



Researched and written by:

Charles K. Bens, Ph.D.

Contributors:

Denise Kragel, CPT and Nutritional Specialist

David Bens, CPT

Don Bens, B.A. Psychology

Reviewed by:

S. Wallis Pinsley, Doctor of Osteopathy

Fred Harvey. M.D.

Pamela Shackley, Doctor of Chiropractic

Elaine Zwelling, Ph. D. Nursing

Ashley Dunn, Doctor of Oriental Medicine and

Certified Herbologist

Christopher Welch, Nutritional Science Program,

Bastyr University

Typing and initial formatting:

Susie Zirpoli

Contents

I. Introduction and Health Factoids	1
Important facts about health and wellness	
II. Health and Wellness in the Workplace	5
A. The Benefits of Work Site Health Promotion	
B. The Next Generation of Workplace Wellness	7
C. Workplace Health and Wellness Assessment Tools	12
Surveys for individuals and organizations to help determine current levels of health and the impact of existing wellness programs.	
III. Maintaining Good Health:	21
Strategies that Work	
A. The Importance of Nutrition	21
Guidelines for the best foods to maintain proper weight and a strong immune system, as well as foods to avoid and myths that should be dispelled.	
B. The Importance of Exercise	37
Exercise programs for every level and hints for sustaining fitness levels.	
C. Stress Reduction as a Key Factor in Good Health	52
Basic causes of stress and successful strategies for dealing with some of the more common stressful situations.	

D.	Alternative and Complementary Health Care	64
	Descriptions of the most popular types of alternative care.	
E.	Four Organs and Systems Deserving Special Attention	67
	The basic functions and proper maintenance of four vital organs and body systems: the heart, liver, spine, and intestinal tract.	
F.	Detoxify Your Life	80
	The toxins present at work and home that should be avoided.	
G.	The Importance of Tests	85
	Tests that everyone should consider to ensure early detection of health problems.	
IV. Natural Remedies for Common Illnesses		99
A.	Diseases	101
	Allergies • Anemia • Arteriosclerosis/ Atherosclerosis • Arthritis • Asthma • Backache • Bladder Infection • Breast Cancer • Bronchitis • Cancer • Carpal Tunnel Syndrome • Chronic Fatigue Syndrome • Cirrhosis of the Liver • Crohn's Disease • Diabetes • Hepatitis • High Blood Pressure • High Cholesterol • Hypoglycemia • Hypothyroidism • Irritable Bowel Syndrome • Migraine • Osteoporosis • Peptic Ulcer • Pneumonia • Premenstrual Syndrome • Prostatitis • Sinusitis • Sprains and Strains • Ulcerative Colitis	
B.	Using Supplements Intelligently	176
V. The Online Health Revolution		197

Survey # 2

Organizational Climate

To what extent do you agree or disagree with the following statements?

	Strongly Disagree		Neutral		Strongly Agree
1. This organization promotes an environment that supports a balance between work and life.	1	2	3	4	5
2. This organization rewards individuals based on performance.	1	2	3	4	5
3. It is acceptable in this organization to say "no" to more work.	1	2	3	4	5
4. I feel adequately compensated for any extra effort I devote to my job (i.e. overtime).	1	2	3	4	5
5. My job is clearly important to the success of the company.	1	2	3	4	5
6. This organization tries to make my job as interesting as possible.	1	2	3	4	5
7. This organization is willing to extend itself to help me perform my job to the best of my ability.	1	2	3	4	5
8. This organization cares about my opinions.	1	2	3	4	5
9. I would accept almost any type of job assignment to keep working for this company.	1	2	3	4	5
10. I find that my values and my organization's values are very similar.	1	2	3	4	5

Maintaining a Healthy Weight

Maintaining a "healthy" weight will go a long way toward dodging the health risks that we face later in life. Heart disease is the number one killer of both men and women in America. Little lifestyle changes, such as limiting sodium, staying active, avoiding alcohol, and controlling weight are among the top recommendations to help avoid medical problems.

Experts are calling diabetes an "epidemic," expecting the rate of diabetes to double in the next ten years. Obesity is a major contributing factor.

Cancer of the colon or rectum is a serious health threat. You can reduce your risk of these cancers by avoiding excess weight around the waist and eating more fruits and vegetables. Scientists feel that diet is linked to breast cancer. A growing number of studies show that excess weight raises the risk of breast cancer in postmenopausal women.

You cannot change what nature gave you, but you can enhance your quality of life in the years to come by what you do now.

- **Shrink your servings.** The more we are served, the more we eat. Avoid super-sized anything. Your stomach is the size of one fist. Don't consume more than that quantity in one sitting. Decide what you will eat and "doggy bag" the remainder for tomorrow. Skip the bread basket and appetizer. If you must have popcorn at the movies, get the smallest size and split it.

- **Focus on "healthy" foods versus diet foods.** Artificially sweetened foods, diet sodas, and fat-free chips may make you "think" you are eating healthy, but you may not be. Studies have proven that consuming more servings of fruits and vegetables contributes to

lowering the chances of stroke by 30% and helps lower blood pressure.

- **Eat the carbohydrates.** By following the glycemic index and staying on the low side, you can avoid the sugar highs and lows. To receive a brand name list of acceptable and unacceptable foods based on the glycemic index, contact the Glycemic Research Institute, 601 Pennsylvania Avenue, Suite 900, Washington, DC 20004.

- **Avoid the fats.** There **is** research that suggests excessive consumption of hydrogenated fats may cause health problems. These fats can raise total cholesterol levels and interfere with several of the body's protective mechanisms.

- **Eat the fats.** Essential fatty acids are necessary for health. Unprocessed nuts, seeds, many vegetables, salmon, and grains contain naturally occurring essential fatty acids. Essential fatty acids decrease the hardening of the arteries by reducing the "stickiness" of blood cells, so they cling less to the artery walls.

- **Know your protein needs.** If you are physically active, **you will need** more protein than if you are sedentary. Estimate your protein needs by multiplying your weight in pounds by 0.5 to 0.75 grams of protein daily. Try to get most of your protein from plant sources.

- **Don't skip meals.** Studies have shown that most obese people skip breakfast. **Eating** many small meals per day helps keep your metabolic rate up.

- **Snack smartly.** Processed foods and desserts contain a lot of calories and fat per ounce. Carrot sticks with hummus, apple slices with peanut or almond butter, and a hard-boiled egg are great snack choices. When you think you would like something sweet, try to

eat some protein instead. Your blood sugar will even out and the craving will pass.

- **Stay away from anything fried.** Get in the habit of not eating fried foods and find a healthy alternative.
- **Limit your alcohol consumption.** Alcohol decreases the basal metabolic rate, is dehydrating, depletes the body of B vitamins, is nonnutritive, and the calories are not utilized well by the body.
- **Preplan your meals.** Go to the store with a list and a plan. Of course, never shop hungry. Buy the freshest food in the most natural state. Stay clear of the aisles that contain processed foods.
- **Eating out.** Order a lean entrée that is not fried and hold the sauces. Substitute steamed vegetables for the fried food. Order your salad with dressing on the side. Avoid the dinner rolls, appetizers and dessert.
- **Timing is important.** Eating too little during the day leads to binges at night. That extra food will be stored as fat. Try to make 2 p.m. the time to limit your refined carbohydrate consumption for the rest of the day.
- **Problem foods.** We call ice cream, chips, cookies and candy "trigger" foods. If you cannot resist these foods, keep them out of your life.

Quick-Fix Diets Don't Work

Over 65 million people in the United States are clinically obese. Given this shocking number, it is no wonder that we are experiencing an epidemic of obesity. Along with this high rise of obesity comes the desire for quick fix methods for weight loss. While it is a modern human tendency to seek a quick fix, the potential risks far outweigh the results. Here are a few risky supplementals to watch out for.

Ephedra - Also known as ma huang. This herb has been used in China to relax the bronchial passages. While the active ingredient, ephedrine, can suppress the appetite, the FDA has logged more than 800 reports of problems ranging from insomnia to heart attacks.

- **Chromium** - A trace mineral found in whole grains, nuts and cheese. Chromium helps insulin move blood sugar into muscle cells. Most recent studies have found that chromium picolinate does not actually increase muscle mass or help people lose fat.
- **Conjugated Linoleic Acid (CLA)** - A fatty acid that supposedly prevents fat from being deposited in cells. CLA claims to speed metabolism. To get the desired effect, one must exercise and eat healthier.
- **Pyruvate** - A naturally occurring enzyme that is a player in the metabolic process of transforming nutrients into energy. This helps with weight loss and increased stamina. However, supplemental pyruvate does not cross easily from the bloodstream into the cells. It is possible to take large amounts of pyruvate and still have little effect on fat-burning.
- **Cellulite Busting Supplements** - Purported cellulite-control products are very costly and provide no studies to back the claims.

In addition to potentially dangerous supplements, the following branded diet drugs also pose substantial health risks:

- **Meridia** - Works to stabilize the appetite by preventing normal brain chemistry. Some of the side effects are high blood pressure, accelerated heart rate, constipation, insomnia, and dry mouth.

- **Xenical** – Blocks the activity of lipase, a digestive enzyme critical in the digestion of fats. The side effects include diarrhea and gas.

If the previously mentioned diet drugs and supplements don't work, some other frequently tried quick fixes include artificial body sculpting treatments.

One of the more common approaches to weight management are fad diets:

- **Jump-start diets** such as the cabbage soup diet, watermelon diet, grapefruit diet, and liquid-only diet produce quick results for some people, but are not balanced nutritionally and can hurt the digestive system.

- **Sugar Busters, Dr. Atkins' New Diet Revolution, and The Carbohydrate Addict's Diet.** These diets suggest dieters load up on products such as sausage, steak, and cream, which are high in saturated fat. These high levels of protein can stress out the kidneys, increase calcium bone loss, weaken the immune system and can contribute to causing cancer. When we eat high-fat, high-protein foods, we tend to eat less fruits and vegetables.

- **The Zone diet** is great for teaching the glycemic index. The problem is this program is difficult to follow for each meal and snack, and it includes processed meats and foods with unhealthy additives. The plan provides 900 calories per day, which is very low. Low calorie diets promote loss of lean muscle.

- **Low-fat vegetarian diet.** A good cleansing diet that restores proper elimination because it is rich in fiber. But it is low in several micronutrients essential for health, such as essential fatty acids, vitamin B12, and zinc. It is also very low in protein and fat, which can make it hard for maintenance and not ideal for people who are carbohydrate sensitive or allergic to grains.

B. The Importance of Exercise

By David Bens, C.P.T.

Regular physical activity can be both enjoyable and healthy for individuals of all ages and conditions. Fitness in the workplace is a growing, needed trend that benefits both employer and employee. Focusing on the right type of exercise with regularity will sharpen your mind and strengthen your body, resulting in a better quality of life.

In this chapter we'll uncover various statistics on exercise and disease. We can determine the right level of exercise for you, and help you understand why it's so critical to reach your goals and stay motivated.

Exercise Benefits

1. Increases metabolism (your body's ability to burn calories). Improved muscle tone and a stronger cardiovascular system will speed up the rate you burn calories all day.
2. Improves communication between brain hemispheres. This results in clarity of thought and more creativity. Thinking and execution become more linked.
3. Improves weight management.
4. Increases energy.
5. Slows down the aging process.
6. Prevents illness and diseases.
7. Improves self-esteem and confidence.
8. Decreases depression and stress.
9. Improves overall performance of daily physical routine.

The Three Basic Types of Exercise

1. General physical activity – Walking, gardening, washing your car, and carrying groceries. All activity that increases your level of physical exertion.
2. Aerobic capacity activities – Jogging, swimming, hiking and aerobic classes. These increase our stamina, primarily at a cardiovascular level.
3. Strength and flexibility – Weight lifting, stretches, and resistance exercises. These keep the bones dense and muscles tight and strong.

Staying Motivated

As individuals we must attempt to incorporate all types of exercise in our daily lives on a regular basis. For most of us exercise seems difficult or simply unappealing to continue on a consistent level. This is precisely why discovering an activity that is enjoyable is so important. You will be active for longer periods of time and challenge yourself if the exercise is fun. Here are some helpful tips to prevent typical exercise boredom.

- Find activities that are fun and keep your mind off the effort involved (i.e., walking in a scenic area instead of a treadmill, taking a weight training aerobic class instead of doing it on your own).
- Pair up with a friend or co-worker at a time convenient to both.
- Keep telling yourself with every workout that you're closer to your goals (i.e., envision the way you would look losing inches or having more energy).
- Think of your family and loved ones and remind yourself that they would like to see you in better shape.
- Make your exercise goal oriented. Have short-term goals that are achievable and satisfy you immediately

(i.e., if you play two sets of tennis, try playing three).

- "I'm tired." This is a common excuse; don't let it stop you. Exercise is a motivator and energy booster.
- Ignore interruptions; there are few real emergencies. Twenty to thirty minutes is all you need, so plan your workout at a down time.
- Develop a journal to enhance your awareness of what your workout patterns are.
- Monitor your improvement (measure yourself).
- Change your routine periodically – put exercises in a different order or change the place where you exercise.

Exercise and Disease

Adding more exercise to your lifestyle will slow the aging process and help prevent disease. Exercise will improve your immune system, your cardiovascular system, your musculoskeletal system, and your mental state. Here is a list of some potential health benefits of exercise.

1. Immune system – Colds, flus, and chronic fatigue will be less likely to ruin your day if you exercise. Higher levels of activity can improve cellular strength and development, which prevents disease from spreading and destroying our bodies.
2. Cardiovascular disease – Exercise reduces the risk of heart attacks and strokes. Even if you are genetically prone to these risks, properly monitored activity can be effective prevention. Blood pressure can be lowered, and an increase in the "good" HDL cholesterol and a decrease in the "bad" LDL cholesterol are often healthy results of physical activity.
3. Weight management – Exercise increases your metabolic rate. This is the rate at which your body

burns fuel. Your body becomes a faster calorie-burning machine, not only during exercise, but at rest. Your MR (metabolic rate) is higher. This is achieved through increased muscle tissue and higher oxygen levels in your bloodstream.

4. Bone and joint strengthening – Osteoporosis has become a serious but unnecessary fact of life for many people. Resistance activities such as weight lifting, strengthening exercises, or any weight bearing resistance on the body will contribute to dense, strong bones that are less likely to fracture. Calcium content in bones can actually increase through weight bearing exercises. Arthritis and other joint related problems can be eliminated and give you a stronger, more mobile feeling.

5. Diabetes – Exercise keeps the body's blood sugar regulated and insulin levels in check. Diabetes has become a North American epidemic, largely due to poor diets and the lack of exercise. Even a predisposed genetic tendency to diabetes can be curbed through proper exercise and nutrition.

Other major killers such as prostate, colon, and breast cancer are reduced from 30% to 80% by regular exercise.

Statistics

- 65% of Americans are overweight.
- 25% are not active at all.
- Cost of cardiovascular disease in 1998 was \$274.2 billion.
- Less-fit people have a 30% - 50% greater chance of high blood pressure.
- 12% of total deaths are attributed to lack of exercise.

- 60% do not achieve the recommended amount of exercise.
- Since 1970, occupational illness or injury has declined 25%, but lost workdays increased by 60%.
- 75% of all work force will experience health problems in their lifetime.

Ideal Body Fat (Y.

Men = 12%-17% Women = **18%-22%** **Injury risk due to body fat**

Potential Risk	Slight Risk	Moderate Risk	High Risk	Men
>20%	>25%	>30%		
Women	_____			
>27%	>32%	>37%		

Pre-exercise Screening

Assessing your health before exercise is important to protect individuals from potential physical harm. Improper exercise may be more harmful than beneficial, although properly prescribed fitness is essential for longevity and quality of life. A doctor or healthcare provider should be consulted before beginning any exercise program.

Please answer yes or no to the following questions to ensure proper levels of safety for your exercise.

1. Have you been diagnosed with a heart condition?
2. Have you ever had a stroke?
3. Are you presently pregnant?
4. Are you recovering from an acute injury?
5. Do you experience any minor bone, joint, or muscular discomfort during movement?

6. Do you lose balance or feel dizzy during certain activities?
7. Can you walk for 15 minutes or more without any discomfort?
8. Can you sustain a raised heart level for 30 minutes or more and perform resistance exercises?

If you answered **Yes** to any questions 1 - 6, please consult a physician before performing any exercise.

Workout Programs

Level One: Basic Walking

(If you answered Yes to questions 1 - 6.)

Activity:

Walk around office buildings, a park or your neighborhood for 15 minutes or more (change speed and time of walk periodically). Do torso, hip and leg stretches.

Level Two: Interval Walking

(If answered yes to question 7, but no to question 8.)

Activity:

Warm-ups (5 minutes) - Strolling
Average speed (5 minutes) - Steady
Speed walk (5 minutes) - Hurried
Recover (slow) (10 minutes) - Steady
Speed walk (5 minutes) - Hurried
Cool down (5 minutes) - Strolling
Hip, torso, and leg stretches

Level Three: Aerobic/resistance

(If you answered Yes to question 8.)

Activity:

Swimming (30 minutes or more)

Jogging/biking (30 minutes)

Full body resistance exercises (20 minutes)

Yoga

Full upper/lower body stretching

Weight Training/Stretching

With a few low-weight dumbbells, challenging resistance training can be achieved at your health club or even at home. In accordance with muscle exercise, proper stretching is required. Please stretch after a light aerobic warm-up and during weight training. Make sure you consult a fitness professional before beginning, and realize substitutes for dumbbells do exist. For example, a can of food or jug of water are suitable replacements for hand held weights. Here are some basic movements that can greatly improve your strength, energy, and body tone with repeated use.

Reminders

1. Breathe consistently throughout exercise.
2. Stop if any painful discomfort occurs.
3. Try to do 10 – 15 repetitions (reps) per exercise (making sure the last few reps are challenging).
4. Increase the number of sets performed.
5. Remember, control the movement and go slow.

There are also many cleansing programs available in health food stores. One of the most well-known cleansing programs is produced by Dr. Richard Schulze through the American Botanical Pharmacy.

The Spine

The spine is one of the most important of our body parts and is thought to be responsible for, or plays a key role in, the following functions (and many more).

- Memory
- Thought process
- Learning
- Vision
- Temperature
- Waste elimination
- Muscle tension
- Blood vessel openings
- Pain
- Hearing
- Organ functioning
- Speech
- Glandular function
- Spatial orientation
- Touch
- Taste
- Sexual performance
- Physical movement

All of the nerves that control our bodily functions run through the spine and send messages between our brain and our various organs in order to ensure proper functioning.

There are five ways that the spine can be damaged and nerve performance compromised:

1. **Joint Damage** - Vertebrae are out of alignment due to birth defect, poor posture, an accident, or other unnatural events.
2. **Nerve Damage** - Nerves pinched or stressed because of compression of vertebrae, deterioration of discs, alignment problems, and accidents leading to calcium deposits pressing on the spine.

3. Tissue Damage - Irritation to soft tissue near or in the spine such as disc cartilage, ligaments, or tendons caused by arthritis, age deterioration, infections, irritation from over activity, and collisions (sports, car accidents, etc.).
4. Muscle Damage - Muscles moving out of alignment due to tension, posture problems, inappropriate movements, or other actions, which then push the spine out of alignment.
5. Health Damage - Insufficient nutrient support and lack of exercise/stretching can lead to deterioration of bones and muscles needed to keep the spine healthy and aligned.

Spine Degeneration

Except for a severe accident, the spine usually degenerates over a long period of time. There are four levels of degeneration that are recognized by the medical community.

Level 1 - Involves loss of normal curve. disc spacing becomes uneven, posture is distorted, and there is some occasional discomfort.

Level 2 - Discs become narrow, spinal canal narrows, height decreases, and pain levels increase.

Level 3 - Bone deterioration occurs, increased nerve damage, reduced mobility, and some organ or glandular functions may be impacted.

Level 4 - Discs and bones are seriously degenerated, bones fuse, mobility seriously impeded, immune system and organ function seriously compromised.

A Healthy Spine

There are many things everyone should do to maintain a healthy back. The proper diet is explained in the sections on nutrition and backache. The following additional suggestions have been gathered from various professional journals:

1. Practice good posture at all times. Whether standing, sitting or lying down the body should always be positioned to support the spine and allow the natural curve to occur.
2. Practice regular stretching in the form of yoga or tai chi to keep muscles strong, relaxed, and in the proper position.
3. Have regular examinations by a qualified professional in order to identify misalignments and make corrections before fixation occurs.
4. Do not stay in one position too long. Every thirty minutes, try to change positions and flex those muscles that have been under some pressure or tension.
5. Practice proper lifting with the use of your legs and never allowing the back to be extended or twisted while lifting even small objects.
6. Avoid soft seats or seats without proper lumbar support. Damage occurs gradually and may not be immediately noticeable, especially to young persons whose flexibility may seem to allow abusive positions.
7. Avoid collisions such as head-on contact in sports.
8. Avoid shocks to the spine such as those sometimes received while sled riding, horseback riding, at amusement parks, or

on jet skis.

9. Consider some form of spinal stretching such as machines designed to allow hanging from your ankles or hips. Check with your medical practitioner before using such a device.
10. Occasionally take the spinal self-test to determine if your spine may be causing various health problems.
11. Buy shoes with good arch support and consider the use of inserts to help stabilize your spine.
12. Consider acupuncture as a way to relieve pain and stimulate muscular and circulation improvement of the spinal area.
13. Do regular back strengthening exercise as recommended by a health care professional.

Indicators of Possible Spine Problems

Use the following quick tips to determine if your spine may be threatened or compromised in some way:

- Heels on your shoes wear unevenly.
- One leg appears to be shorter than the other.
- You feel stiffness in your back or neck.
- You have frequent headaches or backaches.
- Your feet go out at different angles when you walk.
- You have difficulty bending or twisting.
- You hear clicking in your neck when you turn your head from side to side.
- You have difficulty taking a deep breath.
- Your shoulders are often tight from tension or stress.
- You feel pain, numbness, or tingling in your hands, arms, legs, or feet.

SELF-TESTS

There are several self-tests anyone can take to determine if they are prone to or actually experiencing some health problem that may not be easily recognizable. These tests are not designed to take the place of formal medical assessments, but rather to help identify, at the earliest time, when a medical assessment may be necessary.

Stress Test

(Partially modeled on a test developed by Robert S. Eliot, M.D.)

Score as follows: 5 = All the time 4 = Often
 3 = Sometimes 2 = Rarely 1 = Never

1. My stress is caused by forces beyond my control. _____
2. When change is required, I become anxious. _____
3. I am dissatisfied with my personal relationships. _____
4. I am tired because of demands at work and at home.

5. I don't seem to have enough time to finish things.

6. I have financial pressures that are difficult to deal with.

7. I dislike my work and can't risk trying to change it.

8. I feel disappointment about my achievements. _____

9. I don't take advice or criticism very well. _____
10. I feel that many people are dependent on me. _____
11. I find it hard to ask for help. _____
12. I use food, smoking, or alcohol to help me cope.

13. I do not handle anger very well. _____
14. I feel there are few people I can trust and confide in.

15. I feel that things will not work out for me. _____

Scoring Analysis:

15 – 29 Excellent – You have things under control and are probably happy.

30 – 44 Good – You are emotionally stable and can improve in some areas.

45 – 69 Concern – You have more stress than you can handle and could use some help making a plan to avoid stress in some areas.

60 – 75 Danger – You have too many stressful situations and need professional assistance to help reverse and/or manage your problems.

HIGH BLOOD PRESSURE

Symptoms:

- Headaches
- Dizziness
- Rapid pulse
- Sweating
- Shortness of breath
- Disturbed vision

Note: All of the above occur after blood pressure has become a serious problem. Regular readings are desirable to identify problems before they become serious. Normal blood pressure is 120/80, but the high end of this acceptable level extends to about 135/87. The systolic number (the first one) measures the blood pumped as the heart contracts, while the second number is the diastolic value measured when the heart is not contracting.

Causes:

- Hormone imbalance
- Poor kidney function
- High levels of caffeine
- Being overweight
- Stress
- Drug abuse
- Oral contraceptives
- Plaque buildup in blood vessels
- Lack of exercise
- Cigarette smoking
- High sodium intake
- Use of drug stimulants
- Retention of fluids
- Hereditary narrowing of blood vessels

Can Lead To or Be Associated With:

- Adrenal problems
- Arteriosclerosis
- Diabetes
- Kidney malfunction
- Heart disease
- Hyperthyroid

Supplements and Suggested Dosage

- Calcium and magnesium (1,500 mg and 750 mg daily, respectively)
- Garlic (600 mg 3 times daily) Lowers blood pressure.
- L-Carnitine (500 mg twice daily on an empty stomach) - Together with L-glutamic acid and L-glutamine, aids in preventing heart disease.
- Selenium (200 mcg daily)
- Coenzyme Q10 (100 mg daily) - Improves heart function and lowers blood pressure.
- Essential fatty acids (flaxseed oil, salmon oil, and primrose oil are good sources) (2,000 - 4,000 mg daily) - Aids circulation
- Vitamin C (3,000 mg daily; 750 mg every 4 hours)
- Oral Chelation by Nutralife Labs
- Hawthorne herb - Promotes a healthy heart. Also cayenne, fennel, and parsley.
- Serrapeptase (10 - 30 mg daily) - Helps reduce plaque.

Include:

- Citrus fruits
 - Squash
 - Peas
 - Cabbage
 - Sweet potato
 - Rice
 - Oats/Oatmeal
 - Eggplant
 - Regular exercise
 - Green leafy vegetables
 - Distilled water
 - Broiled white fish
 - Soy products
 - Fruit juices
 - Garlic
 - Asparagus
 - Apples
 - Broccoli
 - High fiber diet
 - Vegetable juices
- Oral chelation to clean out blood vessels (Intravenous chelation is also a possibility.)

- Herbs such as *Gastrodia elata*, *Uncaria rhynchonphylla*, *Chrysanthemum indicum*, *Apocynum venetum*, and olive leaf extract.

Avoid:

- | | |
|---|---------------------------|
| • Soft drinks | • Chocolate |
| • Salt/sodium | • Avocados |
| • Cheeses | • Pickles |
| • Alcohol | • Raisins |
| • Tobacco | • Bananas |
| • Diuretics | • Stress |
| • Allergy drugs | • Weight gain |
| • Baking soda | • Aspartame
sweetener |
| • Animal fats | • Peanuts |
| • Fermented or
aged
foods of any kind | • Pickled foods |
| • Monosodium
glutamate (MSG) | • Drugs with
ibuprofen |
| • Antihistamine | • Yogurt or sour
cream |
| • Caffeine | • Meat of any kind |

Also Recommended:

- Deep breathing with slow, rhythmic exhaling to reduce stress (Repeat at least 4 or 5 times each day.)
- Yoga and meditation can also reduce high blood pressure.
- A California company called HeartMath has several blood pressure-lowering techniques.
- Biofeedback techniques have also helped some people.
- Hyperbalance by Gero Vita

Are Your Vitamin Deficiencies Showing?

If we are not getting the vitamins we need, our bodies do not function as well as they otherwise could. Long before any disease presents itself, there are subtle warning signs to let us know that our intake of certain nutrients may not be adequate. These include minor aches, discomforts, or inconveniences (sometimes called "sub-clinical" conditions) that do not show up on laboratory tests. By studying such symptoms in detail, we can usually get a very good picture of which vitamins may be lacking.

Vitamin A

- Poor night vision/unable to see well in dim lights.
- Eyes sensitive to glare, sunlight, or bright lights.
- Inability to adjust eyes when entering a dark room.
- Dry eyes.
- Eyelids red, scaly, or dry.
- Eye inflammations/discharge/mattering/eyelids swollen or pus laden.
- Gets colds or respiratory infections easily.
- Sinus problems.
- Abscesses in ears, mouth, or salivary glands.
- Brittle hair.
- Dry, rough, or scaly skin.
- Hard "goosebumps" on back of arms that won't go away.
- Acne, pimples, or blackheads.
- Warts.
- Kidney, urinary, or bladder infections/burning or itching when urinating.

Vitamin B1 (thiamine)

- Heart palpitations or gallop rhythm.

- Enlarged heart.
- Slow heart beat or rapid heart beat.
- Diastolic blood pressure over 90.
- Forgetfulness/poor memory/short attention span.
- Muscular tenderness, weakness, or wasting.
- Irritability.
- Feel depressed.
- Constipation.
- Loss of appetite or loss of weight.
- Numbness, prickling, or tingling in hands or feet.
- Loss of ankle or knee jerk reflexes.
- Poor coordination.
- Cramping pains in legs.
- Stiffness or swelling in ankles, feet, or legs.
- Tenderness in calf muscle under pressure.

Vitamin B2 (riboflavin)

- Cracks or sores in corner of mouth.
- Reddish-purple (magenta) colored tongue.
- Shiny, sore, or swollen tongue.
- Lips red, white, scaly, swollen, or chapped.
- Cataracts.
- Conjunctivitis.
- Sensation of sand on inside of eyelids.
- Eyes sensitive to light, or dimming of vision.
- Eyes red, itchy, burning.
- See spots before eyes.
- Red lines in whites of eyes.
- Abnormally greasy or scaly skin around nose.
- Shrinking or "disappearing" upper lip.
- Falling hair/abnormal hair loss.
- Oily hair.

- Diarrhea.
- Indigestion.
- Insomnia.
- Chapping of backs of hands.
- Itchy, red, or inflamed skin/dermatitis.
- Irritability, anxiety, or depression.
- Mental aberrations or schizophrenia.
- Loss of sense of humor.
- Small ulcers or canker sores in mouth.
- Burning sensation in hands or feet.
- Whitish, coated tongue.
- Brilliant red, painful tongue.
- Swollen tongue with red tip and sides.

Vitamin B6 (pyridoxine)

- Irritability or nervousness.
- Feel confused.
- Can't remember dreams.
- Dizziness.
- Swelling of hands, feet, or ankles (edema).
- Unable to close hands into tight, flat fists.
- Soreness, tenderness, weakness of thumb muscles
- Greasy scaliness on skin near nose, mouth, or eyes
- Greenish tint to urine.
- Muscular twitching.
- Hyperactivity.
- Poor coordination in walking.
- Female: Nausea of pregnancy or acne worse during periods.

Vitamin B12 (cobalamin)

- Sore, beefy red tongue.
- Stammer when speaking.

- Dizziness.
- Lemon-yellowish tint to skin/pale complexion.
- Numbness, tingling, soreness, or weakness in hands or feet.
- Jerking of limbs.
- Memory loss.
- Anemia.
- Apathy.
- Depression, irritability, or moodiness.
- Paranoia, delusions, or hallucinations.
- Loss of appetite.
- Back pains.
- Dimmed vision.
- Confusion, disorientation, or agitation.
- Poor stomach digestion/low stomach acid
- Female Menstrual disturbances.

Biotin

- Skin shiny, dry, and scaly.
- Hair loss.
- Tongue purplish-red (magenta) swollen, and painful.
- Nausea.
- Poor appetite.
- Sleeplessness.
- Muscular pains.
- Mental depression.
- Irregular heart beat.
- Fingernails a pale color.
- Extreme weakness/exhaustion.

Choline

- Eczema.
- Bleeding ulcer.
- High blood pressure.

- High cholesterol levels.
- Difficulty losing weight.

Folic Acid

- Tongue red, shiny, smooth, and painful.
- Anemia.
- Ulcers in mouth.
- Red, swollen, or bleeding gums.
- Intestinal malabsorption.
- Diarrhea.
- Heart palpitations.
- Lightheadedness/faintness.
- Swelling of ankles.
- Apathy or depression.
- Forgetfulness.
- Loss of appetite/weight loss.
- Graying hair.
- Excess pigmentation of skin.
- Irritable, agitated, brooding. or self-conscious.

Para-aminobenzoic acid (PABA)

- Skin sensitive to sun/photosensitivity.
- Scleroderma.
- White patches on skin/loss of pigment/vitiligo.
- Constipation.
- Depression.
- Irritability.
- Low sex drive.
- Lupus erythematosus.

Pantothenic Acid

- Pupils in eyes are unusually large/dilated.
- Periods of deep depression.

- Insomnia/sleeplessness.
- Burning sensation in hands or feet.
- Poor coordination.
- Joint pains.
- Muscle cramps.
- Lightheaded or dizzy when getting up out of a lying or sitting position.
- Diarrhea or constipation.
- Irritability.
- Headaches.
- Numbness or tingling in hands or feet.
- Rapid heartbeat on exertion.
- Fatigue/tiredness/lack of energy.

Vitamin C

- Skin bruises easily "black and blue" marks.
- Hemorrhages or ruptured blood vessels in eye.
- Gums bleed easily, especially when brushing teeth.
- Bluish-red, swollen, and inflamed gums.
- Loose teeth/loss of dental fillings.
- Nosebleeds.
- Cuts, sores, or wounds heal slowly.
- "Fleeting" pains in joints or legs/joint tenderness.
- Catch infections, colds, flu, or viruses easily.
- Listlessness/lack of endurance/tire easily.
- Cuticles tear easily.
- Excessive hair loss.
- Restlessness or irritability.
- Anemia
- Broken capillaries, hemorrhages, or pink spots on skin.
- Bloating or puffiness in face.
- Fragile bones.

Vitamin D

- Burning in mouth and throat.
- Joint pains.
- Poor bone development.
- Muscular cramps.
- Rickets (bowlegs/knock-knees).
- Nervousness.
- Abnormal number of dental cavities.
- Insomnia.
- Osteoporosis (demineralized bone).
- Constipation.
- Osteomalacia (softening of bone).
- Nearsightedness/myopia.

Vitamin E

- Muscular swelling or wasting/muscular dystrophy.
- Brittle and falling hair.
- Hemolytic anemia.
- Female: Menstrual discomfort.
- Male: Low sex drive.

Calcium

- Soft bones in adults
- Stunted bone growth in children (Rickets)
- Teeth malformed

Copper

- Osteoporosis
- Anemia
- Baldness
- Diarrhea

Magnesium

- Muscle cramps
- Irregular heart beat

Zinc

- Loss of appetite and taste changes
- Skin changes and hair loss
- Delayed sexual maturation

Herbs and Other Natural Alternatives to Pharmaceuticals

A study of prescription drugs by Ralph Nader's research group found that approximately 66% of all drugs prescribed either had no benefit or actually caused more problems than benefits.

Over 2.2 million hospitalized patients suffered serious adverse drug reactions in 1994 (Sheean, "Healthy Naturally," April/May 1999), and 106,000 people died of drug-related problems.

Most Common Drug Problems and Alternative Remedies

There are four categories of medicinal drugs that account for a vast majority of the illnesses and deaths attributed to drugs.

1. Antacids
2. Laxatives
3. Sleeping aids
4. Antibiotics

Each of these drugs has a distinct set of concerns as well as a specific strategy for reducing potential negative impacts.

1. Antacids

Symptoms and causes of problems:

- Too little acid in the stomach
- Food not broken down (especially proteins)
- Formation of bad bacteria and acid upset (heartburn)