TINNITUS

Characterised by ringing, buzzing or roaring sensation in the ears caused by irritated nerve endings in the inner ear.

Common Symptoms

Constant or recurring, ringing, buzzing or hissing noise not caused by anything in the external environment.

Causes of Tinnitus

- Exposure to loud noises
- Exposure to certain medications (incl aspirin)
- Deficiency of manganese or Vitamin B12
- Excessive release of Adrenaline can cause temporary tinnitus
- The use of methanol can cause Tinnitus
- High or long term use of Quinine
- Arbutin hydrolyzes within the body to form hydroquinone which in large amounts can cause tinnitus.
- Consumption of Aspartame, bearberry or Cinchona Bark in high doses can cause tinnitus.
- Certain ailments like Otitis interna or Media can cause tinnitus.

Supplementation

Herbs

- Fenugreek seeds alleviate tinnitus
- Gingko Biloba alleviates tinnitus by stimulating circulation to the ears.

Vitamins & Minerals

- Choline, Vitamin B12 and Manganese may alleviate Tinnitus if there is a deficiency.

Recommendations

- Limit consumption of Alcohol and sugars
- Avoid an environment that is too noisy
Temporomandibular Joint Syndrome (TMJ)

A condition in which the temporomandibular joint does not function properly. This is the joint that connects the temporal bone (sides of the skull) with the mandible (Jaw bone).

Common Symptoms

- Produces pain in muscles & joints of the jaw that sometimes radiates to the face, neck & shoulder.
- There may also be difficulty opening the mouth all the way & clicking, grinding & popping noises may occur during chewing & movement of joint.
- Headaches, muscle spasms, toothaches, dizziness, feelings of pain & pressure behind the eyes, pain and ringing in the ears.

Causes of TMJ syndrome

- Stress
- Poor bite with clenching and grinding of teeth
- Bad posture ie: habits like cradling the telephone between the shoulder and jaw.
- Whiplash
- Poor dental work may aggravate the condition
- Habits such as chewing gum, thumb sucking and chewing on one side of the mouth
- Hypoglycemia, people tend to clench and grind their teeth more when blood sugar is low.

Supplementation

Herbs

- Chamomile, hops, St Johns wort, Skullcap, Passion flower and Valerian root have calming and anti-stress properties
- Boswellia helps to restore blood vessels around the inflamed connective tissue. It also reduces inflammation.
- Feverfew and Ginger are excellent for pain and soreness. Ginger is also a powerful antioxidant which has anti-inflammatory effects.
- Turmeric & willow Bark are good for pain and inflammation.

Vitamins & Minerals

- Vitamin B complex helps to combat stress
- Vitamin C reduces stress and is necessary for adrenal support, also aids in healing and repair of connective tissue.
- Calcium and Magnesium for proper muscular function and calming effect, also prevents bone softening and relieves stress.
- Co-enzyme Q10 improves oxygenation of affected tissues.
- Shark Cartilage treats pain and inflammation. Aids in repairing joints and bones.

Recommendations

- Avoid alcohol which contributes to tooth grinding which may also aggravate TMJ
• Check your posture throughout the day. Do not lean over a desk, keep your back comfortably straight with your ears not too far in front of your shoulders. Try to keep your head aligned so that the cheek bones are over the collar bone.
• Sleep on your back to give your back and shoulder and neck muscles sufficient rest. Avoid propping your head at a sharp angle to read or watch television in bed.
• Avoid chewing gum and avoid overly chewy foods such as meat and bagels.

Dietary Guidelines

Eat

• Lightly steamed vegetables and fresh fruits
• Wholegrain products
• White fish, skinless chicken and turkey
• More sulphur containing foods such as asparagus, eggs, garlic and onions
• More fresh pineapple, Bromelain an enzyme found in pineapple is needed for reducing inflammation

Foods to Avoid

• Sugar
• All white flour products
• Junk food
• Potato chips
• Beverages containing caffeine, as caffeine is a stimulant which can increase tension which often aggravate TMJ.

Tonsillitis

Tonsillitis is an inflammation of the tonsils caused either by bacterial or viral infection.
Common symptoms

• Halitosis (Bad Breath)
• Fever
• Sore throat, could lead to difficulty in swallowing
• Coughing and hoarseness and redness
• Enlarged lymph nodes in the body
• Possible earache, nausea and vomiting
• Headaches

Causes of Tonsillitis

• Depressed immune system
• Bacterial or Viral infection

Supplementation

Herbs

• Echinacea fights infection as well as boosting the immune system
• Chamomile is good for the relieve of fever, headaches and pain
• Pau d’ Arco is a natural antibiotic and enhances the immune system
• Flaxseed oil reduces pain and inflammation, also aids in recovery.

Vitamins & Minerals

• Vitamin C fights infection and boosts the immune system
• Zinc Lozenges are an immuno-stimulant that aids in healing may also be used for pain reduction.
• Colloidal Silver is a potent immune builder that reduces inflammation and inhibits infection.
• Cod liver oil can be used for the healing of the tissue.
• Vitamin A repairs the tissue and also aids in healing.

Recommendations

• Use a warm salt water gargle to help reduce swelling, relieve pain and remove mucous.
• Do not smoke and avoid second hand smoke as tobacco smoke irritates the throat.
• Essential oils of Bergamot, Lavender, tea tree, thyme, benzoin and lemon may be inhaled for relief of tonsillitis pain.
• Add humidity to the air at home with a humidifier. Moisten steam stimulates blood flow to the mucous membranes which in turn promotes healing.
• Rest and take in plenty of fluids.

Tuberculosis (TB)

It is an acute or chronic infectious disease caused by inhalation of infected droplets of the deadly bacteria Mycobacterium Tuberculosis. TB normally remains localised and
symptomless in the lungs but can progress to its active form (Chronic Pulmonary TB) even after years of dormancy.

**Common Symptoms**

- Fatigue
- Loss of appetite
- Night sweats
- Chest pains and low grade fever
- Persistent coughing.

**Causes of TB**

- Caused by infected droplets which are airborne that have been coughed up by infected individuals with the active disease.

**Supplementation**

**Herbs**

- Butchers Broom, Calendula, Cayenne, Chamomile, Yarrow all have anti-inflammatory properties
- Goldenseal, Horehound, Liquorice, Marshmallow root, Mullein and Thyme have decongestant properties.
- Black Walnut alleviates TB
- Gotu Kola is quite beneficial in the treatment of TB.

**Vitamin & Minerals**

- Vitamins A & E are needed for the healing of Lung tissue and also protects against free radicals.
- Amino Acid Complex is needed for tissue repair
- Vitamin C builds and strengthens the immune system and also promotes healing.
- Co-Enzyme Q10 carries oxygen to tissues and aids in healing.
- Selenium protects against free radicals and promotes a healthy immune system.
- Vitamin D3 helps to utilize Calcium & phosphorous. People with TB need sunlight daily/or Vitamin D for healing.
- Zinc promotes immune function as well as healing.

**Recommendations**

- Do not smoke or drink alcohol as this may compromise the immune system to fight infection.
- Avoid stress.
• Rest, sunshine and fresh air are very important.
• A dry climate is recommended.

**Dietary Guidelines**

Your diet should consist of 50% raw vegetables and fresh fruit.

**Eat**

• Alfalfa sprouts, raw seeds and nuts.
• Fish and Chicken
• Drink fresh pineapple or carrot juice and Spirulina.
• Fresh and sugar free yoghurt daily with an acidophilus supplement to enhance immunity and to combat negative reactions of antibiotics.

**Tumours**

Tumours are an abnormal new growth of tissue. It may be localised to one area or present on many sites in the body. They can appear nearly anywhere in the body. They may be cancerous or Benign (non cancerous).

**Common symptoms**
• Fatigue
• Excessive/Abnormal weight loss may be a sign of a tumour.

Causes of Tumours

• Environmental factors and incorrect diet seem to play a big role in the development of tumours.
• Exposure to Gamma rays and pesticides
• Tobacco smoke can cause tumours in the lungs, throat etc..

Supplementation

Herbs

• Cats Claw is a potent immune builder and has anti tumour properties.
• Milkthistle, dandelion, Pau d’ Arco and Red Clover purify the blood and stimulates liver activity and also acts as natural antibiotics.
• Shark Cartilage builds the immune system as well as inhibits growth of tumours.
• Maitake/Reishi/Shiitake extracts are mushroom extracts which stimulate the immune system and have anti tumour properties. Also reverses T-cell suppression caused by tumours.
• Garlic may help to reduce the size of tumours.

Vitamins & Minerals

• Vitamin C builds the immune system.
• Vitamins A & E stimulate the immune system as well as being antioxidants.
• Zinc builds the immune system and assists in wound healing.
• Co-Enzyme Q10 Carries oxygen to the body cells as well as stimulating the immune system.
• L-Arginine retards tumour growth by enhancing immune function.
• L-Glutathione helps to reduce the side effects of Chemotherapy as well as protects the Liver.

Recommendations

• Get regular exercise.
• Avoid chemicals such as hairsprays, cleaning materials, pesticides and fresh paints as these may lead to free radicals which may develop into cancer/tumours.
• Avoid stress, relax more.
• Use shower heads that removes chlorine from the water.
• Remove known and suspected carcinogens from your life and home.

**Dietary Guidelines**

• Eat a diet consisting of 50% raw fruits and vegetables, if possible only eat organically grown produce.
• Eat more vegetables like broccoli, brussel sprouts, cabbage, cauliflower and spinach.
• yellow and deep orange vegetables such as: Carrots, pumpkins, squash and yams.
• Include in your diet: Nuts, seeds, whole grains
• Consume low fat yoghurt and other yoghurt products.
• Do not consume sugar, white flour or white flour products, Processed foods, saturated fats, peanuts and junk foods.
• Tomatoes & Tomato products are also recommended as tomatoes contain an antioxidant Lycopene which protects the cells from oxidants associated with cancer/tumours.

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**Ulcerative Colitis**

It is a chronic disorder in which the mucous membranes lining the colon become inflamed and develop ulcers.

**Common Symptoms**

• Abdominal pain
• Bloody diarrhoea and pus & mucous containing faeces
• Accompanied by a fever
• Gas and Bloating
• Pain.

**Causes of Ulcerative Colitis**

• Poor diet and food allergies
• Stress and Tension
• Caused by infectious agents such as bacteria.

**Supplementation**

**Herbs**

• Alfalfa supplies Vitamin K and Chlorophyll which is needed for healing.
• Aloe vera promotes healing and my ease pain.
• Boswellia, Bromelain, Buchu and Turmeric reduce inflammation.
• Chamomile, Dandelion, Feverfew, Papaya, Red Clover, Slippery Elm and Yarrow are beneficial for colitis.

**Vitamins & Minerals**

• Iron is depleted in people with chronic inflammatory bowel disease.
• Acidophilus supplement to noramlise the intestinal bacteria, quite important to use if on antibiotics.
• Vitamin B complex is essential for the breakdown of fats, protein, carbohydrates and for proper digestion.
• Amino Acid complex supplies needed protein for tissue healing.
• Vitamin C is needed for immune function and for healing of mucous membranes.

**Recommendations**

• Do not wear clothing that is tight around the waist.
• For acute pain, drink large glasses of water as this aids in flushing out particles caught in the crevices of the colon wall, relieving pain.
• Do stretching exercises and take proteolytic enzymes to improve digestion.

**Dietary Guidelines**

• Try eating baby foods for 2 weeks as it is easier to digest.
• Eat plenty of dark green leafy vegetables as these are rich sources of Vitamin K. Deficiency of Vitamin K has been linked to ulcerative colitis.
Weight Loss/Underweight

It is characterised by unintended weight loss normally associated with health/medical problems.

Common Symptoms

• General fatigue

Causes of Weight loss

• Malabsorption problems
• intestinal Parasites
• Certain types of cancer
• Diseases such as HIV/AIDS
• Colon disorders such as Crohns disease
• Diverticulitis
• Hyperthyroidism
• Stress
• Surgery
• Trauma eg: Loss of a loved one
• Nutritional deficiencies
• Treatments such as Chemotherapy and Radiation.

Supplementation

Herbs
• Fenugreek and Ginseng are appetite stimulants. Ginseng should not be used if suffering with High blood pressure.
• Astragalus protects the immune system, helps with digestion and combats fatigue.
• Alfalfa, Blessed Thistle, Caraway, Cayenne, Celery, Dill, Fennel, Hyssop and Lady’s Mantle stimulate the appetite.

Vitamins & Minerals
• Vitamin A is an antioxidant, as well as enhances the immune system. It also aids in fat storage for protein utilization.
• Vitamin B Complex increases appetite and aids in digestion of fats, carbohydrates and protein.
• Vitamin C helps prevent cancer, enhances immunity and protects against infection.
• Vitamin D3 aids in healthy bone formation.
• Vitamin E is an antioxidant that helps to prevent cancer and inhibits the formation of free radicals.
• Zinc improves the sense of taste and smell.
• Essential Fatty Acids are an important element of the diet.

Recommendations
• If you are experiencing unintended weight loss have a complete medical examination.
• Consult your doctor about any medication you may be taking as some medication can cause a decrease in appetite and weight loss.

Dietary Guidelines
• Eat a diet consisting of at least 300g of complex carbohydrates, 100g of protein, 2500 to 3000 calories a day.
• Eliminate coffee, tea and anything containing caffeine from the diet.
• Stop Smoking as this may increase thyroid activity.
Weight Gain/Obesity

Weight gain or Obesity is an excess of body fat. Anyone who is 20% over the normal weight for his/her age, sex or height can be considered overweight or obese.

Symptoms of Weight Gain/Obesity

- Increase in weight and body fat
- Possible psychological effects such as depression.

Causes of Weight Gain

- Hypothyroidism
- Excessive Triglycerides have been indicated as they are stored in the adipose tissue.
• High levels of lead in the system could lead to weight gain.
• Certain pharmaceutical drugs can also cause an increase in weight.
• PMT-H (hyperhydration) a form of premenstrual tension, can cause a sudden increase in weight.
• Complications of pregnancy and Liver damage.
• Poor diet and eating habits
• lack of exercise.
• Glandular Malfunctions
• Hypoglycemia
• Hyperinsulinemia
• Emotional tension.

**Supplementation**

**Herbs**

• Alfalfa, Dandelion, Horse tail, hyssop, oatstraw, Parsley, Thyme, Uva Ursi and yarrow have diuretic properities.
• Aloe Vera juice improve digestion and cleanses the digestive tract.
• Astragalus increases energy and improves nutrient absorption.
• Amla (Ayurvedic Herb) helps to increase lean body mass and reduce fat.
• Spirulina contains needed nutrients and stabilizes blood sugar levels.
• Kelp contains balanced minerals and Iodine which aids in weight loss.
• Hoodia Gordonii contains P57 which acts as an appetite suppressant and may also give increased energy to burn fat.

**Vitamins & Minerals**

• Chromium Picolinate reduces sugar cravings by stabilising the metabolism of simple carbohydrates.
• DMAE (Dimethylaminomethanol) increases vitality.
• Lecithin (fat emulsifier) breaks down fat so it can be removed from the body.
• Vitamin C speeds up the metabolism to burn more calories.
• Choline and Inositol helps the body to burn fat
• 5 Hydroxytryptophan (5HTP) suppresses the appetite. Not advisable to use if pregnant or nursing.
• GABA suppresses cravings and has anti-depressant qualities.
• Vitamin B complex is needed for proper digestion.
Dietary Guidelines

- Eat more raw food if possible
- Consume the following foods in moderation: apples, brown rice, grapes, white potatoes, yellow vegetables, oatmeal, buckwheat as these contain small amounts of essential fatty acids. (don't overuse).
- Pay attention to fat in your diet. Avoid animal fat such as cream, butter gravies, mayonnaise, full cream milk and meat.
- Do not consume alcohol.
- Do not skip any meals this only intensifies hunger and food cravings.
- Make your main meal at lunch. Avoid eating before bedtime.
- Avoid sweets such as sodas, pastries, pies, cake, or candy. These trigger the release of insulin which then activates enzymes that promote the passage of fat from the blood stream into the fat cells.
- Be active. Regular exercise is a good way to rid the body of fat and to maintain good muscle tone. Drink plenty of water during exercise to prevent dehydration.

Vaginitis

It is an inflammation of the vagina that is usually caused by disruption in the normal chemical balance of the vagina.

Common Symptoms

- Burning and/or itching sensation
- Abnormal vaginal discharge

Cause of Vaginitis

- Bacterial or fungal infection
- Vitamin B deficiency
- Irritation from excessive douching
• Poor hygiene
• Tight, non porous clothing may be a factor
• Pregnancy, Diabetes and the use of antibiotics my disturb the natural balance, creating an environment in which organisms can thrive.
• Oral contraceptives may be a causing factor
• Sexually transmitted diseases.

Supplementation

Herbs

• Barberry has infection fighting properties
• Tea Tree (used in a douche) helps to kill the harmful bacteria and yeasts that may cause vaginitis.
• Chamomile has anti-fungal properties.
• Calendula, Garlic, Goldenseal, St Johns Wort used in a douche can soothe irritation.
• Echinacea enhances the immune system and has anti-fungal properties.
• Cinnamon and Dandelion inhibit the growth of Candida Albicans, they can be used as a douche or internally.
• Pau’ Arco is a natural antibiotic and has an healing effect. May be used as a douche or taken internally.

Vitamins & Minerals

• Acidophilus is used to replenish “friendly” Bacteria. Use a non-dairy formula.
• Biotin is wonderful for inhibiting yeast.
• Vitamin B Complex is often deficient in people with Vaginitis.
• Essential Fatty Acids aids in healing of tissue.
• Colloidal Silver is a natural antibiotic that helps to reduce inflammation and promotes healing.
• Vitamin C builds the immune system and is necessary for healing of the tissue.
• Zinc stimulates immunity, promotes proper utilization of Vitamin A. Also reduces severity of the Herpes outbreaks.

Recommendations

• Keep clean and dry. Wear cotton underwear which absorbs moisture and allows air to circulate. Avoid tight clothing and synthetic fibres.
• Add 3 cups of pure apple cider vinegar to bath water, soak for twenty minutes, allow the water to flow into the vagina.
• Do not use Corticosteroids or oral contraceptives until the condition improves. Oral contraceptives may upset the balance of micro-organisms in the body.
• Avoid taking Iron supplements until inflammation clears up. Infectious bacteria require Iron for growth.

**Dietary Guidelines**

**Eat:**

• Plain yoghurt with live cultures. This can help fight infection and soothe inflammation.
• Brown rice or Millet
• Oat Bran daily as it is high in fibre.

**Avoid:**

• Fruit, sugar and yeast.
• All grains containing gluten (Wheat, rye, oats and barley).
• Ham
• Pickles and raw mushrooms
• honey and Nut butters
• Also eliminate citrus and acidic fruits (grapefruit, Lemons, Oranges. Pineapple and tomatoes until the inflammation subsides.

**Varicose Veins**

Varicose veins are enlarged veins close to the surface of the skin.

**Common Symptoms**

• Swelling
• Restlessness
• Leg sores
• Itching
• A feeling of heaviness in the legs

**Supplementation**

**Herbs**

• Aloe vera gel is a cooling and soothing topical treatment
• Bilberry supports the health of connective tissue
• Bromelain can reduce risk of clot formation in the blood vessels
Dandelion alleviates tissue swelling by reducing water retention.

**Vitamins & Minerals**

- Co-enzyme Q10 improves tissue oxygenation, increases circulation and enhances immunity.
- Dimethylglycine for oxygen utilization in the tissues.
- Essential Fatty Acids reduces pain and helps to keep blood vessels soft and pliable.
- Glutathion protects the heart, veins and arteries from oxidant damage.
- Zinc and copper aids healing.

**Recommendations**

- Avoid animal protein, processed and refined sugar, ice cream, tobacco, alcohol and salt.
- Elevate your legs above your heart level for twenty minutes a day, to alleviate symptoms.
- Avoid scratching the itchy skin above the varicose veins, this can cause ulceration bleeding.
- Change your daily routine to allow time for exercise and movement for your legs.

**Dietary Guidelines**

- Eat a diet that is low in fat and refined carbohydrates and includes fish, fresh fruit and vegetables.
- Include Garlic, Ginger, onions and pineapple in your diet.
Vitiligo

Depigmentation (characterised by smooth, irregular white patches) of areas of the skin that have lost the ability to produce the natural skin pigment, Melanin.

Common Symptoms

- Chalky white patches of skin surrounded by a dark border.

Causes of Vitiligo

- May be genetic, can be related to an autoimmune problem.
- Has been linked to other diseases such as Addison's disease, Pernicious anaemia.
- Thyroid Gland problem
- May occur after a physical trauma to the skin.
- Chemical agents such as catechol and phenol may lead to the development of vitiligo.

Supplementation

Herbs
• Picorrhiza used in Ayurvedic medicine may reduce the number and size of unpigmented skin patches.
• St. Johns Wort can help to reduce stress and anxiety.

Vitamins & Minerals

• Vitamin B complex is needed for proper skin tone and texture, also helps to combat stress.
• Essential Fatty Acids stimulate hormone function.
• MSM has therapeutic properties for the skin, helps to detoxify the body.
• Calcium and Magnesium, a deficiency contributes to fragility of the skin.
• Silica is important for developing skin strength and elasticity, it also stimulates collagen production.
• Zinc is good for tissue strength and repair.
• Vitamin C is necessary for formation of collagen, it gives skin flexibility. Also strengthens the capillaries that feed the skin.

Recommendations

• Treat the affected area gently, cleanse gently, apply moisturiser liberally and protect the exposed areas from cleansing agents or other chemicals by wearing protective gloves or clothing.
• Expose patches of affected skin to the sun, this may promote re-pigmentation (don’t over do it). Use adequate sun protection on the affected area. Apply a sunscreen with sun protection factor SPF 15 or higher.
• Creams and lotions that contain antioxidants such as Gingko Biloba, Green tea, Vitamin C and carotenes may be helpful.
Warts

Small growths that are caused by human papillo-maviruses. They may appear singly or cluster.

Common Symptoms

• They may appear as flat/raised, dry or moist and have a rough, pitted surface that is either the same colour or slightly darker than the surrounding skin.

Cause of warts

• Skin thats exposed to friction, trauma or abrasion.

Supplementation

Herbs

• Aloe vera gel applied topically every 3 hours may eliminate warts.
• Milkthistle (liquid applied and covered with a plaster) can kill warts, this may take up to 3 months.
• Astragalus protects and builds the immune system, incredibly important to ward of warts.
• Black walnut has healing properties.
Vitamins & Minerals

• Vitamin B complex is important in normal cell multiplication.
• Vitamin C is a powerful anti-viral.
• Vitamin A normalises skin and epithelial membranes.
• Vitamin E improves circulation and promotes tissue repair and healing.
• Zinc builds the immune system and protects against viruses.

Types of Warts:

• Common warts
• Genital Warts
• Juvenile Warts
• Plantar Warts

Wrinkles

Form when the skin thins and loses its elasticity due to ageing.

Causes of Wrinkles

• Smiling
• Frowning
• Crying
• Ageing

Supplementation

Herbs

• Acerola hydrates the skin
• Alfalfa, Borage, bedrock Root, Chamomile, horsetail, Oatstraw and Thyme are needed for conditioning of skin hair and nails.
• Comfrey is good for alleviating dry skin, external use only.

Vitamins & Minerals

• MSM prevents wrinkling of the skin
• Primrose oil is a good healer of dermatitis, acne and most skin disorders.
• Vitamin A is good for healing and constructing new skin tissue.
• Kelp supplies balanced minerals needed for good skin tone.
• Selenium is a great antioxidant that works synergistically with Vitamin E.
• Zinc strengthens and repairs tissue.

Recommendations

• Pay attention to facial expressions
• Do not apply heavy oils around your eyes before going to bed, that makes the eyes puffy the next morning.
• Get regular exercise, like other organs the skin gets its nourishment from the blood stream.

Dietary Guidelines

• Eat a well balanced diet with enough fruit and vegetables.
• Drink at least two quarts of water a day which keeps the skin hydrated.
• Do not smoke, avoid alcohol and caffeine as these dry out the skin.

Worms (Parasites)

Worms are parasites that live in the gastro-intestinal tract. Certain worms survive up to twenty five years in the human body.

Common Symptoms

• Severe anal itching
• Insomnia
• Restlessness
• bloody sputum
• Fever
• Rash
• Loss of appetite
• Bronchitis
• Abdominal pain
• Vomiting
• Breathing problems
• Muscle damage and cardiac or neurologic complications
• Depending on the type of worm involved & the severity of the infestation, there may be a variety of symptoms and in other cases there may be no perceptible symptoms at all.

Causes of Worms

• improper disposal of human and animal waste
• Walking barefoot on contaminated ground or soil.
• Ingestion of eggs or larvae from uncooked or partially cooked meat.
Supplementation

Herbs

- Aloe vera juice has an alkalizing and anti-inflammatory effect.
- Black walnut extract destroys many types of worms
- Cayenne, garlic and turmeric strengthens the immune system and destroys many types of worms
- Pumpkin extract contains zinc and aids in expelling worms.
- Grapefruit Seed is effective for destroying parasites.

Vitamins & Minerals

- Acidophilus restores normal intestinal flora, use an non dairy formula.
- Beta Carotene acts as an anti-infective
- Essential fatty Acids helps to protect the gastrointestinal tract.
- Garlic has anti-parasitic properties.
- Zinc promotes a healthy immune system and proper wound healing.

Recommendations

- Always wear shoes in soiled areas
- Monitor your intake and output of fluids and replace fluids as needed.

Dietary Guidelines

- Eat a high fiber diet consisting of primarily of raw vegetables and whole grains.
- Drink only filtered or bottled steam distilled water.
- Never eat meat that is not fully cooked.

Urinary tract infection and weaken immune system can be found on disk 2.
Biography:
