migraines shows that up to 85% of subjects become headache-free with the elimination of cigarette smoke, pork oranges, wheat, eggs, chocolate, dairy, sugar, beef, tea, and coffee.

Avoid these possible allergens or irritants for a sufficient period of time to determine if they might be causing your migraines. Keep a food diary, since any food or additive could be the culprit. In fact, an insidious brain irritant in our food supply is aspartame (NutraSweet), which has crept into over 9,000 products worldwide. Among the ninety-two physical symptoms it causes, headache is number one. Anything labeled "Diet" is suspect. Read the section on [Detoxing Sugar & Aspartame](#) for more information. Pay special attention to magnesium, vitamin B6 and the herb feverfew for treating migraine headaches.

Allergic Headaches

Inhaling chemicals that cause neurologic pain or irritation of the mucous membranes of the respiratory tract can cause allergic headaches. Food allergies can create antigen-antibody complexes that circulate in the bloodstream and trigger reactions in the brain, causing spasm and pain. An allergic reaction to yeast is a good example; its metabolic waste products, produced in the body, include aldehydes and alcohol, which can cause severe headaches. Pollens in the springtime, ragweed in the fall and leaf mold in damp weather can all trigger headaches in susceptible people. There are homeopathic pollen, ragweed, grasses, and mold remedies that can be obtained to treat such conditions.

When diagnosing allergic headaches, the timing of onset is very important. If you only get these headaches in a certain environment or after a particular meal, you can begin to narrow down the causes and avoid them. If you eat the same things every day, you may build up intolerance to these foods. One clue is to stop eating your top two to four "favorite" foods for a month and see if your symptoms abate. Read the section on [Allergies](#) for a more in-depth discussion and to learn why you should rotate your foods.

Sinus Headaches

Sinus headaches are often quite painful and difficult to diagnose and treat. During a cold, if bacteria or yeast take up residence in your sinus cavities, they can cause swelling of mucous membranes with a buildup of mucus and lots of painful pressure. If bending over makes the throbbing pain in your forehead and face worse, that is one clue to diagnosis. There are sinus cavities above the eyes, beside the nose and in the cheekbones. Finger pressure over these areas usually elicits pain. Treatment for the underlying infection is aimed at draining the sinuses and eliminating the bacteria involved. This will resolve a sinus headache. Read the section on [***Sinus Infections***](#) for a full discussion.

Note: Sudden onset of a new type of head pain, which is not relieved by sleep and wakes you at night or is associated with blood coming from the eyes, nose, or ears, must be investigated immediately by your doctor.

First Aid:

Because headaches are most often a symptom of another health condition, treatments for headaches are varied and include investigating the various conditions mentioned above. The simplest treatment of all may be to simply drink lots of pure water. Dehydration and consequent thickening of the blood can cause platelet aggregation and constriction of blood vessels leading to pain.

Lack of physical exercise, poor posture, and poor sleeping habits can all contribute to chronic headaches. Yoga is probably the best form of stretching exercise and can improve your posture. Sleep on a hard mattress and use a special pillow that supports your neck. Hydrotherapy in the form of swimming, whirlpools, hot baths, steam baths and saunas help relax the body plus eliminate toxins that may be contributing to the pain.

Body Work

Hoshino Therapy is a unique pressure-point system that alleviates neck and back pain, sciatica, bursitis, tendonitis, pinches nerve, arthritis, and fibrositis. See [Resources](#) for names of practitioners.

Craniosacral massage is a highly specialized type of bodywork during which the practitioner feels and influences the subtle rhythms of the cerebrospinal fluid in the spinal canal and brain. Find someone who is very skilled in this therapy. A good treatment can release pressure and tension in the head and neck by an almost imperceptible movement of the cranial bones.

Chiropractic adjustment may be necessary to release the cervical vertebrae, but adequate attention must be paid to the muscle component. It is often muscle spasm that is pulling the vertebrae out of alignment and frequent adjustments are not going to help if the muscles are still in spasm. Find a chiropractor who will give you stretching exercises and does not put all the emphasis on having frequent adjustments.

Detox

Some patients find that mild cleansing programs such as aloe vera gel, 1 tablespoon each morning in juice or water, help chronic neck and back problems. See the section on [Cleansing](#).

Supplements:

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* Vitamin E complex: Choose a food-based organic product. Dosage: One tablet, once or twice daily to support the adrenal glands.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

Herbs:

* Feverfew: It's the most notable herb used in the treatment of migraines. It appears to have anti-inflammatory properties and can be taken as a preventive on a daily basis. Dosage: two to six 300-milligram capsules daily. Attempts are being made to standardize it to a 0.2% parthenolide content or 125 micrograms of parthenolide daily. However, the best form to take is one that also contains the whole plant.

* Culinary herbs such as ginger and garlic gently thin the blood and relieve platelet aggregation.

* Hops, valerian, and skullcap are relaxants and sedatives that can help to lessen pain.

* Specific herbs for pain in the head and neck are Cimicifuga and Pueraria. Cimicifuga is called the “whiplash remedy.”

Homeopathy:

* Bryonia: For stiffness and pain in the neck and trapezius muscles

* Cimicifuga: For head and neck pain shooting down the left arm

* Chelidonium: For pain down the right arm

* Nux vomica: For neck pain from the back of the head to the shoulder.

Dosage: All remedies can be taken in the 6X or 12X potency in frequent doses (every few hours). If a remedy doesn’t work within two to three days, try another or book a consultation with a homeopath to find your constitutional remedy.

HEARTBURN

A protective muscular sphincter normally separates the esophagus and the stomach. If for some reason that sphincter is weakened or goes into spasm, acidic stomach contents can be pushed up into the esophagus, causing burning pain. This is called "heartburn" because the area of pain lies close to the heart. People with heartburn can be misdiagnosed with angina or heart pain. Heartburn is also called gastro esophageal reflux disease (GERD) but occasionally people can have reflux of stomach contents into the lungs and feel no burning in the esophagus.

The stomach lining is designed to handle very strong digestive acid, but the esophagus is not. A large meal can stretch the esophageal sphincter and allow a reflux of acid, especially if you lie down afterward. Small frequent meals move out of the stomach quickly and don't cause reflux.

If the esophageal sphincter is in spasm due to magnesium deficiency the same symptoms of heartburn and reflux can appear.

The substances most apt to relax the esophageal sphincter and cause reflux are alcohol, coffee, tomatoes, and tobacco. Physical factors such as bending forward while lifting (instead of bending at the knees), overdoing sit-ups or going to bed shortly after eating can also initiate symptoms of reflux. When you are under stress, the stomach and abdomen tend to get tense, which can lock the diaphragm in place so that the breathing is shallow and the stomach can be pulled up between the two sides of the diaphragm. This can lead to stomach spasm, which can mimic a hiatus hernia and create problems with digestion. If you try to eat a big meal, spicy food or drink a carbonated beverage when your stomach is in spasm, it will not be able to hold much and will start looking for a way out. If, at the same time, you're drinking coffee or alcohol, the esophageal sphincter will weaken and the stomach contents will push up into the esophagus.

Another way heartburn can begin is after gastroenteritis with nausea and vomiting. When the esophageal sphincter opens up during vomiting, the esophagus may become irritated or burned and the esophageal sphincter becomes weak. In this case, gastroenteritis will be followed by stomach spasm and heartburn (which you might think is part of the gastroenteritis) or a mild hiatus hernia. Because there is muscle spasm involved, magnesium deficiency plays a role in this type of heartburn.

The medical treatment for heartburn is over the counter or prescription antacids. They coat the esophagus and stomach or neutralize stomach acid. However, they only offer symptomatic relief; they do not get to the root of the problem. They also greatly interfere with digestion when they neutralize the necessary gastric acids. If your food does not digest properly, it cannot be absorbed and your nutritional status suffers and intestinal bacteria and yeast feed off this undigested food causing fermentation, gas, and bloating.

The proton pump inhibitor antacids like Nexium have been found to decrease magnesium in the body and increase the risk of hip fracture, pneumonia, and clostridia infection in users and should be used with extreme caution. Nexium is now an OTC drug, which means it has the potential to harm even more people.

First Aid for Mild Hiatus Hernia

Gently massage the stomach from the tip of the xiphoid process, which is at the bottom of the sternum (that little space between the ribs where they attach to the sternum or breastbone), down along the right-hand side of the rib cage. Massaging in one downward movement to the right several times will often release the spasm and move the stomach back into place. See the section on [***Digestive Disorders***](#) for more information on stomach spasm and hiatus hernia.

Diet:

Eat small meals, chew your food well and don't drink with a meal. Avoid alcohol, coffee, tomatoes and tobacco.

Supplements:

* Digestive enzymes with HCL: Super Enzymes, KAL brand. Take 1-4 with every meal.

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

Herbs:

* DGL licorice: DGL can be as effective as powerful prescription medications for heartburn and GERD. Chew one or two wafers twenty minutes before a meal. DGL works by strengthening the stomach mucosal lining and enhancing production of mucin, which protects the stomach against gastric acid. DGL stands for de-glycyrrhizinated licorice.

* Apple cider vinegar: Mix 1 tsp in 4 ounces of water and sip throughout a meal to aid digestion.

* Ginger, catnip, fennel, and slippery elm bark: Make a tea or take one to two capsules before meals of any of these herbs either alone or in combination.

Note: Mint teas may aggravate heartburn; even though mint can relax cramps and intestinal spasms, it can actually weaken the esophageal sphincter.

HEART DISEASE (See [Angina Pectoris](#))

HEAT EXHAUSTION

Heat exhaustion can occur through excessive sweating due to overexposure to the sun, (especially between 11:00am and 2:00pm); failure to drink enough water; and failure to protect the head with a hat. You should drink water high in mineral electrolytes if you're going to be outdoors working or exercising in the sun.

Your body loses much more than just salt when sweating. Magnesium, potassium and traces of most minerals are also lost. Concentrated salt tablets should be avoided, unless in an emergency. Another thing to remember when using salt tablets is to drink lots of water because the salt diverts water away from the extremities and brings it to the stomach to dilute the salt. The best way to get salt is by eating vegetables because they have natural sodium. High-sugar drinks are bad for the same reason -the sugar must be diluted in the stomach. Fruit is a much better way to keep your blood sugar up and to hold water. Coffee, alcohol, and smoking should also be avoided as these dehydrate the body and cause blood vessel constriction. Suspect dehydration when urination slows down or, even worse, stops completely.

When heat exhaustion is developing into heatstroke, you can suffer headache, neck pain, dizziness, nausea, and disorientation. If heatstroke is suspected, the best place to be is in the hospital. If that is not possible, it's imperative to be in a cool, dark room with air conditioning or fans blown over ice. Cool water applied with a spray bottle or cool thin towels replaced frequently work better than total immersion.

Water with lemon and a bit of honey, vegetable juice, and vegetable broth are simple food sources of electrolyte replacement.

HEMOCHROMATOSIS (Iron Overload)

Hemochromatosis is also called iron overload disease. It is the most common genetic disorder in the United States. It is a metabolic disorder that increases absorption of iron, which is deposited in various body tissues and organs and can cause damage.

Hemochromatosis is an inherited condition and those at risk are predominantly of Scottish, Irish, or English descent. Symptoms vary according to affected organs and include lethargy, joint pain, bronze or yellowish skin color, loss of body hair, impotence in men, amenorrhea in women, irritability, and depression.

Untreated or severe hemochromatosis may lead to an enlarged liver, an enlarged spleen, diabetes, abnormal heart rhythm, and congestive heart failure.

Hemochromatosis is usually discovered through a routine blood test that shows high iron levels and high iron storage levels, called serum ferritin. Further diagnostic procedures for hemochromatosis may include a transferrin saturation (TS) test and a liver biopsy. One simple treatment is bloodletting; become a blood donor. Your blood is perfectly safe, and you will be helping someone else while you drain excess iron from your system. The treatment for severe cases of hemochromatosis is intravenous chelation that pulls out excess minerals from the body's tissues and arteries.

People with iron overload should avoid taking supplements that include iron and cut back on iron-rich foods such as red meat. Read the section on [***Liver Disease***](#) to learn how to heal the liver from iron overload damage.

Women, before menopause, have less heart disease than men, possibly because we regularly bleed away excess iron with our menses. After menopause they no longer lose iron and have the same or greater risk of heart disease.

HEMORRHOIDS

Hemorrhoids occur in the anal canal and can be internal (invisible) or external (protruding from the anal canal). They are weakened, swollen veins that can swell and even bleed due to pressure from the liver's major blood circulation, pressure from constipation, pregnancy, sitting all day -especially in a car or truck or straining the abdomen in any way. They can cause a fair amount of disability and irritation.

Hemorrhoids are also very common in both sexes, in women due to pregnancy and in men due to constipation and inactivity. We can't stop pregnancy and the pressure that is put on the veins, but we can avoid constipation, increase our exercise and strengthen our veins.

A discussion of hemorrhoids was my topic when I first appeared on the television show *The View*. When we rehearsed the segment, I had a huge audience of the show's crew, mostly men, who seemed very interested in hemorrhoids. After rehearsal, one of the producers remarked that she hadn't seen such a turnout since Pamela Lee Anderson's rehearsal!

On that show, I demonstrated that hemorrhoids are like a cluster of grapes that pop out of the anal canal. I used the cardboard center of an empty toilet roll to demonstrate the canal and grapes to show how they were positioned as they burst out of the canal. The crowd was in hysterics. Meredith Vieira, one of the show's hosts, not to be outdone, said hers were even bigger than grapes after giving birth.

Surgical treatment can be very simple for single hemorrhoids. A gastroenterologist expertly places a very tight rubber band at the base of the hemorrhoid to cut off circulation; the hemorrhoid then shrinks and dries up within a few days.

If you have hemorrhoids or rectal fissures, pay special attention to cleaning the anus after a bowel movement. Tiny sharp particles in the feces

(especially from seeds or nuts) can cut the anal skin. A bidet is the best solution, allowing you to wash the area immediately after a bowel movement. Otherwise use soft, undyed, unscented toilet paper. Wet some paper and clean the first inch of the anal canal. A thin, wet washcloth and neutral pH soap can also be used.

Diet:

Treatment begins by eating an optimum diet and eliminating alcohol, cigarettes and drugs. Treat constipation with a high-fiber diet, including bran and beets. Foods that help veins regain elasticity are garlic, onions, lecithin, okra, green leafy vegetables, and whole grains. Use plenty of liquids and avoid straining when passing stool. Veins are strengthened by bioflavonoids, which are part of the Vitamin C complex. These nutrients help treat varicose veins, uterine hemorrhage, and strokes. Food sources are buckwheat or citrus pulp.

First Aid:

* Anurex: This is a reusable suppository that is chilled in the freezer and when inserted into a painful anus gives immediate relief and also lasting relief as it treats inflammation and flattens hemorrhoids. Obtain it from the [Anurex website](#).

* Sit on a donut-shaped cushion to take the pressure off the area while they are healing.

* Sitz baths: Use one or a combination of witch hazel, plantain leaves, comfrey root or white oak bark. These herbs are all strong astringents. Use 2 ounces of dried herb and 1/2 gallon of boiling water. Steep for one hour, strain, pour some into a shallow pan and sit in it for fifteen minutes.

- * Vitamin E oil on the area is soothing and can relieve swelling.
- * To ease swelling and pain, coat a piece of potato the size of your small finger with vitamin E and insert into the anus.
- * For swelling, bleeding, and pain, apply comfrey ointment.
- * For pain and to assist shrinking of the swollen tissues, apply plantain and yarrow ointment.
- * Fissureheal: These are pipe-cleaner size suppositories that can be threaded into a fissure for localized healing. (See [Resources](#))
- * Zinc ointment and vitamin E oil can also help heal fissures, which may occur along with hemorrhoids. Most of the above suggestions for hemorrhoids are useful for fissures.

Homeopathy:

Witch hazel: For healing hemorrhoids, use a 6X or 12X, one dose, three times a day.

Supplements:

- * [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: 1/2-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Zinc, copper, selenium and magnesium are especially important for healing blood vessels. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [RnA ReSet Drops](#): A unique product made from barley sprouts that produce a unique cell called the iCell, which helps make perfect cells and balances body, mind and spirit. I describe them more fully on page 16 and in [Appendix B](#). You can also go to [RnA ReSet](#) for dosage instructions and more information.

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

HIATUS HERNIA (**Also See** [Digestive Disorders](#))

The stomach lies central and to the right of the abdomen directly under the sternum, which joins the ribs. If that area is hard and painful, the stomach may be in spasm. The top of the stomach can occasionally become slightly trapped between the esophageal sphincter and the two sides of the diaphragm. This extra tissue in the wrong place can interfere with the movement of the diaphragm, leading to shortness of breath or inability to take a deep breath. If severe, there can be pain that travels around to the back and up the front of the chest. Often, but not always, there is a reflux of acid up the esophagus because the normal sphincter between the esophagus and the stomach becomes stretched and weakened. When there is chest pain and no acid reflux to identify it as a GI problem, many people, including doctors, mistake these symptoms for heart pain.

Children can have stomach spasm or mild hiatus hernia after vomiting. Adults who do too many sit-ups can suffer from it and women during pregnancy are susceptible, as are people with constipation, all of which puts more pressure on the stomach. Generalized tension, where you breathe high in the lungs and can't take a deep breath because you are in a constant state of "fight or flight", can cause the stomach to be "elevated."

There is no medical treatment for hiatus hernia and when it is very severe, surgery is offered. This operation is a last resort because of the many possible side effects including limited stomach capacity, severe discomfort when eating and inability to vomit or belch normally.

However, there is a natural treatment for this condition consisting of traction massage on the abdomen to relax the stomach and ease it into its proper position. See below for instructions on Hiatus Hernia Massage.

First Aid for Hiatus Hernia

- * Avoid coffee, tea, and alcohol, which relax the sphincter between the stomach and esophagus.
- * Avoid sit-ups or do modified sit-ups. To do a modified sit-up, sit on a mat with your knees bent and back straight. Fold your arms over your chest, lean back a few inches and sit up. Choose the number of repetitions that is best for you.
- * Do not lie down after a meal.
- * Do not drink liquids with meals.
- * In the morning, to settle the stomach in proper position, drink a glass of water, rise up on your toes and then thump down on your heels about ten times.
- * Learn yogic breathing; when you inhale, let your abdomen rise so that your diaphragm falls. This opens up the lungs to full capacity and massages the stomach in place.
- * Have a professional massage your stomach firmly and down and to the right to release the spasm; often you will hear a gurgle as stomach contents that have been trapped are released.

Hiatus Hernia Massage

- * If you can't find a professional who knows how to massage a hiatus hernia, you may be able to gently perform this treatment using the following directions. While standing, with knees bent a little and bending forward a bit so that the stomach area is relaxed, take a deep breath and while exhaling through an open mouth, using the flat of your fingers and pressing in about 1/2 inch, move the fingers slowly down and to the right beneath the rib cage stopping at your hip bone. Take about 7 seconds to perform each massage and do this three times

each day. The massage is best done when you wake up because the stomach slips up at night, if it is tense. A picture is worth a thousand words, so I'm including a [hiatal hernia self-massage video](#) by chiropractor, Dr. David Dahlman that my 87-year old client in England found very helpful.

HYPERACTIVITY (See [Attention Deficit Hyperactivity Disorder](#))

HYPERTENSION

Normal blood pressure is a range of 110/70 to 130/90; hypertension is defined as chronically elevated blood pressure above 140 over 90. The top reading of blood pressure is called systolic pressure and is the force of blood that pushes up against the blood vessels. The lower reading, called diastolic pressure, is the backpressure on the heart. The diastolic is the more important reading in terms of causing heart disease. The concern about chronic hypertension is that blood pressure can become high enough to burst small blood vessels. If that occurs in the brain, the result is a stroke; if it occurs in the heart, an area of the heart muscle dies and can no longer function, resulting in heart failure; or, in the kidneys the result is diminished kidney function.

Blood pressure rises with age only in so-called Western civilized countries not in countries that continue to eat a natural diet. Therefore, it appears to be a direct consequence of lifestyle: coffee, alcohol, cigarettes, heavy-metal toxicity (including mercury dental amalgams), a junk-food diet, lack of fruits and vegetables, and the wrong kinds of fats, all of which lead to hardening of the arteries, weakness of the heart muscle and deficiency of magnesium, potassium, and a long list of other nutrients mandatory for healthy heart function.

Stress and tension are also known causes of hypertension, which can be alleviated by relaxation exercises as well as physical exercise, biofeedback, prayer, contemplation and meditation. If your doctor feels that you have to go on antihypertensive medications, ask for a twenty-four-hour blood pressure monitor test. This enables both doctor and patient to understand if this condition is present at all times or only during stress. This test will prevent the overuse of medication and alert you to the presence of "white-coat hypertension," which is hypertension whenever your doctor takes your blood pressure.

There is a concern with medicating the elderly with antihypertensives. If you do have hardening of the arteries, you may need a slightly elevated blood

pressure in order to get enough blood going to your head. If you lower your blood pressure too much with medication, you can become dizzy, disoriented and begin falling - and breaking bones.

Another concern is that overzealous doctors are redefining high blood pressure as 130/90 and drug companies who prescribe medications without encouraging diet, exercise and nutrients like magnesium and potassium.

Diet:

Blood pressure can become elevated due to deficiency of nutrients, especially minerals. When you eat a poor diet, your body becomes depleted of necessary nutrients. Treatment for hypertension begins with diet. If you are overweight or have diabetes, you are more prone to hypertension. Read the section on [Diabetes](#) and lock up the sugar bowl. There are two schools of thought on the optimum diet for hypertension: some say high protein and some say high carbohydrate/low fat. This seeming disparity is obvious if you look at blood group diets; if you have "O" type blood, you may need more protein; if you have "A" type blood, you may need a high-carbohydrate diet. Read the section on [Optimum Eating Plan](#) for a more thorough explanation.

Foods that alleviate hypertension include garlic, onions, fish, green leafy vegetables, root vegetables, and oatmeal. Potassium broths are an excellent way of getting this important mineral. The recipe includes potato skins, celery, parsley, carrots, and zucchini cooked in a big pot of water for at least one hour. Season the broth with low sodium vegetable salt, throwing out the spent vegetables.

Supplements:

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: 1/2-1

tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* Potassium. This mineral is included in [ReMyte](#). Potassium is high in green leafy vegetable. You can also drink potassium broth. The recipe for this broth is under the heading Potassium in my *ReMyte* book, which is a free in the Books section on the [Dr. Carolyn Dean Radio Show Archive](#).

* [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

HYPERVENTILATION

Hyperventilation is caused by breathing too quickly and is usually brought on by anxiety. Anxiety itself can come from low blood sugar attacks after eating a high sugar meal. When you are afraid or anxious, adrenaline and fight-or-flight mechanisms take over. Your blood pumps faster, your heart pounds, more anxiety builds and you start breathing more quickly. As part of our basic fight-or-flight reflex, if you needed to run away from something threatening or fight for your life, this extra oxygen would be necessary. When you're standing still and don't burn off the extra adrenalin with activity, it translates into a frightening anxiety attack.

The best treatment is to breathe deeply and slowly, holding your breath for a count of 5 before exhaling in order to retain more carbon dioxide, which will shut down the stimulus for rapid breathing. If hyperventilation is causing you to become light-headed and near fainting, you can breathe into a paper bag to help retain more carbon dioxide. If you are panicking, it helps to have someone with you who can coach you to take slower breaths and help you relax.

Sugar, coffee, alcohol and cigarette smoking exaggerate anxiety and hyperventilation. Read the sections on [Anxiety](#) and [Agoraphobia](#) for more information on these conditions.

HYPOGLYCEMIA

I don't know about you, but if I eat just one chocolate chip cookie, I've committed myself to craving sugar all day. It's a domino effect. Of course, I know exactly why that happens. Many sugary foods are high glycemic foods, which cause a rapid rise in blood sugar, triggering a rapid rise in insulin, which in turn triggers a rapid drop in blood sugar, creating hunger and cravings. Why? Because when blood sugar drops, we're supposed to burn glycogen and fat for energy. But the persistent high insulin level blocks those processes. We run out of energy and the cravings begin. So... we eat! It's the classic blood sugar roller coaster.

Hypoglycemia means low blood sugar. Medically, it is only recognized if the blood sugar drops below a certain range (50 mg% or 2.7 grams/dl glucose); however, the level can vary depending on the individual and the circumstances. Ideally, blood sugar should stay within a certain normal range. If you eat a highly refined diet, however, your blood sugar will quickly become elevated as this food is rapidly absorbed into the bloodstream. When the blood sugar reaches a certain maximum, insulin is stimulated to enter the bloodstream and take the excess glucose away into the body's cells. The amount of insulin released is dependent on the rate of increase of the blood sugar. If a great amount of insulin is released, the blood sugar may fall dramatically.

When the blood sugar falls in a precipitous manner, adrenaline is stimulated to make sure the blood sugar does not fall too low, rendering you unconscious. Adrenaline stimulates the sugar stores (glycogen), but it can also produce a fight-or-flight reaction. You may feel a sense of anxiety or impending doom for no apparent reason. At this point, if you eat a meal of refined foods, a soda or coffee and a donut, you may feel better quite quickly, but the cycle of rapid elevation of blood sugar and then rapid decline repeats itself – you can go through life as if on a roller coaster. We call it the “crash and burn” syndrome.

It may be important for you to diagnose this condition properly if it's being confused with other conditions such as headaches, anxiety, fainting attacks, rapid heartbeat and depression. This can be done with a glucose tolerance test, however, the testing itself uses high amounts of sugar and can make you feel ill if you have been avoiding sugar. You must keep a journal of your symptoms while having a glucose tolerance test. After twelve to fourteen hours of fasting, you are given a sugar drink and blood is taken every hour for five hours to document what happens to your body's blood sugar over this period of time. Remarkably, even though you may record that you feel terrible during the test and all your various symptoms are evoked, if your blood sugar does not fall to 50mg%, you may be told you do not have hypoglycemia. But, if you have the symptoms, you must assume you do and that your hypoglycemia is due to rapid blood glucose drop, even if it doesn't reach the magic number of 50mg%.

Diet:

The treatment for hypoglycemia is small, frequent meals of complex carbohydrates (vegetables, whole grains, seeds, nuts) and protein. Some suggest either one or the other, but it is important to balance both protein and complex carbohydrates in the diet. Sweets, refined foods and alcohol must be avoided. Don't make the mistake of switching to artificial sweeteners to avoid sugar.

The most common sweetener, aspartame (NutraSweet), is found in over 9,000 diet products. It is a neurotoxin and causes sugar cravings, headaches and seizures, among its ninety-two FDA-documented side effects. Read labels and avoid it. Read the section on [***Detoxing Sugar & Aspartame***](#) for more information. It may be worthwhile to sit down with a nutritional counselor to devise proper diet management of this condition.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. The chromium, zinc and magnesium in *ReMyte* are especially important in sugar balance. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

HYPOTHYROIDISM

I've written a lot of words here about hypothyroidism, however [Adrenal Exhaustion](#) often goes along with this condition, so be sure to read that section in this book.

The thyroid gland is located on either side of the trachea (windpipe) in the neck. It controls the metabolism of all the cells of your body. If thyroid levels are low or hypo, your metabolic rate is lowered causing symptoms such as sluggishness, fatigue, pain, difficulty waking up in the morning, obesity, coarsening of the hair and skin, constipation, frequent infections, heavy menstrual periods, and poor wound healing.

Because these symptoms overlap with many other conditions and there are many causes of low thyroid, it is important to make an accurate diagnosis. Unfortunately, blood tests for the thyroid tend to be inaccurate and can miss many cases of low thyroid. The basal body temperature test, described below, can be more accurate than blood tests.

Thyroid Disruptors

There is an epidemic of hypothyroidism due to the following hormone disruptors:

* Chemicals: pesticides, fertilizers, herbicides, plastics and heavy metals can block thyroid function. There is acknowledged hormonal disruption in animals and fish; why would humans be immune? Simultaneously there exists a deficiency of minerals in the food supply due to depleted soil. The thyroid gland needs iodine and selenium to function properly; without these minerals, the thyroid swells into what is known as a goiter.

* Estrogen overload, called estrogen dominance, described in Hormone Balance (Dean, 2005), also blocks thyroid function. See the [Menopause](#) section.

* Researchers have stated that the hormonally active isoflavones in soy are capable of suppressing thyroid function and causing or worsening hypothyroidism or, in some cases, causing goiter. While fermented soy and some isoflavones may be useful for the symptoms of menopause, we must consider the harm of unfermented processed soy and weigh it against the possible benefits.

* Radiation exposure to the thyroid gland can cause hypothyroidism and thyroid tumors as evidenced by a generation of young people who undergone irradiation of their thymus glands or received X-rays for acne. Many are now in their 50's and 60's suffering hypothyroidism or thyroid tumors.

* Mercury is another common cause of hypothyroidism, either by direct damage because of the close proximity of mercury fillings to the thyroid or by acting like an antibiotic in the intestines and allowing an overgrowth of yeast. Mercury also comes from vaccines, coal burning plants and fish.

* Yeast, most commonly *Candida albicans*, produces up to 180 different toxins in its life cycle. Some of these toxins can cross react with thyroid tissue possibly causing an autoimmune condition called Hashimoto's Thyroiditis, which is one of the most common causes of hypothyroidism.

* Fluoride in toothpaste, drinking water and many common prescription drugs has a negative effect on thyroid function. Here is a list of harmful effects that Dr. Steven Hotze describes in his book, *Hypothyroidism, Health & Happiness: The Riddle of Illness Revealed*.

- 1) Poisoning the enzymes in the thyroid gland that produce thyroid hormones
- 2) Adversely affecting the thyroid hormone receptors on all the body's cells, preventing the adequate uptake of thyroid hormones

- 3) Inhibiting the production of TSH from the pituitary gland
- 4) Displacing iodine which is essential for producing thyroid hormones

Iodine Is Not The Only Thyroid Mineral

But it is a crucial mineral for the proper functioning of the thyroid. There is a theory that the amount of iodine we require is "set" at the time we are in the womb by the amount of iodine in our mother's diet. In other words, if your mother lived by the sea and ate fish and seaweed containing large amounts of iodine, then you will require a similarly large amount of iodine throughout your life. If you don't get enough iodine to initiate the first step in making your thyroid hormones, you can develop hypothyroidism. If your mother had very little iodine when pregnant, then you need very little and if you take too much for your needs, you may develop hyperthyroidism.

Make an assessment of how much iodine you need based on where your mother lived when she was carrying you. If your mother grew up near the ocean eating seafood, you too should consume foods that are high in iodine, including fish, seaweed and root vegetables. However, because of the mercury contamination of most fish, it's best to limit your fish intake to wild Alaska salmon and choose sea vegetables that are tested for mercury.

You can ask your doctor for a pre-and post-iodine loading urine test from Doctor's Data (See [Resources](#)) to determine your need for iodine. Most patients that I have tested are iodine deficient, so I just recommend [ReMyte](#) across the board for hypothyroidism because the thyroid depends on much more than iodine.

For optimal function the thyroid also requires selenium and boron to convert T4 to T3. Manganese, molybdenum, zinc, copper, calcium, and magnesium are also needed by the thyroid for its proper function. There are

probably other minerals that have been overlooked that could also play a role. That's why I recommend using sea salt in your drinking water to obtain its 72 minerals. Chromium assists insulin in the conversion of T4 to T3. So, instead of high dose iodine, taking a well absorbed multiple mineral formula like *ReMyte* will support our organs much better than forcing one high dose mineral. You can download my free *ReMyte* book at [DrCarolynDeanLive](http://DrCarolynDeanLive.com).

Basal Body Temperature

Dr. Broda Barnes, in his excellent book, *Hypothyroidism: The Unsuspected Illness*, convinced a generation of natural medicine practitioners that basal body temperature is a more accurate way of assessing metabolic rate and thyroid function than blood tests. An expansion of Dr. Barnes' work by Dr. Mark Starr in his book, *Type 2 Hypothyroidism*, supports Barnes' conclusions.

Directions for taking basal temperature:

A basal body thermometer (BBT) is a very sensitive thermometer that tracks your body's exact temperature. A glass alcohol thermometer is more accurate than a digital and much less dangerous than mercury thermometers – which have been taken off the market because of mercury contamination when they break.

Keep a basal thermometer on your night table. When you wake up in the morning, before you move, put the thermometer under your armpit for ten minutes. For women, the temperature is best taken during menses – from the third day for about 4 days. If your temperature is consistently under 97.8°F, you may have a thyroid problem.

Diet:

Avoid foods that contain substances that suppress the thyroid, such as broccoli, Brussels sprouts, mustard greens, kale, and spinach.

Supplements:

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals, 9 of which are necessary for proper thyroid function. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcina: Invisible Minerals Part II.*](#)

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I.*](#) Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

If you take too much iodine or thyroid medication, usually the first sign of excess is an elevated heart rate and, when extreme, being able to hear your heartbeat

pulsing in your ears when you lie down. So, if you are on a thyroid medication and begin taking *ReMyte* and you get those signs or symptoms, it's an indication that your thyroid has begun to work again. At that point, you should consult your doctor to decrease your thyroid medication.

Natural Thyroid Medication

Remember: It may be natural but it's still medication. Dr. Barnes and Dr. Starr both suggest that the best treatment of hypothyroidism is a natural source of thyroid such as Armour thyroid, Westthyroid, or Nature-Throid, to supply the thyroid gland with thyroid hormone.

The source for natural thyroid products is usually pig or lamb thyroid that is standardized to a specific dosage. They supply T3 and T4 as well as the little known T1 and T2 and are far superior to synthetic varieties that usually only supply T4. Recent research now shows that transdermal Armour may be even more effective.

These products are only available by prescription. Unfortunately, many doctors either don't know about these products or don't prescribe them because they were told in medical school, as I was, that the dosage could vary from batch to batch making them unreliable drugs. Times have changed and these drugs are standardized and safe for the treatment of hypothyroidism. That's if you need hormone replacement and you may not.

Clinically, I see patients doing much better when they supply the thyroid with the proper mineral building blocks so that the thyroid can make its own hormones. *ReMyte* is the best source of fully absorbed, bioavailable minerals for proper thyroid function.

In summary, both allopathic and natural medicine doctors typically wait until the thyroid is very weak and damaged before using replacement thyroid

therapy with synthetic thyroid hormone or natural thyroid hormone. Doctors also follow inaccurate blood tests for thyroid instead of a patient's symptoms and basal body temperature.

Hashimoto's Thyroiditis

Hashimoto's thyroiditis occurs when the thyroid gland is attacked by the immune system. It is diagnosed by blood tests that reveal low levels of thyroid hormone and antibodies directed against thyroid tissue. It is the most common thyroid disease in the U.S., yet allopathic medicine says it doesn't know what causes the immune system to go on the attack. The same can be said for the many other autoimmune diseases – various organs and tissues are under attack for apparently no apparent reason.

However, in natural medicine we know that the immune system does not attack a healthy body. What comes under attack is a toxic body and various organs and tissues are caught in "friendly fire" because they cross react with yeast toxins, chemicals, undigested food molecules absorbed through the gastrointestinal tract. Fluoride in our water, dental products, and common medications are probably the most obvious causes.

Absorption through the GI tract can happen very easily when you develop a "Leaky Gut" due to [***Yeast Overgrowth***](#). You can read more about these conditions in the relevant sections. The treatment is to heal a leaky gut and reduce yeast overgrowth. However, once antibodies to thyroid tissue exist, it may be very difficult to reverse this condition unless the focus is also on detoxifying the body and antidoting the toxins.

In Hashimoto's Thyroiditis, doctors tell patients to avoid iodine in case it makes their condition worse. Please read an opposing argument by Chris Kresser ND, called "Iodine for Hypothyroidism: Crucial Nutrient or Harmful Toxin?" Kresser says that, "It appears that iodine may only pose a problem for people

with Hashimoto's and other autoimmune thyroid diseases in the presence of concurrent selenium deficiency." And, "selenium protects against the effects of iodine toxicity and prevents the triggering and flaring of autoimmune disease that excess iodine without selenium can cause." Again, [ReMyte](#) is designed to contain iodine and selenium, as well as other thyroid minerals, so that it can be effective in treating Hashimoto's.

Wilson's Disease

Dr. E. Denis Wilson claims he has discovered another form of thyroid disease, which he named after himself. His protocol is based on trying to normalize your temperature using a T3 thyroid preparation as opposed to the usual T4 medications – Thyroxin or Eltroxin. There is much dispute over his work. However, *ReMyte* minerals help make T4 and help breakdown T4 into T3, which means you may not need to be treated with a T3 hormone.

INCONTINENCE

Urinary incontinence is the involuntary loss of urine. Some consider it to be a normal consequence of aging, but this is not necessarily so. Women are more susceptible to this condition because of the weakening of bladder sphincter muscles during childbirth or pressure on the bladder from uterine prolapse. Men are susceptible, as they get older, because the prostate at the base of the penis enlarges and puts pressure on the urethra, causing urinary frequency as well as incontinence. For more information read the section on [*Prostate Problems*](#).

Don't run out and buy incontinence pads right away because there are a number of things you can do to strengthen your bladder sphincter. Regard this as a symptom of an underlying problem that can, in many cases, be reversed.

First Aid:

Urologists advise "double voiding" for incontinence: after you urinate, remain on the toilet and wait for any excess urine that remains to leave the bladder. You can apply gentle pressure over the pubic bone, run the water tap or bend forward to press all the urine out of the bladder.

Some people hold back when they feel the urge to urinate. In school, at a seminar, meeting or social event, we often ignore nature's call until the bladder becomes too full. If this is done too frequently, it can weaken the sphincter muscles. Some people have turned off their signal to urinate so often that they don't even know they have to go to the bathroom until they start to feel pain in the abdomen above the pubic bone.

Those at risk for incontinence should begin a "bladder drill," using the toilet at regular, structured intervals. This will help awareness of what it feels like to have smaller amounts in the bladder instead of the big, stretching pain that comes when the bladder is overfull. Retraining the bladder like this seems to set

the bladder capacity to a better level for emptying. We urinate an average of every two and a half to five hours. Begin the bladder drill by trying to void every hour, then over the next few months start increasing the time between voiding to every two to three hours.

Kegel exercises are especially important for the bladder. Pretend you're tightening the muscles around the anus and then pretend you're holding back the urine; this identifies the two groups of muscles that you're going to be working on. Starting at the anus, tighten those muscles and then proceed forward, tightening the muscles at the urethra; hold this to a count of four, then release. This should be done for two minutes at least a dozen times a day. You can do the Kegel exercise when you're waiting at a traffic light or for a bus or anywhere at all. No one ever has to know that you're doing Kegels.

Diet:

Avoid alcohol, which is a great irritant to the bladder sphincter. Caffeine is acidic and causes increased urination. Caffeine is not just found in coffee; it's also in cola beverages, chocolate, and many over-the-counter medications. Make sure you're not taking caffeine in any form. Smoking also causes bladder irritation and a "smoker's cough" can cause bladder leakage when the whole body goes into reflex spasm from the cough.

Aspartame, found in over 9,000 food products, causes burning and irritation of the bladder and urethra and can bring on incontinence. Read labels and avoid this product. Aspartame can be an ingredient in vaginal creams and gels and spermicides!

Maintain an optimum diet, which will help you lose excess weight; this in itself will help take the pressure off the abdomen and the bladder to reduce incontinence. Your diet should also help you have normal bowel movements; the pressure from constipation can irritate the bladder. The proper diet is high in

fiber, with enough fluid to keep the fiber from making you more constipated. It includes lots of vegetables, moderate amounts of fruit, whole grains, nuts, seeds, legumes, fish and chicken. Keep a food diary of what you eat and drink, the times that you urinate, and when you experience incontinence. After a week or so, you may see a pattern: a relationship between what you eat and how often your bladder leaks. It may be a simple matter of drinking too much fluid. Dehydrating yourself is not the answer to this condition, however.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to have an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

INFECTIONS

Most infections are covered in separate sections of this book. Read the sections on [*Colds and Flu*](#), [*Bladder Infections*](#), [*Bronchitis*](#), [*Diarrhea*](#), [*Earaches*](#), [*Chronic Fatigue Syndrome*](#), [*Kidney Disease*](#), [*Prostate Problems*](#), [*Gum Disease*](#), [*Sinus Infections*](#) and [*Vaginitis*](#).

The best overall prevention and treatment for subclinical and clinical infections is [*Pico Silver*](#). This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

Wound Infections

The most important first step in the treatment of wounds is proper cleaning. To clean a dirty wound, soak with clean water and Epsom salts. Then use diluted hydrogen peroxide, which will bubble on contact with dead cells.

Herbs:

After the dirt and dead cells are removed, calendula, echinacea, hypericum, or goldenseal tincture diluted (about 10 drops per 4 ounces of water along with 1-2 tsp of [*Pico Silver*](#)) can be used to wash and pack a wound. If a wound is producing pus, it is wise to try and keep it open to maximize draining. The best way to accomplish this is to obtain sterile gauze from the drugstore, dip it in the above herbal water and pack it into the wound. As the wound is cleaned of debris, fresh live tissue is formed so that it will heal from the base up.

For embedded debris, poulticing is even more powerful than soaking

because you can apply the poultice to the skin for a longer period of time. Bread, [Magnetic Clay](#) and herbs are the three best substances to use. Moisten a piece of bread with *Pico Silver* and place it over an infected area, boil, cystic acne or an inflamed wound. Cover it with gauze or thin cotton cloth and tape it on for several hours, even overnight. Do the same with clay; first make it into a paste using *Pico Silver* instead of water. The best herb poultice is comfrey; use fresh cooked herb or dried herb made into a concentrated tea.

Supplements:

* [Pico Silver](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [Pico Silver: Clearing up the Controversy](#).

ALERT: If there are red streaks going away from a wound, suspect blood poisoning and seek medical advice because you may need an antibiotic. If you take an antibiotic, be sure and use probiotic by mouth to replenish the good bacteria. I recommend [Flora ReVive](#). Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

ALERT: Deep wounds may require emergency medical attention for cleaning, stitching, and antibiotics. If you take an antibiotic, make sure you use a probiotic to replenish the good bacteria killed off by antibiotics.

INFERTILITY: FEMALE

In the 1930s, Francis Pottenger, M.D., pursued a fascinating study on cats that may have implications for human fertility. The cats that were fed an optimum cat diet of raw meat and unprocessed milk fared very well, but the cats whose food was cooked and pasteurized could sustain no live births by the third generation. The suggestion is not that you eat raw meat and milk, but consider how much “live” food you do eat. By making a substantial part of your diet raw fruits and vegetables, sprouts, whole grains, nuts, and seeds, you are passing on the beneficial nutrients and enzymes of live foods to your child.

The Pottenger Cat Study serves to remind us that no one nutrient is responsible for fertility; all nutrients are required for conception.

In modern society, there are many causes of infertility: a junk food diet; environmental pollution of our air, food, and water; chemicals – including prescription drugs (the birth control pill) and street drugs; and food additives, especially aspartame (NutraSweet).

Dr. H. J. Roberts in *Aspartame (NutraSweet): Is It Safe?* explains that aspartame stimulates excessive prolactin production by the pituitary gland, which is a significant cause of menstrual problems in women. The amino acid phenylalanine (which makes up 50% of aspartame by weight) is one of the most potent stimulators of prolactin secretion. On the aspartame website, [Dorway](#), there are many reports of infertile women who conceive when they give up their addictive habit of using aspartame. See the sections on Sugar Addiction under [Addictions, Detoxing Sugar & Aspartame](#), and [Pregnancy](#) for more information.

Young women, who may not have started the regular cycling of their periods, are often given the birth control pill (BCP), a daily hormone that basically tricks the body into thinking it is pregnant. After ten years of artificial

hormone intake, the body may not be able to trigger its own hormonal cascade that is necessary for conception. The daily levels of synthetic estrogen and progesterone in the BCP have long ago shut down the pituitary gland's production of FSH and LH, which prepare the follicles in the ovaries to become eggs.

The most common treatment for infertility is massive doses of fertility hormones to jolt the pituitary into action. Multiple births can result, with unknown repercussions on the children's health.

Vitamin and mineral imbalances may also be created when on the pill. The B vitamins, including folic acid, are depleted, since they are used as coenzymes in the biochemical breakdown of the hormones in the pill. Most of this processing occurs in the liver. The liver is thus diverted from other work to perform this function. Zinc deficiency is common and results in elevated copper. When either of these minerals is out of balance, mood changes can occur and may be one of the causes of teenage depression.

Because long-term use of the pill is often the cause of infertility, give your body at least six months to rebalance before trying to conceive and especially before going on any fertility drugs. We still don't know the long-term side effects of those hormones, although they have been associated with an increased risk of cancer. If you have been on fertility drugs, be very careful about taking more synthetic hormones in your lifetime such as HRT for menopause.

Folic acid is crucial to prevent neural tube defects in the newborn, but it is even more crucial to create the neural tube in the first place. Many first-trimester miscarriages may occur due to nonviability of the fetus from folic acid deficiency. Folic acid can be found in all green vegetables.

When you study the nutrient requirements for conception and pregnancy, as mentioned above, every known nutrient is implicated. Therefore, the best advice is to maintain an excellent diet of whole foods, as close to their natural state as possible.

Make sure there is no underlying reason that your body might not be able to sustain a pregnancy. The usual medical tests for infertility must be done to rule out any anatomical abnormalities. If you are chronically ill or chronically allergic, your body might not direct its energies toward creating new life until it has a strong, viable life force to sustain it. Make sure you have no underlying Allergies, Yeast Overgrowth, or mineral deficiencies by having blood tests and a hair mineral analysis.

Commonsense:

* Don't do more than an hour of strenuous exercise a day, because it can burn off too much fat (necessary for proper hormone production and ovulation).

* Douching should be avoided, because it can change the vaginal pH to one that rejects sperm.

Diet:

Avoid coffee, alcohol, and cigarettes for obvious reasons of toxicity. Eat an organic diet as much as possible – eating a large proportion of the diet raw. Follow the advice in the [***Optimum Eating Plan***](#).

Supplements:

There is no one "fertility supplement." All vitamins and minerals are involved in making new life.

* [***ReMag***](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [***Dr. Carolyn***](#)

[Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReCalcia](#): The section on [Osteoporosis](#) contains a list of calcium-rich foods. If you can't get the full 600mg of calcium that you need from your diet, use [ReCalcia](#). Dosage: 1 tsp = 300mg, take 1-2 tsp per day.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

INFERTILITY: MALE

Males contribute 50% to fertility and to infertility. It's not just a female problem. A man's diet and lifestyle can have a tremendous effect on semen and sperm count. This means you should avoid smoking and greatly decrease your intake of sugar, coffee, alcohol and refined foods. An excellent diet will achieve optimum results.

You should also avoid wearing tight underwear. The testicles are meant to hang away from the body and they make more viable sperm at a lower temperature than body temperature. Hot tubs should also be avoided.

Supplements:

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains zinc and 11 complementary minerals. Thyroid hormone is important in fertility; *ReMyte* has all the minerals necessary for proper thyroid function. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II.*](#)

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I.*](#) Make sure to take enough magnesium to have an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising,

strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* Arginine, 500 mg twice daily to enhance sperm motility.

INSOMNIA

Stress has many people so wound up that they are exhausted during the day and can't sleep at night. At bedtime, with too much on your mind, it can be difficult to settle the mind or the body into sleep.

First Aid and Commonsense:

- * Don't do strenuous exercise at bedtime. However, sexual intercourse can help relax the body to help you sleep. Daily exercise is very important to help relax your muscles and make you feel naturally tired.

- * Take a hot bath with Epsom salts.

- * Play quiet music.

- * Listen to a relaxation tape or books-on-tape while lying in bed.

- * Sleep specialists recommend that you change beds if sleep has not come within a half hour or get up and leave the bedroom to read or engage in similar activities until fatigue or tiredness sets in. Then return to the bedroom to sleep.

- * Don't use your bedroom for anything else but sleep (and sex).

- * Set your alarm and get up at the same time each morning.

- * Don't nap during the day.

- * Go to bed at a reasonable hour each night.

- * Keep electrical cords and plugs at least 3 feet away from your head.

* If your home is near an electrical transformer or a cell phone tower, your sleep can be disturbed.

Diet:

Avoid coffee or alcohol or a late dinner. Eating a large meal before bedtime will cause food to move and gurgle through your intestines keeping you awake.

Supplements:

*Magnesium: Magnesium is THE best treatment for insomnia. Choose [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to have an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* Melatonin: The pineal gland in the brain produces melatonin at night in response to darkness. That's why blackout curtains may be all you need. If you try melatonin start with a low dose and work up to find the best dosage for you. In melatonin studies, dosage range is huge from 0.1mg to 20 mg at bedtime but I don't recommend doses more than 3mg at bedtime.

* Tryptophan: 500 mg, 1-2, 30 minutes before bedtime. This is an excellent supplement for insomnia, anxiety and depression. This amino acid was used for decades until 1989, when it was mistakenly blamed for harming people. A Japanese company producing tryptophan began using a genetically engineered component in its process. As a result, over a thousand people became ill and

thirty-nine died because of this component. Tryptophan was blamed and was withdrawn from the market. However, tryptophan is now available again.

Herbs:

* Skullcap tincture, 10 to 15 drops in a few ounces of water.

* A combination capsule of hops, valerian and skullcap, one to two at bedtime.

Homeopathy:

* Coffea 12X, one dose, one to two doses at fifteen-minute intervals before bedtime to quiet an overactive mind.

INTESTINAL POLYPS

Polyps in the intestines area are called colorectal polyps – growths that project on a stalk from the lining of the colon or rectum. They usually produce no symptoms, however, painless rectal bleeding and anemia can be a sign of polyps. Most polyps are benign but there is one type, called adenomatous polyps that may transform into cancer, especially if they are larger than one centimeter. Polyps tend to increase with age and with a family history of polyps or colon cancer.

Doctors can detect polyps through sigmoidoscopy and colonoscopy, snipping them off at the base when they are discovered.

Prevention:

* Eat a diet low in fat, high in fiber, and high in antioxidant fruits and vegetables to ensure that you have one or two bowel movements daily.

* Avoid cigarettes and alcohol.

* Maintain a normal body weight.

* Exercise daily.

* If you are over 50, have a regular colonoscopy. Do not accept a “virtual colonoscopy”, which allows your colon to be visualized with X-ray radiation during the procedure. The amount of radiation during such a procedure is very high and dangerous.

Supplements:

* *Whole C ReSet*: a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: One capsule twice daily. There is some evidence that high doses of Vitamin C, in the form of ascorbic acid, 5-6 grams daily, may prevent colorectal polyps.

* *ReMag* is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to have an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* *ReMyte* is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals that support the thyroid, adrenals and sex hormones. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

IRRITABLE BOWEL SYNDROME (IBS)

IBS is called a functional disease because it supposedly produces no measurable physical signs. It may be the result of bad diet, stress, and lack of exercise. The condition has only been defined in the last decade and mystifies many doctors because there is no single cause and no single prescription drug to treat it.

Most researchers agree that IBS can occur after a bowel infection that causes some type of irritation in the intestines – one that can't often be measured. Not all people with IBS have had a previous infection. There seem to be many triggers for IBS symptoms – medications (NSAIDs, aspirin, acetaminophen); gluten enteropathy (celiac disease [with incomplete breakdown of gluten grains]); lactose intolerance (incomplete breakdown of dairy); food allergies; chemical irritation (coffee, alcohol, pesticides, herbicides in food); yeast overgrowth.

A typical IBS scenario is as follows – after an antibiotic for an infection, yeast begins to overgrow creating gas, bloating, changes in the stool and a leaky gut. Through the micropunctures in the gut, allergenic or incompletely digested food reaches the blood stream triggering a cascade of inflammatory responses that cause weakness and fatigue.

IBS doesn't end there. Several chronic health conditions are associated with IBS such as PMS, fibromyalgia, insomnia, painful periods, urinary frequency and chronic pelvic pain. See *IBS for Dummies* (Dean & Wheeler, 2005) for a thorough review of IBS.

Prevention

* Avoid unnecessary antibiotics.

* Reduce the amount of sugar, gluten, and dairy you consume.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

Diet:

Avoid sugar, gluten and dairy. Inability to digest dairy can cause diarrhea but more often it results in hard stools and constipation.

Gluten enteropathy is more likely to cause diarrhea. If you have any reason to believe you may be sensitive to gluten – either avoid gluten foods (rye, wheat, oats, barley) or go to a gastroenterologist for a hydrogen breath test to determine if you have to avoid these foods for life. You may be told that the definitive diagnosis is from a biopsy of the small bowel, however, you have to be on a full gluten diet for several weeks or even months to make sure the biopsy is positive.

Once you stop eating these grains, the intestinal villi that are damaged by gluten begin to heal. You may be able to safely substitute rice, quinoa, amaranth, buckwheat, kamut, and millet for gluten grains.

Yogurt and kefir (a fermented milk product popular in Europe) seem to cause fewer problems for people who are lactose intolerant because the fermentation process digests much of the lactose in these products. Plain, unsweetened organic yogurt and kefir are the best kinds to eat. They contain good bacteria called probiotics and don't have the high amounts of sugar that are in the sweetened varieties.

Supplements:

See the sections on [Diarrhea](#) and [Constipation](#) for the appropriate supplements.

Herbs:

Peppermint oil, ginger, fennel, caraway, chamomile either alone or in combination have soothing and calming effects on the GI tract.

Homeopathy:

See [Part Five](#) for more details on these recommended remedies. For each remedy a 12X potency can be taken 3-4 times a day. If a remedy does not relieve symptoms within 2 days, switch to another.

* *Argentum nitricum*: For people who are overly expressive, impulsive, anxious, and nervous and have rumbling flatulence, nausea, and greenish diarrhea.

* *Colocynthis*: For someone who is angry and indignant with cutting pains and cramping or become worse just before an episode of diarrhea and relieved somewhat by pressure on the abdomen.

- * *Lilium tigrinum*: For someone who is irritable with IBS symptoms of alternating constipation and diarrhea.

- * *Lycopodium*: For people who worry and have a lack of confidence with chronic bowel problems, a ravenous appetite and all the symptoms of IBS, including bloating, gas, stomach pain, and heartburn.

- * *Mag Phos*: This is the best antispasmodic medicine for cramping intestinal pain.

- * *Nat carb*: For shy and withdrawn people who don't digest and assimilate food and find themselves on restricted diets. They experience indigestion and heartburn when they eat an offending food.

- * *Nux vomica*: To treat hangovers or overindulgence and also abdominal pains and bowel symptoms accompanied by abdominal tension, chilliness, and irritability - appropriate for both IBS-constipation and IBS-diarrhea.

- * *Sulphur*: For people who wake up early in the morning with a sudden urge to evacuate the bowels. There is also alternating diarrhea and constipation with offensive and odorous gas. The rectum often itches and burns.

KIDNEY DISEASE: CHRONIC

Chronic kidney disease or kidney failure is brought on by such conditions as severe kidney infections, uncontrolled diabetes, or severe hypertension. It is only when your kidneys are working at two-thirds of their capacity that you begin to have symptoms and signs of kidney disease and, in the beginning, these symptoms are vague and not specific to the kidneys. They include urinating at night, fatigue, headaches, and nausea. On lab testing, there might be a protein spill in the urine or blood tests may show a high BUN and creatinine. By the time the kidneys themselves are symptomatic with pain, kidney disease may be well advanced.

Kidney disease may also result from toxic medications or drugs or by precipitation of minerals as kidney stones. Beyond the treatment and prevention of underlying conditions or the avoidance of drugs and medications, there are dietary principles, herbs and homeopathic remedies that can be used in kidney disease, but most of these treatments must be individualized.

There is a common misconception that magnesium should not be used if you have kidney disease. However, when you have kidney failure and you are not able to urinate, your kidneys can no longer eliminate excess minerals, like magnesium, which can build up in your body. People with kidney failure are on dialysis.

Even so, I have a case study in my [ReMag book](#) showing that even with kidney failure the right kind of magnesium, such as in *ReMag*, will not overload the kidneys and will help to heal them.

Diet:

The diet for kidney disease should be low in protein and high in complex carbohydrates, vegetables and fruit to lower the level of uric acid created by

protein digestion.

Supplements:

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to have an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals that support the thyroid, adrenals, and sex hormones. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* L-carnitine: 2,000 mg daily. This amino acid is produced in the kidney, therefore, if there is kidney damage, this nutrient should be taken as a supplement so that the body can benefit from its ability to transport essential fatty acids into the cell to produce energy and to remove ammonia wastes from the body.

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

Herbs:

Nettle, parsley, uva ursi, juniper berries, and horsetail strengthen the kidney. They can be taken in a combination formula on a daily basis or made into herbal teas.

A Chinese medicine practitioner can prescribe herbal formulas and perform acupuncture for chronic kidney disease on an individual basis. Similarly, a homeopath can prescribe remedies for this condition after taking a detailed case history. See the section on [*Kidney Stones*](#).

KIDNEY STONES

Kidney stones are mostly seen in men with a family history of stones. Women can have a rare form of stone called struvite, caused by proteus bacteria that infect the bladder. However, kidney stones in women are becoming more common, possibly because of the excessive intake of calcium supplements for osteoporosis. Taking calcium without a balanced amount of magnesium can cause calcium to precipitate into tissues causing gallstones, kidney stones, heel spurs, atherosclerosis, and breast tissue calcification.

Tiny kidney stones, called gravel, often cause no symptoms unless they block some part of the kidney or ureter. Kidney stone pain comes and goes in waves and can be severe enough to cause a state of shock. The pain is usually in the lower back on either side of the spine, above the hips and may radiate around the front to the abdomen and into the groin.

This condition, once it has occurred, has a high probability of recurring. An actual kidney stone attack is best treated in the hospital for pain control. If a stone doesn't pass with muscle relaxants, pain medications, and bed rest, a small instrument can be inserted up the urethra into the kidney area and the stone visualized on x-ray. The instrument can then crush the stone and the debris can be flushed out with urine. Ultrasound technology can use sonic waves to break up the stone.

A theoretical source of overproduction of oxalates is thought to be high doses of vitamin C. This theory has been researched by many but even with extremely high intakes of up to 100 grams of vitamin C daily in AIDS patients, there has never been a reported case of kidney stones.

Diet:

Prevention is obviously the best treatment for kidney stones. Some people get kidney stones by becoming dehydrated. A kidney or bladder infection can be a

warning signal. Drink plenty of fluids to prevent buildup of the minerals that can cause kidney stones.

Over 80% of all kidney stones are made up of calcium or calcium combinations. The usual advice from your doctor is to avoid calcium and calcium-rich foods. However, you can more easily prevent them by eating enough magnesium-rich foods or taking magnesium supplements to balance out the calcium. In general, there is more calcium in our diet than magnesium. Calcium is found in dairy products, green leafy vegetables, nuts, seeds, and fish. Magnesium is found in whole grains, green leafy vegetables, legumes, nuts, and seeds. However, there is less magnesium in the soil than calcium and processing of foods has the effect of reducing the level of magnesium in the end product more than calcium. Even heating foods containing calcium and magnesium results in loss of magnesium but retention of calcium.

Over 50% of all stones are calcium oxalate stones; oxalates are found in foods such as rhubarb, raw spinach, parsley, chocolate, and tea. These foods should be limited. A high protein intake can increase calcium plus phosphorus in the urine, which may lead to calcium stones. Salt can also cause precipitation of calcium in the kidneys.

Vitamin A and beta-carotene are very helpful for mucous membrane production and healing, so they help maintain the urinary tract lining. Simply eating a carrot or two a day can provide you with enough beta-carotene to protect your kidneys.

Supplements:

The effective supplements for kidney stone prevention are magnesium and vitamin B6. A teaspoon of calcium powder will not dissolve in water until you add an equal amount of magnesium powder. The same thing happens in the body. If you have too much calcium relative to magnesium – calcium will precipitate out

into body tissues as heel spurs, arthritis, atherosclerosis, gallstone, kidney stones, and breast tissue calcification.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to have an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

LACTOSE INTOLERANCE

Some people believe that cow's milk is only suitable for baby calves and that humans should not consume dairy products; they say we are the only mammals who ingest milk past the age of weaning. This may be good advice, especially for those millions of adults who do not have the necessary lactase enzymes to digest milk. Africans are especially apt to be lactose intolerant and over 80% cannot digest milk. There seems to be a terrible irony in sending dry, powdered milk to Africans suffering from famine or other catastrophes, when this product will actually make them sicker with diarrhea and dehydration. As many as 30% of Caucasians are also lactose intolerant.

The diagnosis of lactose intolerance is through blood tests or by a very simple breath test. A positive test confirms that symptoms in the gastrointestinal tract, such as diarrhea, cramps, gas, or constipation are related to inability to digest lactose. If these symptoms are not properly diagnosed as lactose intolerance, they may be called IBS (irritable bowel syndrome), a syndrome without a treatment. However, that's not the whole picture, because you can be allergic to the casein protein in milk. Autistic children are unable to digest casein and their health improves greatly when dairy is avoided. You could also be allergic to whey or to antibiotic and hormone residues in the dairy products.

Another reason people are turning away from milk is because dairy cows are being injected with genetically engineered bovine growth hormone (BGH) to increase their milk production. BGH increases milk production but in the process causes inflammation and congestion of a cow's udder leading to infections for which cows are given massive amounts of antibiotics, which increases pus cells and antibiotic residues in milk.

BGH increases the levels of insulin-like growth factor (IGF-1) in milk by about 80%. IGF-1 is implicated in prostate cancer and lung cancer. The "Got

Milk?” ads have sprung up in an attempt by the dairy industry to counter the negative effects of BGH. Canada blocked the introduction of BGH into that country based on scientific evidence of its carcinogenic potential.

Certified organic milk, however, has important nutrients for those who can digest it. In fact, proponents of organic and natural products say that it is the excessive processing that milk undergoes that makes it indigestible, not the milk itself. An organic milk website called [Real Milk](#) will give you more information.

If you suspect you aren't digesting dairy, do an experiment. Avoid dairy (milk, cheese, yogurt) for a few weeks. If you have eaten dairy on a daily basis, your body may have developed a certain tolerance to it and you may have gotten used to the gas and bloating, dry skin, excess mucus, sinus infections, and other symptoms. When you go off dairy, your body finally gets a chance to detoxify. After about three weeks, drink a few glasses of milk and have a large portion of cheese and see if your symptoms return. This type of testing lets you know if you are allergic to lactose and casein in dairy.

If you study D'Adamo's blood group diet theory: Type O's require a high-protein diet, Type A's a vegetarian diet and Types AB and B thrive on a combination of each. Apparently Type O's do not digest dairy. Check the section on [Optimum Eating Plan](#) to learn more about blood group diets.

Eating yogurt can be an effective way to take dairy products if you only have mild lactose intolerance. Yogurt is a fermented product with greatly reduced lactose content. If you make your own yogurt, instead of incubating it for only twelve hours, continue for twenty-four hours so most of the lactose is broken down.

If you avoid dairy products and you can't get the full 600mg of calcium that you need from your diet, use [ReCalcia](#). Dosage: 1 tsp = 300mg, take 1-2

tsp per day. If you suffer with symptoms of magnesium you require at least as much magnesium as calcium. I recommend 600mg of calcium from food and *ReCalcia* and at least 600mg of *ReMag*. Taking excess calcium without magnesium may trigger kidney stones. Foods and supplements rich in calcium are listed in the section on [***Osteoporosis***](#).

There is a lactose enzyme product on the market called Lactaid, available in tablets or drops, to put in your milk. Lactaid-treated cheeses are also available with up to 90% of the lactose broken down. For people who are extremely allergic to milk, the 10% of lactose that is left can still be enough to cause symptoms.

One of the conditions you can develop with lactose intolerance or the over-consumption of dairy products is yeast overgrowth. Lactose is a disaccharide that breaks down into glucose and galactose, making glucose available to yeast organisms in the intestines. Read the section on [***Yeast Overgrowth***](#). You may find that you feel better when you avoid dairy products, especially if you also avoid sugar and gluten.

LEAKY GUT

Leaky gut is not a common diagnosis in standard conventional medical diagnosis – although it has been cited as a predisposing cause of asthma and arthritis in the medical literature. However, it is an increasingly common occurrence. Micro punctures caused by infection and injury to the intestinal lining that allow absorption of toxins into the blood stream define leaky gut.

Yeast alone produces 178 different toxins that can be absorbed through a compromised gut lining. A leaky gut can lead to an immune system reaction against these foreign substances not only in the GI tract but also in the bloodstream causing inflammatory reactions. Inflammation and immune system attack of toxins from the gut that find their way into the blood stream are associated with autoimmune disease. As the immune system attacks foreign invaders, sometimes-normal body tissues are also attacked causing rheumatoid arthritis, ankylosing spondylitis and Reiter's syndrome. Overeating can overwhelm our digestive enzymes allowing incompletely digested food molecules to enter the small intestine and be absorbed through a leaky gut – leading to allergic reactions to this foreign substance.

The most obvious conditions associated with leaky gut are inflammatory bowel disease (Crohn's and ulcerative colitis), celiac disease (gluten intolerance), and food allergy. It is well known in conventional medicine that exposure to gluten in someone with celiac disease can cause intestinal permeability and symptoms of brain fog, fatigue, weakness, and diarrhea that can last up to a week.

Other causes of leaky gut:

- * Pathogenic bacteria from contaminated food or water.
- * Parasites from contaminated food or water.

- * Viruses, usually from not washing our hands after touching contaminated surfaces.
- * Antibiotics can cause leaky gut because they allow yeast overgrowth.
- * Caffeine, a bitter toxic substance from the coffee bean, stimulates bile production and is used by many people as a laxative. For some, caffeine may cause bowel irritation.
- * Alcohol, when used in excess, can cause GI bleeding. For someone with a vulnerable gut, alcohol in small doses may cause leaky gut.
- * The 60,000 chemicals used in industry can find their way into our food, air and water. Toxicology testing has not been done on even a fraction of these chemicals. When ingested by susceptible people, these chemicals can irritate the GI tract and cause leaky gut.
- * Chemicals in processed food, such as preservatives, colorings, and trans fats: Chemicals in our food have even more potential to cause physical symptoms in susceptible people. One of the symptoms of allergic reactions to chemicals is diarrhea.
- * Corticosteroid drugs: These weaken the gut lining, creating micro punctures while feeding yeast.
- * Hormone replacement therapy: Hormones can change the intestinal pH and cause an imbalance of organisms in the intestines – too many yeast and not enough of the good bacteria.
- * Mercury dental fillings: Mercury is the second most toxic element on the planet (the first is plutonium). When mercury is ingested from fish or from inhaling mercury from dental amalgams or injected as a preservative in the flu vaccine, it can act as an antibiotic in the intestines, killing off bacteria and leading to yeast overgrowth.

* Mold and fungus in nuts, grains, flour, potatoes, and fruit. Mold is a close cousin to yeast and can stimulate yeast growth, as well as cause allergic reactions.

* Nonsteroidal anti-inflammatory drugs (NSAIDS): All NSAIDS, including aspirin, irritate the gut and one of their main side effects is GI bleeding.

* Sugar and flour products: These food products stimulate leaky gut by being food sources for organisms that irritate the gut lining, such as yeast (Adapted from *IBS for DUMMIES* [Dean & Wheeler, 2005]).

Tests for Leaky Gut

Lactulose is a synthetic sugar that the body rejects and eliminates through the intestines. However, if leaky gut is present, a lactulose meal is absorbed through a leaky gut and shows up in the urine. If you have a leaky gut, you will have high amounts of lactulose in your urine after taking this sugar.

First Aid and Prevention

Choose healthy foods, eat small meals, chew well, and use digestive enzymes and DGL licorice for digestive upsets. Be aware what foods and drinks irritate your intestines and avoid those. The most common irritants include coffee, alcohol, hot peppers and hot spices. Read the section on [***Digestive Disorders***](#) for more advice.

Supplements:

* Digestive Enzymes: Pancreatic enzymes with hydrochloric acid are the optimum combination for complete food digestion. My current recommendation

is KAL Brand Super Enzymes.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* DGL licorice for heartburn and stomach upsets; use instead of antacids, which prevent normal digestion and lead to absorption of incompletely digested food molecules.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to have an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals that support the thyroid, adrenals and sex hormones. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

LEG CRAMPS

A condition commonly called a “charley horse”, which can cause excruciating pain, usually in the calf of the leg or the foot, is associated with magnesium deficiency. Magnesium and vitamin E and a fermented soy product that produces a natural enzyme to digest fibrinogen in the blood, can help prevent a condition called restless legs. This occurs in bed at night when the legs twitch and jump almost uncontrollably, causing insomnia and fatigue.

Poor circulation can create or worsen restless legs. Poor circulation in the calf muscles in the legs can lead to a more serious chronic pain condition called intermittent claudication. If blood vessels in the heart are blocked, the pain is called angina; blocked vessels to the penis lead to impotence. An acutely inflamed, swollen and painful calf can be caused by a blood clot, which needs emergency care.

For chronic intermittent claudication, first stop smoking; then, start walking. Alternating warm and cold footbaths can help. For poor circulation that results in cold feet, don’t use hot water, heating pads, or hot water bottles, because you could burn your feet. Choose proper footwear and take good care of your feet. When your circulation is poor, cuts and infections don’t heal.

In children, leg cramps or pains are sometimes related to growing pains. Vitamin E and selenium supplementation will often alleviate this problem. Osgood Schlatter’s disease in children is a painful condition of the knee bone or patella. Some specialists feel it is caused by growth spurts in the leg and thigh muscles that put a strain on the patella. Selenium seems to alleviate this condition. Food sources of selenium include Brazil nuts, snapper, halibut, salmon, Swiss chard, oats, and orange juice.

Supplements:

* Vitamin E: Choose a food-based organic product. Dosage: One tablet per day.

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* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains zinc, selenium and 10 other minerals that all work together synergistically. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

LIVER DISEASE

The liver has the overwhelming responsibility of detoxifying every chemical that we encounter from our food, air and water. With about 60,000 food additives and pesticides, herbicides, industrial chemicals, heavy metals, and radiation breakdown particles in our environment, our liver and immune system are very much overworked. According to Dr. Sam Epstein, an average of 500 different foreign chemicals are trapped in the cells of our bodies.

Does an overworked liver make it easier to become infected with viral hepatitis? It's possible. There are at least four types of viral hepatitis; each new variant is given an alphabetic designation. Hepatitis can also be caused by mononucleosis, alcoholism, and drug exposure.

Hepatitis A is the most common form of infectious viral hepatitis. You become infected with Hepatitis A by eating or drinking something contaminated with the virus from someone's excretions (urine or feces). Hepatitis A is contagious during the incubation period of two to six weeks before you even know you have it, so it is easily spread and epidemics frequently occur in barracks and institutions. Fortunately, hepatitis A does not create a carrier state and does not lead to chronic liver disease. It is seen mostly in children and young adults. The symptoms of hepatitis A may be so mild as to go unnoticed but there can be fatigue, malaise, dark urine, headache, and jaundice.

Hepatitis B is a more deadly form of hepatitis; it includes a carrier state, acute hepatitis, chronic hepatitis, necrosis and, potentially, liver cancer. Puncturing the skin, usually through infected needles or during sex with an infected partner spreads Hepatitis B. Medical personnel are at risk when they treat someone with hepatitis B. The incubation time ranges from one to five months.

Hepatitis C is thought to be caused by a virus, which has not yet been

identified. There are at least six variants. In general, it has a similar incubation time and biologic and clinical pictures as hepatitis B. It is also spread by puncturing the skin, most commonly through transfusion or shared needles and may lead to a chronic carrier state. There is an epidemic of hepatitis C among baby boomers that shared needles using IV drugs in the 60's. Research in 2000 indicates that there is a much lower risk of chronic disease or cancer in patients who have hepatitis C than previously thought.

The symptoms of hepatitis B and C are more severe than hepatitis A; they include enlarged liver and spleen, exhaustion, sweats and fever. Blood tests reveal severe liver enzyme elevation. Antibody testing can determine the type of hepatitis.

First Aid:

Castor oil packs can be placed over the liver to enhance the lymphatic clearing of toxins. See Cleansing for instructions.

Diet:

It appears to be difficult for strict vegetarians to overcome hepatitis therefore, protein is important. You also need a wide variety of fruits and vegetables organic if possible. Avoid sugar, alcohol, all caffeine products (coffee, black tea, cola, and chocolate), fried foods, food additives, and drugs to decrease the stress on the liver.

Supplements:

* Desiccated liver: Choose an organic liver glandular product.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals that support the thyroid, adrenals and sex hormones. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

Herbs:

* Milk thistle has been used as a liver tonic for centuries. Modern research confirms that it protects liver cells and can reverse toxic liver damage as well as protect the liver from toxic chemicals. Most studies have been done using a standardized extract (70 to 80%) of silymarin, which constitutes a dosage of 400 mg twice a day. However, the whole plant extract in addition to a standardized extract is more powerful than the standardized extract alone. Attention on “the most active ingredient” means that hundreds of other chemical constituents in a plant are ignored. Until scientific research catches up with nature, it’s usually best to include the whole plant extract.

* Black Russian radish, in tincture form, 10 drops in water twice a day, is effective for mild forms of liver disease.

* Turmeric (curcumin) is an Indian spice that strengthens the liver and acts as a powerful anti-inflammatory.

Homeopathy:

- * Cheladonia: This is a specific liver remedy.
- * Cistus canadensis: For mononucleosis.

Dosage: Take either remedy in the 12X potency, one dose three times a day for several weeks.

MASTITIS

This condition can occur when breastfeeding and originates from plugged breast ducts. Examine your breasts every day to look for areas of hardness or inflammation that identifies a plugged duct and can be treated before developing into mastitis.

First Aid:

* If you find a sore or hard area, immediately apply a hot wet compress or hot castor oil pack to the area. Go to the [Cleansing](#) section for instructions on making a castor oil pack. Change the wet compress when it cools down, but you can keep the castor oil pack on for several hours at a time.

* Massage from the base of the breast, at the chest wall, toward the nipple.

* Nurse the baby on that side more frequently.

* Have on hand a homeopathic remedy called Phytolacca 12X, take one dose every 15 minutes for an hour and then every hour while awake.

Within twenty-four hours, the plugged duct should be clear; however, if your breast gets more inflamed and you have a temperature and feel like you have the flu, this could be a sign of an infection in the duct and not just a blocked duct.

* [Pico Silver](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute

conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

The medical treatment is antibiotics to prevent further complications, such as breast abscess, as well as rest, lots of fluids and nursing even more frequently. The baby will not become infected, but with the use of antibiotics, mother and baby can become susceptible to yeast overgrowth.

Take plenty of probiotic bacteria when you must take antibiotics and watch the baby for oral thrush or diaper rash.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

Read the section on [***Yeast Overgrowth***](#).

MENOPAUSE

Menopause is a natural occurrence. The female hormones normally decline after the age of forty-five and periods cease between ages forty-five and fifty-five. Unfortunately, due to a combination of chemical endocrine disrupters, weakened immune systems, massive stress, hypothyroidism and adrenal fatigue, women can undergo premature menopause. Cleaning up both our bodies and our environment is one answer to this new epidemic. Read *Hormone Balance* (Dean, 2005).

A frequently overlooked function of the monthly period is to flush toxins from the body. Can the absence of the period be one reason why more women develop arthritic-like symptoms during menopause because they are retaining more toxins, which can then deposit in joint spaces? That's why it is extremely important for women in the menopausal years to start some form of regular detoxification. See the [Part Four](#) on [Cleansing](#). The same could be said for the menses helping to rid the body of excess iron, which can cause heart disease. See the section on [Hemochromatosis](#).

To help avoid menopause symptoms, it's important to achieve good vitamin and mineral balance that supports your thyroid and adrenal glands. Magnesium (*ReMag*) is a crucial mineral that can alleviate many symptoms of menopause. Similarly, the right balance of properly absorbed minerals (*ReMyte*) and vitamins (*ReAlign* and *Whole C ReSet*) can promote optimal function of the thyroid and adrenal glands.

In Asian countries, women, in general, do not seem to experience the same symptoms of menopause that women do in North America. They have a low incidence of hot flashes, depression, and mood changes in this normal phase of their lives. Perhaps it is because in these countries their elders are respected and honored, whereas in the West we worship the "cult of youth," and

menopause for many women means the loss of their status.

Attitude plays a great role in any of life's transitions. Menopause can be a time when your children have left home and you can now pursue a career or goal so you may look on this time with renewed vigor, interest and excitement.

Premarin, a common hormone replacement drug, is made from pregnant mare's urine. Premarin is fit for horses, not women; it contains many other hormones that have never been tested on women. When the high incidence of cancer due to Premarin was first acknowledged in the mid-1980s, the answer from the pharmaceutical companies was to add another drug, synthetic progesterone, to the hormone replacement protocol. This never made any sense because if one drug causes serious problems, why add another drug to cover it up? Also, if estrogen is considered so dangerous that a woman is immediately taken off it when diagnosed with cancer, how is a doctor going to know if there is a submicroscopic cancer lurking that would be boosted by taking hormones?

As I describe in *Hormone Balance*, recent studies have proven that the combination estrogen and progesterone hormone replacement drugs do cause serious side effects including blood clots, heart disease and cancer.

Diet:

Diet is extremely important in menopause because women gain more weight around this time. There is an epidemic of obesity in America and countless women are seduced by advertising to purchase diet products in the hopes that these products will help them lose weight. The synthetic sweetener aspartame is found in over 9,000 products worldwide. In his book, *Aspartame (NutraSweet): Is It Safe?* Dr. H. J. Roberts explains that aspartame triggers excessive prolactin production by the pituitary gland, which is a significant cause of menstrual changes or loss of periods in women. Aspartame also stimulates food cravings,

causes fluid retention and weight gain – contrary to its advertised promises.

Foods that are very high in phytoestrogens (natural plant estrogens) include miso and tempeh; ground flaxseeds (use a small coffee grinder and put on cereal or in juice and eat immediately); sprouted mung beans and sprouted clover seeds and pumpkin seeds, raw or lightly roasted. By focusing on one or two of these foods every day you can eradicate mild hot flashes.

Plant estrogens work by providing tiny amounts of plant hormones that adapt to the needs of the body; they either increase your hormones if you have too little or decrease them if you have too much. Mother Nature knows best. Another important aspect of diet is to avoid hot, spicy foods and herbs when you are going through menopause.

Soy is on the tip of everyone's tongue now as the cure for menopause. Asian women, however, eat fermented soy miso and tempeh, whereas we are being fed processed soy as tofu, soymilk, and soy protein, which are very difficult to digest. It may be safer to use soy supplements that contain genistein and diadzein and check your tolerance of these products. Read more about soy in the section [***Making Sense of Soy.***](#)

If you are a heavy meat eater, it is important to cut back because digestive enzymes decrease with age. You can increase natural enzymes with the use of high-enzyme foods such as bean sprouts, papaya, and pineapple, or take enzyme tablets to aid digestion and food breakdown. Exercise and detoxification are very important practices to keep you fit and healthy. Exercise is probably just as important as hormones for managing menopause.

Women who have spent several decades as vegetarians may actually need to increase their protein intake around their menopause. Without enough protein, you may find yourself going into early menopause. Read the section on [***Optimum Eating Plan***](#) to determine the best plan for you.

Exercise

Yoga, tai chi, swimming, and walking are the best forms of exercise. All types of exercise are important for bone building, not just weight bearing exercise. Exercise alone can reduce the incidence of hot flashes.

Supplements:

* Vitamin E complex: Choose a food-based organic product. Dosage: One tablet, once or twice daily to support the adrenal glands.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to have an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals that support the thyroid, adrenals, and sex hormones. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*Whole C ReSet*](#): This food-based Vitamin C Complex is especially important for heavy menstrual bleeding to help strengthen and tighten the capillaries. (The copper in *ReMyte* will also assist.) *Whole C ReSet* is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system,

helps eliminate bruising, strengthens the adrenals, and helps absorb iron.
Dosage: 1 capsule twice daily.

Herbs:

- * Ginseng: The best form of ginseng for menopause is Red Korean.
- * Black cohosh: The dosage of black cohosh in tincture form is 10 drops in water, two to three doses daily.
- * Vitex: Enhances progesterone production. Dosage: Follow label directions.

Homeopathy:

Homeopathic remedies such as Sepia and Pulsatilla are very useful for menopausal symptoms, including hot flashes. Go over the descriptions of these two remedies in [Part Five](#) of this book and see if they fit your case. If neither is a match, consult a homeopathic doctor for an individualized prescription.

Natural Hormone Support

The adrenal glands are required to take over some of the functions of the ovaries at menopause. Many women are under considerable pressure juggling a career, a family and sick or dying parents. Women do most of the work of child rearing and parent-care compared to their spouses. The chronic lack of sleep common in women drains our adrenal glands. By the time of menopause, our adrenal glands are unable to supply the hormones required to make up for the decline of the ovaries. Read the sections on [Adrenal Exhaustion](#) and [Hypothyroidism](#).

Vaginal Dryness

For vaginal dryness use combination creams that include evening primrose oil, vitamin A, and vitamin E. For more information on the natural treatment of menopause, refer to my book, *Hormone Balance* (Adams Media, 2005) or one of my free eBooks *Total Body ReSet for Women's Hormones*.

Bio-Identical Hormones

If none of the above recommendations give you the relief you are seeking, natural, bio-identical, hormone replacement is more widely available. Compounding pharmacies extract natural estrogens and progesterone from plant sources. On the other hand, synthetic hormones are constructed from petroleum-based carbon, hydrogen, and oxygen atoms. They are said to be the same chemical structure as natural hormones, but they are mirror images that try to fit backward into hormone receptor sites.

Candace Pert, chief of brain sciences at the National Institutes of Health (NIH) for thirteen years, did the definitive work on hormone receptor sites. She says that synthetic hormones, because they are a mirror image and not the exact conformation of natural hormones, essentially attack receptor sites and render them useless for normal functioning, which leads to many side effects, including cancer.

Another important factor in the hormone controversy is the preferred use of estradiol by pharmaceutical companies, because it is the most powerful estrogen but also the most harmful. Two other estrogens, estrone and estriol, are much safer. All three can be extracted from plants, but using mostly estrone and estriol can reduce a woman's chances of stimulating cancer cells. Progesterone is often more deficient in women than estrogen; both need to be given in a balanced fashion. For some women, testosterone may even be required in small amounts. These hormones are available by prescription, but you should insist on a thorough hormonal panel, including testosterone, to

determine your needs. Testing can now be done using either blood or saliva.

Estrogen dominance and progesterone deficiency are commonly found in perimenopause and menopause. After saliva hormone testing to determine accurate levels, you may be prescribed a progesterone cream. Progesterone creams work well because the skin has an underlying layer of fat that allows the fat-loving progesterone to be absorbed. Once in the fat layer, progesterone is slowly absorbed into red blood cell membranes (which have a fat lining), flowing in tiny capillaries traveling through the fatty tissue. Red blood cells carrying progesterone travel to all parts of the body, making their cargo available to target tissues and to saliva. It is this bioavailable progesterone that is measured by saliva and is a better testing fluid than blood.

Ovulating women have a normal salivary progesterone level of 0.3 to 0.5 nanograms per milliliter (ng/ml). Women supplementing with progesterone should aim for that level to restore normal levels of bioavailable progesterone.

Applying 12 to 15 mg of progesterone cream daily to the skin (compared to 100 to 200 mg of oral progesterone) commonly achieve a salivary progesterone level of 0.5 nanograms per milliliter. Knowing that most progesterone creams contain about 1,000 mg of progesterone per 2-ounce jar, dividing 15 into 1,000 gives you about 66 days of treatment. For PMS, the transdermal dosage may be 30–40 mg daily to overcome the “cortisol blockage” on progesterone that is enhanced by severe stress. Read *Hormone Balance* (Dean 2005) for a detailed description of the endocrine system and balancing hormones.

MENSTRUAL PAIN

The medical term for this condition is dysmenorrhea and it affects half the female population at some time during their menstrual cycle. Menstrual pain can occur as a result of ***Fibroids*** and ***Endometriosis***, both of which are dealt with in separate sections. Painful periods with no underlying organic cause can be extremely debilitating. Dysmenorrhea tends to lessen after childbirth.

One of the proposed causes of menstrual pain is an imbalance in the level of prostaglandins in the uterus. Prostaglandins are hormone-like substances that are manufactured from fatty acids. Fatty acids, predominantly from arachadonic acid (meat and dairy), encourage specific prostaglandins that stimulate excessive bleeding and uterine cramping. These findings have led to treatment with antiprostaglandin drugs. However, there are natural antiprostaglandins such as evening primrose oil.

First Aid:

- * Castor oil packs and a hot water bottle on the abdomen can be very soothing. See the ***Cleansing*** section for instructions on how to do a castor oil pack.

- * Hot baths with Epsom salts are also helpful; the magnesium in Epsom salts is absorbed into your muscles and relaxes your muscles - even more than the heat of the water.

- * Exercise is very important to help stabilize contractions; it increases circulation clearing toxins and stretching muscles. As much as possible, swim, walk, or stretch during the pain.

- * Sexual intercourse can relieve menstrual pain and it's also great exercise!

- * Vaginal vibrators and masturbation can relieve menstrual pain.

Diet:

Eliminate meat and dairy that produce arachidonic acid and cut back on coffee, alcohol, sugar, salt, and white bread seven to ten days before the period to reduce menstrual cramps.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

Homeopathy:

* Mag. Phos: For the type of pain that is made better when you are curled up in

a ball with a hot water bottle pressing against your right side.

* Colocynthis: For intense, sharp, stabbing pain made better with pressure, not with heat and occurring more on the left side. The mood is bitter and irritable.

* Cimicifuga: For severe, achy cramps across the abdomen and down the legs and into the back. The mood is hysterical and irritable.

Dosage: For each of the remedies, use the 6X or 12X potency; take one dose every 4 hours. If the remedy you choose does not help after five or six doses, try another one.

A homeopathic book or, better still, a homeopathic doctor should be consulted if the first few remedies do not achieve the desired result.

MIGRAINES (See [Headaches](#))

MONONUCLEOSIS

Mono is called “the kissing disease.” It is an Epstein Barr virus that affects the lymph glands and the liver. Because it is a viral illness, there is no conventional medical treatment for mono, aside from rest. In my practice, however, I have used natural and homeopathic remedies with great success.

Viruses usually affect you when you are run down and your immune system is vulnerable. So, begin your treatment by getting lots of sleep and eating an optimum diet.

Supplements:

* Vitamin C as ascorbic acid, in high doses, 1,000 mg every hour until the bowel movements become loose, which indicates saturation, then decrease to 500 mg every three hours.

Herbs:

* Milk thistle (*Silybum marianum*) in tincture form, 10 to 30 drops in 1 cup of water taken three times daily.

Homeopathy:

* *Cistus canadensis*: Specifically for mononucleosis.

* *Cheladonia*: Supports the liver and the spleen.

Dosage: The potency for these remedies is 6X or 12X. Take both remedies three or four times daily until you start to feel better. Then gradually cut back the frequency.

Teenagers go from being flat in bed to the ski slopes in three weeks on this regimen. If not treated properly, mono can develop into Chronic Fatigue Syndrome.

MULTIPLE SCLEROSIS (MS)

MS is an autoimmune disease in which the immune system attacks the myelin sheath in the brain and spinal cord. The damage interferes with nerve pathways causing muscular weakness, numbness, loss of coordination and speech, and visual disturbances. It chiefly affects young adults and is thought to be a defect in the immune system that may be of genetic or viral origin. Research in 2006 found that people who had a strong Epstein Barr viral infection in the past were twice as likely to develop MS.

The definition of MS on paper does not convey the confusing nature of this disease. Demyelination can occur in any brain or spinal cord nerve and therefore cause widespread, nonspecific and mysterious symptoms. All the more confusing is the fact that there is no definitive test for the early stages of MS, no specific treatment and, according to conventional medicine, no cure.

Often, the diagnosis can take several years to confirm. In that time, a patient can experience eye, bladder and muscle symptoms. If the bladder is affected and you get bladder symptoms, antibiotic overuse can lead to an overgrowth of yeast in the intestines. The toxins produced by yeast overgrowth can be absorbed into the blood and produce inflammation that increases the symptoms of MS.

Anxiety about what is causing your symptoms and not getting a proper diagnosis can worsen symptoms. For example, hyperventilation due to anxiety can cause tingling and numbness in the extremities, similar to MS symptoms.

Research has shown that allergenic foods can cause antigen-antibody reactions in your system that can further irritate the nerves, muscles and joints. An avoidable cause of MS symptoms is the artificial sweetener aspartame found in thousands of diet products. This synthetic chemical contains wood alcohol (methanol), phenylalanine and aspartic acid. Read the section on [***Detoxing Sugar & Aspartame***](#) to understand the potential toxicity of aspartame and why

it should be avoided. It can cause symptoms of numbness, tingling, weakness, blurred vision, joint pain, and insomnia. Another trigger of MS symptoms can be mercury toxicity from mercury dental fillings or mercury-containing vaccines.

There is a consensus in naturopathic medicine that there is no one treatment for MS but a variety of treatments that can help alleviate the symptoms.

Diet:

The natural treatment for MS begins with avoiding sugar and alcohol and the major allergenic foods: dairy, wheat, corn, and soy. Some people must avoid all the gluten grains, which include rye, oats and barley as well as wheat. Roy Swank, M.D., has been treating MS patients for over forty years and has concluded that avoiding wheat and dairy can stabilize and prevent progression of the disease. His book is called *The Multiple Sclerosis Diet Book*.

If you have been treated with cortisone for your MS flare-ups and with antibiotics for bladder symptoms, read the section on [Yeast Overgrowth](#). With a hypoallergenic diet, an anti-Candida diet and avoidance of aspartame, a great many MS symptoms can be alleviated.

Supplements:

Supplements for MS focus on supplying essential minerals, oils, and fat-soluble vitamins to repair the myelin sheath around the nerves.

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sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

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* Vitamin E complex: Choose a food-based organic product. Dosage: One tablet, once or twice daily to support the adrenal glands.

* [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* Lecithin: Egg-based lecithin powder or capsules to balance the cholesterol and bile in the liver. Dosage: Follow the directions on the label.

* Sphingolin: This is a myelin sheath precursor; take 2 capsules twice daily. Made by Ecological Formulas.

Homeopathy:

Homeopathy seems to have a place in the treatment of MS, but the proper treatment includes constitutional remedies, which can only be given after a homeopathic doctor has taken a complete history.

NAIL ABNORMALITIES

Nails and their abnormalities are related to various nutrient deficiencies.

- * Brittle nails indicate an iron deficiency and decreased circulation.
- * Brittle, ridged, thin nails indicate Raynaud's syndrome, in which there is decreased circulation during cold weather or during periods of stress.
- * Spoon-shaped, concave nails indicate an iron deficiency.
- * Brittle nails can also indicate overuse of solvents and detergents.
- * White spots on the nails indicate zinc deficiency or, more rarely, a loss of protein in the urine. Zinc is low in teenage diets, which is unfortunate because it is required to metabolize the junk food that so many young people eat.
- * Yellowish nails indicate lymphatic congestion, respiratory congestion, or deficiency in vitamin E.
- * Yellow toenails and red patches and bruising around the nails indicate diabetes.
- * Dark nails can indicate a B12 deficiency.
- * A white cuticle with a dark tip is an indication of chronic kidney disease.
- * Whitish nails indicate liver or kidney disease or anemia.
- * Horizontal ridges on the nails indicate protein or zinc deficiency.
- * Vertical lines on the nails indicate iron, calcium or magnesium deficiency.

NAUSEA

Chronic low-grade nausea is different from acute nausea that is associated with the flu or with motion sickness. Low-grade nausea is often caused by yeast overgrowth or generalized toxicity. See the section on [Yeast Overgrowth](#). Nausea can be the culmination of lifelong toxicity. Like a rain barrel filled to the top with oil, dirt and debris, anything else that goes in assumes the character of the debris.

Sometimes people are so toxic that any food they take, no matter how good it is, adds to their toxicity and makes them feel sick. In this case, people have to detoxify and cleanse before they do anything else. Good food and excellent supplements are useless in the face of a toxic overload. Read the section on Cleansing to help with this.

If your nausea is due to pregnancy, read the section on [Pregnancy](#).

A common cause of nausea among healthy people who take vitamins is taking zinc on an empty stomach. If you want to know what morning sickness feels like, eat zinc tablets for breakfast.

Herbs:

The best remedy for nausea caused by motion sickness is ginger tea or ginger capsules.

Acupuncture:

Acupuncture is also very helpful because it can work on the vagus nerve, which may be irritated by stomach acidity and give a constant nausea reflex. In most cases, however, nausea is only a symptom of toxicity.

If you suffer from seasickness or carsickness, you can treat yourself by wearing [Sea-Bands](#) on your wrist. A small metal ball in the band stimulates the acupuncture point that treats nausea.

NECK PAIN

The problem of neck pain is extremely common among North Americans. It is directly related to the way we sit at our desks with our necks jutting forward, our shoulders slumped, and our brows scrunched up in concentration. It starts in the shoulders and moves up into the neck and head. It feels like we have just been in a motor vehicle accident and suffered whiplash. Muscle spasms in the neck can be very severe.

Prevention:

To avoid neck pain, make sure you sit with good back support. When you're working at your computer, make sure it's at eye level and that you have to look neither up nor down. An accessory is available that elevates the computer screen, or you can stack up several telephone books. Standing while you work can also help alleviate neck and back pain.

When lifting heavy objects, be sure that you bend your knees and lift from a stooping position (with your back straight, not bent) so that you use your large leg muscles and don't put a strain on your back and neck.

Sleeping for six to eight hours in the wrong position can aggravate neck problems. Choose a firm mattress and use a rolled-up towel under your neck or find a neck pillow or cervical pillow that puts proper support under your neck. Never sleep on your stomach; the best position is either on your back or curled up in the fetal position.

If your neck is very stiff or you feel tenderness in certain areas, check with a qualified chiropractor for assessment and treatment. You might be advised to get x-rays to diagnose any problems with your vertebrae. Read the section on [X-rays](#) in [Part Two](#). If your neck pain comes from a motor vehicle accident, be sure you are under the care of a medical doctor.

First Aid:

* The best treatment for acute injury is ice for the first day followed by heat and ice, used alternately, then with heat alone. Ice cubes in a hand towel, frozen cold packs or even frozen peas can be used in an emergency.

* Massage is very helpful; you can do a self-massage that can relax the neck using massage oil or aromatherapy oil.

* Lying on two tennis balls tied up in a sock and positioned at the base of the skull can relieve pressure on the attachment sites of the neck muscles. Do this carefully so that you don't cause more pain.

Supplements:

* *ReMag* is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* Pancreatic enzymes and vitamin C. Two tablets of pancreatic enzymes along with 1 gram of vitamin C, in the form of ascorbic acid, taken three times a day between meals is as effective as non-steroidal anti-inflammatory drugs, but without any side effects.

Homeopathy:

* Arnica 12X is the most important remedy for pain due to injury. It treats pain, shock, swelling and bleeding.

NIGHT BLINDNESS

Night blindness is due to vitamin A deficiency, so the treatment is very simple: Take vitamin A or beta-carotene. The best sources of beta-carotene are yellow vegetables such as carrots, yams, squash, and green leafy vegetables such as kale, spinach, and broccoli. Vitamin A is found in fish liver oils. One teaspoon of cod liver oil or halibut liver oil a day supplies essential fatty acids, including vitamin A. When you take fish oils, check the label and don't take more than 10,000 IU of Vitamin A on a long-term basis.

NOSEBLEED

Nosebleeds occur more often in the winter months due to drying of the nasal membranes, which leaves them susceptible to cracking and bleeding. They can also occur in the dry heat of the desert. To avoid dryness, humidify your living space, especially your bedroom, so that you have sufficient moisture in the air. Most people find that their fingers get very dry in the winter – humidify your room until they are soft again.

Nosebleeds are often connected with more than dryness alone; a winter cold can bring on constant nasal mucus and irritation, with the consequent nose blowing that sets the stage for dryness, cracking, and bleeding. Also, allergies to inhaled dust and mites and even food such as dairy and gluten, can cause excessive mucus in the nose. Therefore, a vicious cycle is created that results in breakage or tears in the membranes inside the nose, which can take up to a week to heal.

Usually, people can't leave their noses alone for more than an hour without blowing out the mucus or even picking at the crusts and it will require much longer periods in order to heal a damaged area in the nose. The more you stick your fingers in your nose and pick at it, the more you are susceptible to nasal boils. These are usually staphylococcal bacterial infections that start with a tiny, painful swelling in the nose, form pus and then dry and crust over.

The nose is very sensitive and the treatment for this vicious cycle is to leave the nose alone except for using vitamin E oil or comfrey cream, several times a day, to help lubricate the nose lining and heal the scabs. If you do get a staphylococcal boil you can add [Pico Silver](#) to your nasal cream and apply with a cotton swab or you can just apply *Pico Silver* directly. The underlying cause of these boils may be yeast, which you can read more about in the [Yeast Overgrowth](#) section.

A side effect of blood-thinning medications, including aspirin, is nosebleeds, but you may get relief if you follow the recommendations given. Not everybody taking these medications has nosebleeds.

If nosebleeds are severe and ongoing, cauterization of the bleeding capillaries with a silver nitrate stick by a doctor can eliminate the problem immediately and taking the following nutrients listed below can prevent its return.

First Aid:

Pinch the nose with thumb and index finger and breathe through the mouth. Lean slightly forward and stay sitting up so blood won't run down the back of the throat causing choking. Hold the nose for several minutes before releasing to give time for the small blood vessels that have broken to close.

Supplements:

* [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals including zinc, which is important for wound healing. Dosage: 1/2 tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

Homeopathy:

* Phosphorus: For all types of bleeding including nosebleeds.

* Arnica: For nosebleeds due to injury.

Dosage: Use a 6X or 12X potency for either remedy, one dose every hour until bleeding subsides.

OBESITY

Since I wrote the first self-published edition of this book several decades ago in 1988, the incidence of obesity has skyrocketed. An astounding 60% of adults and 20% of children are overweight. Besides putting a strain on all your joints because you carry extra weight, obesity puts a strain on your heart. Doctors don't realize that fat cells hold onto toxins to protect the body from being poisoned. Toxins abound in our culture and environment. We allow thousands of chemical additives in our food, air and water forcing our liver to process them all.

Because many of these chemicals end up in our fat cells, this means when we lose weight these toxins are released into the bloodstream. In fact, when you go on a fast or diet, you can feel so sick within two to three days that you quit the program and all your good intentions fly out the window. Like caffeine or cigarette withdrawal, when you stop eating foods to which you are addicted or which are poisoning you, your body starts flushing the poisons or toxins out of your system. As these toxins are released, especially from fat cells where they are stored, you can experience headaches, cramps, diarrhea, and fatigue.

What's the answer? Any diet must be started slowly, beginning with the following steps:

- * Avoid the foods that are responsible for building up toxins: coffee, sugar, junk food, fried food, and alcohol.

- * Drink lots of sea salted water to flush out poisons and above all, avoid constipation by taking psyllium seed powder and ReMag. Water Guidelines: Take your body weight in pounds, divide that by half and drink that many ounces of water per day. In each liter of water stir in ¼ tsp of unrefined sea salt.

- * Take saunas; sweating helps you use your skin as your “third lung” to eliminate toxins. If you don’t begin to sweat right away, rub sea salt all over your skin to pull out the sweat.
- * Eat good oils and fats such as fish oils, flaxseed, olive, and coconut, avoiding margarine and processed vegetable oils.
- * Exercise daily. It’s only movement that pumps our lymphatic circulation to move toxins out of the body. The lymphatic system relies on exercise because it doesn’t have a heart to pump like the circulatory system.

The low-fat, high-carbohydrate diet seems to have backfired and there is now a big swing to high-fat diets! What is the answer?

I discovered my answer to losing a few pounds in the Ketogenic Diet. I studied it and experienced it and then wrote a book called [*ReSet Your Ideal Weight: The Keto Diet and Intermittent Fasting*](#). Instead of trying to summarize or reproduce you can download for free.

Or you can investigate my [*Optimum Eating Plan*](#) and begin eating according to your blood type. Then read the section on [*Diabetes*](#) to learn about insulin resistance, which is why a high carbohydrate diet of white sugar and white flour products causes diabetes and increases fat stores. When you read my Keto book, you will see the wisdom of avoiding carbs so you can turn your body into a fat-burning machine.

Read about Sugar Addiction under [*Addictions*](#) and [*Yeast Overgrowth*](#) to understand what drives your sugar cravings. The section on [*Detoxing Sugar & Aspartame*](#) will round out your education when you learn that artificial sweeteners such as aspartame (NutraSweet) stimulate the brain and actually cause carbohydrate cravings. This means that when you take any of the over 9,000 diet products laced with aspartame, you are paradoxically gaining weight,

retaining fluid and causing neurological damage to your body all at the same time.

According to Drs. James and Peter D'Adamo, if you are an O blood type and you continue to eat bread and flour products, you will gain weight and you may also become allergic to wheat and gluten products. You retain fluid in order to dilute the toxins from this allergic reaction. Food allergy testing may be helpful to diagnose food allergies, but the best test is to avoid suspect foods and then challenge them to see how you react. Avoiding the gluten grains, rye, oats, wheat and barley, is the first step.

If you are an A blood type, a diet high in meat may be causing your weight gain. You may not be digesting the meat and may need to cut back and eat more complex carbohydrates such as root vegetables, beans, legumes, nuts, and seeds to lose weight.

Another weight loss tip is exercise. If you are an O blood type, you require lots of exercise to help metabolize the heavier animal protein diet. A good exercise program for you includes vigorous walking, swimming, or bicycling, with yoga thrown in for flexibility and relaxation. As an A blood type, you do better with yoga, tai chi, and walking because on a vegetarian diet you have fewer heavy foods to metabolize and eliminate.

If you are allergic to foods and they are contributing to your weight problems or you want to detoxify, you can go on a modified fast that includes vegetables, hypoallergenic protein powder, and psyllium seed as a bulking agent for a period of three to ten days in order to get rid of excess fluid weight and to clear your body of possible allergenic foods. Then you can begin an elimination diet. See the section on [*Allergies*](#).

The best way to do a modified fast to lose weight and recover your health is to book your next vacation at a cleansing retreat. The best one I know is the Charlotte Gerson Health Restoration Center in San Diego. This week-long

program of organic salads, juices, and detoxification therapies will change your life.

OSTEOPOROSIS

Osteoporosis means a thinning of the bones. If a bone is not exercised, it will automatically begin being reabsorbed. Space astronauts discovered this when they were in weightless flight. The most important advice is to maintain an optimum level of exercise to avoid bone resorption. Commenting on recent osteoporosis exercise studies, Dr. Christine Snow, Director of the Bone Research Laboratory at Oregon State University, said that, "Exercise was as good as or better than either estrogen or Fosamax for preventing bone loss."

Osteoporosis appears to be on the rise because of our aging population but it's also because of some of the medications we take. A 2007 study showed that long term use of the stomach acid-inhibiting drugs Nexium, Prilosec and Prevacid diminish stomach acid to the extent that minerals such as calcium and magnesium are unable to be absorbed leading to greater risk of hip fracture. Fluoride added to our water supply and toothpastes replaces calcium in bone and leads to brittle bones. Lead can do the same, building up in bones when we are exposed to this heavy metal in polluted cities.

Years ago I learned of a study by a woman anthropologist who measured the bone densities of a group of strong young South American women. They effortlessly carried enormous jars overflowing with water on their heads up and down treacherous trails. Decades later the same anthropologist went back to the same village and found the same women, older, grayer, but still effortlessly carrying those same jars. Their bone density tests showed that their bones were thinning, just as our bones do. However, lifting and carrying those heavy jars kept their muscles, tendons, and cartilage strong, and these older women did not break bones or show symptoms of osteoporosis. It always made me wonder how much our bone density tests correlate with actual disease (Taken from *Hormone Balance*, Dean 2005).

Drug companies thought the cure for osteoporosis could be found in estrogen replacement therapy, however, a large clinical trial called the Women's Health Initiative came to the conclusion that ERT causes more harm than good and does not protect the bones.

Fosamax is the most commonly prescribed drug for osteoporosis. It's also prescribed for osteopenia, thereby hastening osteoporosis. Fosamax inhibits bone-resorption, but it actually kills bone resorption cells. Bone is in a constant state of change – building up and breaking down. Osteoblasts build bone and osteoclasts break down bone – but the breakdown is not the end point – it's a continual process of remodeling. When the remodeling function is lost, bone becomes very brittle and subject to breakage from minor falls even more readily than thin bone.

Some of the known side effects of Fosamax are gastric and esophageal inflammation, renal failure, ocular damage, skin reactions, hypocalcaemia, and hepatitis, as well as brittle bones. In 2006, we learned that women taking Fosamax are at greater risk for jawbone deterioration. As the most used bone in our body, from talking and eating, the weakness in the jawbone shows us the underlying danger of these bone-resorption inhibitor drugs. Dr. Samuel Epstein calls Fosamax a "rip roaring carcinogen".

Actonel is another bone-resorption inhibitor but is becoming even more popular than Fosamax because it only has to be taken once a week. It has the same side effects as Fosamax. Both drugs have the same low consumer rating on a website called [Ask A Patient](#). There you can find out what hundreds of people taking these drugs think of them. On a scale of one to five, one means you are dissatisfied and would not recommend the drug. Five means you are satisfied that the drug worked. Both Fosamax and Actonyl rate 1.5. The most recent bone-resorption drug is Boniva. According to drug PR, it has the added advantage of once a month dosage and consumers are led to believe that since

it is newer, it must be safer. However, it still has all the same side effects as Fosamax and Actonel. Remember, no drug can take the place of exercise, good food, good water, and proper supplementation. Also, remember that all drugs do have side effects.

Bone Nutrients

Most doctors and drug companies stress the need for calcium supplementation to prevent osteoporosis, forgetting that up to 20 different nutrients are necessary for bone formation. These nutrients include calcium, magnesium, zinc, copper, boron, mucopolysaccharides, chondroitin sulfates, and the B vitamins. Most osteoporosis studies research only one nutrient, drug, or therapy to see if it prevents bone loss.

Many people avoid dairy because of lactose intolerance, casein allergy, bovine growth hormones, diarrhea, constipation or its toxic fat content. In the section on [Osteoporosis](#) you will find a list of foods high in calcium. It is preferable to eat organic food. If you can't get the full 600mg of calcium that you need from your diet, use [ReCalcia](#). Dosage: 1 tsp = 300mg, take 1-2 tsp per day.

Magnesium is deficient in osteoporosis because it is deficient in the standard American diet. Magnesium should be present in legumes, nuts, seeds, whole grains and green leafy vegetables and is lacking in fish, meat, and milk. However, our soils are depleted of magnesium and thus it doesn't appear in most foods. If any magnesium survives our current farming practices, it is lost in food processing and cooking. [The Magnesium Miracle](#) has a chapter on osteoporosis showing that magnesium is an essential component of bone building and calcium absorption.

Diet:

Avoid alcohol, which interferes with bone formation. Smoking also adds to osteoporosis risk. Coffee affects the bones adversely by increasing calcium excretion, probably by its diuretic action.

In countries with low protein intake, osteoporosis does not occur in such epidemic proportions as it does in North America. Protein, especially meat with its high phosphorus content, causes calcium loss. Phosphates in soft drinks bind calcium and eliminate it from the body. This is a concern for teens who have a high intake of soft drinks; they are at great risk of developing osteoporosis at a very young age.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals several of which are necessary for bone formation. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcina: Invisible Minerals Part II*.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione.

Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or 1/2 tsp per day.

PARASITES

The World Health Organization (WHO) estimates that half the world's population is infected with parasites. In the West, we pretend we are not susceptible. The New York City water supply occasionally harbors *Giardia lamblia*, a common parasite. It used to be picked up by travelers to foreign countries, but it is common in mountain streams in any country. Epidemics of *Giardia* periodically affect day-care centers and fast-food establishments. On a daily basis, people eat contaminated restaurant or packaged food that causes intestinal reactions they may not attribute to parasites. You can also pick up parasites from your pets.

Parasites on food are not killed easily with a water rinse. Some health advocates even advise washing food in a basin of water to which is added one or two capfuls of bleach. Fortunately, there is another product that does not have the side effects that bleach has. It's called grapefruit seed extract, sold in stores as Citricidal. Soak all your fruits and vegetables in a basin of water and add several drops of the extract. It can also be taken internally in capsule or tablet form to kill parasites in food when eating out. Take one or two during a meal when eating in a restaurant.

Parasites have the potential to cause multiple symptoms, just like yeast. They can cause gas, bloating, diarrhea, and sometimes constipation. The toxins from parasites can cause symptoms of fatigue and irritability. Pinworms in children are notorious for causing grinding of teeth, ravenous appetite, and an itchy bottom. Parasites have a life cycle that makes them especially active during a full moon. Women sometimes mistake parasite symptoms for premenstrual tension.

When parasites cannot be ruled out, they may be treated on speculation. This line of reasoning is offensive to allopathic medicine, which contends that

you have to have a diagnosis before you can treat anything. There is no blood test for parasites and stool testing for parasites is notoriously inaccurate. There is a 50% chance of missing parasites when a stool sample is placed in a preservative and sent to a lab. The stool may not be collected properly, leaving the stool in a clump and not adequately mixed with the solution and the parasite decomposes before analysis.

The stool may not contain any parasites at all because they live in the mucous membranes of the intestine, not in the stool. The best way to find parasites is with a direct swab of the rectum, which is immediately viewed under a high-powered microscope by a skilled technician.

In Europe, you may have heard of children and animals being regularly dewormed with potions of garlic and herbs. We do not follow that practice in North America because we somehow have the notion that parasites cannot affect us here. Consider this scenario: A migrant farm worker may not have hygienic sanitary facilities in the field. If the worker has parasites, they may be passed onto the produce being picked and end up on your table. Produce does not undergo any effective washing or cleansing process to deal with parasite contamination. Unless it is cleaned with grapefruit seed extract or an equivalent product in your kitchen, you have to assume the food has parasites.

If you have a diagnosed case of parasites or feel you are infected, be very careful about following an advertised "parasite purge". Parasites don't take up residence in a healthy body, they seek out immune suppressed bodies that may be in such a weakened state that a "purge" of any kind would be debilitating. When you kill parasites their toxic dying debris can be absorbed through a "leaky gut" and cause you to have a "healing crisis". To avoid a worsening of your condition, the layers of infections might have to be addressed: virus, bacteria, yeast and then parasites. You can find more information about detox and cleansing in the section on [Cleansing](#).

Prevention:

* Wash all produce in a sink of filtered water using 10 drops of grapefruit seed extract. This solution is very bitter and kills parasites.

* Take 1-2 grapefruit seed extract capsules whenever you eat outside the home, whether down the street or across the globe.

Herbs:

* Cloves: Use cloves as a "breath mint" holding them in your mouth and very gently chewing them to release the volatile oils. Eventually the clove will be macerated and you can either swallow it with water or spit it out. The swallowed clove juice will help keep you parasite-free.

* Wormwood (*Artemisia annua*): This herb is included in most parasite formulas along with cloves, garlic, the green unripe hulls of black walnut, slippery elm bark, pau d'arco, butternut bark, lomatium root, neem, olive leaf, pumpkin seeds, quassia bark, sage, southernwood, male fern root.

PHLEBITIS (**Thrombophlebitis**)

Phlebitis refers to inflammation in a vein. When associated with a blood clot, the condition is called thrombophlebitis. Usually the deep veins of the legs are involved and almost 90% of sufferers are women. The causes include pregnancy; the birth control pill; long periods of immobility, such as during air travel or bed rest following surgical procedures or accidents; and dehydration and toxicity that thicken the blood. People who develop thrombophlebitis may also smoke, have high blood pressure, be diabetic, drink excessively, do drugs, and have high homocysteine levels.

The best treatment is prevention, of course, by eating an optimal diet, which keeps the blood from becoming too thick with cholesterol and triglycerides and getting plenty of exercise. If you have a family history of phlebitis or have had an occurrence already, follow a detox program in the section on [Cleansing](#). Read the section on [Atherosclerosis](#) to get more information on how to take care of your veins and arteries.

Supplements:

* Nattokinase: An enzyme from a soy product called natto that dissolves fibrinogen in the blood, which is the substance that causes clot formation. It does not "thin" the blood as does coumadin and can be used together with coumadin or as a substitute for coumadin. Withdrawal of coumadin should be under a doctor's supervision.

POISON IVY

Avoid poison ivy by knowing what it looks like – spoon shaped leaves, three to a stem. Once you have contacted poison ivy, every effort should be made to isolate that area of the skin and not touch, rub, or press it up against any other area of the skin or clothing that can retain the resin and pass the allergic reaction along. There have been cases of patients who blistered after handling an old, dried, pressed specimen of poison ivy or tried on clothes that touched someone who had poison ivy.

Poison Oak (*Rhus diversiloba*), poison ivy (*Rhus toxicodendron* L.) and poison sumac (*Rhus toxicodendron* V) emit the poisonous, oily irritant urushiol on the plant's stem, roots, branches, and leaves. The urushiol chemically "locks on" to skin proteins within 20 minutes after exposure to the plants (including dormant plants or long-dead prunings). The irritant can also be transmitted from contaminated clothes, tools, or even pets.

Contact with this annoying oil produces a rash in three out of four people. The rash can begin within a few hours after contact or it can start three to five days later. The rash starts with itchiness and swelling, followed by a reddish inflammation of tiny pimples. Blisters then form and couple in a chain-like reaction. A clear fluid oozes from the blisters. This fluid then hardens to a yellowish crust. Left untreated, the rash (a typical histamine response) will last three to five weeks.

First Aid:

On the spot treatment is to locate a jewelweed plant and rub the plant over the affected area. If you live in a poison ivy region, make sure you learn how to identify both plants; do a Google search for images. If you have had previous encounters with poison ivy, you'll want to have some [Poison Ivy Soap](#) on hand.

It's made with jewelweed and the perfect first aid treatment for poison ivy.

Try to wash off the oil with soap and water within 20 to 30 minutes of contact. After that, the oil soaks into the skin. Never touch the blisters without washing your hands with soap and water afterward. There are two simple treatments for poison ivy, and you can do them both.

The first is to put the affected body part under the sink faucet or shower and run warm water over it. Slowly increase the temperature until you are running water as hot as you can stand. You will begin to feel prickles in the skin and then stop. Repeat as often as possible every time your skin itches. The heat of the water apparently overloads the pain circuits of the nervous system and stops the itching.

The second is to soak in a warm bath in which you dissolve a box of baking soda. The baking soda will draw out the toxic oil. Take a baking soda bath daily until the rash is gone. Keep the area dry and apply calamine lotion.

Homeopathy:

* Rhus tox: This is a homeopathic remedy made from poison ivy. Take a 12X or 200X potency, one dose every one to two hours the first two days and then reduce dosage to three times a day as symptoms abate.

PREMENSTRUAL SYNDROME (PMS)

Premenstrual syndrome (PMS) is a condition of hormonal imbalance and inappropriate fluid retention that occurs seven to ten days before your period and can cause bloating, swelling and weight gain as well as psychological distress such as poor concentration, depression, irritability, anxiety, and anger. Some women are so affected that they can become suicidal or homicidal. Of course, these cases are as rare as they are extreme.

In the early 1980s, I was treating PMS, before it was recognized as a medical condition. I prescribed diet, magnesium, vitamin B6, vitamin E, and, for the worst cases, progesterone suppositories. Suppositories were necessary because the liver destroys oral progesterone. Now progesterone is available in both transdermal cream and in oral micronized forms that are not immediately broken down by the liver. Over time, PMS has been accepted by the medical mainstream and types of PMS as well as its mechanisms and causes have been researched and described.

There are four types of PMS. PMS-A causes anxiety; PMS-C causes cravings; PMS-D causes depression; PMS-H (for H₂O) causes water retention. There are over a dozen known contributing factors or causes of PMS, including estrogen dominance and low progesterone; overgrowth of yeast causing fluid retention and hormonal imbalance; faulty nutrition and excess salt, coffee, and alcohol; hypoglycemia; hypothyroidism; adrenal exhaustion; food allergies; environmental toxicity, including mercury fillings; infections, both viral and parasitic; stress, including sexual abuse; and lack of proper sleep and exercise. Examine these conditions in various sections in this book to understand the underlying factors that trigger or worsen your PMS.

Begin by keeping a chart to record your cycle and your symptoms to determine whether indeed you are experiencing PMS. Symptoms occur from

ovulation to the period and usually disappear at the onset of menses to be true PMS. The mere identification of your symptoms as cyclical can help to alleviate some of your frustration about what is going on. And perhaps, with knowing what's going on and with rest and support, you will be able to cope.

In the Native American culture, women at the time of their periods were honored. Their moon time was spent in a special longhouse where they were taken care of and where they shared their visions and dreams with other women. The premenstrual time for all women is one of greater dreaming, intuition, and vision. These aspects of our inner knowing and spirit have been ignored or rejected in our society in the past but are lately becoming more acceptable as greater numbers of women support one another, and we publicly honor our gifts.

Diet:

Avoid foods that cause fluid retention, such as salt and sugar. Avoid chips, candy, desserts, alcohol, tea, coffee, and soft drinks (especially aspartame-sweetened drinks) and eat an optimum diet of whole grains, nuts, seeds, vegetables, legumes, fish, and chicken. Most women with PMS have not been following a good diet and require detoxification to unburden the liver, which is responsible for making our hormones. Read the section on [Cleansing](#) for simple detox instructions.

Supplements:

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium

RBC at 6.0-6.5mg/dL.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

Homeopathy:

* Sepia: For dark-haired women who are angry and irritable and push people away; feel better when they are dancing; feel their uterus is heavy and falling; and suffer leg pains prior to and during the period.

* Pulsatilla: For blonde women who are weepy and inconsolable but who may also be changeable - that is, they may appear angry and irritable one moment like a Sepia and the next minute be in a flood of tears.

* Nat mur: This is a good remedy for women who crave salt. These women retain fluid and they are “shut down;” that is, not willing to get involved with anyone and quite often have suffered a heartache or major grief that keeps them behind a protective barrier. They are often good listeners and try to help others but never get involved.

Dosage: These remedies can be taken in the 6X or 12X potency, one dose, three times a day, seven to ten days before the period. Usually the remedies are used for three to four cycles. Many symptoms abate and after that, the remedies are only used as needed.

If you don't entirely respond to the treatments suggested above, you may require progesterone cream. Blood, saliva, or urine testing can determine estrogen dominance. If estrogen is high and progesterone is low, you may get relief for PMS with creams that contain progesterone.

Some of the pure wild yam creams contain no progesterone – check the label – it should say Progesterone USP if it contains progesterone. Dosage varies from ¼ to ½ teaspoon once or twice a day and should be discussed with your naturopathic doctor.

Above all, don't fall victim to the propaganda that PMS is a mental condition requiring Prozac. The PMS drug called Sarafem is simply Prozac in pretty pink packaging. (Sarcasm intended.)

PROSTATE ENLARGEMENT (BPH)

The prostate gland is located at the base of the penis; it produces prostatic fluid, a carrier substance for semen. Much concern surrounds the prostate because of all the media attention on prostate cancer; women express the equivalent fear and concern about breast cancer. Often this fear can be paralyzing and surround people with denial that keeps them from taking positive steps to prevent these conditions.

One in six men will develop prostate cancer in their lifetime. One in two men by age 50 have benign prostatic hyperplasia (BPH), but the two conditions should not be confused. BPH occurs when the walnut-sized gland swells in response to hormone imbalance (too much estrogen and dihydrotestosterone [DHT] and too little testosterone), estrogen mimicking chemicals and zinc deficiency. Symptoms include frequent urination including getting up several times at night. Medically, BPH is said to be a normal part of aging and the symptomatic treatment is with drugs and surgery.

There are far too many men having prostate resection for benign prostate enlargement. The side effects of this operation include impotence, so this surgery should not be taken lightly. In addition to the basic supplements mentioned below, it is also important to have an optimum diet and avoid heavy, fried, spicy, rich foods that can increase the toxic burden on the body. Read the section on [*Cleansing*](#).

Supplements:

* Zinc is the most important mineral for assisting prostate function. Oysters, pumpkin seeds and sunflower seeds contain large amounts of zinc. [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [*Dr. Carolyn Dean Live*](#) to download the free eBook [*ReMyte & ReCalcia: Invisible*](#)

[*Minerals Part II.*](#)

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II.*](#)

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. Read my book, [*Pico Silver: Clearing up the Controversy*](#) to learn more about the incredible properties of this ionic mineral.

Herbs:

Herbal prostate formulas are available in most health food stores. They may include saw palmetto berries, cornsilk, pumpkin seeds, uva ursi, and buchu.

Homeopathy:

The homeopathic remedies used for the prostate are Thuja, Coninum, Medorrhinum, Staphysagria, and Baryta carb. All of these remedies are constitutional remedies and it is best to work with a naturopath or homeopath when using them. They are usually taken in the 12X potency twice a day for one month to see if your condition improves.

Prostate cancer is reaching epidemic proportions, in part, because the population is living longer. It is said that most men by age 80 will have prostate cancer because of the many inescapable hormone-disrupting chemicals in our environment. We cannot escape them. They end up in our drinking water, our food and the air we breathe. Our bodies reach a state of overload and without

help the immune system cannot detoxify all the poisons as well as keep the body free of cancer cells. The best way to prevent prostate cancer is to begin with a weeklong cleansing program at a reputable clinic such as The Charlotte Gerson Health Restoration Center in San Diego. See [*Resources*](#).

PROSTATITIS

Prostatitis is definitely related to Yeast Overgrowth and the first line of treatment is the *Yeast ReSet Protocol* that is found in the section on ***Yeast Overgrowth***. Few people know this. Let me explain.

Prostatitis describes the swelling and inflammation of the prostate gland, which is a walnut-sized gland located directly below the bladder in men. The prostate gland's function is to produce fluid (semen) that feeds and transports sperm.

Prostatitis often causes painful or difficult urination. Other symptoms of prostatitis include pain in the groin, pelvic area, or genitals, and sometimes flu-like symptoms.

According to the Mayo Clinic, prostatitis is usually caused by a nonspecific agent, giving rise to the name Non-specific Prostatitis. If it's a bacterial infection, they say it can usually be treated successfully with antibiotics. However, they admit that sometimes prostatitis isn't caused by a bacterial infection or a cause is never identified. Since there is a strong likelihood that your prostatitis is caused by yeast, then antibiotics are going to make it worse. That's why I recommend using silver.

Pico Silver Solution is 20ppm. The directions for short-term immune support for an acute infection: ½-1 teaspoon, 6 times daily. *Pico Silver* is tasteless, and you can hold the liquid under your tongue for 2-3 minutes before swallowing.

The Mayo Clinic Prostatitis Symptoms:

Pain or burning sensation when urinating (dysuria)

Difficulty urinating, such as dribbling or hesitant urination

Frequent urination, particularly at night (nocturia)

Urgent need to urinate

Pain in the abdomen, groin, or lower back

Pain in the area between the scrotum and rectum (perineum)

Pain or discomfort of the penis or testicles

Painful orgasms (ejaculations)

Flu-like symptoms (with bacterial prostatitis)

Based on symptoms and lab testing, allopathic doctors diagnose acute bacterial prostatitis, chronic bacterial prostatitis (lasting 3 months or more), or chronic abacterial prostatitis (lasting three months or more and is not caused by bacteria). They admit that most cases of prostatitis fall into the last category. There is also a category of prostatitis that doesn't cause symptoms.

Some of my alternative medicine doctor friends are convinced that inflammation of the prostate is caused by a yeast infection. Drs. Roby Mitchell and John Trowbridge are two doctors who demonstrate case after case of men whose prostatitis was treated with antifungals and cured. These men demonstrate a history of antibiotics and/or years of drinking beer and eating carbs. It doesn't help that when an allopathic doctor diagnoses prostatitis he will immediately prescribe antibiotics. How can the problem get better if the treatment causes the problem?

Most prostatitis is very mild so it can go ignored and undiagnosed for years as the yeast takes hold. Symptoms may include frequent or urgent urination, nighttime urination, incomplete bladder emptying, reduced urine flow, or a slow start to urine flow. Some men can experience discomfort, pain, or even blood in the urine.

Dr. Roby Mitchell says that chronic inflammation and irritation of the prostate can lead to abnormal cells being formed – these are cancer cells. The condition is called prostatic inflammatory neoplasia (PIN). Furthermore, he says that early detection and treatment of PIN prevents prostate cancer, similar to the way getting rid of colon polyps prevents colon cancer.

There has been recent acknowledgment that the PSA test for prostate cancer is inaccurate and ambiguous; however, if inflammation is present, there will be an elevation of PSA unless testosterone levels are too low. Dr. Mitchell recommends that if you have symptoms and a low PSA, you should have your testosterone level checked as well.

You can have your PSA tested by your primary care doctor or a urologist. If your PSA comes back above 2, you have a prostate infection, according to Ron Wheeler M.D., a urologist and medical director of the Diagnostic Center for Disease in Sarasota, Florida. This infection is non-specific prostatitis and will respond to a yeast-free diet and antifungal treatments. Dr. Mitchell warns that if it is left to smolder, it may lead to prostate cancer. Cancer is more difficult to treat. If you have an elevated PSA, don't sit on it.

PSORIASIS

Psoriasis occurs when skin cells reproduce up to a hundred times faster than normal. When this occurs, the skin builds up layers of dry, flaky patches, which cause irritation, itching, and embarrassment. Product advertisements for treating “the heartbreak of psoriasis” make the public think of it as a horrible disease, and for some people, it is. But those with mild to moderate cases can actually aggravate their psoriasis by worrying about the appearance of a new skin lesion and using drugs to treat it.

I have found in my practice that when people are treated for [Yeast Overgrowth](#) or [Allergies](#), their psoriasis begins to clear up. Please check the sections on these conditions for more information. Almost any skin condition can be aggravated by yeast overgrowth.

First Aid:

Sunbathing and UV sunlamps are helpful, but be careful, because too much has its own side effects. Try to expose only the areas of psoriasis. Tar soaps sold at drugstores and [Magnetic Clay](#) packs seem to help slow down the production of psoriatic patches.

Diet:

Avoid sugar, alcohol, coffee, and smoking. Eat lots of vegetables, moderate fruit, lots of nuts, whole grains, legumes, beans and peas, fish, and chicken. Avoid saturated fats and refined foods such as pork, beef, and baked goods.

Supplements:

* Zinc: This mineral is depleted by the excessive cell production. [ReMyte](#) is a

fully absorbed, bioavailable multiple mineral that contains zinc and 11 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* Vitamin E complex: Choose a food-based organic product. Dosage: One tablet, once or twice daily to support the adrenal glands.

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* *Blue Ice Royal*: Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

* Lecithin: Egg-based lecithin powder or capsules to balance the cholesterol and bile in the liver. Dosage: Follow label directions.

RAYNAUD'S SYNDROME

Raynaud's is the name given to a condition that causes blue or white discoloration of the fingers due to lack of sufficient oxygen and blood supply. There is no known cause for this condition. Have your doctor check your hemoglobin and iron to see if you have a hemoglobin deficiency, which can decrease your oxygenation. People with low thyroid can have a lower body temperature, so read the section on [*Hypothyroidism*](#). Treatment focuses on keeping the fingers warm and improving circulation in the hands.

First Aid:

- * Always wear gloves in cold weather; swinging the arms like a windmill to force blood into the fingertips is helpful.
- * Smoking is discouraged because it constricts the blood vessels.

Diet:

- * Avoid alcohol, even though you feel it may be warming to the body; it actually creates heat loss and results in chilling of the extremities.
- * Coffee and caffeine products in over-the-counter pain medications, chocolate, and cola drinks should be avoided because they, too, constrict blood vessels.
- * Avoid cold drinks; instead, consume warm fluids, especially herb teas.
- * Eat an optimum diet, plenty of vegetables, moderate fruit and lots of whole grains, nuts, seeds, beans, legumes, fish, and chicken.

Supplements:

- * Evening primrose oil: One of its properties is to produce, strengthen and maintain the red blood cell membrane; if it is strong and flexible, the red cells are able to conform to the shape of the very tiny capillaries at the tips of the fingers and toes. Raynaud's may be a deficiency of this nutrient. Gamma linolenic acid, which is the major active ingredient in evening primrose oil, is not found in a typical Western diet. The only known side effect is headaches in people who are susceptible to alcohol-induced migraines. You can get a headache from evening primrose oil if your liver is toxic or overloaded and not able to process or metabolize either alcohol or oils and fats. Read the section on [Liver Disease](#). Dosage: 1,000 mg twice daily.

- * [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

- * [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

- * [Whole C ReSet](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising,

strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

RECTAL ITCH

This condition is called anusitis or inflammation of the anus and can be caused by food allergies, acidic and spicy foods, and yeast overgrowth. Read the sections on [Allergies](#) (Food) and [Yeast Overgrowth](#) to understand how to treat these conditions.

If rectal itching does not completely improve with the above dietary measures, treatment with an instrument called [Anurex](#) is available. Anurex is a reusable cold suppository that is kept in the freezer and inserted, as needed, into the anus to freeze the mucus-forming glands that keep producing irritating mucus around the anus.

Local creams that can be used include antifungal medications, zinc ointment, vitamin E oil, and Preparation H (which contains shark oil). Zinc ointment can be applied in a thick layer and act as a barrier against irritation while the skin is healing. Cortisone creams should be avoided because they can cause thinning of the skin.

RESTLESS LEG SYNDROME

Most people never knew restless leg syndrome (RLS) existed until a new drug ad appeared on television offering relief. RLS produces aggravating and unpleasant sensations in the legs that only occur at rest, especially before sleep, but go away with movement and walking. The feelings are deep and evoke terminology like "crawling" and "creeping". With no physical signs and just these vague symptoms, most people don't talk to their doctor about these symptoms.

Although it can affect up to 10-15% of the population, it affects about half of all people over 60 with insomnia, mostly with mild symptoms. Even so, a majority of people with RLS may find it difficult to fall asleep or it wakes them up during the night and consequently they are fatigued during the day.

There is no known cause of RLS but drug companies have theories about interruption of signal transmission in the central nervous system and low levels of iron stores. I also have theories about it being a side effect of many medications including antidepressants, antihypertensives, and the artificial sweetener, aspartame.

Your doctor will rule out a number of disorders that cause leg symptoms at rest. These include muscle cramps, burning feet syndrome, nerve damage, anemia, diabetes, back pain with disk involvement, and Parkinson's disease. Basic blood tests that should be run include serum iron, ferritin, folate, vitamin B12, creatinine, and TSH (thyroid-stimulating hormone).

Treatment addresses nutrient deficiencies identified by the blood tests. However, it is important to avoid treating people over age 60 with iron without confirmatory blood tests to show actual deficiency. Excess iron can cause iron overload syndrome and heart disease. There are several medications given to suppress the symptoms of RLS but do nothing to address the cause.

The possible interruption of signal transmission in the central nervous system may be addressed with magnesium supplementation. Stretching exercises and hot Epsom salts baths can be helpful treatments.

Diet:

Eat a healthy diet and avoid alcohol, caffeine, alcohol and tobacco.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [*Dr. Carolyn Dean Live*](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [*Dr. Carolyn Dean Live*](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* *ReMag* Lotion: Apply 1 tsp (200mg) of *ReMag* Lotion to the legs once or twice daily. Continue to take *ReMag* Liquid orally.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

SHINGLES

Herpes zoster is the medical term for shingles. It is the reactivation of the chicken pox virus, which usually occurs in older people, but can happen in anyone who is undergoing massive stress. At times the pain is so severe that cortisone and strong painkillers must be used so that you can rest and sleep. Acupuncture by a skilled practitioner can often give relief.

First Aid:

Capsaicin cream: Made from red pepper, these creams cause a counter irritation of the skin that sometimes breaks the pain cycle. Start with a very small amount of cream and gauge your reaction before using a full dose.

Pico Silver: Spray on the affected area several times a day.

Supplements:

* *ReAline* contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

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sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

Homeopathy:

* Ranunculus: For the neuralgia

* Mezereum: For the itching and burning.

* Rhus tox, Apis, Arsenicum, Natrum mur, Cantharis, and Clematis have also been used for the symptoms of shingles.

Any of these can be taken in the 12X potency, one dose hourly. Consult [Part Five](#) of this book or a homeopathic manual to match your symptoms more closely with a specific remedy.

SINUS INFECTIONS

The sinuses are eight small cavities in the bones of the skull that prevent the head from being too heavy for the neck muscles to hold up. The cavities are lined with mucous membranes, which can be irritated or become inflamed and swollen from infectious organisms, inhaled allergens, or food allergens. It is important to determine if you have allergies or if you have an infection. It is even more important to differentiate between bacterial and fungal infections. Researchers at the renowned Mayo Clinic have found that 96% of sinus infections are caused by fungus.

When the mucous membranes are swollen, the channel between the sinus cavities and the nose becomes blocked and mucus builds up in the sinuses, causing great pressure and considerable pain. You know you have a sinus problem if you get face, nose or head pain when you bend over to touch your toes. This clue should propel you toward a mucus-free diet and astringent herbs such as goldenseal, barberry and dandelion. An infection starts if bacteria in the sinus cavities can live and grow on the trapped mucus. Temperature and heat identify an acute infection, but sometimes there is no fever with a chronic infection.

When on antibiotic therapy, it is important to take probiotics to replace good bacteria in the intestinal tract that the antibiotics are killing off. I recommend [*Flora ReVive*](#). Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

A homeopathic remedy can be made from the antibiotic if there are any side effects or if you feel the antibiotic remains in your system. See the section

on [***Make Your Own Homeopathic Remedy.***](#)

If you've been treated with antibiotics in the past for sinus infections, then you will likely have to consider going on a yeast free diet and a yeast protocol. Read the section on [***Yeast Overgrowth.***](#)

First Aid for a Chronic Sinus Condition:

* Hot compresses on the face will increase circulation in the sinuses and loosen the mucus.

* Lymphatic drainage massage or acupressure on facial acupuncture points can relieve pain and pressure. See the section on [***Edema.***](#)

* Avoid mucus-forming foods – the same ones that you avoid when you treat yeast overgrowth – sugar, gluten, and dairy – and treat allergies.

* Try saline nasal rinses; the salt will help constrict the mucous membranes so that mucus trapped in the sinuses can flow out. Obtain saline water at a drugstore or mix a quarter tsp of sea salt in a cup of boiled warm water and pour it in a neti pot (found in a health food or yoga supply store). The neti pot has a spout that fits into one nostril allowing saline water to flow through the sinuses and out the other nostril. You can add one drop of tea tree oil as an antifungal, antibacterial. Another antiseptic you can use in your neti pot is *Pico Silver* – 1 tsp per pot. You can have your pharmacist order a Neil Med Sinus Rinse kit and use it in the same way.

* Use a humidifier or balsam steam inhalation to keep the mucus flowing.

- * Drink plenty of water – half your body weight in ounces of water to keep hydrated.
- * Eat spicy foods such as chili peppers, garlic, curry, or horseradish – a different spice for every day of the week.
- * Exercise also seems to help keep the circulation going and the mucus flowing. The best one is swimming in saltwater.

Homeopathy:

For acute or chronic infections, a homeopathic nasal spray called Euphorbium can be used safely.

- * Kali bich: For tough, stringy mucus.
- * Mercurialis: For severe and painful sinusitis.

Dosage: For all remedies, use the 6X or 12X potency, one dose three to four times daily. If there is no relief within 3 days, change remedies.

Supplements:

All the Completement Formulas should be used in the case of ongoing sinus infection because with chronic antibiotic use, yeast overgrowth is almost a given. You can read my book, [ReSet The Yeast Connection](#) and learn how the Completement Formulas set the stage for the proper treatment of yeast.

- * [Pico Silver](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The

dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

SKIN CONDITIONS

Allergic and Toxic Skin Reactions:

There are thousands of food additive chemicals in our diet, any one of which can cause an allergic reaction in a sensitive person. If you have skin breakouts and don't know the cause, try a very clean diet of organic lamb, brown rice, and organic vegetables for a few days and see if your skin clears.

One common cause of toxic skin rashes and hives is aspartame (Nutra-Sweet). Some people have suffered for years from this condition only to discover this synthetic substance found in over 9,000 products is the culprit.

If you have yeast overgrowth, you may have a rash caused by yeast toxins. Read about [***Yeast Overgrowth***](#) and by treating yeast you may be able to eliminate your rash.

Dry Skin:

Most people think that dry skin should be treated by external cream applications. Attention to your diet is probably more important, however.

First Aid:

Too many showers and baths may strip the skin's normal acid mantle and allow dehydration and drying. This can be treated by putting a few tablespoons of apple cider vinegar in the bath and by using neutral pH skin creams.

Drinking lots of alkaline pH water is vital for dry skin. Do not take water with your meals, however; this means up to ten minutes before or three hours after. Water and oil from your food don't mix, causing the oil globules to stick together and impede food absorption.

Minerals in the cells are the key to proper skin health and fluid balance. Water follows minerals into the cell. Magnesium and multiple minerals are very important in any skin condition.

Supplements:

Dry skin is a sign of Essential Fatty Acid deficiency and Mineral deficiency.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

Seborrhea

This skin condition occurs around the edges of the scalp, over the eyebrows, around the eyes, and at the lateral corners and to the sides of the nose. It is a

flaky, yellowish skin discoloration that sometimes becomes red and bumpy. It is referred to as skin dandruff and is worsened by stress. It responds to treatment with B vitamins. Clean your skin with neutral pH soap, avoiding either extreme of alkaline or acid. The skin would rather be a little more acid, however and alkaline soaps tend to dry out the skin, strip the acid mantle and allow irritations and dryness. For a mild acid rinse, use dilute apple cider vinegar (1/4 vinegar and 3/4 water). Read the section on [***Skin Conditions***](#) for more on dry skin.

SMELL AND TASTE PROBLEMS

These two functions are very much controlled by the mineral zinc. If zinc is lacking in the diet, your taste buds can no longer distinguish the four primary tastes: sweet, sour, acid, and bitter. If you no longer taste your food, the mechanism of feeling satisfied (not the same as feeling full) is lost. This can lead to binge eating and overeating. You will crave more sweet foods to try to achieve some taste satisfaction.

Zinc is an important supplement for people who are binge eaters, sugar cravers, or even anorexics or bulimics who don't seem to have a good sense of taste. Doctors and naturopaths use a zinc sulfate hydroxide solution as a taste test to determine the amount of zinc in the body; if you cannot taste the solution, it means you have a zinc deficiency. The treatment for zinc deficiency begins with diet. Oysters, pumpkin seeds, and sunflower seeds are high in zinc. [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains zinc and 11 complementary minerals. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

SORE THROAT (See [Colds and Flu](#))

SPRAINS

The most common type of sprain is an ankle sprain; however, any group of muscles, tendons or ligaments can be strained or sprained. A sprain can be as serious as a broken bone, so it should not be treated lightly. You may need an x-ray to see if you have broken a bone and a thorough examination for torn ligaments or tendons.

If you hear a “snap, crackle, and pop” during your injury, you probably have sprained your ankle and broken a bone. First, the tendon snaps from its attachment at the protrusion at the side of the anklebone; then, if the force is strong enough, it can actually crack a bit of bone off at the tendon attachment and finally pop it, resulting in a break in the bone. So, if you hear or feel something snap, it’s important to head for a hospital emergency room where x-rays may be taken. You may be strapped or even put in a cast depending on the severity of sprain. There must be some support given to the ankle so you don’t do further damage.

First Aid:

- * Elevate the foot.

- * Apply ice for the first 48 hours; ten minutes on, ten minutes off, while awake.

- * Massage olive oil or even better, castor oil, from the toes up to the calf to help clear swelling.

- * Take homeopathic arnica 6X or 12X immediately and every 15 minutes for shock, swelling and bruising. After several hours and lessening of pain, take it every hour. Arnica should be in everyone’s purse or pocket in case of injury.

* After taking Arnica for 24 hours for the trauma, use Rhus tox 12X for stiffness or Ruta 12X if there is tendon injury.

* Spray magnesium oil or [ReMag](#) on the sprain 5-6 times per day.

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

Other strains or sprains can be treated similarly.

STRESS

Stress today is a favorite topic and a catchall for what ails us. Without stress of any kind, however, we would be comatose or sleeping. There must be some stress in our lives to keep us engaged with life – it's not all negative. Stress can be used to cover many definitions of distress in a person's life. If you are overly busy, feel that you are being pulled in many directions and worry that you cannot meet your commitments, then you are no doubt under stress.

The best advice for this situation is to set goals and priorities, recognize your individual limitations and not overextend yourself. Often good stress counseling will help teach you how to deal with external causes of stress that are then internalized. Conflicts in personal relationships can also be stress inducing.

Women, in particular, place too much pressure on themselves to perform in too many roles. They take on a full-time job while maintaining a family and caring for both partner and children. Most women feel they should be able to "do it all" and feel guilty if they can't. Cut back on your workload and take better care of yourself before you become ill. Often illness is a subconscious way of cutting back giving you a guilt-free reason to slow down. The issues in allowing yourself to overwork are complex and multiple and it would be wise to sit down with a stress counselor to work out your conflicts, your sense of self-worth and your goals and priorities in order to lead a more balanced life.

Exercise can be an excellent stress reducer, but it is very individualized and can be based on your blood type group. See the section called [***Optimum Eating Plan***](#) for more on blood type group and an individualized eating plan. In general, "O" blood types need heavy exercise, while "A" types need more gentle relaxation types of exercise such as yoga and tai chi. What works for one person won't necessarily work for another.

Read the sections [***Adrenal Exhaustion***](#) and [***Hypothyroidism***](#) since stress will put a strain on those organs and their hormones.

Herbs:

Calming herbs include hops, valerian, and skullcap; they also work for insomnia.

Supplements:

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReMyte](#): Stress causes a strain on your adrenals and thyroid for which you require more minerals. ReMyte is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals, 9 of which support the thyroid. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

* Tryptophan: 500 mg, 1-2 before bedtime stimulates serotonin production.

SUNBURN

The treatment for sunburn depends on the degree of injury. Above all, do not break any blisters that form. Use safe organic sunscreens or cover up in the sun to prevent future sunburns. If a burn does occur, use aloe vera gel or vitamin A and E creams immediately and lavishly.

Milk of magnesia was recommended by a patient who used it successfully for sunburn; it probably worked because of the magnesium content. Some people have used mud or [Magnetic Clay](#) to take out the stinging pain of sunburn. Magnetic Clay is a treatment for radiation burns from cancer therapy. We have also had reports of customers spraying *Pico Silver* on radiation burns with great success. The homeopathic remedies for burns in the section on [First Aid](#) can be taken by mouth.

[Melansol](#) is the natural sunscreen that I use and recommend. It uses reflective sunscreen active ingredients combined with natural bio-active antioxidants that neutralize free radicals that form on your skin as a result of sun exposure before they can cause damage that leads to sunburn, skin aging, and non-melanoma skin cancer.

TEETH PROBLEMS (See [Dental Problems](#))

TEMPOROMANDIBULAR JOINT SYNDROME

The Temporomandibular joint lies between the jawbone and the cheekbone. Out of balance, it can cause nighttime teeth grinding that leads to clenched jaw and tight head muscles; this can cause the worst pain you have ever known. A visit to a good dentist to assess grinding (your teeth will be worn down in back) is crucial; you may have to wear a specially molded bite plate at night. Read the section on [Headaches](#) for more information on TMJ.

First Aid:

- * Hot and cold packs
- * Relaxation techniques

Supplements:

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Spray *ReMag* or use *ReMag Lotion* on your TMJ several times a day. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [ReAlign](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-taurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

Herbs:

Hops, valerian, vervain, chamomile, and skullcap can be used in herbal tea for muscle tension. Always choose organic herbs.

TENDONITIS

Tendonitis most commonly occurs at the elbow from playing tennis, or, in squash players, the overworked tendon is in the wrist. Tendonitis can be quite debilitating, causing every movement of the arm to be painful.

To prevent tendonitis, first of all, avoid overuse. If the elbow or wrist is starting to hurt, stop the activity that caused it until you heal.

First Aid:

* Regular icing at the onset of tendonitis or when the area becomes inflamed is beneficial; only apply ice for 10 minutes at a time every hour. After the tendonitis has cooled down, heat will help in the following forms (or you can alternate ice and heat):

* Use castor oil packs at night. See Cleansing for instructions.

* Use a whirlpool.

* Put a heating pad over the castor oil pack.

* Use hot compresses.

Supplements:

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: 1/2-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Spray *ReMag* or use *ReMag Lotion* locally several times a day. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

Homeopathy:

* Rhus tox: For stiffness

* Ruta: This remedy is specific for tendons.

Dosage: The potency is 6X or 12X, one dose every two hours for acute pain and less for moderate pain.

Acupuncture:

Acupuncture can often help this condition. Medical doctors prescribe physiotherapy and ultrasound. Chiropractors use ultrasound and sometimes adjust the area.

ULCERS

Over the years, there have been many different theories on the cause of ulcers and as many different treatments. Research now shows that ulcers are due to an organism called campylobacter that causes infection and ulceration of the stomach lining. If you have ulceration due to campylobacter, the organism has to be killed before the ulcer can heal.

Four tests are used to detect *H. pylori*:

- Blood antibody test: If you have antibodies to *H. pylori* it means you either are currently infected or have been infected in the past.
- Urea breath test: This test can tell if you have *H. pylori* in your stomach. It's the best before-and-after test.
- Stool antigen test: Toxins from *H. pylori* can be tested in stool samples and can be used in before-and-after testing.
- Stomach biopsy: Using an endoscopic tube down the throat, small samples from the lining of your stomach and small intestine can be taken to identify *H. pylori*.

Medical treatments include antacids and proton pump inhibitors (both of which cause magnesium deficiency); at least two antibiotics that will cause yeast overgrowth: histamine blockers like Zantac; and bismuth subsalicylate (Pepto-Bismol) to coat the ulcer and protect it from stomach acid.

Diet:

When I was in medical school, the conventional diet for ulcers was bland and low fiber. But the best diet advice is to observe what makes the pain worse and what makes it better. Smoking and alcohol certainly are contraindicated for people with ulcers. Milk may cause problems by increasing stomach acid. Antacids and ulcer medications might themselves cause problems in the long run since they

interfere with food digestion.

* Cabbage juice (use young cabbages), 4 ounces daily, helps ulcers with a constituent that has been labeled vitamin U.

Supplements:

* [*Pico Silver*](#): This stabilized ionic form of silver is fully absorbed at the cellular level and supports the structure and function of your immune system. The dosage varies from 1 tsp per day as a preventive to 6 tsp per day for acute conditions. To learn more about the incredible properties of this ionic mineral, please read my book, [*Pico Silver: Clearing up the Controversy*](#).

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* [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals including zinc. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II*](#).

* [*Blue Ice Royal*](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

Herbs:

* Mastic Gum is highly effective as a treatment for H pylori and has none of the side effects common to antibiotics. Recommended dosage is 500 mg twice daily for 60 days with testing for H pylori before and after.

* Wild oregano oil: Research on the P73 form of oregano oil shows that it kills H Pylori. Dosage: 3 capsules twice daily.

* Herbal antibiotics echinacea, goldenseal, olive leaf, and barberry may be used to prevent infection, or they can be substituted for an antibiotic under the supervision of your naturopath.

* Marshmallow root, slippery elm, aloe vera, DGL licorice are calmatives that help heal mucus membranes.

Homeopathy:

* Nux vomica: For ulcers caused by a hard-driving, aggressive lifestyle primed with coffee, alcohol, and smoking.

* Lycopodium: For an upset digestive system in a sensitive person.

Read about these two remedies in [Part Five](#) of this book to see if they match your picture.

Dosage: Use a 6X or 12X potency and take one dose three times daily. If the remedy has not worked in 3 days, stop and seek the help of a naturopath or homeopath.

VAGINITIS

Vaginitis is most often due to yeast overgrowth rather than bacteria. However, yeast is difficult to identify in the lab mostly because technicians are looking for bacteria not yeast. To make a diagnosis of yeast vaginitis, doctors must go by their clinical impression plus the history, e.g., vaginitis prior to the menstrual period; worse after overindulgence in sweets, bread or fruit; being on the birth control pill; and a white, cheesy, itchy, and irritating discharge.

A vaginal swab can usually diagnose bacterial vaginitis. If it is a common Gardnerella, Strep, or Hemophilus bacteria, and the infection is not in the fallopian tubes (which would mean abdominal pain and fever or chills), then a local douche with Betadine is often the only treatment necessary. If the bacterial infection is gonorrhea or chlamydia, the treatment is with oral antibiotics. Remember to take probiotics with the antibiotic to prevent yeast infection. I recommend [Flora ReVive](#). Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

Preventing Yeast

To prevent yeast vaginitis, avoid tight jeans and wear loose cotton underwear (which may have to be boiled, microwaved, or ironed to kill all the yeast spores). Be aware that acidifying spermicides can irritate the vagina and encourage yeast overgrowth.

Don't wipe with scented or dyed toilet paper and don't use scented or deodorized pads or tampons. Make sure tampons themselves are not the cause

of your symptoms. Alternate between pads and tampons. Be sure your partner is not passing yeast back to you during intercourse; use a condom.

Treatment for yeast vaginitis includes douching with *Pico Silver*, baking soda, boric acid, or vinegar (2-4 teaspoons to 2 cups of water for each individual item), probiotics or yogurt. In some cases, this may be enough to provide symptomatic relief. If the condition is persistent, however, it must be treated on a broader scale with diet, probiotics by mouth, probiotics mixed with yogurt to make a paste that can be used vaginally, and sometimes, oral antifungal medications. See the section on [***Yeast Overgrowth***](#).

VARICOSE VEINS

Varicose veins are caused by weakening valves in the leg veins due to pressure and the force of gravity. This results in swollen veins, which can cause pain and disfigurement. Although varicose veins are often hereditary, some natural remedies and recommendations can help reduce the extent of the condition. Obesity and constipation create the condition and make it worse. The diet must be high in fiber content and exercise is essential to improve circulation. Elevate the legs, wear support hose and lie on a slant board for several minutes a day.

A process called sclerotherapy, the injection of small veins with saline to collapse them, can remove unsightly veins. Some specialists claim that this can be done for any size of varicosity.

Supplements:

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I*](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* [*Whole C ReSet*](#) is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

Herbs:

Witch hazel used as a compress on very swollen veins

Homeopathy:

* Hamamelis 6X or 12X, one dose three times a day.

WARTS

Warts on the fingers or the soles of the feet can be treated using castor oil, vitamin E, vitamin A, aloe vera, or tea tree oil. Any one of these can be applied directly to the wart each night and then covered with a round, hypoallergenic Band-Aid. You might try one or more of these treatments, but results often take several weeks. As the callus over the root of the viral wart is removed, little black dots will be uncovered. This is the virus itself and, when it is exposed to air, it begins to die. This is often a more convenient and less painful way of treating warts than going to a dermatologist for a burning, cutting, or acid treatment. Be sure not to spread the warts by walking around barefoot.

WOUND CARE

Methicillin-resistant *Staphylococcus aureus* (MRSA) is a specific strain of Staph aureus that has developed antibiotic resistance to all penicillins (broad spectrum and narrow spectrum). It's called a superbug but many other "bugs" are vying for a position in the superbug hall of fame.

The cause of antibiotic resistance is our decades of overuse of antibiotics for both humans and animals. That's a situation that can't be reversed quickly in our world, so, like the times of old when a simple skin wound could be fatal, we are living in a world of monster microbes.

For those of us who are either inactive and simply stub our toe or are adrenaline-driven athletes who work out until we bleed – we need to be more than careful about wound care.

If you have a skin wound, wash thoroughly with plain (castile) soap and water, avoiding the perfumed or germicidal soaps. Then drip 3% hydrogen peroxide on the wound. Most people will have hydrogen peroxide on hand, but if not, you can find it in any drugstore or supermarket. Hydrogen peroxide bubbles and crackles like a witch's brew as it chews through organic matter that includes germs and even super bugs. Dry thoroughly. You can use the modern convenience of a hair dryer to accomplish this.

Then liberally apply [Pico Silver](#). If the wound requires a poultice to draw out dirt or infection, mix clay with *Pico Silver* instead of water, then cover and bind the wound so germs cannot invade the cut surface. Repeat the hydrogen peroxide and *Pico Silver* treatment twice a day until the wound no longer bubbles when hydrogen peroxide is applied.

[Magnetic Clay](#) is the clay that I recommend for wounds and boils. Mix in a dish with Pico Silver, or if you have to cover a large area mix in a blender with boiled water or purified water to create a thick paste and apply the paste to the wound. But first, spray *Pico Silver* on the wound. I have seen Magnetic Clay

effectively draw out the pain, heat, and inflammation caused by an angry foot, toe, or finger wound. Replace the clay as soon as it dries.

YEAST OVERGROWTH

The following is an overview of Yeast Overgrowth and its treatment. However, for more complete details, including recipes, you can go to my free e-book, [*ReSet The Yeast Connection*](#).

It seems fitting that yeast overgrowth is the final condition listed in *Future Health Now Encyclopedia* because it appears to be the culmination of a bad diet, too much medication and layers of stress that affect so many. Many practitioners and researchers also consider yeast the main cause of inflammation in our body. The following chronology of ailments and treatments, over the course of a lifetime, published in [*The Magnesium Miracle*](#), shows the pervasiveness of yeast.

- Childhood ear infections can begin at birth as yeast infections picked up from the mother during delivery. Most ear infections are treated with antibiotics.
- Diaper rash, caused by Candida or yeast, is treated with cortisone creams, which encourage the growth of yeast.
- Infections may become chronic and require multiple courses of antibiotics, leading to diarrhea and intestinal yeast infections and irritable bowel syndrome.
- Anesthetics used in surgery to place tubes in the ears add another toxin.
- Colic can develop due to antibiotics.
- Inability to digest milk due to an irritated bowel leads to frequent changes of formula and further irritation.
- Gas and bloating can result from a hard-to-digest soy formula.
- Eczema is suppressed with cortisone creams.
- Allergies to foods, especially yeast, gluten and dairy, can arise from poor digestion.
- Asthma, which may be environmental, is treated with medications including cortisone inhalers.

- Multiple colds and flus are treated with many courses of antibiotics and annual flu vaccines.
- Craving for sweets can be caused by yeast overgrowth and may cause or aggravate hyperactive behavior in children.
- Allergenic reactions are treated with allergy shots, antihistamines and cortisone sprays.
- Mercury amalgams with possible mercury absorption of vapor during chewing are stored in the tissue adding toxicity.
- Birth control pills cause chronic vaginal yeast infections that are treated with antibiotic creams.
- Many adolescents take long-term oral antibiotics for acne.
- Many teens and young adults develop mononucleosis and up to 20% never feel quite as healthy again.
- Bladder infections are treated with antibiotics, which cause yeast infections.
- Pregnancy hormones encourage vaginal yeast infections.
- Chronic sleep deprivation is common in all parents of small children and is a major stress on the immune system.
- Irritable bowel can develop after a bout of diarrhea (attributed to traveler's diarrhea or food poisoning) and is usually treated with antibiotics.
- Hypothyroidism with body temperature below 98.2 often occurs but remains undiagnosed and untreated.
- Hospitalization for infections or surgery usually warrants intravenous antibiotics and a host of other drugs.
- Major colds and flus can lead to bronchitis and pneumonia, which are treated with strong antibiotics.
- Chronic fatigue syndrome and fibromyalgia are manifestations of yeast overgrowth and chemical toxins treated with anti-inflammatories, sleeping pills, and anti-depressants.

- Environmental allergies with extreme sensitivities to inhalants, especially perfumes, colognes, household products, pesticides, and molds, are treated with cortisone.
- Dysmenorrhea, irregular periods, infertility, and worsening premenstrual symptoms occur due to a build-up of toxins and lack of nutrients.
- Infertility is treated with an array of synthetic hormonal drugs.
- Depression, anxiety, panic attacks, and palpitations are treated with anti-depressants and psychotherapy.
- Menopause is medicated with synthetic hormones.

If you see yourself in this picture, study this section on Yeast Overgrowth and learn how to turn this condition around so that the long list of symptoms and conditions that yeast causes will also become a thing of the past.

The yeast, *Candida albicans*, normally lives in the lower gastrointestinal tract and vagina and on the skin. Women seem to be more susceptible to yeast because they have three times the mucous membrane surface of men and female hormones favor the growth of yeast. Under the influence of antibiotics, the birth control pill, cortisone, estrogen therapy, stress, alcohol, and a highly refined bread-and-sugar diet, *Candida* evolves from a budding yeast form to a tissue-invasive mycelial form. The yeast then travels into the small intestine and proceed to puncture holes in the intestinal lining, creating a condition known as "leaky gut".

Yeast also produces 178 different metabolic by-products with far ranging side effects. One of the byproducts is alcohol. Dr. K. Iwata in Japan diagnosed "drunk" disease in people who had not consumed any alcohol but appeared to be intoxicated. This is caused by excess yeast in the intestines, which creates a fermentation process following sugar ingestion that produces alcohol after sugar ingestion. Some people who consume even a small amount of alcohol can stimulate excessive yeast growth in the intestines with sugar, and as a result can feel and act drunk.

Another byproduct of the digestion of sugar by yeast is acetaldehyde, which is so potent a toxin that it can damage every tissue in the body including the brain! Acetaldehyde combines with red blood cells, proteins and enzymes, travels to all parts of the body and easily passes across the blood brain barrier. If you have yeast overgrowth and also drink alcohol, you are hit with a double dose of acetaldehyde hangover or brain fog. Acetaldehyde damages the structure of red blood cells making them unable to squeeze through tiny capillaries to bring oxygen to all parts of the body. Acetaldehyde also blocks the attachment of oxygen to red blood cells.

The brain uses 20% of all the oxygen that we inhale but stiff red blood cells cut down that amount considerably leaving you gasping for air and feeling woozy. Acetaldehyde damages nerve cells and induces a deficiency of three important vitamins: The nerve vitamin, B1 (thiamine), the energy and neurotransmitter vitamin, B3 (niacin), and vitamin B5, which is crucial for normal brain function.

The list of yeast toxins includes: Zymosan, which causes inflammation and has been directly associated with psoriasis; Arabinitol, which damages the immune system, nervous system, and the brain; and Gliotoxin, which disrupts the DNA in white blood cells killing them outright.

Other toxins block thyroid function, impair female hormones and may account for depression, anxiety and fatigue. The accumulation of toxins from yeast and from a leaky gut can manifest as ***Hypothyroidism, Chronic Fatigue Syndrome*** and ***Fibromyalgia***, which you can read about in the relevant sections.

Symptoms of yeast overgrowth range from headaches, head congestion, brain fog, allergies, depression, and anxiety to throat and chronic cold symptoms, swollen glands, coated tongue, gastric upset, gas and bloating, constipation or diarrhea, vaginitis, arthritis, cystitis, muscle and joint aches, and numbness and tingling of the extremities. The symptoms are so widespread it is

difficult for you or your doctor to even comprehend that they could all be due to one infectious agent.

There is no standard medical test for yeast overgrowth. Most doctors have been taught that yeast is either a pesky vaginitis or an overwhelming blood infection in someone who is severely immunocompromised. What we are talking about here is something in between those two extremes. It's a condition that arises from an imbalance in intestinal flora that favors yeast overgrowth, driven by antibiotics, sugar and simple carbs. Doctors are taught how to treat vaginitis, but not intestinal yeast overgrowth, so they claim it doesn't exist.

Yeast overgrowth can be diagnosed by a special blood test for Candida antibodies. But some doctors will say that everybody has some yeast, so everybody is going to have Candida antibodies. However, research shows that a high level of Candida antibodies helps make the diagnosis. Read *The Yeast Connection and Women's Health* (Crook & Dean, 2005) for a more in-depth review of this problem. The following questionnaire is taken from that book. Many doctors who treat yeast overgrowth use this questionnaire much more frequently than blood tests to indicate a yeast overgrowth problem.

YEAST QUESTIONNAIRE

Are Your Health Problems Yeast-Connected?

If your answer is "yes" to any question, circle the number in the right-hand column. When you've completed the questionnaire, add up the points. Your score will help you determine the possibility (or probability) that your health problems are yeast related.

YEAST QUESTIONNAIRE

SCORE

YES NO

1. Have you taken repeated or prolonged courses of antibacterial drugs? (4)
2. Have you been bothered by recurrent vaginal, prostate, or urinary tract infections? (3)
3. Do you feel "sick all over," yet the cause hasn't been found? (2)
4. Are you bothered by hormone disturbances, including PMS, menstrual irregularities, sexual dysfunction, sugar craving, low body temperature, or fatigue? (2)
5. Are you unusually sensitive to tobacco smoke, perfumes, colognes and other chemical odors? (2)
6. Are you bothered by memory or concentration problems? Do you sometimes feel "spaced out"? (2)
7. Have you taken prolonged courses of prednisone or other steroids; or have you taken "the pill" for more than 3 years? (2)
8. Do some foods disagree with you or trigger your symptoms? (1)
9. Do you suffer with constipation, diarrhea, bloating, or abdominal pain? (1)

10. Does your skin itch, tingle or burn; or is it unusually dry; (1)
or are you bothered by rashes?

Scoring for women: If your score is 9 or more, your health problems are probably yeast-connected. If your score is 12 or more, your health problems are almost certainly yeast-connected.

Scoring for men: If your score is 7 or more, your health problems are probably yeast-connected. If your score is 10 or more, your health problems are almost certainly yeast-connected.

YEAST TREATMENT

There are many intricacies in the treatment of yeast overgrowth. You have to treat yeast as well as study and treat [*Hypoglycemia*](#), [*Chronic Fatigue Syndrome*](#), [*Food Allergies*](#), [*Hypothyroidism*](#), [*Stress*](#) and if necessary. Therefore, the best advice is to seek counseling with practitioners knowledgeable in these conditions who can spend time helping you sort out your problems. Unfortunately, most doctors don't have the time to help patients with these complex situations. So, you must take responsibility for researching and educating yourself as to what you can do in conjunction with direction from your doctors and counselors to achieve optimum health.

YEAST RESET PROTOCOL

Here is the overview my yeast overgrowth protocol from [*ReSet The Yeast Connection*](#).

1. Yeast ReSet Diet

- a. **Avoid sugar, gluten and dairy. See Chapter 5 for food lists and Chapter 11 for recipes.**
- b. **Use *ReStructure* whey protein powder**
- c. **Experiment with Fermented Foods**
- d. **Eat Anti-fungal Foods: garlic, onion, lemon, lime, daikon, cayenne, turmeric, ginger**

2. Flora ReVive Soil-Based Probiotics

3. Yeast ReSet Detox Formula

a. Bentonite clay

b. Psyllium Seed Powder - (Note: 1 tsp powder = 1 TBSP husks)

c. Antifungals: Rotate garlic, grapefruit seed extract, oregano oil, caprylic acid, and daily *Pico Silver Solution*.

4. Yeast ReSet Support Formulas

***ReAlign* (Antioxidant/detox), *ReMag* (Magnesium), *ReMyte* (Multiple minerals), *RnA ReSet Drops* (Making perfect cells), *ReStructure* (Low Carb Meal Replacement), *ReCalcia* (Calcium since you will be eliminating dairy)**

Yeast ReSet Detox

Measure each product into an empty shaker cup and add 4 oz. of water.

1. Bentonite clay - 1-3 tsp.

2. Psyllium seed powder - 1-3 tsp. (substitute 2-6 tsp. Aloe gel* if "allergic" to psyllium)

3. Antifungal – rotate these five choices, using a different one each week. If you feel one of them is too strong for you – like oregano oil – just rotate the other four. Put the antifungal into the bentonite and psyllium mix so that a good portion of it may be dragged into the large intestine where the majority of yeast lives.

a. Garlic cloves – minced 1-3, twice per day

b. Or Grapefruit seed extract – 5-15 drops twice a day

c. Or Oregano oil – 2-6 drops twice a day

d. Or Caprylic acid – the contents of 1-3 capsules of caprylic acid (400mg) Or Caproyl liquid contains 1-3 tsp (1 Tbsp. contains 1,400 mg caprylic acid). Caprylic acid may be less expensive than Caproyl.

e. And add *Pico Silver Solution*. I'm saying and add, not or, because with chronic yeast infections and co-infections you might want to take 1 tsp 2 times daily in addition to your other antifungal. You can put it in with the other ingredients or take it separately.

4. For taste, add 1-2 drops of peppermint oil or orange oil. Otherwise the drink leaves you with a slight aftertaste of dirt because of the bentonite clay! However, because the bentonite is so absorptive, often you don't even taste the essential oil.

* Aloe gel substitute in a dosage of 2 Tbsp. instead of 1 Tbsp. of psyllium seed powder to maintain the right consistency.

Get used to taking the psyllium and bentonite before you add an antifungal. You have 5 to choose from, which allows you to rotate the different products so that the yeast doesn't develop a resistance to them. Take a different antifungal each week.

Dosage: Take one dose of Yeast Detox first thing in the morning and one dose last thing at night on an empty stomach. Do not eat or take supplements for at least one hour before or after because the psyllium and bentonite can just bind up your food and supplements and drag them into the large intestine undigested. If you feel you are detoxing too fast, just take one dose a day and adjust the amount of bentonite and psyllium and antifungal you are using. It may seem complicated, but just start everything at low amounts and work up. Start charting how much you use every day to keep track.

Treatment Timing: After you add the antifungals, I advise taking the *Yeast ReSet Detox* formulas for 3 weeks on and 1 week off. If you develop symptoms during your week off and if your numbers are still high on the Candida Questionnaire, simply continue the *Yeast ReSet Detox* following the same timing – 3 weeks on and 1 week off. Some people have to follow the Detox for several months. Once you develop a routine for taking the detox recipe, it won't be a burden.

There are a lot of choices to make with your *Yeast ReSet Detox*, like how much of each product to take and how long to continue the detox, but your constant guide should be how you feel. You want to create a balance between feeling increasingly better and causing yeast die-off symptoms.

Most people continue to do periodic *Yeast ReSet Detox*, either seasonally or after vacations, holidays, or any general debauchery!

Note: The average dose for psyllium and bentonite is 1Tbsp. mixed in water. But, please start with 1 tsp. or each and work up to 1 Tbsp., (which is 3 tsp) over the course of 7-10 days. You may find that 2 tsp. of each product is just right for you and 3 tsp. is a bit too much. Part of being on this program is for you to gauge what makes you feel best. I don't think it's necessary for you to feel worse during your yeast detox, and I'm sure you agree!

PART TWO: ADVICE AND INFORMATION

ANTIBIOTICS VS PROBIOTICS

While antibiotics obviously do save lives, when used appropriately, the overuse of antibiotics is now widely recognized. Medical associations are asking doctors to limit their use of antibiotics for viral infections like colds and flus, for which they have no benefit. However, as the old saying goes, "if all you have is a hammer, everything looks like a nail" and for most doctors, the hammer of antibiotics is all they have to offer their patients. Doctors don't learn about safe alternatives to antibiotics in medical school.

If your doctor has not studied alternatives such as herbs, homeopathy, vitamins, and minerals to boost the immune system and fight infection, (or even worse, if your doctor doesn't "believe" in natural alternatives), you will be given a prescription for antibiotics or other drugs whenever you have a health problem. If you can't find a medical doctor who practices alternative medicine, the best option is to work with both an open-minded medical doctor and a naturopath.

Because they are used so freely, we tend to overlook the numerous side effects of antibiotics. Their most common side effect is the destruction of beneficial intestinal bacteria allowing the overgrowth of *Candida albicans*. Once this yeast has set up residence in our intestines, it can cause a condition called 'leaky gut', which allows absorption of toxins through the intestinal lining and an environment that favors the growth of parasites. Read the sections on [***Yeast Overgrowth***](#) and [***Parasites***](#) to take steps to reverse these conditions.

The practice of sweetening children's antibiotics with aspartame (NutraSweet) adds to their toxicity. The aspartame found in a stick of chewing gum is reported to have caused seizures. Read the section on [***Detoxing Sugar & Aspartame***](#) for more information.

See the section [***Make Your Own Homeopathic Remedy***](#) in [***Part Five***](#) to learn how to make a homeopathic remedy from a medication to help relieve the side effects and eliminate the residues from your body when you finish your prescription.

Probiotics

Most of us think that bacteria are dangerous and always ready to leap out and attack us. However, there are good bacteria called probiotics that are essential to the body.

Probiotics can be found in yogurt grown with live culture or live preparations of intestinal organisms and soil-based organisms. They are very important in the treatment of yeast overgrowth to restore normal bacterial balance in the intestines. Probiotics normalize the bacterial flora; produce lactic acid, which kills yeast; and help manufacture vitamin K and several B vitamins.

Probiotics have flooded the market but not all brands are equally beneficial. There are even genetically modified probiotics that came on the market in 2006. I recommend [***Flora ReVive***](#). Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

BIRTH CONTROL

The Birth Control Pill (BCP)

We have become so used to the concept of The Pill that this option is often the only one that women equate with birth control. Even though several studies have confirmed that the BCP can cause cancer, doctors and drug companies alike refuse to “alarm” the public with these unsavory statistics.

The BCP is a combination of synthetic female hormones exactly like hormone replacement therapy (HRT). In 2001, the Women’s Health Initiative Study on HRT proved that synthetic combinations of estrogen and progesterone cause cancer. The BCP has somewhat lower doses than HRT and when taken daily, gives the body the impression that it is in a constant state of pregnancy. After the pill is stopped, the return of the normal period is often delayed.

The high rate of infertility today may be related to the pill. Yet, researchers seem unwilling to make this connection. Women on The BCP also suffer a higher rate of strokes and liver disease. We are told that low-dose BCPs have fewer side effects, but this premise has not been tested long enough to draw that conclusion.

If the BCP is used, it should not be taken for more than five years; not beyond the age of thirty-five; and not by women who smoke or who have a family history of female cancer.

Women who take the BCP also suffer an increased incidence of yeast overgrowth although the symptoms may not appear for several years. Symptoms are aggravated by intake of antibiotics along with the birth control pill. Be aware that some types of antibiotics can inactivate the BCP. See the section on [**Yeast Overgrowth**](#).

Stress and eating a high carbohydrate diet can also stimulate yeast overgrowth. If you decide to take the birth control pill, follow these recommendations to

prevent side effects:

* Maintain a healthy diet of whole grains, nuts and seeds, vegetables, fish, and chicken and avoid breads, sugar, and dairy.

* [*Flora ReVive*](#) is a probiotic that replenishes the intestines with good bacteria that help digest and absorb food and give bulk to the stool improving transit time. Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.

* [*ReAline*](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Studies show that women on the pill experience depression that is due to a deficiency of vitamin B6 and possibly other B vitamins. Dosage: 1 capsule twice per day.

* [*Whole C ReSet*](#) Vitamin C Complex is especially important during pregnancy to prevent gum swelling and bleeding. It can also help avoid the formation of varicose veins. The copper in *ReMyte* will also assist. *Whole C ReSet* is a food-based, organic Vitamin C Complex and one of our Completement Formulas. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

* Vitamin E: Choose a food-based organic product. Dosage: One or two tablets per day acts as a mild blood thinner to prevent abnormal clotting.

* Zinc: [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains zinc and 11 other complementary minerals, many of which are necessary for proper thyroid function. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

Homeopathy:

If you experience side effects from the BCP that don't seem to subside even when you stop taking it, homeopathic remedies may help to bring your body back into hormonal balance. The remedy must be chosen according to the symptoms and constitution of the patient. Sepia, Pulsatilla, and Nat mur are the most commonly used homeopathic remedies for hormonal balance.

You can read about these remedies in [Part Five](#). However, using homeopathy to achieve hormonal balance is best done under the guidance of a qualified homeopath.

Cervical Cap

The cervical cap seems to be a more comfortable and better-fitting barrier method than the diaphragm, discussed in [Birth Control](#) in [Part Two](#). The cap fits on the cervix and is also used with spermicidal jelly. The main drawback to The Cap is that you must be able to feel completely around your cervix to make sure it is attached snugly and completely. As with the diaphragm, The Cap can become dislodged allowing sperm to escape through the cervix and into the uterus. The earliest a woman may be aware of a failure of this type of contraception is when she misses her next period.

Condoms and Foam

Aside from abstinence, the condom is the only birth control method that will protect you from AIDS and other sexually transmitted diseases (STDs) like chlamydia, herpes, and trichomoniasis. An unfortunate rise in the incidence of STDs occurred when use of the BCP became widespread and people no longer depended on condoms.

Condoms and foam are a double-barrier method in which both partners take responsibility for birth control. If a sperm or two find their way into the vagina the foam should kill them. The best kind of condom is one with a reservoir tip that holds the released sperm so that they do not travel up the sides of the condom and come in contact with the vagina. Another benefit of this method is that if the condom breaks it is immediately apparent. If the woman is midcycle (the time of ovulation and highest fertility), it is possible to take a "morning-after pill" before the sperm and egg join and implant. This consists of six to eight Ovral birth control pills, two taken as soon as possible and two taken every twelve hours. These pills immediately cause the lining of the uterus to grow; and since the pills are not continued, the lining is shed after a few days and no implantation can occur.

The side effect of condoms and foam is the potentially irritating effects of the acidifying foam. If used properly and consistently, this is a highly safe method of birth control. The morning-after pill, by bringing on an early period, can obviously throw off your cycle. Normal cycling should resume in a month or two. You must be very careful at this time and, if you are practicing natural birth control (see below), be very aware that your vaginal mucus will change and not be a dependable way of assessing fertility. A homeopathic remedy can be made from an Ovral pill and used to balance the side effects of taking it. See the section on [***Make Your Own Homeopathic Remedy.***](#)

Diaphragm

The diaphragm is another barrier method of birth control. This disk-like piece of rubber is fitted by a doctor and inserted by the individual before intercourse. It is heavily coated with a spermicidal gel that acts as the real barrier to the tiny sperm that can wiggle around the edges of the diaphragm. Pregnancy can occur if the gel is not used or if the diaphragm bends and allows the sperm to pass by. Constipation can cause the diaphragm to bend and its pressure on the urethra can cause bladder infections.

Natural Birth Control

By far the safest, most natural, and most responsible method of birth control is natural birth control; however, it does not protect against sexually transmitted diseases. With this method, you study your menstrual cycle and measure temperatures and cervical mucus to determine which days you can become pregnant and which days are safe. It can also be used for infertile women to learn the best time to have intercourse. The method that I recommend is called NaPro, which you can investigate at [Fertility Care](#). Read *Hormone Balance* (Dean, 2005) to learn more about your hormones and how to keep them in balance.

BLOOD AND SALIVA TESTING

How many times have you gone to your doctor who glibly says, “Let’s run some tests” after barely glancing in your direction and certainly not listening to your whole list of complaints? You wait a week or two for results and you may or may not get a call from the nurse who, without addressing your health concerns, says, “Your tests are all normal, you’re fine.” But you don’t feel fine and you add frustration with your doctor to your list of symptoms.

Routine lab tests do not identify many of the real causes of people’s problems—a buildup of toxins, allergies, leaky gut, yeast overgrowth, and heavy metal poisoning, to name a few.

Also, lab tests routinely prescribed by most doctors are notoriously inaccurate from lab to lab because of lack of standardization of technique, staff training and equipment. A much more accurate way to approach blood testing is to have your blood done at the same lab and compare your blood values from test to test.

Obtain all your blood tests from your doctor and chart them out and see if there is a change over time. Your doctor doesn’t usually take the time to do that but just makes sure there are no red flags beside your results that indicate an abnormality. They are not looking to see if your blood values have moved a few points from your last test or to see if they are in an optimal range—not just a “normal” range. The “normal” range adopted by laboratories is an average range for the population they are measuring.

A very sick population is going to have a different average range than a very healthy population. If you know the optimum range of a blood test, you can make that your goal – not wait for your blood tests to be so abnormal that you need to take medication. Also, if you observe that your glucose and/or cholesterol are rising – it’s time to do something about it – not wait until you are diagnosed with diabetes or high cholesterol and given a prescription.

A. Glucose and Insulin:

To find out if you have low blood sugar (hypoglycemia) or high blood sugar (diabetes), a glucose tolerance test may be necessary. After a sugar drink your blood is tested every half hour several times. But along with that test you should have an insulin test. By having both tests you will know more accurately if you are producing too much insulin in response to a sugar load. Too much insulin may mean you are developing insulin resistance and that you should cut out sugar and refined carbohydrates as much as possible. If you have been on a sugar-free diet, this test can make you feel hypoglycemic, stimulate yeast overgrowth and stimulate your sugar cravings. A similar test can be run using fruit instead of sugar.

The optimal "fasting" blood glucose is 75-95 mg/dl.

B. Cholesterol:

Elevated cholesterol may be an indication of inflammation, toxins, heavy metal toxicity and excessive oxidative stress. In other words, cholesterol may be elevated in response to toxicity. However, conventional medicine simply looks at elevated cholesterol as a risk factor for heart disease and prescribes statin drugs to bring it down. This approach adds more toxins in the form of prescription medication. Cholesterol is the precursor to all the hormones that our body produces; therefore, lowering it unnecessarily can cause hormone deficiency symptoms.

Prevention of heart disease does not just depend on lowering your cholesterol levels. Reducing inflammation, removing toxins, and losing weight by changing to a better diet and taking supplements, especially magnesium, will together automatically reduce your odds of contracting heart disease.

Optimum cholesterol is 180-220 mg/dl. The normal cholesterol 100 years

ago was about 280. Since the introduction of statin drugs, pharmaceutical companies have been clamoring to create a new rating system for high cholesterol. Consequently, your doctor may tell you that an optimum level of 200 is in fact too high. See the section on [Atherosclerosis](#) to find out how to naturally keep your cholesterol under control. Read more about cholesterol in [The Magnesium Miracle](#).

C. Homocysteine:

Homocysteine is an amino acid that builds up in blood vessels and can lead to heart disease. It is also elevated in people with cancer, arthritis, Alzheimer's, asthma, and other chronic diseases. When it was found that a deficiency of several B vitamins and magnesium cause homocysteine elevation, we had even more evidence that heart disease and other chronic diseases are due to nutrient deficiency and inflammation. Armed with this knowledge we can implement a dietary and supplement approach for prevention. An optimum homocysteine level is less than 10 mg/dl.

D. C-Reactive Protein:

C-Reactive Protein is a specific marker for inflammation in the body. Inflammation is the cause of most chronic disease. CRP is a measure of inflammation in heart disease, infection, and autoimmune disease (arthritis, lupus, and Crohn's). However, we know that CRP can fall dramatically with weight loss, detoxification, and a cleansing diet. CRP is more specifically a marker for toxicity, a bad diet and weight gain and not necessarily a marker for a specific disease.

One patient told me that her doctor diagnosed rheumatoid arthritis simply because she had joint pain and a high CRP. On a diet that eliminated sugar and

wheat, after 3 weeks she lost 12 pounds and also lost her joint pain! The final proof for her was when she ate badly over the holidays and her joint pain came back. Medicine likes to associate tests with diseases. However, the road to disease begins with a bad diet, toxins, and nutrient deficiencies. An optimum level of CRP is less than 6 mg/l.

E. Vitamin D3

A blood test called 25(OH)D is the common marker for vitamin D status even though it measures stored Vitamin D and not active Vitamin D. It appears that most people have low levels of stored Vitamin D. However, Vitamin D is a hormone not really a vitamin so when levels are low, it's not a simple matter of "replacing" this hormone.

The big question is, why all of a sudden are we so deficient? What could Vitamin D be responding to and what do the low levels indicate?

Here's one possible answer. Vitamin D is really a hormone with a feedback loop to calcium. When the body has enough calcium less Vitamin D is required, and the levels drop. We are a calcified country, so the effect of high calcium may be lower levels of Vitamin D. But because no one is looking at the complex chemistry involved, most people think we just need to take more Vitamin D.

But MORE Vitamin D pulls in more calcium and bumps out magnesium, making people even more magnesium deficient.

Taking high dose Vitamin D (anything above 2,000 IU) will also use up your magnesium because this mineral is required to change the supplemental/storage form of Vitamin D into active Vitamin D.

Not everyone is going to suffer from too much Vitamin D and enough people seem to benefit from it (at least in the short term) that it's not going to ring any alarm bells for many years. After all, it took about 3 decades for us to realize that high dose calcium supplementation was causing heart disease and

soft tissue calcification when not properly balanced with magnesium.

In an April, 2014 BMJ assessment of 107 Vitamin D Reviews and 74 Meta-analysis called [Vitamin D and Multiple Health Outcomes](#) found that "Despite a few hundred systematic reviews and meta-analyses, highly convincing evidence of a clear role of vitamin D does not exist for any outcome, but associations with a selection of outcomes are probable." Another study concluded that many of the benefits attributed to Vitamin D were actually due to magnesium.

I think Vitamin D works or doesn't work depending on the amount of magnesium and other nutrients required by Vitamin D. When Vitamin D does work, it's probably because people have sufficient amounts of the following nutrients: Magnesium, Zinc, Vitamin K2, Vitamin A, and Boron.

So, if you take Vitamin D in high doses and don't have enough magnesium, zinc, Vitamin K2, Vitamin A, or boron, then Vitamin D isn't going to work properly. Or in the worst-case scenario, the excess Vitamin D gives you symptoms of deficiency of these nutrients.

When someone is low in magnesium and they take high doses of Vitamin D (above 1,000-2,000 IU per day), their magnesium can become further depleted and they can experience symptoms of magnesium deficiency. People have told me about 6-week migraines, seizures, angina, heart palpitations, and muscle cramping when they take Vitamin D. Some very magnesium-deficient people can get symptoms when they lie out in the sun because the Vitamin D they are making uses up what little magnesium they have.

I'm not against Vitamin D but it should be balanced with Vitamin A and Vitamin K2. That combination is available in fermented cod liver oil and butter oil in a product called *Blue Ice Royal*. For the other Vitamin D nutrients, I recommend my *ReMag* and also *ReMyte* (which has zinc and boron along with 10 other minerals).

Do your research before taking high dose Vitamin D. Google the benefits AND the dangers before you make a decision. If you do a Vitamin D blood test,

remember a low to mid-range level is better than a high level.

F. Saliva Hormone Tests

Blood testing to determine levels of hormones is standard in modern medicine but when it comes to hormone tests, saliva may be more accurate, less expensive, less invasive, and correlates well with blood hormone tests. Saliva testing began in the 1980s. By 1983, more than 2,500 research papers and articles had been published on the use of saliva as a vehicle for determination of plasma steroid hormone levels. Progesterone was the first hormone saliva test developed that showed high correlation with clinical symptoms and blood tests. Saliva samples are extremely stable, much more so than blood and the hormone levels are not altered by temperature changes during shipping. Unlike blood, which is usually drawn in glass tubes, small plastic tubes are sufficient for collecting saliva samples.

Estriol, estradiol, testosterone, cortisol, DHEA, melatonin, and androstenedione saliva tests all correlate well with blood levels and 24-hour urine. Saliva testing has many advantages:

- * It is noninvasive.
- * It does not require a doctor's presence.
- * It does not require a doctor's fee.
- * It is usually less expensive than blood testing.
- * Samples can be collected in private.
- * The timing of testing can be individualized. For example, melatonin should be checked around 3 A.M.; cortisol should be checked around 7 A.M. In premenopausal women, progesterone should be checked on the twenty-first day of their cycle.

Note: Saliva hormone testing has one serious drawback. When you are taking hormones, including bioidentical hormones, saliva tests measure the bound and unbound (or free) hormones giving falsely elevated levels. Such false elevation, according to experts in the field of bioidentical hormone replacement makes it almost impossible to determine how much hormone to prescribe.

CHELATION THERAPY

Chelation means to grab. Chelation therapy used in the treatment of Alzheimer's disease, heart disease or peripheral vascular disease, "grabs" heavy metals from tissues of the body. Chelation therapy is most commonly used for atherosclerosis as an alternative to bypass surgery; it removes mercury, aluminum, lead, and other heavy metals from the body and increases brain circulation.

There are specific drugs used as chelating agents, which I will describe below. But for a very sensitive person these drugs can cause drug side effects and detox reactions as they dump heavy metals.

My experience over the past year with [ReMag](#), [ReMyte](#), [ReAline](#) and [RnA ReSet Drops](#) indicates that these formulas are able to gently detoxify the cells and may rule out the need for IV chelation therapy. The above formulas are very safe and when taken started slowly you don't have to feel any detox side effects.

EDTA is the most often prescribed chelating agent that can be used by mouth, intravenously or as a suppository. EDTA treatments must be combined with vitamins and minerals that help the chelation process. I recommend that picometer-sized minerals in [ReMag](#) and [ReMyte](#) be used instead of partially absorbed minerals that might cause excess mineral buildup in the body.

Two other chelating agents that are commonly used are DMSA and DMPS. DMPS appears to be the safer of the two. One of the diagnostic practices for determining mercury toxicity is to give a challenge dose of a chelating drug. However, if a person is already mercury toxic, this challenge can stir up stored mercury and cause even more symptoms.

Chelation therapy itself can cause serious side effects when stored mercury and heavy metals are flushed into the blood stream and not quickly and properly bound and eliminated.

I have been writing a book on mercury for several years. I put it on hold in 2013 when Dr. Boyd Haley told me he was working on a mercury-chelating agent called NBMI. Dr. Haley told me that there is great need for a safe and effective mercury-chelating therapy that can be used on all age groups at any level of disability.

Dr. Haley found that in published experiments comparing the mercury removal efficacy of DMPS and DMSA, it was found that DMPS is more efficient at removing mercury. Therefore, most clinical studies on human chelation have been done using DMPS. Dr. Haley said DMPS researchers make claims that the subjects felt better (which could be due to a temporary reduction of mercury in the blood-brain barrier) but, in fact, there was no substantial reduction in the mercury body burden of these patients.

Dr. Haley's NBMI (formerly called OSR) is outstanding in safety and efficacy of preventing toxicity associated with mercury exposure. NBMI is designated as an orphan drug in the EU (Environmental Medicines Agency - EMA) and the USA (FDA). Dr. Haley told me that they have completed all of the required testing to get NBMI approved under the "animal rule" as an antidote for mercury toxicity. They found no toxicity in rats and dogs at very high dose levels of NBMI. Haley's team is meeting with the EMA scientific advisory committee to evaluate proposals for pre-clinical studies. After that, they will move on to the Phase I safety trials. Then the EMA will ask for an efficacy study in humans.

Until NBMI is available to the public I recommend *ReMag*, *ReMyte* and *ReAline*. Magnesium is also a chelating agent; it helps draw out excess calcium balancing the amount of calcium in the body. If you are undergoing chelation therapy, take *ReMag* and *ReMyte* minerals, which are fully absorbed at the cellular level. Otherwise, taking calcium and other minerals that are minimally absorbed will begin clogging tissues and blood vessels all over again. Our *ReAline* is a gentle detoxifier providing precursors to glutathione and methyl and sulfur groups for liver detoxification pathways.

To provide effective help in this area, a doctor must be properly trained in chelation therapy. Check the Resources section under Alternative Medical Organizations for information on ACAM, an organization that trains doctors in the proper administration of chelation therapy. Even these properly trained doctors may not be aware of picometer-sized minerals and may still be using minerals that are incompletely absorbed and lead to more problems

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EMOTIONAL FREEDOM TECHNIQUE (EFT)

Emotional Freedom Techniques (EFT) is at the forefront of the new energy therapies that engage the mind-body connection to treat illness, pain, and diseases. EFT acknowledges and addresses the negative impact that unresolved negative emotions, stress, and trauma have on our physical bodies. EFT is a simple, gentle procedure of tapping a sequence of acupuncture points that helps you conquer the stress and negative emotions you are carrying, that may be contributing to your physical symptoms. For more information about EFT and the EFT Practitioner to whom I refer my patients, visit [Christine Wheeler's website](#). (Christine is my sister and we've written two books together, *IBS for Dummies* and *IBS Cookbook for Dummies*.)

FIRST AID

The most effective first aid therapies are homeopathic and herbal remedies. Here is an overview of various traumas and treatments:

* For pain, aching, bruising (from dental extractions, joint sprains, fractured bones, and concussions), take Arnica 12X by mouth every two hours. Arnica can be used in tincture or cream form locally for contusions, bruising or swelling. If the skin is broken, however, Arnica is inappropriate for topical application and must not be used. Calendula tincture is used on open wounds and is a good antiseptic.

* For stabs, puncture wounds, bites, stings or splinters, use oral Ledum 12X every one-half to four hours and repeat when the pain returns. Ledum tincture or Calendula tincture can be used topically. Read the section on [***Infections***](#) for more detailed treatment of wounds.

* For puncture wounds, injury to the coccyx or spinal concussion, use oral Hypericum 6X or 12X, one dose every two to four hours. Hypericum can also be used for crushed fingers or toes or any abrasion where nerve endings are irritated, such as abrasion of the palm of the hand or the knee. In these abrasions, Hypericum tincture can be used on the skin's surface. Hypericum can also be used for the phantom pain of an amputated limb.

* For sprained tendons or ligaments, bruised bones, joint or tendon inflammation or shin bruises, Ruta 12X is especially useful (after Arnica 12X), one dose every one to four hours as needed. It is also good for eye injuries.

* For bone fractures or al Symphytum 6X or 12X is extremely useful for speedy healing.

* For ruptured ligaments and tendons around joints, especially wrists and ankles, Rhus tox is the best remedy, 6X or 12X, one dose every two to four hours.

* For wounds, I used to recommend Calendula or Hypericum tincture in water to clean and wrap a wound; they both have antiseptic as well as analgesic properties. They can also stop a local hemorrhage. However, *Pico Silver* can take the place of these herbs and do even more because it hastens wound healing.

* For hemorrhaging, apply Calendula tincture directly. For dental hemorrhage or al Phosphorus 6X or 12X every ten to fifteen minutes will stop the bleeding.

* For nosebleeds, Ferrum phos. 12X or Vipera 12X every fifteen minutes will stop bleeding.

* For burns and scalds, apply cold water immediately. Urtica urens by mouth, 6X or 12X and locally in a tincture will help the pain. In severe cases with great pain and restlessness, use Causticum by mouth, 30 or 200X and Hypericum tincture externally. The most severe burns are treated with oral Cantharis, 12 or 200X.

INFANT TIPS

- * Most babies thrive on demand feeding, not scheduled feeding.

- * Feed your baby in a more vertical than horizontal position. This keeps milk from being sucked into the Eustachian tubes and prevents ear infections.

- * For cracked nipples, apply vitamin E oil (mixed tocopherols and tocotrienols) from capsules: if your baby gets some during a feeding it is beneficial, unlike most other creams or ointments.

- * Proper nipple positioning in the baby's mouth helps prevent cracked nipples. Call your local La Leche League for valuable assistance with breast-feeding.

- * Babies swallow air when feeding and need to be burped.

- * Turn babies frequently as they lie in their crib; they can't turn over themselves.

- * The best position to prevent sudden infant death syndrome (SIDS) is on the back.

- * Cavities can be caused by giving bottles of natural juices at bedtime. The extremely high fruit sugar content drills holes in the teeth. Never use anything but water in a bottle being used as a soother.

- * Constipation occurs when switching from breast to bottle or when introducing solids. The formula may be too high in solutes and may need to be diluted. Or, it may be a reaction to processed dairy or gluten. Try avoiding these foods for two to three weeks to see if it makes a difference. Increase water feeding. Stress and tension in or between the parents can translate into tension in the child, which

can manifest as constipation. Magnesium deficiency can be a cause of constipation and small amounts of magnesium can be safely given to children. The dosage is 6mg per pound of body weight. A 50-pound child could take 300 mg daily in divided doses. Magnesium citrate powder can be mixed in dilute juice or comes in various flavors.

* For colic in breast-fed babies, especially if your baby burped or hiccupped in the womb, watch what you eat. Your baby may be reacting to something in your diet. Cut out strong-tasting foods first; then eliminate dairy and gluten. Read the section, [***Infant Feeding Guide***](#) for more information.

* To treat colic in gentle, usually happy babies who need to be held, rocked, and moved all the time try homeopathic Pulsatilla.

* To treat colic in whiny, irritated, and irritating babies, who seem as frustrated as you feel, try Chamomilla.

Dosage: Use the 6X or 12X potency, one dose melted in 1 teaspoon of water several times a day.

* Diarrhea is defined as more than four very loose, odorous, runny stools a day. Stop milk and dairy products and use water feedings for twenty-four hours. Make sure enough water is given to prevent dehydration. Then try normal feeding. If your baby is already drinking juices, use 2 ounces of apple juice with 1/4 teaspoon carob powder and 2 ounces of water.

* For diaper rash, leave the diaper off for extended periods; vitamin E ointment or zinc ointment are healing and soothing. Talc or cornstarch are not necessary and can cause allergic reactions. Avoid talc entirely because of its aluminum content.

Some diaper rash may be due to an overgrowth of Candida or yeast. On passing through the birth canal, your baby can get a mouthful of yeast, which begins to overgrow in the intestines. If your baby has also had antibiotics early in life, this causes yeast overgrowth. Read the section on [***Yeast Overgrowth***](#). The treatment for yeast overgrowth in babies includes treating the breast-feeding mother for yeast and giving the baby a probiotic powder designed for infants. Natural antifungals, such as very dilute garlic oil, wild oregano oil, or tea tree oil, can be applied locally. Mix 1 drop of one of these strong oils in 10 drops of sesame or olive oil.

* Fever in an infant can be quite frightening.

Note: At 103°F and higher, consult your doctor immediately. A baby's temperature can rise very rapidly. It is important to have therapies at hand to treat the fever. However, if nothing helps immediately, go to a doctor or the emergency room for a diagnosis because of threat of seizure. Fever is usually due to a viral infection, but it can be due to a bacterial ear infection, pneumonia, or meningitis. A viral infection will run its course, but the others will need an antibiotic. A sign of meningitis or encephalitis is pain on touching the chin to the neck – but that can also occur if there are severely swollen neck lymph nodes. Dehydration can set in quite rapidly with infants. Be sure that your baby is producing urine. If not, dehydration has occurred, and this alone can drive up the temperature.

To reduce a mild fever of 99° to 102.5°F do the following:

* Yarrow: Use dilute herb tea or in a bath. A lukewarm bath itself will help reduce the fever and aid hydration.

* Belladonna, 12X, one dose every fifteen minutes. (Read the section on ***Belladonna*** in [Part Five](#).)

*Aconite, 12X, one dose every fifteen minutes. (Read the section on ***Aconite*** in [Part Five](#).)

Ensure that your child is not constipated. A gentle enema or suppository may be necessary. You may want to consult your doctor before attempting this measure. Identify teething as a cause of fever.

There are warnings about giving aspirin or Tylenol (acetaminophen) to babies with a fever. This should be done only under a doctor's supervision.

1. Don't use aspirin for babies; they can be allergic, and aspirin is linked to Reye's syndrome.
2. Don't use alcohol baths – the fumes can be toxic to a baby's brain.
3. Don't panic.

* Spitting up is quite common in babies; it is not vomiting. It can be from eating too fast, if you are stressed while feeding the child or from food intolerance. Projectile vomiting is exactly as it sounds and it's serious; it should be investigated because it can mean a blockage in the baby's upper gastrointestinal tract.

* Teething accompanied by fussiness, drooling and even slight fevers: For irritability and crying, use Chamomilla 12X, one dose three times a day. For hot, sore gums, rub the powder from a crushed calcium tablet on the gums. For late teething, use homeopathic Calc. carb. 12X, one dose three times a day. The herbs marshmallow root and licorice root in the form of thick sticks can be chewed on and will soothe the gums as well as help the teeth break through. Be

aware that the plastic used in children's toys and teething rings may contain harmful xenoestrogens.

* Head Lice. Children invariably get head lice in day care and school. The most common head lice formula is Lindane, but it has toxic side effects and there is no question that whatever you put on the scalp or skin is absorbed into the body; just think of all the skin patch medications on the market today. At the same time that the FDA released a head lice treatment that contains the pesticide malathion, the EPA announced that malathion is a probable carcinogen and we already know it is a potent neurotoxin. Here is a natural head lice formula from *The Healthy Breast* by Sat Dharam Kaur.

Head Lice formula

Rosemary	20 drops
Geranium	10 drops
Lavender	20 drops
Eucalyptus	10 drops
Tea Tree	20 drops

Add the above formula to ½ cup olive oil and keep in a dark glass jar. Rub into the scalp and leave on overnight under a towel. Repeat one week later. Treat the whole family at the same time and boil bedding and hairbrushes. Add 5 drops to one teaspoon of shampoo every time you wash your hair until the infestation is over. Also, purchase a head lice comb and work it through the hair thoroughly to remove the eggs.

PREGNANCY

The high rate of infertility and toxins in breast milk points to a need for both partners to detoxify before conception. See the section on [Cleansing](#).

Before conception, get a blood test to make sure that you are protected against rubella (German measles) with rubella antibodies. If acquired during pregnancy, rubella can harm the fetus. The immunity conferred by natural infection during childhood is the best; second best is immunization against rubella. You should not get pregnant in the three to six months following immunization for rubella to make sure the live rubella virus does not infect the fetus.

Immunizations themselves are very controversial. If you must have a vaccination, make sure to ask for a single dose vial that does not contain mercury as a preservative. Take Thuja 12X, a homeopathic remedy after the immunization to prevent side effects. Vitamin C, B Complex, and zinc are also important to help the body deal with the foreign material injected.

Next, a thorough physical exam and blood tests to determine the status of your iron, folic acid, and magnesium are important. These three nutrients play vital roles in pregnancy and should be taken throughout. Ask for an RBC magnesium test, which is more accurate than a serum magnesium test. Read [The Magnesium Miracle](#) for information on this important mineral. Other important blood tests include hemoglobin, thyroid, blood sugar, and liver function. Many women develop low thyroid during pregnancy, so a baseline test is important.

Diet:

The diet of both parents should be optimum. Common sense tells us that coffee, alcohol, and cigarette smoke should be avoided because they produce adverse

effects on the growth and health of the fetus. If you are trying to get pregnant, absolutely avoid aspartame (NutraSweet). Aspartame elevates prolactin, which interferes with fertility. At least 1 out of 50 people are unable to break down phenylalanine, one of the amino acids that make up aspartame and it becomes a poison to the nervous system causing phenylketonuria (PKU). But most people have no reason to suspect they will have a PKU baby and you can't test a baby for PKU until after it is born.

So, if you use aspartame and if you have a PKU baby that survives the womb, the child can be born mentally retarded. There should be a warning label to prevent all pregnant women from using aspartame. Aspartame also contains 10% wood alcohol, which affects the vision and breaks down into formaldehyde and formic acid, both of which have hazardous health effects. Aspartame causes ninety-two side effects that have been reported to the FDA. Read the sections on Sugar Addiction under [Addictions](#) and [Detoxing Sugar & Aspartame](#) for more information.

Maintain a high-fiber diet during pregnancy to avoid constipation and eat plenty of vegetables, fish, chicken, nuts, whole grains, and seeds. Avoid eating too much fruit because some women get gestational diabetes just from the over consumption of fruit.

First Aid and Commonsense:

When you are pregnant, the best position to take when sleeping is on the left side so that the growing uterus is supported over the sigmoid colon. Lying on your back or right side can create undue pressure on the great veins of the trunk leading to your legs, which can in turn cause varicose veins, varicosities of the labia and hemorrhoids.

Another common condition in pregnancy is hiatus hernia, which is caused by the pressure of the enlarging uterus as it pushes the stomach up under the

diaphragm. The treatment for hiatus hernia or stomach pressure against the diaphragm is to eat small frequent meals; avoid water with a meal because that bloats the stomach; don't lie down immediately after a meal; and have the area of the stomach massaged down and to the right in order to maintain the stomach in its proper position. See the section on [Digestive Disorders](#) for a discussion of hiatus hernia.

Supplements:

Necessary supplements during pregnancy are:

* [ReMag](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, *ReMag: Invisible Minerals Part I*. Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

* Iron: To build up the blood, choose an [angstrom-sized iron](#). Take one dose twice daily or adjust dosage according to levels of iron and hemoglobin on blood testing.

* Folate: Use [ReAline](#), which contains 4 methylated (including Methylfolate) and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

* [ReMyte](#) is a fully absorbed, bioavailable multiple mineral that contains 12 complementary minerals many of which support the thyroid which it put under strain during pregnancy. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook *ReMyte & ReCalcia: Invisible Minerals Part II*.

* [ReCalcia](#): The section on [Osteoporosis](#) contains a list of calcium-rich foods. If you can't get the full 600mg of calcium that you need from your diet, use [ReCalcia](#). Dosage: 1 tsp = 300mg.

* [Blue Ice Royal](#): Fermented Cod Liver Oil and Butter Oil provide balanced doses of Essential Fatty Acids, Vitamin D, Vitamin A, and Vitamin K2. Dosage: 1 capsule twice per day or ½ tsp per day.

Thirty years of research has proven that one underlying cause of ADHD is lack of essential fatty acids during pregnancy. Read the section on [Attention Deficit Hyperactivity Disorder](#) for more information.

Morning Sickness

For morning sickness, eat and drink small amounts at frequent intervals to keep your blood sugar up. Some people think morning sickness is a sign of healthy hormone activity and a way for your body to turn against junk food at a time when you need the best for your baby.

Avoid coffee, cigarettes, alcohol, sugar, and fried foods. Snack on nuts and seeds and drink plenty of fluids.

Treat morning sickness with a good diet, lots of pure water and the following remedies: ginger and red raspberry leaf teas and a B complex vitamin, to make certain you get your needed vitamin B6.

Homeopathy:

* *Anacardium*: For a pregnant woman who eats small amounts and gets gas and bloating and a sinking feeling in the pit of her stomach.

* *Cocculus*: For symptoms that are worse with motion, and being unable to stand the sight or smell of food with associated dizziness or sleep loss.

* *Colchicum*: For being worse with the smell of meat, eggs, or fried food and feeling cold from the inside out.

* *Pulsatilla*: For upset stomach, gastric irritation; for when heavy foods aggravate the condition; for feeling helpless, moody, crying a lot, and wanting something to eat but not knowing what.

* *Sepia*: For mental and emotional depression, irritability, persistent nausea and vomiting, yelling, and hitting; symptoms worse eating meat and eggs.

* *Ipecac*: For constant nausea, complete disgust at even the thought of food; lack of thirst.

* *Ignatia*: For cramps and spasms, knotted-up stomach, hysterical behavior, sensitivity, edginess, and irritability.

* *Nux vomica*: For morning cramps and spasms, rashes, a toxic hangover, headache, nausea, irritability, feeling better in the afternoon.

All these remedies are given in a12X potency, one dose every fifteen minutes to four hours. If one remedy doesn't work within two days, another remedy should be tried. If several fail to have an effect, consult a homeopathic doctor.

Hypothyroidism

At 6 months gestation a blood test should be taken for thyroid function and compared to the one taken at the beginning of your pregnancy. Pregnancy puts a strain on the thyroid, which can result in thyroid deficiency. A repeat test should be done at the postnatal six-week checkup. See the section on [*Hypothyroidism*](#).

Labor Support

Homeopaths and midwives have developed natural medicine protocols for ensuring a safe and healthy delivery.

* *Caulophyllum*, 6X or 12X, several doses a day, is used to prepare for labor. Some women take it the last week or two before delivery – but only if they are very sure of their due date. It can also be used during labor to help reduce the intensity of the contractions but keep them coming regularly.

* *Arnica* is taken during labor and after delivery for bruising or shock, 6X or 12X, one dose every half hour.

* *Aconite* can be used after a difficult labor, 200C, one to two doses within 24 hours. This is a stronger potency and reflects the trauma suffered.

* *Causticum* can also be used for urinary retention in the same dosage.

* *Rhus tox* in 6X or 12X potency can be used for the strain of pregnancy leading to stiffness, muscle aches, and chilliness.

* Staphysagria, 12X, can be taken for urethra pain, especially after catheterization.

Postpartum Depression

It is very important to take zinc daily to replace stores that are greatly diminished by the stress of delivery. A hypoactive thyroid is another cause of postpartum depression and requires a whole set of minerals. Read the section on [*Hypothyroidism*](#) to find out more.

* Zinc: [*ReMyte*](#) is a fully absorbed, bioavailable multiple mineral that contains zinc and 11 other complementary minerals, many of which are necessary for proper thyroid function. Dosage: ½ tsp three times per day. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook [*ReMyte & ReCalcia: Invisible Minerals Part II.*](#)

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at [Dr. Carolyn Dean Live](#) to download the free eBook, [*ReMag: Invisible Minerals Part I.*](#) Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL.

Homeopathy:

Ignatia is a wonderful homeopathic remedy that treats postpartum depression. It's for the perfectionist part of you that wants to be the perfect mother but finds it impossible – because there is no such thing as a perfect mother! Use the 12X potency two or three times a day for a week. You should notice the benefits within that time if the remedy is going to work.

SURGERY PREPARATION

We will assume your surgery is necessary, that you have received a second and perhaps a third opinion and that the benefits outweigh the risks. Choose a surgeon who has a good track record with your type of surgery and with whom you can communicate your needs.

Also, choose a caregiver who will be by your side during appointments with your surgeon and waiting for you after you return from the surgical suite.

If you eat an optimum diet and take our Completement Formulas before surgery, you will recover faster.

Avoid Natural Blood Thinners

It is advisable to avoid vitamin E for seven to ten days before surgery because it is a mild blood thinner. With the increased use of herbs in the population, you should be aware of their possible interactions with other drugs you take and with surgery.

According to some sources, ginkgo, garlic, ginger, and ginseng all have slight blood-thinning properties, which make them excellent for the heart and circulation, but they should be stopped ten days before surgery. However, I might add that traditional herbalists say that it is concentrated herbs manufactured to contain high amounts of their most active ingredient that act like medicines and cause such symptoms, not herbal teas or whole herb capsules.

Bach Flowers, Prayer & Visualization

In preparation, take a Bach Flower Remedy such as Rescue Remedy (available in health food stores) to approach your surgery as calmly as possible. Visualization, relaxation and affirmation tapes are available in your local health

food store or online to help achieve a calm state of mind and to influence the subconscious that all will go well during the surgery, that the body will heal rapidly, and that health will be restored.

You can study the Bach Flowers and see if there are any other emotions that you wish to get under control before your surgery. Prayer and visualization can be important resources. Some practitioners advise patients to visualize their complete hospital stay and all procedures orchestrated to perfection. In the hospital, you can continue to take Rescue Remedy every time you see your doctor and use your iPod to listen to healing tapes and messages.

Medication Warning

There are three major iatrogenic medications that can be related a surgical experience and they all have the potential to poison the body with fluorine.

1. Antibiotics can open the door to Yeast Overgrowth. You can read about Yeast Overgrowth and how to treat it in this book or in [ReSet The Yeast Connection](#). As soon as you have recovered from your surgery, you can embark on the yeast detox protocol. Ciprofloxacin is an antibiotic commonly used in preop and postop surgical care. Cipro is an organofluoride drug. I consider that fluoride drugs can potentially bind magnesium creating a magnesium fluoride compound that depletes magnesium.
2. Organofluorinated anesthetics are used in most surgeries today.
3. Ironically, an organofluoride antiarrhythmia drug, Flecainide is used post surgically to treat the heart rhythm reactions to organofluoride anesthetics.

As you can see my focus is on organofluoride drugs. Depending on which side of the fence you are on, fluoride in our water and dental products protects us from cavities but according to the [Fluoride Action Network](#), it's "The most damaging environmental pollutant of the cold war."

Every drugstore toothpaste that I've looked at contains fluoride and there

is a warning label that states, "Do not swallow," and "in case of accidental ingestion, contact the poison control center." The danger level of fluoride is 0.25 mg, contained in a pea-sized amount of toothpaste. Bizarrely that's the same amount of fluoride in an 8 oz glass of water, of which you are supposed to drink 6-8 glasses per day. In our upside-down world we are drinking water, using toothpaste, and taking drugs containing a known poison.

I'm firmly on the side of the fence that knows fluoride is dangerous and should be avoided. I am very concerned that it is in many commonly used drugs. You can find out if F = fluorine is in your drugs by typing the drug name into Wikipedia.

The drug companies would have you believe that the fluorine ion in a drug stays bound to that drug and the drug stays intact from the time you take it until you eliminate it. But the body is not a static test tube; enzymes are chipping away at drugs; intestinal organisms can't leave them alone. The body is a very dynamic test tube and drugs are broken down and fluorine is released.

What is the scientific evidence for fluorine being able to break its bonds in a medication and poison the body? This information wasn't available a few years ago but FluorideAlert has updated their website to discuss the following about organofluoride drugs:

It is generally believed that most organofluoride drugs do not contribute to daily fluoride exposure. **There are some organofluoride drugs, however, that do metabolize into fluoride.** This is evident by studies finding elevated levels of fluoride showing up in the urine or blood following use of the drug. Because organofluoride drugs contain high quantities of fluorine, any drug that metabolizes into fluoride will likely be a very large source of daily exposure. Drugs that are known to break down into fluoride ion include: Fluorinated anesthetics, Cipro, Niflumic acid, Flecainide, and Voriconazole. It is possible, and indeed likely, that other drugs do so as well, but have not yet been discovered.

FluorideAlert gives the scientific references for the studies that have found fluorine levels in people who have taken these drugs. You can be sure that the list will grow as other drugs are studied and fluorine exposure is discovered! Also, probiotic researchers tell me that one of the functions of the trillions of intestinal organisms is to break down drugs and chemicals to help the body eliminate them. The liver detoxification pathways do the same thing and it is well known that the intermediary chemicals in this process can be more toxic than the original drug.

Besides the pure toxicity of fluorine, I'm concerned about the magnesium depletion that occurs because of this chemical. I wrote about this in 2013 in a blog called "[Fluoride Kills Magnesium](#)." Basically, fluorine binds irreversibly with magnesium making a brittle compound called magnesium fluoride MgF_2 , which deposits in bone and tendon. It is likely the reason for tendon rupture as a side effect of Cipro and other organofluoride drugs.

With 80% of the population being low in magnesium, and with the extra losses incurred by the stress of surgery and the drugs used in surgery you have to take enough ReMag to get you through it.

Rarely will doctors measure magnesium before, during or after surgery. However, I was encouraged to hear, at a March, SDRM – Magnesium in Health and Disease-2019 meeting at the NIH, several researchers talk about using the ionized magnesium (iMag) test in critical care settings. Hopefully that trend will continue and expand to testing the general population to help overcome the epidemic of magnesium deficiency in the population.

I propose a study where iMag is tested before surgery and then after surgery to document the losses. A customer of ours who undergoes dialysis did a test using serum magnesium and RBC magnesium before and after her dialysis and found that the procedure depleted her magnesium levels. Treating with ReMag relieved her of her heart palpitations, leg cramps, and fatigue.

My Recommendations

1. Take *ReMag* in the weeks before surgery to build up your magnesium stores

to protect your heart and brain from the stress of surgery; to prevent blood clots to the lungs and brain; to prevent arrhythmia; to detoxify the anesthetic; and for optimum healing. Optimally your surgeon should add 1.5 to 2 grams of magnesium sulfate to your intravenous line during surgery. Please ask for a magnesium IV and provide a copy of [The Magnesium Miracle](#) to your doctor for reference.

Take up to 4 tsp of *ReMag* for a few weeks before surgery. Sip it through the day to avoid the laxative effect. Ask your friends and family to supply you with sea salted *ReMag* and *ReMyte* and *Pico Silver* drinking water while in hospital. Put *ReMag Lotion* in an empty body lotion jar and take it to hospital to apply to any available body parts after surgery while you are only able to suck ice chips. Ask your anesthetist to put magnesium in your IV and give you IV magnesium after surgery.

ReMag will definitely help with pain control and along with Arnica will lessen your need for painkillers.

Dosage: 2-4 tsp in a liter of sea salted water sipped through the day.

2. Take *ReMyte* for all the trace minerals that will support the immune system, the thyroid and the adrenals.

Dosage: Take 1.5 tsp per day along with ReMag in a liter of sea salted water.

3. Take [ReAlign](#), which contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

4. **Take *Pico Silver*** to support the immune system against infection. Read my eBook *Pico Silver: Clearing Up the Controversy* at [Dr Carolyn Dean Live](#). You can begin taking *Pico Silver* one week before surgery and continue for two weeks after.

Dosage: 2 tsp per day along with ReMag and ReMyte in a liter of sea salted water.

5. **Take *ReStructure***, a balanced protein powder for superior nutrition. Purchase individual packets to take while you are in hospital before you are allowed to eat solid food.

Dosage: 1-2 packets per day in water or a beverage of your choice.

6. **Take *RnA ReSet Drops***. The drops provide an unmeasurable and unique life force to the body that allows it to heal and thrive. The best way to demonstrate this is for you to watch the [RnA ReSet Webinar](#) which contains The Radish Experiment at the 18:26 minute mark.

Dosage: Work up to 15 drops twice a day, build up your dosage according to the label directions.

Homeopathy

Have your caregiver waiting for you in your room when you return from surgery. Her or she should immediately begin giving you homeopathic remedies under the tongue. You are told to swallow nothing but water—however, these remedies melt under the tongue and are not swallowed, and they will not interfere with any medications that you may be taking.

* Phosphorus 12X, one dose every hour for three doses; this helps clear the anesthetic effects such as brain fog, lightheadedness, and spaciness.

* Arnica 12X every fifteen to sixty minutes for pain, shock, and swelling. As the pain lessens, take the remedy less often. You may be taking this remedy for a week or two after surgery to lessen your need for painkillers.

* Veretrum album 12X is the homeopathic remedy for recovery from surgery, which you can begin on day 3. Dosage is one dose three times daily

Introducing Foods After Surgery

Beware the broths and juices that are given as your first hospital feedings after surgery. They usually contain MSG and aspartame – two powerful neurotoxins. Your brain, sensitized by anesthetic, fasting, and stress will respond negatively to these toxins. Post-surgical nausea, sweating, cramping, increased pain, and distress can be caused by these toxins but is blamed on the anesthetic and stress of surgery. Pain medication can also cause nausea and vomiting and deplete you of magnesium. Even before you are allowed anything by mouth, you can use *ReMag* lotion as a skin cream all over your body for pain and inflammation and so you don't have to take strong pain medication. If you are at the stage of melting ice chips in your mouth and you normally take *RnA ReSet Drops*, you can probably put a few drops under your tongue, hold them there and then swallow them along with your saliva.

When you are allowed liquids, have your family bring organic broths, green drinks, and dilute juices from home in large thermos bottles. Many hospital wards have refrigerators for patients where you can store properly labeled supplies. The beauty of our *ReMag*, *ReMyte*, and *Pico Silver* minerals is that as liquids you can put them in your drinking water as soon as you are allowed to consume liquids. You can also open our *Whole C ReSet* Vitamin C

capsules and *Flora ReVive* probiotic capsules into juice or water to aid healing. You want to help your liver clear the residues of medications and anesthetic; stimulate kidney function; and also promote bowel movements.

As an additional aid to bowel function, which is most important after surgery, take a teaspoon of olive oil twice daily. You will not be allowed to eat solid foods until your doctor is able to hear bowel sounds with his stethoscope pressed into your abdomen and taking some olive oil will help.

When solid foods are introduced, please try to have family and friends bring you organic food. In the transition to solid food you can begin with *ReStructure* and [Premier Greens](#) for optimum healing. At this time you can take your other supplements – *ReAlign* and [Blue Ice Royal](#) as outlined in [Dr. Dean's Supplement Recommendations](#).

DR. DEAN'S SUPPLEMENT RECOMMENDATIONS

People often ask me what supplements I take. After 50+ years of research, I've created the Completement Formulas. There are 10 Completement Formulas to which I add [Blue Ice Royal](#) – a Vit D, A, K combination. With this combination you don't need a multiple vitamin or a multiple mineral. As I said earlier, multiple vitamin/minerals tend to have too many ingredients in one pill that never reach therapeutic doses and are often synthetic and/or poorly absorbed.

Don't forget to start your program with water and sea salt. Here are the details:

Water Intake Guidelines: ½ your body weight (in pounds) in ounces of water. If you weigh 150 lbs you will drink 75 ounces. Sea salt – 1/4 tsp of sea salt in every quart of drinking water – to one of those bottles add your *ReMag* and *ReMyte*.

1) *ReMag: magnesium:* in picometer, stabilized, ionic form for superior cellular absorption.

- 2) **ReMyte: 12 minerals:** in picometer, stabilized, ionic form for superior cellular absorption.
- 3) **ReAlign: Detox and B Vitamins:** *ReAlign* contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification.
- 4) **RnA ReSet Drops** – Creation of Perfect Cells using *ReMag*, *ReMyte* and *ReStructure* as vital building blocks.
- 5) **ReStructure** is a high protein powder for athletes and Paleo dieters as well as meal replacement for losing weight and balancing blood sugars. Everyone uses a protein powder so why not get the best! Protein is the main ingredient, but carbs, essential fatty acids, and vitamins are also part of the formula for the appropriate macronutrient balance. It's also the perfect meal if you are on a yeast elimination diet. *ReStructure* contains a "secret ingredient" the concentrated, dehydrated *RnA ReSet Drops* that makes *ReStructure* the most unique meal replacement you will ever find. Mix with water, coconut milk, almond milk, or your favorite juice for a delicious healthy beverage charged with the power of *RnA ReSet Drops*!

NOTE: The first five formulas combined are called the Total Body ReSet. The following supplements can be added as required.

- 6) **ReCalcia:** Because so many people avoid dairy, I created a well-absorbed calcium supplement that will not precipitate in the soft tissues of the body. My advice is that if you can't get the full 600mg of calcium that you need from your diet, use *ReCalcia*. Dosage: 1 tsp = 300mg. The section on

[***Osteoporosis***](#) contains a list of calcium-rich foods so you can see what your present calcium intake is.

7) Probiotics: *Flora ReVive* contains *Saccharomyces boulardii*, humic and fulvic soil-based probiotics, and a prebiotic called Inulin. All of which are compatible and work synergistically with our Total Body ReSet Bundle.

8) *Whole C ReSet* is a food-based, organic Vitamin C Complex and one of our Completement Formulas that works synergistically with our Total Body ReSet Bundle. Vitamin C assists the body in many ways. It is a cofactor in 8 enzyme processes in the body. It assists the growth, maintenance, and repair of skin, blood vessels, bones, and teeth. It is a powerful antioxidant, essential for wound healing, a strong immune system, helps eliminate bruising, strengthens the adrenals, and helps absorb iron. Dosage: 1 capsule twice daily.

9) Vitamin D, A, K2 and Essential Fatty acids. 20-30 minutes of sun per day and/or [*Blue Ice Royal*](#) for a proper balance of vitamin D, vitamin A and vitamin K and essential fatty acids. I take one capsule twice per day. *ReStructure* contains EFAs.

NOTE: Products 1-9 can be found at the [RnA ReSet](#) website; 12 free eBooks can be downloaded at [DrCarolynDeanLive](#). They include books on *ReMag*, *ReMyte* /*ReCalcia*, *ReAline*, and *ReStructure*.

10) Organic Greens: If you aren't getting enough salad greens and vegetables every day you can mix some green powders into your morning smoothie. I use equal parts of Barley green powder, Wheat grass powder, Alfalfa powder, Maca powder, and one-half part of Spirulina powder and one-half part of Chlorella powder that I get from VitaCost.com. I mix 1-2 TBSP of a green powder with a scoop of my amazing [*ReStructure*](#) protein powder for my breakfast.

TRAVELER'S ADVICE

Here are the steps I take when I'm traveling:

- A dose of homeopathic Oscillocochinum before every flight.
- The immune booster, Pico Silver 1-2 tsp a day while traveling.
- I use a personal air purifier that I wear around my neck when flying. Mine is called the Air Tamer.
- For people who are concerned about eating out you can use grapefruit seeds extract capsules – 1-2 at the end of every meal to prevent bacterial or parasitic infections and traveler's diarrhea. I recommend GSE by NutraBiotic. You can also use hydrochloric acid tablets (HCL).
- I also take [Flora ReVive](#) probiotics to build up the good bacteria in my intestines once or twice a day.

Here are some steps to take to prevent intestinal problems while traveling.

Prevention:

- Do not drink the water; this means ice that will be put in fruit drinks and milk shakes.
- Drink boiled water, commercially bottled water, or bottled mineral water.
- Do not eat salads or cut fruits, except fruits you peel yourself. They will be washed with potentially contaminated water.
- Eat only freshly cooked food.
- Dry foods are usually safe.
- Wash your hands often, using hot water and soap.

- Think about everything that you ingest, even the water for brushing your teeth.
- Take grapefruit seed extract capsules and/or digestive hydrochloric acid tablets at the end of every meal.
- Take probiotics every day to keep the good bacteria at a high level.

Treatment For Traveler's Diarrhea

- Use dietary treatment first. Antibiotic or antidiarrheal pills can be dangerous and actually prolong the illness.
- Triple your dose of Pico Silver to 3-6 tsp per day.
- Triple your dose of probiotics. I recommend [*Flora ReVive*](#). Dosage: Take one capsule on waking and one capsule at bedtime. Best taken on an empty stomach, 30 minutes away from food. However, it can be taken with food and it does not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule of *Flora ReVive*.
- The first day, drink only clear fluids: soups, juices, and teas.
- The second day, eat only rice, applesauce, and bananas. Add 1 teaspoon of carob powder to the applesauce and take three times a day.
- The third day, add dry bland foods, nothing greasy, fried or spicy.
- By the fourth day you should be able to move up to a normal diet, but do so slowly.
- Avoid dairy and citrus for at least a week.
- If your bowels loosen at any time, move back to clear fluids.

Go to the Nearest Doctor or Hospital

- If any symptom hangs on for more than five to six days.
- If fever, bloody diarrhea or vomiting and diarrhea occur together. Dehydration occurs when vomiting and diarrhea are present. Watch your urine output.

Warning

- Antidiarrheal pills should be used only to control diarrhea for short periods of time when absolutely necessary, such as long road trips.
- Antibiotics can be dangerous when used for diarrhea and should be prescribed by a doctor. They can lead to overgrowth of yeast in the intestines. Read the section on [***Yeast Overgrowth***](#).
- Watch young children with diarrhea; they dehydrate faster. They can go without food but don't let them go without fluids. Warm baths can help to rehydrate.
- Read the sections on [***Diarrhea***](#), [***Gas***](#), and [***Digestive Disorders***](#) for further tips on symptoms that continue after a bout of travelers' diarrhea.

WATER AND MINERAL GUIDELINES

Water Intake Guidelines: Drink 1/2 your body weight (in pounds) in ounces of water. If you weigh 150 lbs, you will drink 75 ounces.

Sea salt or Himalayan salt: Add ¼ tsp to every quart of drinking water; to one of those bottles you will later add *ReMag* and *ReMyte*.

ReMag – Start with ¼ tsp per day in a quart of water and sip through the day. Every 2 days add another ¼ tsp. Work up to a therapeutic dose of 2-3 tsp a day if you are trying to overcome a health condition, if you are on medications or otherwise have magnesium deficiency symptoms.

ReMyte – After a week of slowly building up *ReMag*, slowly add *ReMyte* into the same quart of water and sip through the day. Every 2 days add another ¼ tsp. Work up to 1 ½ -2 tsp.

X-RAYS

X-rays are sometimes necessary, although often overused. They are a tool that doctors depend upon too much and find it hard to forgo them even in the face of evidence that they are harmful. The best recommendation is to question the absolute necessity of x-rays before consenting to them.

Dr. Rosalie Bertell, a Grey Nun, who wrote *No Immediate Danger?* describes the dangers of even small amounts of radiation. Dr. John Gofman, an M.D., who also has a Ph.D. in nuclear and physical chemistry, worked on the Manhattan nuclear project, discovered uranium-233, was the first person to isolate plutonium, and since 1960, has been studying the effects of radiation on human health. In his five scientifically-documented books totaling over 2800 pages, Dr. Gofman provides evidence for his assertion that medical technology, specifically X-rays, angiography, CT scans, mammography, and fluoroscopy, are a contributing factor to 75% of new cancers.

Diet and Herbs:

Seaweed, apple pectin, fermented soy products, chlorella, spirulina, cilantro, and fiber may also help protect the thyroid and vital organs from radiation and also bind toxins.

Supplements:

The antioxidant aspect of all our Completement Formulas can help protect against radiation.

* [*ReMag*](#) is a fully absorbed, bioavailable, non-laxative magnesium. Dosage: ½-1 tsp twice per day. This mineral drives 1,000 enzyme systems and is responsible for the production of energy in the body. Click on the Books link at

[Dr. Carolyn Dean Live](#) to download the free eBook, [ReMag: Invisible Minerals Part I](#). Make sure to take enough magnesium to maintain an optimum level of Magnesium RBC at 6.0-6.5mg/dL but more importantly make sure your magnesium deficiency symptoms are

* [ReAline](#) contains 4 methylated and 4 food-based B vitamins along with L-methionine and L-aurine. It is a safe, natural detoxifier that assists any condition. The B vitamins act as cofactors for a vast number of enzyme processes in the body. L-methionine is a precursor to the antioxidant glutathione. Both amino acids are sulfur-based and help sulfation detoxification in the liver while the methyl groups in the B vitamins assist methyl detoxification. Dosage: 1 capsule twice per day.

Homeopathy:

If x-rays are essential, lessen the side effects with an "x-ray" or "radiation" homeopathic remedy, available from your homeopathic doctor.

PART THREE: OPTIMUM EATING

BEEET KVAASS

Cut up two to three small beets in 1/2-inch chunks and place them in a quart-sized jar. Add 2 tablespoons of whey, which is the liquid that you can strain from yogurt. Use yogurt that is guaranteed to have live organisms, such as Erivan Acidophilus Yogurt. Add 1 teaspoon of sea salt and fill the jar with filtered water. Cover tightly and let stand for two days at room temperature. Transfer to the fridge and drink 2 ounces a day.

BREAST FEEDING

There are hundreds of research articles confirming the importance of breast-feeding. They conclude that the incidence of all types of infections, especially ear infections, is much lower in breast-fed babies. It is the colostrum or first breast milk that provides immunity to the infant. The mechanism of sucking on the breast molds the jaw in the correct manner, avoiding the need for braces in later years. Sadly, analysis of toxins in breast milk indicate that levels of DDT, PCBs, and various other carcinogens may be making breast milk dangerous for infant consumption! Will the benefits outweigh the risks? If they do, here is some advice for breast-feeding mothers. Read the section on [Cleansing](#) to learn how to use saunas and clay body wraps to help release toxins through the skin and not through your breast milk. The best time to detoxify, however, is before you become pregnant.

The keys to perfect and painless breast-feeding are good milk production and proper positioning of the baby. Milk production is enhanced by eating an optimum diet with plenty of vegetables, moderate amounts of fruit, lots of whole grains, beans, seeds and nuts, fish, and chicken. If dairy is not eaten, take proper amounts of calcium and magnesium in the form of natural supplements. During pregnancy and breast-feeding, calcium intake should be 1,500 mg daily and magnesium one-half to one-quarter that amount. After delivery, immediate breast-feeding will help stimulate milk production. Useful herbs to encourage breast-milk production are marshmallow root and fennel. Parsley and sage diminish milk production.

La Leche League practitioners promote breastfeeding worldwide. The recommended position is to hold the baby's buttocks in one hand, supported against your hip and the baby's head in the crook of your elbow. Your free hand is used to hold the breast from below. Hold the nipple against the baby's lower lip; this stimulates the baby to open the mouth wide. As the mouth opens, pull

the baby's whole body quickly toward your body so that the areola fits well into the baby's mouth. The nipple itself should be placed deep in the baby's throat. Proper positioning should result in no breast pain, no nipple pain and no cracked, raw or irritated nipples. These are common complaints among breast-feeding mothers, but with proper positioning these should not occur.

If your nipples do become irritated, vitamin E oil will help heal them. Avoiding wet clothing helps; try not to wear anything that will retain moisture around the nipples. Do not use soap to wash the nipples because of its drying effect. Another important aspect of breast-feeding is avoiding plugged ducts, which can lead to mastitis.

Breast Milk

The best food for an infant is breast milk. Studies show that the colostrum in breast milk prevents infections and boosts the infant's immune system. Colostrum is like baby's first nutritional supplement produced in the first days of breast-feeding. It's a very dense substance low in fat and high in carbohydrates, protein and antibodies to protect your baby. Colostrum is easy to digest and assimilate and is your baby's perfect first food. Even though it's low in fat, colostrum has a laxative effect to help excrete excess bilirubin thus preventing jaundice.

Weston Price D.D.S. and Francis Pottenger M.D., in their research showed that breast-feeding provides the perfect exercise for the jaw and mouth to create a proper dental arch and good teeth. Many of the braces worn in Western countries are due to bottle-feeding along with poor nutrition. Babies given solid foods too early are not able to digest them in their undeveloped intestines; these foods can become allergens.

If you have allergies or sensitivities to specific foods, your child has a good chance of being allergic and may experience gas or colic from the foods

you eat. The following foods are most likely to cause problems: nuts, milk, cheese, gluten, corn, chocolate, and fish. However, any food may pose a problem. By a combined process of elimination and challenge you can find out which foods your baby can tolerate and try to completely eliminate the ones that cause gas and colic.

Research on mother's milk has identified dozens of harmful chemicals, in some cases, making some milk too toxic for infant consumption. If you are planning a pregnancy, be sure to study the section on [Cleansing](#) and do sauna therapy to remove toxins from your fat cells first, to ensure that your breast milk will be safe.

FOOD ELIMINATION & CHALLENGE

The process is very simple to describe but requires some effort to put into practice. You eliminate a food group that you suspect as being the cause of some of your health problems. The common food allergens are gluten, dairy, sugar, soy, and corn. After a period of time you challenge (or reintroduce) with that food group and observe reactions. You can “Reassess” that food once again to be certain by doing another “elimination and challenge” – then you determine the foods that work for you in your ongoing optimum diet.

WARNING: Do not challenge foods to which you know you are highly allergic.

FOOD PORTIONS

Two Easy Methods of Measurement

1. Use Body Parts To Measure Food
 - a. One Handful equals a serving of carbs
 - b. One Palmful equals a serving of protein
 - c. One Thumbful equals a serving of fat

Eat six servings per day of each food type.

2. Use your Ideal weight in pounds
 - a. Your ideal weight in pounds equals the number of carb grams per day
 - b. Half of that number equals protein grams.
 - c. Half of that number equals fat grams.

For a female, 5 foot 6 inches, small boned with a BMI of 20, a good weight is 120 pounds.

- a. Weight in pounds = 120 grams of carbs per day
- b. 1/2 of that = 60 grams of protein per day
- c. 1/2 of that = 30 grams of fat per day
- d. The ratio is about 50% carbs/25% protein/25% fat. It's the combination and balance that's important.

Blood Sugar Control

1. Carbohydrates (carbs) are for quick energy, for 1-2 hours. Sugar only lasts 1/2 hour.
2. Protein sustains blood sugar for 2-3 hours.
3. Fats sustain blood sugar for 3-4 hours.

That's why you feel better and feel full after a fatty meal. When you mix fats with carbohydrates, the fat slows down the carbohydrate release. You must have some food from each group at most meals. Going strictly high carbohydrate or high protein sets up a metabolic imbalance.

INFANT FEEDING GUIDE

The First Six Months

Offer only:

- Breast milk
- Water
- Supplemental vitamin A and D from cod liver oil and vitamin C starting at three months of age.

If Breast Milk is Insufficient

Investigate the use of substitute formulas. Supplements to these formulas should include omega-3 and omega-6 fatty acids including DHA, folic acid and vitamin C. Refer to Sally Fallon's book, *Nourishing Traditions*, for a nonmilk formula based on organic liver, whey, and lactose powder. Possible base formulas to include in a four-day cycle are goat's milk (3 parts milk to 1-part water), almond milk, and rice milk.

Many infants are allergic to soymilk and the phytoestrogens in soy make it an unsafe food. According to Sat Dharma Kaur in her book, *The Healthy Breast*, soymilk can be used in the early months before certain bacteria are present in the intestines that convert soy into phytoestrogens. She does not recommend soymilk after six months of age.

For females, according to author, Sat Durhum Kaur, puberty and menopause are important times for soy intake. Soy intake around age ten or eleven for girls can help forestall the onset of early menses. This may be important because puberty is beginning earlier as a result of the chemical hormones in beef and chicken and synthetic hormone mimickers in pesticides and herbicides.

Take note of the ingredients in baby formulas. If they include corn syrup, avoid them. Babies are getting addicted to sugar right from birth. Read the section on Sugar Addiction under [Addictions](#). Cow's milk formulas may cause sensitivities or allergies in over half the infants using them.

Six to Twelve Months

- Breast milk or formula
- Water between feedings
- Introduce solid foods one at a time starting with vegetables.
- Three meals a day are usual by nine to twelve months.
- Yogurt or kefir starting at nine months.

Vegetables (Cooked)

Begin with: peas, squash, carrots, green beans, red beets, sweet potatoes. Add later: potato, broccoli, cabbage, dried peas and beans, vegetable combinations, celery, asparagus. Watch for a reaction if the infant is on formula and begins peas, green beans, or any vegetable combination. There can be cross-reactivity between these foods.

Fruits (Cooked)

Begin with: apple, peach, banana. Add later: apricots, plums, pears, pineapple, cherries, grapes.

Meats and Dairy

Begin with: beef, lamb (hormone and antibiotic free). Add later: fish (salmon, tuna, turbot), shellfish (shrimp, crab, oyster), fowl (turkey, chicken, duck), dairy

(yogurt, cottage cheese, soft cheese).

Cereals

Begin with: rice, oats, rye. Add later: millet, barley, wheat, corn.

Feeding Rules

- Always introduce one new food at a time.
- Watch for colds or runny nose, cough, sneezing, increased fussiness, diarrhea, rash and vomiting.
- Try to correlate symptoms with foods eaten that day or the day before.
- Rotate foods. A food should be given only every third day.
- Use only water as a between-meal beverage.

Avoid Until After One Year Old

- Orange, grapefruit, lemon, lime, eggs, ham, bacon, honey

Avoid Until After Two Years Old

- Chocolate, cola, candy, nuts, nut butters, spices (especially cinnamon), food colorings, artificial flavorings, whole milk, seed butters

Foods to Avoid in General

- Artificial flavors and colors, especially aspartame
- Coffee and tea
- Chocolate, cocoa, colas
- Flavor enhancers (MSG, citric acid)

- Preservatives (BHT, BHA, nitrites)
- Refined starches (cornstarch, white flour)
- Sugar (brown, white, corn syrup, molasses)
- Peanut butter (it is often moldy, plus it is an allergen)

Foods to Limit in General

- Maple syrup
- Natural sugars (dried fruits, grapes, plums, stevia)
- Milk
- Pasta (noodles, spaghetti, macaroni)

Foods to Use

- Brown rice
- Dried peas and beans
- Fresh fruits
- Fresh meats, fish, poultry (free range, antibiotic- and hormone-free, and grain fed)
- Goat milk and yogurt
- Whole grain cereals
- Whole grain flour
- Water (from a purified source)

MAKING SENSE OF SOY

When the FDA approved the labeling of soy as having health benefits after heavy lobbying from soy companies, they launched a huge marketing campaign aimed at the public. Overnight soy turned up in hundreds of soy products and is included as a protein extender in most school lunch programs. The rosy picture portrayed in the media obscured the dark side of soy for many years.

Soybeans are high in phytic acid, which can block the uptake of essential minerals. Soy also has enzyme inhibitors that block the action of enzymes needed for protein digestion. It also contains a clot-promoting substance that causes red blood cells to clump together and soy depresses thyroid function. In Asia, soy is used in the fermented state, which prevents many of its anti-nutrient and growth-inhibiting side effects.

In the West, it is not fermented soy that is being heavily advertised and marketed. Soy protein isolate and textured vegetable protein are used in protein powders and meat substitutes. But the extensive processing to reach a final product makes it not only toxic, but the anti-nutrients are preserved!

A flurry of studies showing soy to be effective against menopausal symptoms, cancer, and heart disease, have been called into question with follow-up research. Although there may be some benefits for menopausal women, the hormonal effects of soy are the most disturbing for those infants who are allergic to milk and routinely receive soy formula.

How does one make sense of the soy debate? Basically, we can't draw any comparisons between Asian fermented soy intake data and Western processes and non-fermented soy intake data. If we want to have the reported Asian health benefits, we have to eat fermented soy and only 2 teaspoons a day—the Asian average—not the megadoses of soy powders that are being recommended in the West.

A group of scientists is lobbying to have soy formula removed from the market because they are concerned about the effects of soy on children. Research suggests that babies do not have the necessary enzymes to produce phytoestrogens from soy until six months, which may mean it is safe for them to have soy formula until then. At puberty, soy may be helpful for girls to keep their menses from coming on too early, but it may not be beneficial for boys as the phytoestrogens may counter their testosterone surge. Other research suggests that soy is a cause of infertility and should be avoided if you are trying to get pregnant. As for menopause, many women swear by its ability to control their hot flashes.

The bottom line is to keep everything in moderation. If you can't digest it and it gives you gas and bloating, don't eat it; if you suffer from hair loss and low thyroid, don't eat it. If you can digest it, use it in the fermented form only. I can't even recommend soy formulas with genistein or diazidin for menopause because of research showing toxicity to estrogen sensitive tissues and the thyroid.

OPTIMUM EATING PLAN

Note: Please read my [ReSet Your Ideal Weight](#) for weight loss, blood sugar balance, and lowering insulin.

If you had the choice to do something beneficial for your health several times a day, would you do it? You have that choice with every meal you eat and every snack or drink you take. To eat well, choose organic foods, learn to cook, and understand that what you eat should be clean and alive to encourage the same in your body.

When told to cut out fast food and processed food you might say that you don't have the time. You may be too busy trying to take care of business, family and friends and food is eaten on the run. Remember, you are what you eat.

We take better care of our material possessions than we do our bodies. We must reprioritize and take care of our food, exercise and sleep habits in order to live healthier and happier lives.

Processed foods, chemical food additives, dyes and sweeteners are dead, and they contribute to the total body burden of toxicity that has become the avenue by which we allow chronic disease, autoimmune disease and cancer to be created in our bodies. Aspartame (NutraSweet) is possibly the most dangerous food additive on the market because it is in over 9,000 diet food products. It is responsible for ninety-two different health side effects, including symptoms of MS, lupus, diabetes, and bowel disease. Avoid products with aspartame, read all labels and warn your friends and family.

If you need a food system to follow, study the D'Adamo blood type group diet. In 1980, naturopath Dr. James D'Adamo wrote *One Man's Food*, a diet program based on blood type groups. His son, Dr. Peter D'Adamo, also a naturopath, wrote *Eat Right 4 Your Type* in 1996. It's a fascinating study and can be a helpful guide to identifying the right diet for you. First, find out your

blood type, then read the section in D'Adamo's book specific to your type. If the description seems to fit your experience with food, you can follow the diet and note your experience.

To summarize the blood type group diet, those with Type O blood do best on a diet high in animal protein and require lots of physical exercise. Type Os, who make up the bulk of the population, excel on high protein. Dairy products, however, are to be avoided. Grains (especially wheat and corn) are difficult to digest for most Type Os and tend to cause weight gain. Certain beans and legumes (lentils and kidney beans) contain substances that deposit in muscle tissues, potentially causing pain and inflammation. Type Os also have a tendency toward hypothyroidism and do much better with food that contains iodine, like fish and seaweed. The focus of a Type O diet is on lean, chemical-free, hormone-free poultry, meat and fish, nuts and seeds (pumpkin seeds, walnuts), beans (azuki, pinto, black eyed), grains (sprouted grain breads only), vegetables (avoid avocado, cabbage, corn, eggplant, olives, potatoes), and fruits (avoid oranges, strawberries).

People with Type A blood find their balance in a more vegetarian diet. Their exercise is more gentle and calming, such as yoga and tai chi. Type As don't have the necessary stomach acid to digest meat and it ends up being stored as fat. They also have a hard time processing dairy products and even wheat should not be eaten daily. What's left? Type As can eat most fish (except sole and flounder), but the focus of the diet is on fermented soy products, nuts, seeds, most beans and legumes, all grains except wheat, and most vegetables and fruits.

Type Bs seem to be able to eat like a Type O and Type A, bouncing back and forth between a high-protein diet and a vegetarian diet. Dr. D'Adamo has found that Type Bs gain weight on corn, buckwheat, lentils, peanuts, and sesame seeds, but they lose weight on green vegetables, meat, eggs, liver, and

licorice tea. There are other specifics for Type Bs, such as avoiding chicken. What's left for the Type B? Lamb, rabbit, seafood (except shellfish), dairy products, certain beans (kidney, lima, navy, red soy), specific grains (millet, oat, rice, spelt), and vegetables (avoiding tomatoes, corn, olives).

Type AB has aspects of both Type A and Type B. Weight gain can occur with red meat, kidney and lima beans, seeds, corn, buckwheat, and wheat, whereas tofu, seafood, dairy, green vegetables, kelp, and pineapple enhance weight loss. The Type AB diet avoids beef and chicken but includes lamb, rabbit and turkey, seafood, dairy, beans and lentils (navy, pinto, red, red soybeans, green lentils), grains (millet, oat, rice, spelt), vegetables (except tomatoes, corn, mushrooms, peppers), and fruits (except bananas, mangoes oranges).

There is a high-fat/high-protein diet backlash occurring against the high-carbohydrate, low-protein vegetarian diet. When I interviewed Dr. Dean Ornish about his high-carbohydrate, low-fat diet and asked him how to determine when you're not getting enough fat, he said, "When your skin gets flaky and dry." To wait for these symptoms seems far too late to avoid essential fatty acid deficiency and the damage it can cause. Also, for the past several decades we have been brainwashed into thinking that vegetable margarine is better for us than butter, only to find that margarine and its trans-fatty acids may, itself, be responsible for the rise in heart disease.

We know that some fats are essential, such as the omega-3 and omega-6 fatty acids. Omega-3 oils are found in fatty fish such as mackerel, sardines and salmon, in ground flaxseeds and flaxseed oil and in small amounts in walnuts and pumpkin seeds. Omega-6 oils are found in nuts and seeds and commercial products such as borage oil and evening primrose oil. A good portion of the brain, up to half, is composed of fat that lines all the nerves and allows the brain chemicals to interact properly. If essential fats are deficient, the brain just doesn't develop properly. DHA (docosahexaenoic acid) is essential for eye and

brain development and it is only recently that this essential oil has been added to infant formulas.

I've been studying the fat issue for thirty years and I feel safest advising and consuming the following fats: unprocessed butter, coconut and cold-pressed (extra virgin) olive oil – all in moderation. Coconut oil actually protects people in the tropics from bacteria and fungus. I recommend [Radiant Life](#) for their coconut oil products.

Stay away from margarine, which is made by a hydrogenation process. Butter and coconut oils are also high in saturated fats, which make them extremely stable; they don't go rancid or change chemically when heated (thus producing free radicals). Therefore, I think they're the best oils for baking and cooking, especially high-temperature frying. Olive oil, which is high in monounsaturated fat, is a relatively stable fat as well (though not as stable as saturated fats at high temperatures) and is good for medium-heat sautéing and for use on salads.

I also include cod liver and flaxseed oil, which provide a healthy amount of omega-3 fatty acids. The only drawback is that you can't cook with flaxseed oil at all because heat will destroy its beneficial properties. I take 1 teaspoon of cod liver oil and 2 tablespoons of flaxseed oil every day.

As for animal fat, I don't believe that the fat from such animals as fish and grain-fed, antibiotic- and hormone-free beef and poultry are the culprit in heart disease, so I make them part of my diet. But I don't include any of the relatively new and highly processed vegetable oils (especially canola) or margarine and shortening made from partially hydrogenated vegetable oils. All of these contain trans-fatty acids, a type of fat that occurs rarely in nature but is formed during the hydrogenation process is harmful and should be avoided. Canola has been touted as the latest health oil. However, according to Sally Fallon in *Nourishing Traditions*, canola has a high sulphur content; it goes rancid

easily; baked goods made with canola develop mold very quickly; and the omega-3 fatty acids of processed canola oil contain trans-fatty acids similar to those in margarine. Canola is also genetically engineered.

When changing your diet from refined grains to more whole grains, beans and lentils, it is common to suffer intestinal gas. This can be remedied by soaking your beans and lentils overnight in salted water (use sea salt) and then throwing out the soaking water. This causes a type of fermentation that increases the mineral content of the beans and their bioavailability to the body. The fermentation process eliminates gas and bloating. Soaking also activates the digestive enzymes in each bean. Steaming and sautéing make beans and legumes even more digestible and are superior cooking methods to boiling. See the section on [*Diabetes*](#) to understand insulin resistance and glycemic index.

Guidelines

- Eat a wide variety of vegetables daily. Always include greens such as kale, collards, spinach, and curly leaf lettuce.
- Enjoy starchy vegetables 3-4 times a week such as: red skinned potatoes, yams, winter squash, corn on the cob, and Lima beans. Remember to make them only 20% of your meals.
- Avoid fruits until blood sugar is back to normal—then only eat one apple or one pear per day.
- Include a variety of whole grains: brown rice, millet, amaranth, quinoa, kamut, spelt, buckwheat, and barley.
- Fish, shellfish, organic chicken, organic meat, turkey, and organic eggs should be eaten once a day.
- Have beans, tofu, tempeh, nuts, seeds, and legumes as a source of vegetarian protein.
- Soak or dry roast nuts and seeds for easier digestion.

- Use fresh and dry herbs in your cooking and include lots of garlic.
- Use organic cold pressed oils for your cooking. Extra virgin olive oil, coconut oil, ghee (clarified butter), and sesame oil. I recommend [Radiant Life](#) for their coconut oil products and sesame oil.
- Use organic butter in moderation.
- Use whole grain, gluten-free breads, and pasta only.
- For sweeteners use stevia, rice syrup, maple syrup, raw honey, and Ultimate Sweetener.
- Drink natural spring, distilled, or filtered water only.
- Enjoy organic herbal teas.
- Begin to eat sea vegetables: dulse, nori, arame, wakame, kombu, and hijiki.
- Use natural raw, unheated nut and seed butters.
- Use a high-quality mineral-rich sea salt or Braggs Aminos (like a soy sauce) for seasoning foods.
- Acidity is one of the main consequences of a toxic internal environment. You can neutralize acidity with alkaline food (vegetables and fruit) and alkaline pH water.

Foods to Avoid

- All refined and processed foods of any kind such as: cookies, cakes, luncheon meats, soy powder, white bread, etc. Read all labels
- All refined and processed sugars including fructose or corn syrup and diet products with artificial sweeteners such as aspartame (NutraSweet)
- All dairy products except organic butter. Note: Eggs are not dairy products.
- Both regular and decaffeinated coffee
- Any foods containing hydrogenated or partially hydrogenated oils or trans-fatty acids
- All alcoholic beverages
- Pasteurized fruit juices and soda pop

- Commercial wheat products

Foods containing MSG, hydrolyzed vegetable protein, and chemical preservatives

- Commercial iodized salt

Daily Food Suggestions

Upon rising: Juice of ½ to 1 fresh lemon in warm water. Sweeten with stevia if necessary.

Breakfast (*Choose one*)

[Premier Greens](#) and [ReStructure](#) Protein Powder

Hot grain cereal (oats, barley, buckwheat, millet, quinoa, amaranth)

with organic butter and almond/rice milk

Eggs with sautéed greens and vegetables

Mochi with almond butter

(Mochi is pounded rice that comes in flat slabs.

Cut into small squares and toast in the oven or toaster oven.)

Manna Bread (sprouted grain bread) by Nature's Path: Rye or Multi grain.

Miso or vegetable soup

Gluten-free waffles w/maple syrup

Lunch (*Choose one*)

Make this your main meal of the day.

Brown rice (or quinoa or millet) and vegetables

Leafy green salad, soup and Mochi

Fish, greens and salad
Egg or tofu Omelette w/sautéed vegetables
Grilled chicken salad

Dinner (*Choose one*)

Keep this meal light and simple.

Soup and salad
Stir-fry grains and vegetables
Roasted vegetables with polenta
Gluten free pasta primavera
Mixed salad with marinated tofu or tempeh

Snacks

Baked blue corn chips
Popcorn
Raw vegetables
Shelled nuts and seeds (soaked or roasted)
Rice cakes

Drinks

Drink half your body weight (in pounds) in ounces of water daily
Fresh squeezed lemon juice and water
Non-Caffeinated Herbal teas (sweeten with Stevia
Herbs to prevent blood sugar problems): Kukicha (roasted twig tea), Bilberry leaf,
Eleuthero root, Bean pods, Saint John's Wort, Shavegrass, Peppermint, Blackberry.
Look for these herbs in combination formulas.

SPROUTING

When an artist/photographer patient of mine moved to the Northwest Territories for a teaching assignment she asked me how she could survive without her greens. I simply introduced her to sprouts. She packed several pounds of sprouting seeds and she came back healthier than when she left!

There is a simple way to ensure that you are getting natural vitamins, minerals, and enzymes: eat freshly sprouted mung beans after every meal. In fact, you can sprout almost any vegetable seed except potato and tomato (because they protect themselves with poisons in the first few days of growth). The most common sprouts eaten raw are alfalfa, buckwheat cabbage, clover, lentils, oats, peas, radish, rye, rice, soy, sunflower, wheat. But they can be cooked as well. The bigger beans like garbanzo, kidney, lima, navy, and pinto are usually cooked. All sprouts can be stir fried or dropped into soups, stews, cooked cereals, pancakes, and omelets at the last minute, juiced, blended, or eaten in any of a dozen different salads.

Buy organic seeds from a reputable seed company and sprout to your heart's content. Your kids will love seeing the seeds germinate and love the taste. Sprouts are loaded with enzymes and nutrients in tiny delicious packages. The Chinese use mung bean sprouts for digestive problems, belching, bloating, overeating, and general food stagnation. They can be even more powerful than expensive enzymes to help digest a big meal because they are teeming with live enzymes in their tiny packages. To grow any type of sprout, all you need is a pint-sized glass jar and some gauze from your medicine cabinet.

* Soak 1 tablespoon of the smaller organic seeds (alfalfa, cabbage, clover, or radish) or 4 tablespoons of the larger seeds (wheat, beans, rye, sunflower) in filtered water overnight in the jar.

- * Place the gauze (or a piece of nylon stocking) over the top of the bottle and secure with an elastic band.

- * Drain off the water through the gauze and rinse twice a day with fresh water. Gently roll the bottle so the seeds cover the sides and don't clump together.

- * Keep the bottle tilted downward in a glass or stainless steel bowl and covered with a cloth at room temperature, about 72 degrees.

- * A half-day of indirect sunlight enhances the amount of chlorophyll in alfalfa, buckwheat, sunflower sprouts, and wheatgrass.

- * Once mature, place sprouts in a container on paper towel in the fridge until used.

- * Cooking sprouts only need to be grown to the length of the seed. Raw sprouts can grow two to three inches.

PART FOUR: CLEANSING

As noted in the book *Hormone Balance* (Dean 2005) the body is always in a state of detoxification. However, conventional medicine doesn't run tests to determine if the body's detoxification pathways are in good working order. And, in medical textbooks there are no "drugs" to treat toxic overload. Furthermore, drugs, whether prescription or over-the-counter, all must be detoxified in the liver, which places more stress on a system already burdened with an overabundance of chemicals and also stresses the immune system.

The importance of cleansing or detoxification has been mentioned throughout this book. The body releases waste products through the kidney, bowel and skin. It becomes fairly easy to spot someone who is toxic by poor skin color, puffiness or greasiness of the skin, a lack of luster in the eyes, and a general sluggish, apathetic appearance. People may not realize that they are toxic because they have been slowly poisoning themselves and have forgotten what it feels like to be in optimum health.

CLEANSING PROGRAM

As you improve your diet and lifestyle, you will go through a detoxification process that can include withdrawal headaches as coffee, alcohol and cigarettes are eliminated. This is a sure sign that you need to be off these substances. Pay special attention to removing aspartame (NutraSweet) from your diet. It is a very addictive substance made from two amino acids and wood alcohol. Wood alcohol is noted for its negative effect on vision and can cause blindness. The manufacturer would have us believe that people don't drink enough wood alcohols to cause problems. Aspartame is now in over 9,000 products, however, and some people drink liters of diet soda every day. The two amino acids break down into carcinogens and toxins above 86°F. Last time I checked, my body

temperature was 98.6°F. Aspartame is responsible for ninety-two different symptoms as reported by the FDA, but big business keeps it on the shelves. Only you can keep it out of your body.

Don't be surprised if you experience an aggravation of symptoms if you go back to old dietary habits. In other words, once the body is feeling better, if toxic substances are ingested, you may have a severe reaction to them. This immediate feedback should warn you to avoid them. Such feedback is good; this is the way the body encourages us to avoid these substances. Listen to your body.

A healthy diet of fresh whole grains, nuts and seeds, vegetables, fruit, fish, and chicken will help your body eliminate toxins from your previous diet. After a regimen of optimum diet, exercise and sufficient sleep has been implemented and maintained for a minimum of one month, you can begin short fasts on vegetable broths and vegetable juices as well as using psyllium seed powder or capsules to increase your bowel movements while on the fast. Take the psyllium capsules twice a day with two glasses of water or 1 teaspoon of psyllium powder in a jar of water with a bit of fruit juice for taste. This should be shaken vigorously and taken with another glass of water to create the optimum bulking action of the psyllium. Juice fasting can be done for a three-day period every two to three months. This gives the body a good rest from digestion and toxins held in fatty tissue have a chance to be eliminated.

Magnetic Clay and Magnesium Baths

For reasons of safety, efficacy and cost effectiveness, I highly recommend magnesium and clay detox baths. I use 1 cup of [Magnetic Clay](#) blending into a sludge that I pour into a bath along with cups of [Magnesium Flakes](#).

1. Magnesium will help dissolve the calcium in your arteries and tissues putting it back into circulation and excreting the excess. Magnesium is the ultimate chelating agent.
2. Magnetic Clay Detox Baths may seem very simplistic. But think about it. Every pore on your skin is in contact with the clay in your bath. And clay absorbs toxins from your body through your skin. Clay can remove heavy metals, chemicals, and drugs.

Soak for 30 min and shower off. Do a bath or footbath at least three times a week, more if you have time.

Saunas

Sauna therapy is becoming a very popular and vital form of detoxification. Environmental medicine practitioners recommend this therapy to sweat toxins out through the skin; to mobilize the release of poisons from storage in fat cells; and for general relaxation. A moderate temperature is recommended (150 to 160°F). You can take several fifteen- to twenty-minute sessions interspersed with cool showers for a total of two to four hours to treat severe environmental illness. For general cleansing, just work up to one hour of sauna time once or twice a week. Rubbing the skin with sea salt helps bring out the sweat. Drink lots of vegetable broth to replace lost potassium and salt and take your water with a pinch of sea salt.

Herbs and Foods

Aloe vera gel can be taken on a regular basis for cleansing. This substance is good for healing the intestines and detoxification; take 1 tablespoon in juice every morning.

If there are indications of lead toxicity or heavy metal poisoning, via blood or hair analysis, use foods that will chelate or grab the heavy metals. These include pectin (apples), alginate (seaweed), cilantro, and the amino acids methionine, cysteine, and cystine found in beans, eggs, onions, and garlic.

Other daily cleansers include the juice of one lemon in water every morning; 1 tablespoon apple cider vinegar and 1 teaspoon organic honey in water every morning; 1 glass of beet kvass. (See the sections on [Sprouting](#) and [Beet Kvass](#)) Essiac tea; the Hoxsey Formula; and Lapacho tea are more specific for cancer prevention. (See the [Cancer](#) section for more information on the last three herb teas.) These special drinks can be rotated to obtain optimum benefits.

Phosphatidyl Choline and Inhaled Glutathione

More sophisticated detoxification includes oral phosphatidyl choline and inhaled glutathione. These substances are used intravenously for optimum results but a patented form of phosphatidyl choline called PhosChol is well absorbed and highly active. Glutathione buffered with baking soda can be used in a nebulizer and achieves most of the effects of IV administration. These procedures should be done under supervision.

Coffee Enemas

In special cases, enemas may be recommended for more thorough intestinal cleansing. The Gerson Therapy and Dr. Nicholas Gonzales in New York use a complete regimen of enzymes, juicing, and coffee enemas in their cancer protocols. Coffee enemas stimulate the release of bile from the liver. The venous system in the bowel is in direct communication with the liver and gallbladder and instead of the caffeine entering the body or the arterial system,

it specifically detoxifies the liver. It's best to be under the care of a practitioner when using coffee enemas. If improperly done they can disturb your regular pattern of elimination, irritate the ileocecal valve, and disrupt your intestinal flora.

I give a very detailed description of coffee enemas in my free eBook [*ReSet Your Ideal Weight*](#).

Warning: Detoxification is contraindicated in pregnancy and breast-feeding. Toxins released from storage during a detox can flood the blood stream passing into the placenta or breast milk.

Castor Oil Packs

Directions: Take an old hand towel or facecloth and rub in 4 to 5 tablespoons of castor oil. Cover the affected area but protect your bedclothes with plastic, especially if you are going to wear the pack overnight. You may use a heating pad on low to help the action, but it works just fine at room temperature too because the normal temperature of the body heats it up. Leave on at least one hour or overnight. Castor oil will stimulate the lymphatic circulation to begin to clear debris and start the healing process.

Water Purification

According to Dr. Jay Gould, the only way to remove strontium 90 from our tap water is through distillation or reverse osmosis. To remove parasites, you need a filter with a pore size of 1/2 micron; to remove chlorine you need a carbon block filter. When you purchase your water filter, make sure it meets all the above specifications. Personally, I am not in favor of drinking distilled water, which is

devoid of crucial trace minerals.

Too Toxic to Detox

In our Customer Service outreach, we frequently encounter customers who are so toxic that they appear to be allergic or sensitive to anything taken by mouth. For such cases we rely on the skin as the body's main organ of absorption and detoxification by applying ReMag Lotion and taking Epsom Salts baths. To encourage more detox you can add 1-2 cups of baking soda and/or vinegar to the 1-2 cups of Epsom salts. If you are able to take nutrients by mouth, the safest to begin with is [ReMag](#), a Pico-Ionic Solution that is absorbed directly into cells. Since it's a liquid you can begin with only a few drops in sea salted water that you sip through the day and slowly build up. My water guidelines are: take your weight in pounds, divided by half and drink that many ounces of water a day – then add ¼ tsp of a good sea salt to every liter.

DETOXING SUGAR & ASPARTAME

Unbelievably, the American Diabetes Association changed its nutritional recommendations in 1994 to accommodate sugar. The new recommendations say, "Scientific evidence has shown that the use of sucrose as part of the meal plan does not impair blood glucose control in individuals with insulin-dependent or non-insulin-dependent diabetes."

Apparently, researchers found that blood sugar did not become highly elevated with a sucrose meal compared to a glucose meal, so they used this as validation that sucrose is okay for diabetics. They also ignored the overwhelming anthropological evidence that when a sugar-free society introduces sugar and refined foods, diabetes develops in fifteen to twenty years.

Even today the incidence of adult-onset diabetes is rising in children, who have been consuming 20 to 40 teaspoons a day of sugar over ten or fifteen years. The incidence of diabetes has skyrocketed up 30% in the past ten years.

Sir Frederick Banting was the scientist who developed insulin. In the 1920s, when he visited Panama, Banting was astonished to find almost no incidence of diabetes among the workers in the sugar cane fields, but among their Spanish employers this disease was rampant. Today we know why. The workers in the sugar cane fields consumed the unrefined sugar, which was full of vitamins and nutrients and did not upset insulin production. Their employers consumed the crystallized end product and became ill. Banting himself warned that his discovery of insulin treatment was merely a stopgap measure, but that prevention was the true answer to the problem. He stated that prevention could only be achieved through reduction in refined sugar consumption.

Medical anthropologists Professors M. N. Cohen, Loring Brace, R. Lee, Winston Price, and Frances Pottenger have done a vast amount of research clearly showing that hunting and gathering societies do not have cancer, diabetes, heart attacks, osteoporosis, or tooth decay. They develop these conditions within one generation when they are exposed to refined sugar and refined flour. Studies show that sugar lowers your white blood cell immune response and makes you more susceptible to infection. When I was in practice it was obvious to me that more kids would get sick after holidays or birthday parties when they had eaten lots of sugar. Also read the section on Sugar Addiction under [*Addictions*](#).

Presently the sugar and sweetener industries are having a field day because, when low-fat foods flood the market, high-sugar foods prevail to meet the demand for the sweet, rich foods and snacks to which we have become addicted.

I mention aspartame (NutraSweet, Spoonful, Equal) throughout this book because it seems to be causing more and more symptoms in the population as

people turn to this so-called diet product, which is cheaper to buy than bottled water! The FDA itself has published a report on 10,000 written complaints up to 1994 listing ninety-two different side effects. Such a multitude of complaints signifies millions more who don't even connect their suffering to aspartame.

Aspartame is a synthetic chemical comprised of 50% phenylalanine, 40% aspartic acid, and 10% methanol. Phenylalanine is an amino acid that, when found in excess in the brain, can cause mental retardation or death. A certain percentage of the population cannot metabolize phenylalanine. They have a condition call phenylketonuria. All babies are screened for it at birth, but a pregnant woman has no idea if her baby will have this problem and she could be poisoning the fetus if she uses aspartame while pregnant. Therefore, aspartame should not be used in pregnancy and there should be warnings to this effect.

Aspartic acid is a chemical that evokes a chain of events in brain chemistry resulting in over-stimulation of nerve cells to the point of cell death.

Methanol is wood alcohol, which is a poison that can cause blindness and/or death in people who mistake it for alcohol.

Aspartame is unstable under certain conditions, including temperatures exceeding 86°F, producing the free amino acids phenylalanine and aspartic acid and methanol alcohol plus several other toxic breakdown products that are carcinogens, such as beta-aspartame and aspartylphenylalanine diketopiperazine (DKP). This instability makes aspartame hazardous for baked products, difficult to store properly and unsuitable for a body temperature of 98.6°F! As if that weren't bad enough, at cold temperatures methanol will spontaneously give rise to formaldehyde, a key ingredient in embalming fluid, which accumulates within the cells and causes DNA damage, according to a recent study in Italy.

Methanol taken orally is extremely toxic to humans. The amount in a can of diet soda can spike plasma methanol levels significantly; think what 1 or 2

liters a day can do.

There is methanol in fruits and vegetables, but this is not a problem because it is naturally neutralized and eliminated by an equal or greater amount of ethanol. There is no neutralizing ethanol in aspartame to take care of its toxicity. Once ingested, free methanol is released into the small intestine and encounters the enzyme chymotrypsin produced by the liver, which breaks it down into formaldehyde.

Methanol can cause permanent blindness when breathed, ingested or passed through the skin. Exposure to high concentrations can cause death. A coma resulting from massive exposure may last as long as two to four days. Because of the slowness with which it is eliminated by the human body, methanol should be regarded as a cumulative poison. Exposure can damage the liver and cause headaches, cardiac depression, nausea, vomiting, blurred vision, dizziness, a feeling of intoxication and irritation of the eyes, nose, mouth, and throat. Repeated or prolonged contact can cause dryness and cracking of the skin.

Formaldehyde, also known as formalin, embalming fluid or formol, is a colorless gas with a pungent odor. Symptoms of formaldehyde exposure include nausea, vomiting, abdominal pain or diarrhea. When the reaction is allergic, symptoms may include minor respiratory irritation and watery eyes. It is a known carcinogen. The body has difficulty eliminating formaldehyde so it combines some of it with water and stores it in the fat (this is another reason why people who use aspartame cannot lose weight). What is not stored in the fat is further converted to formic acid (known as ant sting poison and used as an activator to strip epoxy and urethane coatings).

Phenylalanine in aspartame lowers the seizure threshold of the brain and depletes serotonin. Low levels of serotonin trigger panic attacks, anxiety, and mood changes. Aspartame also triggers irregular heart rhythms and is an addictive drug that interacts with other drugs. To read more about aspartame,

visit [Dorway](#), a website devoted to sharing information about the health effects of aspartame. On this site people are encouraged to take the sixty-day aspartame-free test. If you go off aspartame for sixty days, you should notice a dramatic improvement in your health if aspartame has been causing some of your problems. The current rise in MS, brain tumors, autoimmune disease, fibromyalgia, chronic fatigue syndrome, and cancer may be due to overuse of chemicals in our society and especially the overuse of aspartame.

Advice for Aspartame Poisoning

1. Wean yourself off aspartame – read all labels, make food from scratch, assume anything that says sugar free has aspartame and download Betty Martini's [Aspartame Resource Guide](#).
2. Drink lots of purified water to flush the poison out of your system.
3. Follow the cleansing program in the section on [Cleansing](#).
4. Take natural vitamins and minerals including magnesium lactate, B vitamins, flaxseed oil, and cod liver oil.
5. Go to the section [Make Your Own Homeopathic Remedy](#) and make a remedy using a teaspoon of the diet soda you were drinking to help get it all out of your fat cells and tissues. You can make a remedy from any product containing aspartame. Or purchase a homeopathic aspartame product now available from various companies.
6. Obtain homeopathic remedies called Formic acid and Formaldehyde to help undo the damage from these chemicals. Use the 12X potency and take one dose three times a day for two weeks.

7. Remember that you are sensitive to aspartame and even a tiny amount that you ingest unknowingly can cause a relapse. If you go on a weight-loss program and break down fat cells, you might feel horrible again as the chemicals come out of your cells. The homeopathic remedies can help you whenever you have a relapse.

PART FIVE: HOMEOPATHIC AND HERBAL REMEDIES

INTRODUCTION

In this version of my *Encyclopedia* I'm introducing a new [Homeopathic Remedy Kit](#) and a new book [Dr. Dean's Homeopathic Guidebook](#) that you can download for free at my [Dr. Carolyn Dean Live](#) website. With this kit and guidebook, you have remedies at your fingertips to help you take control of your own health. In my Guidebook, I'm not telling you to make medical diagnoses – doctors can still do that for you – but this kit will allow you to choose homeopathic remedies for mild symptoms without having to resort to drugs.

Homeopathy has been practiced for two hundred years. It is the science of using extremely low potency substances to cure illness. It seems to enhance the natural healing ability of the body. It does not suppress or overwhelm the human being behind the illness.

A remedy is made from a plant, animal, or inorganic substance by shaking or "succussing" it in water, in some cases to the point where there isn't even a molecule of the water present. Those who haven't studied homeopathy or witnessed the apparent miracle of it working, tend to disbelieve its effects. Until Dr. Jacques Benveniste did his famous experiments in 1988 there were no scientific explanations of its action. Benveniste found that succussing and diluting a substance that produced a color change could produce that same color change at extreme dilutions. The evidence was there, but the reason was thought to be some sort of structure being succussed into the water. Now that theory has been proven.

At the California Institute of Technology, chemistry professor Shui Yin Lo found that water molecules, which are random in their normal state, begin to

form a cluster when a substance is added to water and the water is vigorously shaken. This is the exact process that homeopaths use to create their medicine. Dr. Lo said every substance exerts its own unique influence on the water, so each cluster shape and configuration is unique to the substance added. With each dilution and shaking, the clusters grow bigger and stronger. This water, which homeopaths call "potentized," is considered "structured water," because the water molecules have taken on a shape influenced by the original substance. So even though the chemical can no longer be detected, its "image" is there, taken on by the water molecules.

The potency for acute illness is usually 6X, 12X or 30C with a dose given every 1-4 hours depending on the severity of the condition. The worse the illness, the more often the remedy is repeated. The higher potencies, such as 200C, are used in general to treat for emotional and constitutional balance. They can be used by a homeopath for severe disease in the acute stage.

The general rule for the use of a remedy is that if it has not caused a change in the condition after six to eight doses, then the remedy should be stopped, the case history of the patient should be taken again, and a more appropriate remedy started. Or, a homeopath should be consulted.

It is important not to use coffee, mints, camphor, chamomile herb, or chemicals with strong odors during the time of homeopathic treatment. All these substances will antidote the remedies. Be advised that you should not allow your remedies to be x-rayed at airports. This will antidote or counteract, them. Have the attendant walk them around the x-ray equipment as you would with your camera film.

USING HOMEOPATHY FOR YOUR CHILD'S EMOTIONAL HEALTH

We would never think of giving a child Valium or Prozac. We know their systems are too delicate, but their emotional life is also very delicate. They are subject to much of the same stresses as adults and need love, support and attention.

Homeopathy is the fastest growing over the counter therapy in the United States and its remedies provide a therapy that can spare them needless emotional suffering in an effective and harmless form.

Anger

* *Chamomile* is for finicky anger. The child is fine one moment and angry the next.

* *Lachesis* is for the anger of jealousy. This child is critical, suspicious, contradictory, and oversensitive.

* *Nat mur*) is for the child who is very sensitive and gets angry and bursts into tears at any imagined slight.

* *Nux vomica* is used for great irritability that leads to headaches and stomach upsets with great sensitivity to noises, bright lights, and smells.

* *Staphasagria* is for suppressed anger and humiliation causing headaches.

Anxiety

Children express a particular type of anxiety that can be called acute anticipation.

* *Aconite* is for chronic fright and fearfulness.

* *Calc carb* is for children who overwork and overload themselves with tasks and anticipate problems.

* *Gelsemium* is for acute anticipation or for a child who has never felt well since a particular frightful event.

* *Lycopodium* is for children who will do anything to avoid humiliation and embarrassment or who have not been well since such an event.

* *Silicea* is for children who fear that they will not have enough energy and constantly moan and whine that they are unable to get things done.

Hyperactivity

This condition is often misdiagnosed in a child who is just too bright and active for the adult caregivers in charge. It may be due to food allergies, too much sugar in the diet, or lack of attention and discipline.

* *Argentum nitricum* is used for the hyperactive child with a sweet tooth. The child seems to have a high metabolic rate and is thin, pale, and anxious and can't sit still.

* *Calc phos* is suited to the child who likes to play pranks but is still shy and afraid. Physically there are swollen tonsils and abdominal gas.

* *Chamomilla* is used to calm the excessively agitated child who cannot sit still for one minute and literally wears himself out to the point of tears.

* *Kali bromatum* is for the case of the child who is constantly using his hands in some form and cannot keep them still.

* *Lycopodium* is used for the child who is exhausted but still can't sit still. There is irritability and restlessness, mostly around dinnertime, and lots of gastric distress.

* *Stramonium* is used for a severe case of hyperactivity with violence. There is a characteristic loud and frenetic speech pattern.

Lack of confidence

These are constitutional remedies that are given to restore lost confidence in a child. As the parent or caregiver, you may work with a homeopathic doctor on the treatment of these difficult issues.

* *Anacardium* is for lack of confidence due to abuse or physical humiliation. The child becomes hard and cold, has no feeling and may become emotionally cold and violent.

* *Gelsemium* is for poor confidence due to anticipatory anxiety, weakness, illness, or fright.

* *Lycopodium* is for poor confidence due to fear of being in public, having been embarrassed in the past.

* *Nat mur* is for fear of being rejected.

* *Staphysagria* is for poor confidence due to being humiliated. There is deep anger, but the child will do anything to please.

Sadness

Children get sad for many of the same reasons that adults do. The following remedies can treat the effects of a loss in the family due to death of a family member including the family pet, for separation due to illness or divorce, or for disappointment.

* *Aurum* is for the loss of a very close relative to whom the child was extremely attached. When this relationship is lost, the child feels there is nothing to live for.

* *Ignatia* is for acute, sudden, overwhelming, shocking grief; the child can't understand and can't believe what has happened.

* *Natrum mur* is for a child who is emotionally open and whose heart is broken. At that point he or she gets stuck there and shuts down emotionally and becomes both guilty and resentful.

* *Phosphoric acid* is for treating a big grief. The child has emotional and physical symptoms of loss of energy, debility, and apathy.

* *Pulsatilla* is for abandonment with grief and sadness and gentle weeping.

COMMON HOMEOPATHIC REMEDIES (in alphabetic order)

Aconite

The keynote of this remedy is suddenness of onset.

For the very first signs of a cold or flu, especially when brought on by exposure to cold weather. For asthma, dry suffocating cough, sore throat, and high temperature with great thirst. For tonsillitis, teething, and toothache. For animal bites, sleeplessness, intolerance of pain, stiff neck, and ringing ears. For menstrual periods suppressed or delayed due to worry or fear. For abdominal pain that is made worse by drinking cold water. For great pain; if the condition (whatever it might be) is so severe you don't know what to give, use aconite first. Symptoms are sudden, violent and brief.

For extreme emotions, fear, grief, anxiety, and restlessness, a sense of impending doom, and bereavement. Aconite may be used for the fear of surgery or dental work. Fear of crowds can be addressed with homeopathic remedies. These intense emotions may accompany the physical symptoms. The appearance will be of fear and restlessness; one cheek may be flushed and one pale. This is unlike Belladonna, which has both cheeks flushed and more delirium than wide-awake fear.

Symptoms are worse at midnight, when lying on affected side, in a warm room, from tobacco smoke, in cold dry winds, and listening to music. Symptoms are better in the open air, with perspiring and with the bedclothes thrown off.

Aethusa

For milk intolerance, especially for babies with colic.

Apis

The keynotes are a bee-sting pain and hive-like swelling.

For burning or stinging pains where flushing, swelling, or puffing occurs. Especially good for swelling of the lower eyelid, which looks like a bag of water. Symptoms are mostly on the right side. For acute allergic reactions, edema, bee stings, hives, nettle rash, acute kidney infections, and right-sided ovarian cysts. For synovitis, swollen gums, incontinence in older people, shingles, teething, sore throat, tonsillitis, and infected nail bed. There is no thirst. Listlessness and lack of concentration are present.

Emotionally the person may be sad, depressed, tearful or irritable and suspicious. He may try to avoid medical attention.

Symptoms are worse from getting wet, during late afternoon, after sleeping, from heat in any form, when touched, and when in a closed and heated room. Symptoms are better from a change of position or walking about in the open air and from cold.

Arnica

The keynote is for any injury, emotional or physical.

The number one remedy for pain, shock, swelling, or bruising after any injury or surgery, including dental work and childbirth. This can be taken at any time after the injury no matter how remote, if there are still symptoms. Arnica ointment can be applied directly on the injured part. If the wound is open or the skin is broken, the ointment must not be used because it will cause the wound to fester. Arnica is also good for mental as well as physical shock. For bruises, sprains, physical exhaustion, and sleeplessness due to over exhaustion. For gout, with a fear of being touched, loss of voice, toothache, and bee or wasp stings.

Other classic symptoms include: the bed feels too hard, a fear of being touched or approached, the whole body feels beaten up and bruised, muscles feel achy.

Symptoms are worse from touch, from exposure to hot sun, from motion and in damp, cold conditions. Symptoms get better when lying down with the head low and not propped up.

Arsenicum Album

The keynotes are anxiety and fear.

No matter what the physical illness may be, if there is great fear, restlessness and anxiety with weakness, exhaustion, shuddering chills and burning pains that are worse at night, then this is the remedy of choice. The weakness and exhaustion seem exaggerated, but it becomes evident that the person's restlessness and agitation are wearing them out. The patient is terrified of illness, fearful of death, and expresses great insecurity, which, of course, makes things all the worse. The patient is extremely meticulous, everything must be perfectly clean and tidy. There is a fear of being alone but also a fear of being observed closely that borders on paranoia. The body feels cold and chilled and the patient desires hot drinks in spite of the burning nature of the pains.

An excellent food poisoning remedy for vomiting and diarrhea caused by eating bad meat, fruit or vegetables, when the patient can't bear the sight or smell of food. May feel someone has poisoned them. Good for children with upset stomachs and burning pain from food. For asthma, worse at 2 a.m. with anxiety. For any pain that is burning and better with heat. For sore throats that burn but are better with sips of hot liquids. For eye pain or infection that is better with hot cloths. For psoriasis, thrush, tough mucus, and hay fever. For burning vaginitis that is better with hot water washes.

Symptoms are worse after midnight to 3 a.m. and between 1 to 2 p.m. Worse at the ocean and from cold and wet weather. Symptoms are better by keeping warm, with cool air around the head, from warm or hot drinks taken in sips and from company.

Belladonna

The keynote is hot, red, throbbing inflammation.

The patient looks flushed and feverish and dull with dilated pupils and bright red dry skin. The fever is high, the onset is acute, and the pain is severe, throbbing and burning. The fever may go very high and lead to hallucinations and even destructive behavior.

For colds, earaches, or any condition with sudden onset and flushing, throbbing heat with blood rushing to the area. Menopausal hot flashes, menstrual pains, infections, boils, or headaches are some of the symptoms relieved by this remedy. The headache has a characteristic band like pressure feeling. The hollow areas of the body may feel the sensation of a ball inside. For swollen glands, swollen joints, facial neuralgia, chicken pox, sunstroke, measles, and air sickness. Menstrual periods are early and heavy. For mumps, bladder infections, sore throat, and tonsillitis. For loss of voice, toothache and teething, stiff neck, and incontinence.

Symptoms are worse in the afternoon and at night, from noise, from lying down, from bright light, from touch, and from jarring movement. Symptoms are better from warmth, especially on the abdomen and while lying down.

Bryonia

The keynote is worse from movement.

The movement can be from walking, moving the eyes, even swallowing.

Deep breathing, talking or laughing can bring on a painful coughing spell.

The patient is irritable, gets angry easily, hates interrogation, and wants to be left alone. The patient may feel confused and appear dim-witted.

For tearing and stitching pains that are worse from moving and better from resting. For respiratory conditions in which colds go down into the chest and a dry painful cough that can be violent, such as bronchitis, with dryness of the air passages, dry lips, tongue, and throat, and excessive thirst, especially for cold drinks. With colds and flu there are joint and muscle aches, which are worse with movement. For digestive disorders, food lies like a weight in the stomach, stomach is too painful to touch and worse with any movement. The abdomen may be painfully distended with gas. This remedy also works for diarrhea after eating too much overripe fruit or drinking cold water when overheated or feverish. However, the stool is usually dry and hard. For musculoskeletal problems such as lumbago, painful knee joints, painful hip joints, rheumatism, gout, and stiff neck.

There may be food cravings for milk, sweets, or sour fruits. The patient is thirsty for large amounts of liquids.

Symptoms are worse from movement, from warmth, in the summer and from eating fruit, bread, beans, or milk. Symptoms are worse on the right side of the body. Symptoms are better from lying completely still, in cool weather, from cold applications and firm pressure.

Calcium Carbonate (Calc carb)

The keynotes are over work and over worry.

This remedy is used for some acute conditions, but it is mostly a constitutional remedy, which means it is used to boost a person's vital force. When a chubby, sweaty child has a minor complaint, including teething, this

remedy can be used to help him get over it. The person may be physically and mentally weak or tired. The body is flabby with poor muscle tone and tiredness and the sweat is profuse and sour smelling. Dislikes milk, coffee, tobacco, and hot food. Craves eggs, wine, salt, or sweets. Tendency to feel the cold and catch cold easily and has cold damp feet and clammy hands.

Treats symptoms of cracked skin, premenstrual tension, warts and obesity or any minor complaint in which Calc carb is the known constitutional remedy. Symptoms are worse from cold air and drafts, in damp weather, at night and from standing. Symptoms are worse from exertion and fright. Symptoms are better in dry weather, from warmth (but not the sun) and while lying on the painful side.

Calendula

This remedy is available as a tincture or an ointment. As a tincture, it is a useful antiseptic and analgesic. It is used to clean and pack wounds. Ten drops in a few ounces of water is the usual dosage. The gauze that is used to pack a wound can be moistened with dilute tincture. As an ointment, it is used for any skin condition, including cuts, scrapes, infection, and eczema. Unlike cortisone creams, which suppress symptoms and drive conditions such as eczema deeper into the body, calendula heals from the inside out.

Cantharis

The keynote is severe burning pain.

For local irritations with pain that is burning and raw. For burns and scalds before blisters form, for sunburn or for bladder infections with burning pain in the bladder before, during and after passing urine. Urine scalds and is

passed drop-by-drop; there is a constant and intolerable urge to urinate.

Symptoms are worse from touch, while passing urine and after drinking cold water or coffee. Symptoms are better after belching or passing gas.

Carbo. Veg.

The keynotes are pale and pulseless.

For mild food poisoning, especially when caused by fish. For symptoms of heartburn with excessive gas. For varicose veins and ulcers, hoarseness, rough throat without pain, and loss of voice. Also for hypertensive, shock-like states and in chronic emphysema.

Symptoms are worse after eating fatty foods, during cold, damp, frosty weather, in the evening, and at night. Symptoms are better on passing gas, being fanned, and after sleep.

Chamomilla

The keynote is extreme irritability.

With this remedy, there is pain and one does not know what to do with it. There is fretfulness, fussiness, irritability, impatience and whining. Children are treated more with this remedy than adults, probably because adults learn to control their irritability. Nothing pleases and everything bothers these patients. They immediately reject what they just demanded, and a temper tantrum can ensue. Their pain can be from teething, wisdom teeth, painful periods, or headaches. The face is flushed with one cheek red and the other white and they are thirsty.

Symptoms are worse in a warm bed, eating warm food at night, with

touch, with any demands, with open air, wind, and cold. Symptoms are better with constant motion and rocking, with cold cloths and fasting.

Dulcamara

The keynote is cold and damp.

For colds and flu occurring on cold, damp, wet nights toward the close of summer. Nose and eyes streaming. Nasal discharge excessive in warm rooms, yet stuffed up when outside. Nose can become sore from the constant running and blowing.

Echinacea

A tincture. This is an herbal remedy noted for its natural antibiotic properties. For any infection, especially colds and flus, it is used 10 drops in 4 ounces of water three or four times a day. For the prevention of colds in a susceptible child or adult, 5 to 10 drops each morning are very useful. People with chronic fatigue syndrome use this remedy as a preventive. Best for short-term use, such as two to three weeks at a time.

Euphrasia

A tincture. This herb is called eyebright. It is used specifically for eyewashes. For tiredness and minor infections, styes and irritations, put 2 to 3 drops in an eyecup with sterile water and bathe the eye several times a day. Do not treat eye infections without the advice of your doctor, however. See the section on [***Eye Problems.***](#)

Ferrum Phos.

The keynote is acute inflammation.

For the first stage of acute inflammation and early colds, flus and earaches, especially before specific symptoms start. The onset of symptoms may not be as sudden or dramatic as with Aconite or Belladonna and may come after overexertion. The patient is exhausted but still alert, unlike Belladonna where the patient is dull and stuporous. For headache with a hot red face and vomiting relieved by nosebleeds. For nosebleeds with no other symptoms.

The person is flushed and hot with fever. The face is red with circular patches. The person is excitable and talkative. The appetite varies greatly from insatiable hunger to total loss of appetite. The person cannot tolerate his hair being touched.

Symptoms are worse at night, from cold and from touch. Symptoms are better in summer, from warmth, from cold applications, while walking slowly and from gentle motion.

Gelsemium

The keynotes are exhaustion leading to flu.

For the treatment of influenza and influenza-like colds. For sneezing, sore throat, flushing, aching, trembling, heavy eyes, weary and heavy aching muscles, difficulty in swallowing, runny nose, dizziness, and chills running down the back. The patient is mentally and physically weak and drowsy and avoids movement because of exhaustion. Every part of the body feels weak and heavy. Headache is throbbing and spreads from the base of the neck to the forehead above the eyes and feels like a tight band. For mental exhaustion, writer's

cramp, neuralgia, and sunstroke. Also for treatment of anticipation anxiety; for example, pregame or pre-exam nerves. There is absence of thirst even with a high temperature.

Symptoms are worse from sudden fright, excessive excitement, bad news, frustration and anticipation. Worse when exposed to direct sunlight, in a hot room, before a thunderstorm and in cold damp weather. Worse around 10 a.m. Worse with movement, but movement helps muscular pains.

Symptoms are better in the open air, from continued movement, from alcoholic stimulants, after sweating, and after passing large amounts of pale urine.

Hepar Sulph.

The keynote is hypersensitivity and irritability.

These patients are extremely sensitive to touch, cold and pain in the affected or infected part. This is the most sensitive remedy to the cold. Even a slight draft on part of the body can bring on symptoms. These patients also seem to overreact to pain and may faint with pain. They are also extremely cross and irritable, get angry at the slightest thing and they may become violent. Their sweat and discharges have a sour and offensive smell and are profuse, thick, yellow or cheesy. This type of patient likes sour, spicy, strong-tasting foods. There may be a dislike of fats and a strong thirst.

For croupy cough after exposure to cold, dry air, with rattling in the chest but little mucus. For sore throat with the sensation of a splinter or fishbone in the throat. For earache with offensive discharge and for chronic tonsillitis, especially when associated with a hearing loss; also for sinusitis. For injuries that tend to become infected and are very painful. For boils that are exquisitely sensitive to touch, worse with cold applications and with offensive pus when

they come to a head. The skin is generally unhealthy, sweaty, and sensitive.

Symptoms are worse in cold air, cold dry winds, and drafts, in the winter, in the evening after midnight, when the head is uncovered and lying on the painful side; with motion, exertion, and wearing tight clothing. Symptoms are better from warmth, from wrapping up (especially the head), after a meal, and in warm wet weather.

Hypericum

The keynote is nerve pain.

For nerve injury, especially to the fingers, toes and coccyx and for puncture wounds. Pain is severe. For injuries by cat bite and sharp objects, spinal injuries, and headache with a floating sensation as a result of a fall. For blows on fingers or toes.

Symptoms are worse from cold and damp, especially before a storm, from touch, from 6 p.m. to 10 p.m. and in the dark.

Symptoms are better while bending head backward and while keeping still. Hypericum tincture is used as an analgesic and antiseptic for washing out wounds or soaking or packing wounds.

Ignatia

The keynotes are frustration, grief and postpartum depression.

This remedy is excellent for treating the ill effects of grief or worry. It is mostly a mental, emotional or constitutional remedy. It is used for shock, fear and grief after the death of a loved one. It is especially useful for postpartum depression when the new mother is overwhelmed with all her extra

responsibilities and wants to be the most perfect mother but finds it impossible to do everything. She can then become stricken with fear and worry and approach hysteria with her frustration.

Ignatia patients never cry in public, but they do give away their feelings by loud, frequent sighs. They do not like to be criticized but tend to be very self-critical and perfectionistic. There is usually a strong dislike of tobacco smoke approaching fanaticism.

Ignatia is also used for throbbing headaches and sciatica. Or it is used for any condition that was brought on by grief, fear, anger, embarrassment, or humiliation. There can be insomnia from the emotional strain, the feeling of a lump in the throat from repressed feelings or symptoms of nervous exhaustion. Symptoms seem contradictory. There is nausea relieved by eating; heavy foods are digested better than light foods and hunger is made more intense by eating.

Symptoms are worse in the morning, from cold, from eating sweets, coffee, or alcohol, from tobacco smoke and from suppressing grief. Symptoms are better while eating and from moving to a new position.

Ipecac

The keynote is persistent vomiting.

For persistent and continuous nausea and vomiting as in morning sickness, motion sickness, or food poisoning. The vomiting may not even temporarily relieve the nausea. The situation is made worse by the smell of food and can be due to eating too rich a meal. Vomiting is worse after eating or drinking. There is surprisingly little thirst and not the anxiety and chilliness seen in Arsenicum. There may be much mucus vomited and this makes it a remedy for bronchitis with vomiting. There can be a greenish type of diarrhea with gas and abdominal cramps. The tongue may be clean and uncoated, and salivation

accompanies the feeling of inevitable vomiting.

Symptoms are worse when lying down, in cold weather, and after eating veal or pork. Symptoms are better when at rest, with eyes closed and out in the open.

Kali Bich

The keynote is tough, sticky, gluey, stringy mucus.

This remedy is for acute and particular symptoms and does not have many mental or emotional signs except for irritability and indifference. For symptoms brought on by a change from cold to hot weather. For catarrh with a stringy discharge from sinusitis, sore throat, eye infection, or ear infection. For migraines with blurred vision before headache and sinus headaches. Pains move rapidly and are limited to small areas of the body. Symptoms alternate among joint pains, digestive problems, respiratory illness, and diarrhea.

Symptoms are worse in the morning, especially 2 to 3 a.m., from alcohol and during hot weather. Hot weather can worsen arthritic conditions. Symptoms are better from heat and a warm bed.

Ledum

The keynote is punctures.

This remedy is used for all puncture wounds from claws, stingers, needles, nails, and knives. The type of injury is more cold and red and throbbing than a Belladonna injury, which is hot and red and throbbing. It is relieved by cold applications. Ledum will also treat black eyes and bad bruising that feels cold and is better with cold applications.

Lycopodium

The keynote is right-sidedness and insecurity.

This is a constitutional remedy that is used more for chronic conditions. Therefore, the general mental and emotional characteristics should be sought for the proper prescription. Lycopodium people are insecure and afraid, like the cowardly lion in *The Wizard of Oz*. They are afraid to try new things and fearful in public situations. There is a fear of rejection and criticism. They may give a front of courage like the lion and intimidate younger and weaker people. They may have many fears: of death, of the dark, of crowds. Their symptoms tend to be in the digestive system, the nervous system, the bladder and the respiratory system.

The remedy can be used for premenstrual tension and irritability relieved when the period starts. For cystitis, when passing large amounts of pale urine, sometimes with a sediment. For digestive symptoms such as heartburn; craving for sweet foods that then cause indigestion, gas, and bloating; hiccups with acidity and bloating; excessive hunger that is satisfied easily; and abdominal pain that is worse with tight clothing. Hunger may wake them at night or there may be headaches when skipping meals, as in hypoglycemia. This remedy treats anticipatory fear of failure. For coldness in one foot; for symptoms or pains which are definitely worse on the right side or begin on the right side and move to the left. For tonsillitis, sore throats and colds, worse on the right side. These people dislike exercise; they prefer to be alone but with someone nearby.

Symptoms are worse between 4 and 8 p.m. Bad tempered on waking, worse in stuffy rooms, from cold air, cold food or liquid and when hurried or worried. Foods that may aggravate the condition are meat, oysters, onions, cabbage, and milk.

Symptoms are better after warm drinks, after midnight, on loosening clothing around the abdomen, in cold fresh air, and when occupied.

Nux Vomica

The keynote is type A personality and hangovers.

This is a constitutional remedy prescribed more for the mental and emotional symptoms. This individual is impatient, irritable, tense, overanxious and on edge and oversensitive to noise, odors, bright light, and music. This could describe a person with a hangover and a type A personality. These people are also driven to overwork and are impatient and demanding with others. Insomnia is common due to the sensitivity to noise and the overactive mind and they may wake early. They are very irritable if woken from a nap. They are very orderly and fussy. They are chilly and are worse in cold, dry weather. If there is a fever, they get chills and are unable to keep warm. There is a craving for fats, milk, and spicy foods.

Recommended for the ill effects of overeating or indulging in coffee, smoking, alcohol, or drugs. This craving for stimulants may be an attempt to keep the mind activated to continue working. For multiple digestive complaints of heartburn two to three hours after eating, abdominal pain, gas, bloating, nausea, constipation, diarrhea, or burning and itching hemorrhoids. For the treatment of morning sickness, insomnia, and travel sickness with vomiting from the least motion, if the psychological picture also fits. For stuffy colds and asthma. In a true Nux vomica individual, respiratory symptoms are accompanied by digestive disturbances. There is a painful but ineffectual urge to urinate, which is part of the tendency to muscle spasms and twitching. There is low back pain and a stiff neck and headaches from the muscle tension symptoms.

Symptoms are worse between 3 and 4 a.m., on waking in the morning and from cold, dry, windy weather. They are worse with mental overwork and

anger and from overeating. Symptoms are better in the evening, from being covered and from warmth and sleep.

Pulsatilla

The keynote is weepiness and changeability.

This is a constitutional remedy, which means it is useful for many conditions and often prescribed for mental and emotional symptoms. Pulsatilla people are gentle, soft and sensitive. They like the attention of others and want to be liked; they seek approval. They can be weepy and vulnerable and need to be comforted and consoled. They may be afraid of being alone and afraid of the dark. Their moods change quickly; they are weepy one moment and happy and laughing the next. They cry easily from criticism or a perceived insult or even from thinking of something sad or overhearing an argument. They pity themselves when they get sick and wonder, "Why does this have to happen to me?" They are warm-blooded and like the cold. They do not like heat or warm rooms and become lethargic. They change their minds frequently, cannot make a decision and are easily swayed.

Pulsatilla is used for any mucousy condition with yellow-green, thick discharge; hay fever, styes on the eyelids, conjunctivitis with thick yellow discharge, mumps with swollen glands, measles, sinusitis with yellow discharge. For menopause, menstrual pain with nausea and vomiting, suppressed, delayed, or irregular periods. For premenstrual tension with weepiness and loneliness; the individual can change to the opposite mood quickly and be angry and strident. For cystitis with urinary frequency, pain, and distress. For joint inflammation with swelling or redness; the pain jumps from joint to joint. There are digestive disturbances with bloating and sensitivity of the abdomen after eating. There is an aversion to fat or greasy food, but there is a craving for these foods that bring on the symptoms. There is an absence of thirst and rapid

change in symptoms.

Symptoms are worse in the evening before midnight, from heat, humidity and after rich foods such as fat, pork, meat, milk, and bread. Symptoms are worse from being chilled when hot.

Symptoms are better in the open air, from cold cloths and cold food and drinks, while lying on the painful side and from being uncovered.

Rhus Tox

The keynote is improvement with movement, worsening with rest.

This remedy is made from poison ivy, so it treats symptoms from being in contact with this plant.

This is a useful remedy for sprains and strains of joints, tendons or ligaments. The pain is usually worse at the first movement but gets better with continued movement. The joints are stiff, swollen and painful, made worse by cold applications and better by heat and by pressure. The cause is usually overexertion and worry in people who are restless and cannot sit still. It is used for treating conditions accompanied by rashes. Also, it is used for symptoms after surgery, for sciatica, pain in ligaments, a stiff neck and rheumatism. For chicken pox, poison ivy, shingles, eczema, and cold sores where the lesions are itchy and burning at night. For a tickling cough with thirst and achiness of joints, which are worse at rest and better with movement. Anxiety and restlessness accompany most symptoms with inability to sit still due to impatience, worry, or pain. Patients are sleepless from mental and physical restlessness. The body is chilly and worse in cold and damp weather. There is thirst for cold drinks or milk, but the cold may aggravate the condition.

Symptoms are worse at the beginning of movement, during rest, from

overexertion, from cold and wet weather and after midnight. Symptoms are better during warm weather, with gentle movement and from warm applications.

Sepia

The keynote is sluggishness, heaviness, and anger.

This is a constitutional remedy best known as a female remedy for hormone balancing. There is no energy and a cold, withdrawn, apathetic attitude. But if these persons can be motivated to dance or exercise, the energy comes back and they feel better on all levels. They may be sad and weepy one moment but angry and spiteful the next. They dislike consolation and push people away but do not like to be alone. They have an aversion to food and the smell of food. They may feel hungry, but eating does not satisfy them. They are often constipated and crave sour, bitter, and spicy foods. They dislike fat, bread, milk, meat, and salt. There is a peculiar symptom of the sensation of a ball in the throat, abdomen, rectum, or uterus. There is also a pressure or bearing-down pain from the uterus, painful thighs, and a tendency to keep the legs crossed, which is a keynote.

Sepia suits dark women with sallow skin who have the following symptoms: indifference to loved ones yet sad and fearful of being left alone, irritability, and anger. It treats premenstrual tension with pain and delayed periods. For menopausal hot flashes with fainting and hot sweats from the slightest exertion. There are also ulcers, warts, and urinary incontinence.

Symptoms are worse in the afternoon and evening at 4 to 6 p.m., with the cold, with consolation, from tobacco smoke and before a storm. Worse eating fat, bread, milk, meat, or sour foods. Symptoms are better in a warm bed, from heat, and after dancing.

Staphysagria

The keynotes are vulnerability and catheterization.

This is another constitutional remedy. It suits a person who has been treated with disrespect and remains vulnerable. It is therefore prescribed in a high potency for strengthening a person's vital force. It is also an excellent remedy for bladder irritation after intercourse or after catheterization or cystoscopic examination of the bladder or after prostate surgery. See the section on [*Bladder Infection*](#).

Thuja

The keynotes are warts and growths.

This is a very useful remedy for treating warts of any description and for the aftereffects of immunization. It is also used for headaches in the morning on waking that are aggravated by sleeping; for pain at the end of urination that cuts like a knife; and for sleeplessness.

Symptoms are worse from cold and damp, at night from the heat of the bed, at 3 a.m. and 3 p.m. and after breakfast. Symptoms are better after sweating, from scratching or being massaged and after stretching the extremities.

Urtica Urens

The keynote is raised red swellings.

This remedy is made from the stinging nettle plant and it treats the type of symptoms that contact with this plant will cause. Raised red swellings that

are intensely itchy, such as hives, are treated. These people are usually made worse by warmth and exercise and better with cold applications and by lying still. This is also an acute remedy for burns and scalds. It is used internally until the symptoms of pain abate.

MAKE YOUR OWN HOMEOPATHIC REMEDY

Homeopathic pharmacies make up remedies from scratch. They take a substance and dilute it to the correct potency for a particular use. In an emergency, however, you can make your own remedy. This might be when you have taken a medication but can't seem to get rid of the side effects. This is not meant to treat serious or life-threatening side effects or proven allergies to drugs.

The method is to take one unit of the substance, a pill or a teaspoon of liquid; crush the pill to a fine powder. Then dissolve it in 3 ounces of pure distilled water in a small bottle with a cap. Pound the bottle hard against the palm of your hand or on a hard pillow fifty times. Take 1 teaspoon of the liquid from that bottle and put it into a second bottle with 3 ounces of water and pound that bottle fifty times. Rinse out the first bottle well and put 1 teaspoon of the new mixture into 3 ounces of water and pound it fifty times. Do this procedure six times and you will have diluted the drug so that it has no chemical action but you have imprinted the remedy into the water. This imprinted water can have the effect of removing any residual drug from the body. The last 3 ounces can be kept in the fridge and used, 1 teaspoon two to three times a day, until the symptoms are gone or for a few weeks. To preserve the remedy, use 1-part vodka and 4 parts water. The alcohol prevents bacteria from growing in the water. However, if you are sensitive to alcohol, you don't have to use it – but just be careful not to contaminate the remedy.

To illustrate the effectiveness of this treatment, consider a study done with rats that were given arsenic. After the rats stopped excreting arsenic in their urine, one-half of the rats were given homeopathic arsenic. Those rats started excreting arsenic into the urine again. So there was arsenic still in the body; it is stored in the fat cells and the remedy helped their bodies get rid of it.

In fact, residue from all the drugs we have taken in our lifetimes can still be in our bodies. You may have heard the stories of people who go on long fasts who say that they can taste old medicines that they had taken dozens of years ago.

APPENDIX A:

A QUICK REFERENCE GUIDE TO SYMPTOMS AND HOMEOPATHIC REMEDIES

The following time guide and index of remedies refer to remedies discussed in this book. This guide is useful only if you research an indicated remedy to determine if it is suitable for your condition.

Remedies appropriate for particular times of day

Timing of Symptoms	Remedies
Morning	Nux vomica, Thuja
Midmorning	Sepia
Afternoon	Belladonna, Sepia
3 p.m.	Thuja
4 p.m. to 8 p.m.	Lycopodium
6 p.m.	Hypericum
Evening	Carbo veg, Pulsatilla, Sepia
Midnight	Arsenicum, Rhus tox
Night	Ferrum phos
2 a.m.	Arsenicum
2 a.m. to 5 a.m.	Kali bich.
3 a.m. to 4 a.m.	Nux vomica, Thuja

SYMPTOMS/ASSOCIATIONS REMEDIES

Abdominal pain	Lycopodium, Nux vomica
Aching	Gelsemium
Acidity	Lycopodium

Airsickness	Belladonna
Alcohol	Ignatia, Kali bich, Nux vomica
Allergic reaction	Apis
Anesthetic	Calendula, Hypericum
Angriness	Pulsatilla, Sepia
Antibiotic	Echinacea
Antiseptic	Calendula, Hypericum
Anxiety	Aconite, Arsenicum, Gelsemium
Arthritis	Kali bich
Asthma	Aconite, Nux vomica
Attention	Chamomilla
Bee sting	Apis, Arnica
Belching	Cantharis
Bites	Ledum
Bladder	Cantharis, Staphysagria, Pulsatilla
Blister	Cantharis
Bloating	Lycopodium
Blows	Hypericum
Boils	Belladonna, Hepar sulph, Ferrum phos
Bronchitis	Bryonia, Ipecac
Bruising	Arnica, Ledum
Burns	Cantharis
Carbuncle	Arsenicum
Cat bite	Hypericum
Catarrh	Arsenicum, Kali bich
Chicken pox	Belladonna, Rhus tox
Chilly	Hepar sulph
Coccyx	Hypericum
Coffee	Calc carb, Ignatia, Nux vomica
Colds	Aconite, Belladonna, Bryonia, Calc carb,

Dulcamara, Echinacea, Ferrum phos, Gelsemium

Cold sore	Rhus tox
Colic	Aethusa
Conjunctivitis	Pulsatilla
Cough	Aconite, Bryonia, Hepar sulph, Rhus tox
Day-care illness	Echinacea
Dental	Arnica
Dental terror	Aconite
Depression	Ignatia
Diaper rash	Calendula
Diarrhea	Arsenicum, Bryonia
Disrespect	Staphysagria
Dizziness	Gelsemium
Draft	Calc carb, Hepar sulph
Dryness	Bryonia
Ear	Belladonna, Hepar sulph
Eczema	Calendula, Rhus tox
Edema	Apis
Egg cravings	Calc carb
Emphysema	Carbo veg
Exam fear	Gelsemium
Eye	Dulcamara, Euphrasia, Gelsemium
Eyelid	Apis, Pulsatilla
Face	Ferrum phos
Failure	Lycopodium
Fainting	Sepia
Falls	Hypericum
Fatty food	Nux vomica, Pulsatilla
Fear	Aconite, Arsenicum, Ignatia
Feet	Calc carb

Fever	Bryonia
Finger	Hypericum
Fish poisoning	Carbo veg
Fishbone stuck	Hepar sulph
Floating	Hypericum
Flu	Aconite, Dulcamara, Echinacea, Gelsemium
Flush	Belladonna, Gelsemium
Forehead	Gelsemium
Fretfulness	Chamomilla
Fruit (too much)	Arsenicum, Bryonia
Frustration	Ignatia
Fussiness	Chamomilla
Gas	Cantharis, Carbo veg, Lycopodium
Gout	Arnica, Bryonia
Grief	Aconite, Ignatia
Gums	Apis
Hand	Calc carb
Hangover	Nux vomica
Hay fever	Arsenicum, Pulsatilla
Headache	Belladonna, Chamomilla, Ferrum phos, Gelsemium, Ignatia, Kali bich, Thuja
Heartburn	Carbo veg, Lycopodium, Nux vomica
Hernia	Lycopodium, Nux vomica
Hiccup	Lycopodium
Hip	Bryonia
Hives	Apis
Hormones	Sepia
Hot weather	Kali bich
Humidity	Pulsatilla
Hunger	Lycopodium

Hypertension	Carbo veg
Hysteria	Ignatia
Immunization	Thuja
Impatience	Chamomilla
Incontinence	Apis, Belladonna, Sepia
Indigestion	Lycopodium
Infection	Belladonna, Echinacea
Intercourse	Staphysagria
Irritability	Chamomilla, Lycopodium, Sepia
Irritation	Cantharis
Joint	Belladonna, Pulsatilla, Rhus tox
Kidney	Apis
Knee	Bryonia
Left side	Hypericum
Ligament	Rhus tox
Lip	Bryonia
Loneliness	Bryonia
Measles	Belladonna
Meat (overeating)	Arsenicum
Menopausal hot flashes	Belladonna, Sepia
Menopause	Pulsatilla
Migraine	Kali bich
Milk sensitivity	Aethusa, Calc carb
Morning sickness	Nux vomica
Motion sickness	Ipecac, Nux vomica
Mucus	Pulsatilla
Mumps	Belladonna, Pulsatilla
Muscles	Gelsemium
Nasal discharge	Dulcamara
Nausea	Ipecac, Pulsatilla

Neck	Aconite, Belladonna, Bryonia, Gelsemium, Lycopodium, Nux vomica, Rhus tox
Needle puncture	Ledum
Nerve	Hypericum
Nettle rash	Apis
Neuralgia	Belladonna, Gelsemium
Noise	Belladonna, Nux vomica
Nose	Dulcamara, Gelsemium
Nosebleed	Ferrum phos
Ovarian cyst	Apis
Overeating	Nux vomica
Overexertion	Rhus tox
Pain	Aconite, Apis, Arnica, Arsenicum, Bryonia, Cantharis, Chamomilla, Ignatia
Periods	Belladonna, Calc carb, Chamomilla, Lycopodium, Pulsatilla, Sepia
Piles	Nux vomica
Poisoning	Carbo veg
Poison ivy	Rhus tox
Psoriasis	Arsenicum
Rash	Calendula, Rhus tox
Restlessness	Aconite, Arsenicum, Rhus tox
Rheumatism	Bryonia, Rhus tox
Right side	Apis
Rupture	Belladonna
Sadness	Sepia
Salt (too much)	Calc carb
Scald	Cantharis
Sciatica	Ignatia, Rhus tox
Shingles	Apis

Shock	Arnica, Carbo veg, Ignatia
Sinusitis	Hepar sulph, Kali bich, Pulsatilla
Skin	Calc carb, Hepar sulph
Sleeplessness	Arnica, Nux vomica, Thuja
Sneezing	Gelsemium
Spinal anesthetic	Ledum
Spine	Hypericum
Splinter	Hypericum, Ledum
Sprain	Arnica, Rhus tox
Stomach	Arsenicum, Bryonia
Sunburn	Cantharis
Sunstroke	Belladonna, Gelsemium
Surgery	Arnica, Rhus tox
Swallowing	Gelsemium
Sweat	Calc carb, Hepar sulph, Sepia, Thuja
Sweets (too many)	Calc carb, Ignatia, Lycopodium
Synovitis	Apis
Teething	Aconite, Apis, Belladonna, Chamomilla
Tendon	Rhus tox
Thirst	Bryonia, Pulsatilla, Rhus tox
Throat	Aconite, Apis, Arsenicum
Tinnitus	Aconite, Lycopodium
Tobacco	Aconite, Calc carb, Ignatia, Nux vomica, Sepia
Toes	Hypericum
Tonsillitis	Aconite, Apis, Belladonna, Hypericum, Lycopodium
Toothache	Aconite, Arnica, Belladonna
Tongue	Bryonia
Travel sickness	Nux vomica
Ulcer	Belladonna, Carbo veg, Sepia

Urine	Cantharis, Lycopodium, Thuja, Nux vomica
Varicose veins	Carbo veg
Voice loss	Arnica, Belladonna
Vomit	Arsenicum, Ferrum phos, Ipecac
Vulnerability	Nux vomica, Pulsatilla, Staphysagria
Warts	Calc carb, Sepia, Thuja
Weight	Calc carb
Whining	Chamomilla
Wind	Carbo veg
Wine	Calc carb
Worry	Ignatia, Rhus tox
Wound	Calendula, Hypericum

APPENDIX B

TOTAL BODY RESET PROTOCOL

The *Total Body ReSet Protocol* was devised to give hope to people suffering from what I term Total Body Meltdown. The protocol provides an effective starting point to put you on the path to wellness, but it can also keep you healthy and prevent any sort of “meltdown.” The basic five components are *ReAline*, *ReStructure*, *ReMag*, *ReMyte*, and *RnA ReSet Drops*.

The following is a detailed, step-by-step guideline for implementing the protocol. Below these steps are Additional Recommendations, which you may or may not find necessary but are included for you to access on your journey to vibrant health.

My basic argument is that most chronic disease is a combination of mineral deficiency (mostly magnesium) and yeast overgrowth, and my *TBR Protocol* supports the structure and function of the body to overcome these conditions.

You can read more about these formulas in the (over) one-dozen free eBooks available for immediate download at DrCarolynDeanLive.

1. Water Intake Guidelines

While waiting for your *ReSet Formulas* to arrive, begin hydrating your body by increasing your water intake and adding sea salt, Celtic salt, or Himalayan salt – choose a salt that retains the color of the minerals – not a pure white refined sea salt.

Water Intake Guidelines: Drink $\frac{1}{2}$ your body weight (in pounds) in ounces of water. If you weigh 150 lbs, you will drink 75 ounces per day.

Sea salt or Himalayan salt: Add $\frac{1}{4}$ tsp to every quart of drinking water – to one of those bottles, you will later add *ReMag* and *ReMyte*.

2. ReAline

When the products arrive, begin taking these capsules to assist in detoxing/taking out the trash as you begin changing your diet and taking *ReMag* and *ReMyte*, which will also help to detox the body.

Dosage: 1 per day with or without meals for 1 week, then take 1 capsule twice per day.

Note: If you are already taking *ReMag*, don't worry, just continue to take it as you begin adding the other formulas.

Product Description: L-methionine and L-aurine are sulfur-based amino acids, that lend their sulfur molecules to the liver's sulfation detox pathways. The B vitamins in *ReAline* work synergistically with *ReMag*, methionine, and taurine. Four of the B vitamins are methylated and transfer a methyl group to the liver's methyl detox pathways. The rest of the B vitamins are food-based, which makes them easily absorbed and highly effective. They are essential to support our neurological health, the adrenal glands, sugar metabolism, and much more. Don't be concerned that these are not high dose B vitamins. Most B vitamins are synthetic and have to be high dose to force their way into vitamin receptor sites. Methylated and food-based B vitamins have no such issues. An in-depth discussion of *ReAline* and all its benefits can be found in my free eBook [*ReAline: Building Blocks to Detox*](#).

3. ReStructure

You can start to take [*ReStructure*](#) as soon as it arrives. It comes in a 22-serving pouch. We also carry convenient individual packets for the gym, for traveling, or to determine if you love the product enough to purchase the pouch. Simply shake one scoop or one packet of *ReStructure* into 8 ounces of the liquid of your choice and drink to your health. I swallow my *ReAline*, *Whole C ReSet*, and

Flora ReVive capsules, with my *ReStructure* drink.

Product Description: *ReStructure* is a highly digestible energy boosting protein powder for athletes; it's also compatible with Paleo and Keto diets; as well as a meal replacement for losing weight and balancing blood sugar. Protein is the main ingredient, but carbs and fats are also part of the formula for the appropriate macronutrient balance. It's also the perfect meal if you are on a yeast elimination diet. Add raw eggs for more Paleo protein; blend in nuts or add heavy whipping cream to make it Keto. *ReStructure* contains a "secret ingredient": the concentrated, dehydrated *RnA ReSet Drops* that make *ReStructure* the most unique meal replacement you will ever find. Mix with water, coconut milk, or almond milk for a delicious, healthy beverage charged with the power of *RnA ReSet Drops*. More information can be found in my free eBook, [ReStructure: A Formula to ReSet Your Body](#).

4. RnA ReSet Drops

You can add *RnA ReSet Drops* at any time in your protocol.

Dosage: 1 drop under the tongue twice a day. Add 1-2 drops every week until you reach 15 drops twice a day, which is the average dose. Take *RnA ReSet Drops* 15 minutes away from food or drink.

Product Description: *RnA ReSet Drops* are the catalyst for several of the Completement Formulas, providing the impetus for RNA to make perfect copies of DNA for new cell development using the ionized minerals in *ReMag* and *ReMyte* as building blocks. Each batch of the *Drops* is tested through FDA certified 3rd party laboratories and reveals the quality and consistency of the product. We ensure that the batch is free of organisms, allergens, and heavy metals and reflects the beneficial nutritional assets of wonderful, biological sugars, amino acids, and phosphorus. *RnA ReSet Drops* are created from

germinated barley and will occasionally test positive for gluten and should be used transdermally for those who have been diagnosed with gluten intolerance.

You can be assured that the *RnA Reset Drops Powder*, which is featured in *ReStructure*, *Whole C ReSet* and *Flora ReVive* is gluten-free.

The Radish Experiment below describes the power and potential of the *RnA ReSet Drops*:

The Radish Experiment

It's been difficult to explain the *RnA ReSet Drops*, so difficult that I haven't been able to write a book about them like I have for most of our other products. So, in order to satisfy our scientific curiosity, we funded the [Radish Experiment](#). You can click on the link to see our *RnA ReSet Drops* Webinar that shows the video of our experiment using Mighty Mash the "waste" product of the *Drops*.

Let me explain the process of making the *RnA ReSet Drops* and how we obtain the Mighty Mash.

Our *RnA ReSet Drops* are squeezed out of a few hundred pounds of barley seeds that are germinated in huge rotating drums for several days. There's a lot more going on, but that's the basic process. The leftover barley sprouts when dried look and feel like straw. We call it Mighty Mash, and we've been experimenting with as a living fertilizer.

The Radish Experiment consisted of digging the Mighty Mash into the soil and planting radish seeds. One plot used the Mash while the other had no additions. Both plots were watered daily. The Mash plot was also watered with Mash tea. This consists of Mash soaked in a drum of water that was sprayed onto the Mash plot twice a week.

On Day 25, both plots were harvested. The Mash plot produced 85 pounds of beautiful red radishes. The non-Mash plot only produced 3 pounds of

radishes that passed inspection. The majority were wormy, small, and deformed!

Here's what I realized from this experiment. Insects, worms, bacteria, and weeds are only programmed to "attack" weak, dying, or dead life forms. It's their prime directive – to take out the trash. Humans, animals, and plants are surrounded by similar invaders and only succumb when they are in a weakened state. RnA ReSet Mash infused the radishes with life and energy and made them incompatible with the organisms looking to cull out the weak plants.

I say the same happens with humans. We weaken ourselves with a poor diet, bad lifestyle, and negative emotions and then we are told we have an autoimmune disease. But it's not the body attacking a healthy self – it's the body attacking a weak and vulnerable self.

If we have the right building blocks from *ReMag*, *ReMyte*, and *ReAline*, and an infusion of life force from *RnA ReSet Drops*, we are no longer victims to predators. To me, it's that simple, and that's why I created the Completement Formulas.

5. ReMag

After 4 days of *ReAline* and *ReStructure*, add *ReMag*, starting with ¼ tsp per day in a quart of water and sipping it throughout the day. By doing this you allow a slow infusion of *ReMag* into the cells, not an overload that may not enter into the cells but could be lost in the urine or in the bowels. Every 2 days, add another ¼ tsp. Work up to a saturation dose of 2-4 tsps. a day if you are trying to overcome a magnesium deficiency, if you are on medications, or if you are participating in athletic and/or work activities where you need to enhance muscle performance.

Note: If you are already taking *ReMag*, remind yourself of the dosage

instructions and move on to #6 and begin adding *ReMyte*.

Product Description: Magnesium is required in 1,000 enzyme processes in the body and is responsible for 80% of known metabolic functions. *ReMag* is a unique non-laxative, 60,000 ppm-concentrate of stabilized magnesium ions where 1 tsp equals 300mg of elemental magnesium. *ReMag* works synergistically with *ReMyte*. For more information, read the free eBook, [ReMag: Invisible Minerals Part I](#).

6. ReMyte

After a week of slowly building up *ReMag*, add ¼ tsp of *ReMyte* into the same quart of water and sip it through the day. Every 2 days, add another ¼ tsp. Work up to 1½ tsp a day. However, if you are taking 4 tsp a day of *ReMag*, take 2 tsp a day of *ReMyte* to balance the minerals.

Product Description: Every enzyme reaction in the body requires a vitamin or a mineral as a participating cofactor. *ReMyte* is a multiple mineral made by the same process as *ReMag*, which stabilizes the minerals as ions. While all the minerals in *ReMyte* support hundreds of enzyme processes and are necessary for countless body processes, 9 of the 12 minerals specifically improve the structure and function of the thyroid and are required to make thyroid hormones. Instead of purchasing a dozen different bottles of minerals, you just need one bottle of *ReMyte*.

Note: When you take *ReMyte*, it can “wake up” your thyroid and improve your metabolism. However, be aware that if you are on thyroid medication, you may find yourself a bit hyperactive or a little bit warm because you no longer need as much thyroid medication as you are taking. Be sure to check with your doctor about reducing your medication. For more information, read my free eBook [ReMyte & ReCalcia: Invisible Minerals Part II](#).

ADDITIONAL RECOMMENDATIONS

The following products are not in the *RnA ReSet Bundle*, but they will definitely help in supporting the structure and function of your body as it overcomes Total Body Meltdown.

7. Pico Silver

Pico Silver supports the structure and function of the immune system against any type of infectious organism – bacteria, virus, or fungus.

Dosage: Varies from 1 tsp a day for maintenance up to 6 tsp a day for an acute infection.

Product Description: I decided to have *Pico Silver* made with the same stabilized ion technology as *ReMag*, *ReMyte*, and *ReCalcium* so that all of our minerals would be compatible. I was thrilled that the first time I used it for an “airplane cold,” 6 tsp throughout the day knocked it out overnight.

The silver ions that make up *Pico Silver* attach to WBCs to seek and destroy bacteria, viruses, and fungi and augment the myriad of other functions of WBCs. *Pico Silver* can detoxify the debris from dying organisms, thus curtailing the Herxheimer reaction as the silver fights infection. *Pico Silver* stimulates stem cell production enhancing all types of tissue in the body and participating in tissue regeneration including remarkable wound healing. *Pico Silver* does not build up in tissues and it balances the intestinal microbiome.

Read my book [*Pico Silver: Clearing up the Controversy*](#) for a good overview and [*The Silver Report*](#) for a more in-depth report on the power of silver ions.

8. Whole C ReSet

This formula is an organic Vitamin C complex comprised of acerola, tart cherry, and whole fruit complex. Each capsule provides 250mg of vitamin C and 1,346 mg of Vita-C Fruit Blend.

Dosage: Take 1 capsule twice daily with or without food.

Product Description: Vitamin C is still the most popular vitamin in the world. However, most vitamin C supplements consist of one ingredient, ascorbic acid, which is printed plainly on the supplement label. *Whole C ReSet* is an organic Vitamin C complex contains natural ascorbates, all of which occur in food, but only 8 of which have been identified. There is a synergistic effect of the multiple ascorbates working together with a number of inseparable phytochemicals and co-factors such as polyphenols, including, anthocyanins, proanthocyanins, ellagic acid, chlorogenic acid, resveratrol, quinic acid, rutin, bioflavonoids including vitamin P, Factor K, Factor J, Factor P, ascorbinogen, and certain structural proteins, and various enzymes like tyrosinase. Thus, a Vitamin C complex formula is much more effective than a simple ascorbic acid ingredient.

Vitamin C complex is essential to 8 enzyme processes in the body. It assists in the growth, maintenance, and repair of tissues, including skin, blood vessels, bones, and teeth. It is a powerful antioxidant necessary for wound healing and it helps eliminate bruising. High amounts of vitamin C complex are found in the adrenal glands and in the eyes.

In the book *Sugar Crush* by Dr. Jacoby I learned how Vitamin C complex specifically helps stabilize blood vessels and consequently prevent heart disease.

Dr. Jacoby says:

Dr. John Ely developed the glucose-ascorbate antagonism theory. This theory stated that glucose and vitamin C compete against one another for the insulin they need to migrate into your cells and do their jobs. In

that competition, glucose trumps vitamin C. This means that the more glucose circulating in the blood, the less vitamin C will enter the cells. When vitamin C is missing, your body will not convert L'arginine (an amino acid) to nitric oxide (a blood vessel vasodilator). Instead, it will convert to peroxynitrite, causing excessive constriction of the endothelium (in blood vessels) and reduction in blood flow (leading to hypertension).

9. Flora ReVive

This product is our soil-based probiotic/prebiotic formula.

Dosage: 1 capsule twice a day taken with or without food. The ingredients in *Flora ReVive* do not require refrigeration. If you have a sensitive gut, you may begin by taking one per day for one week before adding the second capsule.

Product Description: Each veggie cap of *Flora ReVive* contains:

- 1) *Saccharomyces Boulardii* – 5 billion CFU (colony forming units) per capsule. *S. Boulardii* is a type of yeast that helps keep *Candida albicans* and gut bacteria in balance. This is a hardy probiotic that survives stomach acid and does not require refrigeration.
- 2) Humic-Fulvic Acid (325mg), derived from high-carbon humus found in ancient compacted plant material that is broken down by soil bacteria. This rich plant material contains probiotics, prebiotics, phytochemicals, enzymes, and minerals, and is the basis for all soil-based probiotics. Humic-Fulvic acid is high in oxygen and antagonistic to *Candida albicans* and biofilms.
- 3) Inulin (100mg), a complex sugar from plant roots. This prebiotic stimulates the growth of beneficial bacteria, which helps improve digestion, immunity, and overall health.

10. ReCalcia

ReCalcia is our calcium formula that you may want to add to your program if you are not obtaining sufficient calcium in your diet. I recommend 600 mg daily. See the calcium food list in my eBook, [*ReMyte & ReCalcia: Invisible Minerals Part II.*](#)

Dosage: On the days you are not getting 600mg of calcium, you can take *ReCalcia* (1-2 tsp per day, the equivalent of 300-600mg per day). Also, pay attention to your intake of *ReMag*. Magnesium intake should be 1:1 with calcium. However, if you are very magnesium-deficient or if your body is trying to break down calcified soft tissues, you may require more magnesium and less calcium in the first several months of treatment. During this time your magnesium to calcium ratio may be 2:1 or even 3:1.

11a. ReNew Serum

ReNew Serum provides you with leading-edge skin enrichment. A labor-intensive process creates a 25X concentration of our *RnA ReSet Drops* formula. *ReNew* is superior to any serum presently on the market because it contains the unique and newly created iCell. Like the *RnA ReSet Drops*, it directs RNA to make perfect DNA copies in perfect cells.

ReNew benefits from having all of the previous generations of Drops blended together. We are now in our 150th generation of *RnA ReSet Drops*, which means no other formula will ever duplicate its properties. By using *ReNew* transdermally you will absorb the benefits of the *RnA ReSet Drops* through the skin – especially if you have any concerns about taking *RnA ReSet Drops* orally.

11b. ReNew Face Cream

ReNew Face Cream is a unique cosmetic formula that is a synergistic blend of our healing *ReNew Serum*, our hydrating *ReMag Lotion*, and our antioxidant *Whole C*

ReSet. It's a formula that I developed out of my personal desire to have a powerful face cream. I've been using *ReNew Serum* on my face for years but found it too heavy and flaky when it dries so I've been mixing it with *ReMag Lotion*. When we developed *Whole C ReSet*, with its 8 Vitamin C Complex elements, I decided to include that as a potent antioxidant that goes far beyond the synthetic ascorbic acid that is in most high-end face creams.

ReNew Serum has the *RnA ReSet Drops* property of directing RNA to make flawless copies of DNA and create perfect cells. View our *RnA ReSet Drops* Webinar [Radish Experiment](#) for a glimpse at the life force that emanates from the iCells in the *Drops*.

ReMag Lotion is a superior hydrator that smooths and softens the skin. The skin is hydrated from inside-out as well as outside-in, therefore oral *ReMag Liquid* and transdermal *ReMag Lotion* doubly support the structure and function of the skin – the biggest detox organ in the body. Eighty percent of known metabolic functions require magnesium; 1,000 enzyme systems utilize magnesium.

Before I began using *ReMag Lotion* as a body cream, I had keratosis pilaris – that's a very fancy name for a common, harmless skin condition that causes dry rough patches and tiny bumps, mostly on the upper arms. I know that keratosis pilaris doesn't affect the face, but the function of *ReMag Lotion* to clear this decades-old condition proved to me its value in healing the skin. *ReMag Lotion* can also clear, lighten, and brighten the skin, reducing redness, acne spots and blocked pores as it improves the function of skin cells. Magnesium help balance hormones that can affect the skin, including lowering the stress hormone, cortisol.

Whole C ReSet, in addition to its antioxidant functions, regulates the synthesis of the structural protein collagen, which repairs damaged skin. How do we damage our skin? Let me count the ways: sun, chemicals in cosmetics, chemicals in our air, food, and water, lack of proper sleep, exercise. Poor diet and lack of proper hydration that includes sea salt.

ReNew Face Cream can be used on a daily basis to revive, restore, and brighten your precious skin.

11c. Mighty Mash

Might Mash (MM) is a soil amendment formula that supports the structure and function of soil bacteria and the life and vitality of the soil. MM will help to reclaim the soil that has been depleted for a century. MM is composed of dried barley sprouts that are left over after we extract the *RnA ReSet Drops*. The Mash still contains the iCell and provides living nutrients to the soil. You can see the wonders of *Mighty Mash* by viewing our webinar called *RnA ReSet Drops*. At the 18-minute mark I describe the results of the [Radish Experiment](#), which used MM to produce amazing results. You can also read the description of the Radish Experiment in #4, the [RnA ReSet Drops](#).

12. Blue Ice Royal – Vitamin A, D3, K2

We do not make this product because Green Pasture has done such a great job of creating a food-based supplement that provides you with Vitamins A, D3, K2, and fish oil. It's food-based, made from fermented cod liver oil and butter oil. For additional Vitamin D, try to get 20-30 minutes of sun exposure per day. You can obtain Blue Ice Royal on our website, [RnA ReSet](#).

Dosage: One capsule twice per day.

Resources: For free eBooks visit [DrCarolynDeanLive](#). My live, 2-hour, call-in radio show is Monday's at 4pm Pacific Time on [AchieveRadio](#). You can listen to archived shows on Achieve Radio or at [DrCarolynDeanLive](#). For RnA ReSet Customer Support: Call 1-888-577-3703 or Email support@rnareset.com.

RESOURCES

Resources and product recommendations have been made throughout this book. My [Supplement Recommendations](#) are in [Part Two](#). My products are at RnA ReSet; we do have a wonderful Customer Service line but the FDA prevents us from giving information about the ability of nutrients to treat nutrient-deficient diseases. However, you can do your own research by Googling for my free eBooks and articles, which populate the Internet to the tune of over 1,000. You can also Google any questions that you may have. Just google my name and your question and something is bound to come up!

ALTERNATIVE MEDICINE ORGANIZATIONS

[American Academy for the Advancement of Medicine](#) (ACAM)

Phone: 1-800-532-3688

Referral to doctors who practice alternative medicine and chelation therapy for heart disease and heavy metal toxicity.

[American Academy of Medical Acupuncture](#) (AAMA)

Phone: 1-800-521-2262

Referral to medical doctors who practice acupuncture. They may not be as proficient as a graduate of a four-year acupuncture school, however.

[American Association of Naturopathic Physicians](#) (AANP)

8201 Greensboro Drive, Suite 300

McLean, VA 22102

Phone: (703) 610-9037

Fax: (703) 610-9005

E-mail: info@AANP.com

American Association of Oriental Medicine (AAOM)

Phone: 1-888-500-7999

Referral to licensed acupuncturists, graduates of a four-year accredited acupuncture school.

CANCER

1. BEC5 Skin Cancer Treatment

BEC5 is now called [Curaderm](#) and defined as an antiaging skin care.

2. Gerson Diet Therapy

The Gerson Institute

1572 Second Avenue

San Diego, Ca 92101

(619)-685-5353

888-4-GERSON

info@gerson.org

www.gerson.org

3. Essiac tea

The original essiac formula has been enhanced and updated by master herbalist Rick DeSilva.

It is available in powder tea form and capsule form.

Website: www.theherbworks.com

4. 714-X

Gaston Naessens

5260 Mills Street Rock Forest

Quebec J1N 3B6 CANADA

Phone: (819) 564-7883

Fax: (819) 564-2195

E-mail: naessens@cerbe.com

Website: www.cose.com

5. Stanislaw R. Burzynski, M.D., Ph.D.

Burzynski Research Institute

9432 Old Katy Road, Suite 200

Houston, TX 77055-6330

Phone: (713) 335-5697

E-mail: info@burzynskiclinic.com

Website: www.cancermed.com

6. [Nick Gonzalez's metabolic protocol](#)

36A East 36th Street, Suite 204

New York, NY 10016

Phone: (212) 213-3337

7. Hyperthermia Therapy is covered in *Alternative Medicine Digest*, Issue #37, page 42, September 2000. Call 1-800-333-4325 for back issues.

8. [Total Biology](#): Total biology deals at the level of brain conflict that creates a disease in the body as the fastest solution to the conflict. When the conflict is resolved, the illness resolves. The above Total Biology website is that of my teacher Gilbert Renault ND, who teaches around the world. [David Holt, MD](#), a former student of Dr. Renault is my referral for Total Biology consults via phone or Skype.

Cancer-Related Web Sites

The [Cancer Prevention Coalition](#) created by Dr. Samuel Epstein contains information on the avoidable causes of cancer, cancer prevention and the politics of cancer.

[Ralph Moss PhD](#) provides information on alternative and complementary cancer treatments comparing them with allopathic medicine. You can also order the Moss Reports (a personalized report on the available treatments for your type of cancer) as well as Ralph Moss's many books on cancer.

CANDIDA/YEAST RESOURCES

Free eBook: [ReSet The Yeast Connection](#) (Dean - 2017)

COMPOUNDING PHARMACIES

There is a [National Directory of Compounding Pharmacies](#). They have joined together to protect their profession. Some of the compounding pharmacies you might contact include:

Moses Lake Professional Pharmacy

1555 S. Pilgrim Street

Moses Lake, WA 98837

800-476-6505

E-mail: propharm@atnet.net

Wellness Health Pharmacy

3401 Independence Drive, Suite 231

Birmingham, AL 35209

800-227-2627

Women's International Pharmacy, Inc.

12012 N. 111th Avenue

Youngtown, AZ 85363

623-214-7700; toll-free 800-279-5708

E-mail: info@womensinternational.com

Women's International Pharmacy, Inc.

2 Marsh Court

Madison, WI 53718

608-221-7800; toll-free 800-279-5708

E-mail: info@womensinternational.com

Compounding Pharmacies in Canada:

Smith's Pharmacy: Ann and Peter Smith

3463 Yonge Street

Toronto, Ontario, M4N2N3

416-488-2600

1-800-361-6624

www.smithspharmacy.com

Victoria Compounding Pharmacy

1089 Fort Street

Victoria, B.C. Canada, V8V 3K5

1-877-688-5181

E-mail: wecompound@telus.net

COSMETICS

Aubrey Organics. <http://www.aubreyorganics.com>

EMOTIONAL FREEDOM TECHNIQUES (EFT)

For more information about EFT and the EFT Practitioner to whom I refer my patients, visit [Christine Wheeler's](#) website.

HEMORRHOID AND ANUSITIS TREATMENT

[Anurex Cold Suppository](#). Pohler & Associates

Phone: (305) 757-7733

[Fissure Heal Suppositories](#) created by Jini Patel Thompson contain comfrey – a fantastic wound healer. They heal anal or rectal fissures amazingly quickly. They are long enough that you can break them into shorter pieces and get 2-3 suppositories out of each one. They're also extra-thin so no matter how traumatized or sore your rectum is, you can insert them easily.

HERBS

Frontier Herbs

P.O. Box 299

Norway, IA 52318

Phone: 1-800-786-1388

HORMONAL HEALTH WEBSITES

[Centre for Menstrual Cycle and Ovulation Research](#) (Dr. Jerilynn Prior)

[Canadian Women's Health Network](#)

HOMEOPATHY

National Organizations

[National Center of Homeopathy](#) (NCH)

[North American Society of Homeopaths](#) (NASH)

Commerical Homeopathic Companies

[Boiron USA](#)

Phone: 1-800-258-8823

Retail and wholesale outlet for homeopathic remedies, kits, creams, ointments and eyedrops.

[CompliMed](#)

1441 West Smith Road

Ferndale, WA 98248

Phone: 1-888-977-8008

Homeopathic remedies for detoxifying chemicals

[Similasan](#)

Specializing in homeopathic eye drops for dry or allergic eyes, nasal spray, throat spray and eardrops.

LAB TESTING

[Diagnos-Techs, Inc.](#)

Saliva Hormone Testing

(Dr. Elias F. Ilyia)

Clinical & Research Laboratory

6620 South 192nd Place, J-104

Kent, WA 98032

E-mail: Diagnos@diagnostechs.com

Phone: 800-878-3787

Requires a doctor's prescription.

[Genova Diagnostics](#)

63 Zillicoa Street

Asheville, NC 28801

Phone: (828) 253-0621

Fax: (828) 285-2258

Requires a health professional's prescription.

[Meridian Valley Laboratory](#)

801 SW 16th Suite 126, Renton, WA. 98055

Phone: (425) 271-8689 Fax: (425) 271-8674

Specializing in The Comprehensive Plus Hormone Profile
Does not require a doctor's prescription.

[ZRT Laboratory](#) (Dr. David Zava)

Phone: 800-600-1636

E-mail: info@zrtlab.com

MASSAGE

Hoshino Therapy: Don Haywood

White Plains, NY and Manhattan

914-328-1404

Hoshino Therapy: Richard Zukowski

Otis, Massachusetts

413-269-7737

Hoshino Therapy Clinic

430 S Dixie Hwy Ste 211

Coral Gables, FL 33146-2200

(305) 666-9943

Myofascial Release

Dr. Brian Chenes: www.brianbodyworks.com

Maui, Hawaii

ORGANIC FOOD

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Buy a share in an organic farm in your area and receive weekly delivery in season.

[Organic Consumers Association](#)

[Organic Milk](#)

A Campaign for Real Milk

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[Pure Earth](#)

Call Jeff for wholesale pricing on water filtration technology.

800-669-1376770-514-8910

Under sink construction: prefilter, ceramic, chlorine filter, fluoride filter

THE DOCTOR OF THE FUTURE



Dr. Carolyn Dean is a medical doctor and naturopath. She's the author of over [35 books](#) including best seller [The Magnesium Miracle](#) (2017) along with *IBS for Dummies*, *Hormone Balance*, *Death by Modern Medicine*, and over 110 Kindle books. In 2011, she launched [RnA ReSet](#) and brought her 50 years of experience into her proprietary, unique formulations that give every individual at any stage of wellness or illness the necessary building blocks for sustained health, vitality and well-being. Dr. Dean's blog is at [Dr.CarolynDean](#). Free eBooks and her radio show archives are at [Dr.CarolynDeanLive](#).

Disclosure

Dr. Dean has a creative and economic interests in the innovative products of RnA ReSet, including, but not limited to: *RnA ReSet Drops*, *ReMag*, *ReMyte*, *ReAline*, *ReCalcia*, *ReNew Serum*, *ReNew Face Cream*, *ReStructure*, *Pico Silver*, *Flora ReVive*, *Whole C ReSet*, and our agricultural product, *Mighty Mash*. For more information regarding all the Completement Formulas, go to the product website [RnA ReSet](#). If you have questions, email Customer Service at support@mareset.com. If you wish to place an order by phone, call 1-888-577-3703.