

Keeping Fit with Dr. Fitt

Symptom Profiles

Imperative to your long-term vitality is hormonal balance. Hormones are the supervisors of the function of every cell in your body. Declining hormone levels have a straight line correlation with the chronic, debilitating diseases of aging such as arthritis, osteoporosis, mental decline, cancer, obesity, impotence/loss of sex drive, incontinence, high blood pressure, and a host of other problems. We spend billions of dollars on deadly drug therapies to address these problems, when simply balancing natural hormones would do the trick.

Some of us have an objective even higher than not being sick, we want to thrive. We want to experience all that life has to offer as long as we are alive. Hormonal balance is also critical to this objective. To achieve optimum health you have to prevent three things: Deterioration, Oxidation and Activation. *Deterioration* happens as hormone levels decline and your body stops the rebuilding process. This is when you lose more bone, muscle, brain cells, skin, etc. than you create. It is prevented by keeping youthful hormone levels. *Oxidation* is the destructive process exacted by toxins called "free radicals". Rusting of a nail, fading of car paint, and the browning of an apple are all examples of oxidation. You "rust" from the over-exposure to free radicals. Your outside body (skin, eyes) gets the most free radical damage from the sun and medical x-rays. The manifestations are brown spots, keratoses (ugly skin growths seen on aged skin), wrinkles, skin cancer, cataracts and macular degeneration. Prevention is achieved by minimizing sun exposure (get enough to make your vitamin D and prevent depression), wearing sunscreen, using eye wear that filters out UV light, taking antioxidants like vitamins A, C and E, eating a diet high in antioxidant rich foods and minimizing exposure to medical x-rays. *Activation* is the turning on or over-expression of several processes that are designed to get rid of dead or unwanted material in the body. Over-expression or activation of some hormones is also part of this process. Yeast, for example, are normal inhabitants of our environment and bodies that act as scavengers of dead tissue, microscopic buzzards. Normally they help with the life cycle by breaking down dead tissue so it can be recycled. Their reward is the sugar they can extract from the process. If yeast overpopulates the body, they eat up the sugar meant for brain cells. This causes you to feel hungry regardless of how many calories you already have stored as fat. Brain cells will not tolerate low blood sugar. They will make you eat more sugar, which makes you grow more yeast. Overpopulation of yeast activates the immune system, which tries to get the population under control with a variety of mechanisms, such as release of chemicals (leukotrienes) that cause inflammation. A product of inflammation is free radicals. Normally this process keeps us well silently. When germs (viruses, bacteria, fungi) get out of hand, the inflammatory process gets more noticeable. We get fever, runny noses, pus, swollen glands, diarrhea and pain. We take medications to get rid of these symptoms until the immune system, hopefully, accomplishes its job of bringing things back into balance. Sometimes we need a little help from a natural or synthetic antibiotic, anti-viral, or anti-fungal agent. Viruses and bacteria are readily detected by conventional medicine, but fungi are not and therefore left untreated. Chronic immune system activation by fungi can cause diseases such as rheumatoid arthritis, inflammatory bowel, skin rashes, sinusitis, prostatitis, multiple sclerosis and chronic vaginal pain to name a few. Over-expression or activation of hormones such as cortisol (stress), insulin (sugar/refined carbohydrates), and estrogen (progesterone deficiency, prescription estrogens, environmental estrogens) are part of the activation process also. Another component of the activation process is the self-destructive release of chemicals by damaged cells. Normally this process helps rid the body of useless tissue. However, in the face of hormonal decline you have continued breakdown (catabolism) without build-up (anabolism). This process causes things like osteoporosis and osteoarthritis in bone and cartilage respectively. Activation is prevented by keeping yeast, and other germs from overpopulation, maintaining hormonal balance, eating foods that reduce production of inflammatory chemicals (flaxseed, raw nuts, olive oil, fruits and deep colored vegetables), and staying away from foods that promote inflammation and overgrowth of yeast (sugar, refined carbohydrates, hydrogenated fat, saturated fat, and polyunsaturated fats like corn oil).

Using the attached symptom profiles will help you assess if you have a hormonal imbalance or yeast imbalance. If you do, the next step is to find a healthcare professional that can help you get back in balance.

Yours in great health,

Roby D. Mitchell, M.D. (Dr. Fitt)

Please note: all questions on the enclosed forms pertain to both male and female patients. Therefore, in order to best address your health concerns, please make sure each form is filled out completely.

Name _____ Date _____

Low Adrenals

SIGNS, SYMPTOMS AND ASSOCIATIONS OF LOW ADRENALS

(Circle any symptoms you have)

| | | |
|---|--|---|
| Infertility | Allergies or asthma that started as an adult | Joint pain |
| Frequent infections | Chronic fatigue | Fibromyalgia |
| Hypoglycemia (low blood sugar episodes) | Cravings for sweets | Shakiness relieved by eating |
| Dizziness | Moodiness | Recurrent infections that take a long time to resolve |
| A lot of stress in your life before your symptoms began | Low blood pressure | Dizziness upon first standing |
| Food craving or sensitivities | Post partum depression | Depression |
| PMS | Poor perspiration | Poor concentration |
| Irritability | | |

Name _____ Date _____

Estrogen Deficiency

SIGNS, SYMPTOMS AND ASSOCIATIONS OF ESTROGEN DEFICIENCY

(Circle any symptoms you have)

| | | |
|--|------------------------------|-----------------------------------|
| Hot flashes | Night sweats | Vaginal dryness |
| Mood swings (mostly irritability and depression) | Mental fuzziness | Vaginal and/or bladder infections |
| Incontinence; recurrent urinary tract infections | Vaginal wall thinning | Decreased sexual response |
| Vision changes | Trouble expressing thought | Memory loss |
| Low HDL | Decreased menstrual bleeding | Decreased fullness in breast |
| Wrinkling of skin | Losing track of thoughts | |

Name _____ Date _____

Growth Hormone Deficiency

SIGNS, SYMPTOMS AND ASSOCIATIONS OF GROWTH HORMONE DEFICIENCY

(Circle any symptoms you have)

| | | |
|---------------------------------|---|--------------------------------|
| Permanent fatigue | Easy exhaustion when physically busy | Poor resistance to stress |
| Depression | Low resistance when staying up after midnight | Low self esteem |
| Sense of powerlessness | Poor sociability | Anxiety |
| Complacency | Emotional instability | Grumpy |
| Sagging cheeks | Wrinkled face | Pouches under the eyes |
| Loose skin folds under the chin | Drooping triceps | Floppy belly |
| Poor muscle tone | Wrinkled hands | Fatty cushions above the knees |
| Thinned skin or sagging skin | Obesity | Thin hair |
| Thin lips | Receding gum line | Trouble losing weight |
| Age over 40 | Can't gain muscle with exercise | Feel old |

Name _____ Date _____

Progesterone Deficiency

SIGNS, SYMPTOMS AND ASSOCIATIONS OF PROGESTERONE DEFICIENCY

(Circle any symptoms you have)

| | | |
|--|---------------------------------------|-------------------------------|
| Abdominal bloating or swelling | Acne | Angry outbursts |
| Anxiety | Appetite changes, decreased/increased | Asthmatic attacks |
| Avoidance of social activities | Backache | Bladder irritation |
| Bleeding gums | Breast swelling/tenderness | Bruising |
| Clumsiness | Confusion | Conjunctivitis |
| Constipation | Cramps | Craving salty foods |
| Craving sweet foods | Crying spells | Decreased hearing |
| Decreased productivity at school or work | Decreased sex drive | Depression |
| Distractibility | Dizziness | Drowsiness |
| Dull abdominal pain | Eye pain | Facial swelling |
| Fatigue | Fear of going out alone (agoraphobia) | Fear of losing control |
| Finger swelling | Food sensitivity | Forgetfulness |
| Generalized aches and pains | Headaches | Herpes (cold sores) |
| Hives or rashes | Hot flashes | Increased alcohol consumption |
| Increased sensitivity to light | Increased sensitivity to noise | Inefficiency |
| Indecision | Insomnia | Irritability |
| Joint pains | Leg cramps | Leg swelling |
| Mood swings | Mouth sores | Muscle aches or tenderness |
| Nausea | Palpitations | Panic attacks |
| Poor coordination | Poor judgment | Poor memory |
| Post partum depression | Restlessness | Ringing in ears |
| Runny nose | Seizures | Sinusitis |
| Sore throat | Spots in front of eyes | Suspiciousness |
| Tearfulness | Tension | Tingling in hands and feet |
| Tremors | Visual changes | Vomiting |

Name _____ Date _____

Yeast Overgrowth

SIGNS, SYMPTOMS AND ASSOCIATIONS OF YEAST OVERGROWTH

HISTORY:

(Answer Yes or No)

- ___ Have you taken tetracyclines or other antibiotics for acne for 1 month or longer?
- ___ Have you at any time in your life taken broad-spectrum antibiotics or other antibacterial medication for respiratory, urinary or other infections for 2 months or longer, or in shorter courses, 4 or more times in a 1-year period?
- ___ Have you taken a broad-spectrum antibiotic drug – even in a single dose?
- ___ Have you at any time in your life been bothered by persistent prostatitis, vaginitis or other problems affecting your reproductive organs?
- ___ Are you bothered by memory or concentration problems – do you sometimes feel spaced out?
- ___ Do you feel “sick all over” yet, despite visits to many different physicians, the causes haven’t been found?
- ___ Have you been pregnant?
- ___ Have you taken birth control pills?
- ___ Have you taken steroids orally, by injection or inhalation?
- ___ Does exposure to perfumes, insecticides, fabric shop odors and other chemicals provoke symptoms?
- ___ Does tobacco smoke really bother you?
- ___ Are your symptoms worse on damp, muggy days or in moldy places?
- ___ Have you had athlete’s foot, ring worm, “jock itch” or other chronic fungus infections of the skin or nails?
- ___ Do you crave sugar?

Check the following symptoms you have:

- | | |
|--|--|
| ___ Fatigue or lethargy | ___ Prostatitis |
| ___ Feeling of being “drained” | ___ Impotence |
| ___ Depression or manic depression | ___ Loss of sexual desire or feeling |
| ___ Numbness, burning or tingling | ___ Endometriosis or infertility |
| ___ Muscle aches | ___ Cramps and/or other menstrual irregularities |
| ___ Muscle weakness or paralysis | ___ Premenstrual tension |
| ___ Pain and/or swelling in joints | ___ Attacks of anxiety or crying |
| ___ Headache | ___ Cold hands or feet, low body temperature |
| ___ Abdominal pain | ___ Hypothyroidism |
| ___ Constipation and/or diarrhea | ___ Shaking or irritable when hungry |
| ___ Bloating, belching or intestinal gas | ___ Cystitis or interstitial cystitis |

- | | |
|--|---|
| <input type="checkbox"/> Troublesome vaginal burning, itching or discharge | <input type="checkbox"/> Drowsiness, including inappropriate drowsiness |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Incoordination |
| <input type="checkbox"/> Frequent mood swings | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Dizziness/loss of balance | <input type="checkbox"/> Pressure above ears...feeling of head swelling |
| <input type="checkbox"/> Sinus problems...tenderness of cheekbones or forehead | <input type="checkbox"/> Tendency to bruise easily |
| <input type="checkbox"/> Eczema | <input type="checkbox"/> Itching eyes |
| <input type="checkbox"/> Psoriasis | <input type="checkbox"/> Chronic hives (urticaria) |
| <input type="checkbox"/> Indigestion or heartburn | <input type="checkbox"/> Sensitivity to milk, wheat, corn or other common foods |
| <input type="checkbox"/> Mucus in stools | <input type="checkbox"/> Rectal itching |
| <input type="checkbox"/> Dry mouth or throat | <input type="checkbox"/> Mouth rashes, including "white" tongue |
| <input type="checkbox"/> Bad breath | <input type="checkbox"/> Foot, hair or body odor not relieved by washing |
| <input type="checkbox"/> Nasal congestion or postnasal drip | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Laryngitis, loss of voice | <input type="checkbox"/> Cough or recurrent bronchitis |
| <input type="checkbox"/> Pain or tightness in chest | <input type="checkbox"/> Wheezing or shortness of breath |
| <input type="checkbox"/> Urinary frequency or urgency | <input type="checkbox"/> Burning on urination |
| <input type="checkbox"/> Spots in front of eyes or erratic vision | <input type="checkbox"/> Burning or tearing eyes |
| <input type="checkbox"/> Recurrent infections or fluid in ears | <input type="checkbox"/> Ear pain or deafness |

Name _____ Date _____

Testosterone Deficiency

SIGNS, SYMPTOMS AND ASSOCIATIONS OF TESTSOTERONE DEFICIENCY

(Circle any symptoms you have)

| | | |
|--|--|---|
| Overall decreased sexual desire | Diminished vital energy and sense of well-being | Decreased sensitivity to sexual stimulation in the clitoris |
| Decreased sensitivity to sexual stimulation in the nipples | Overall decreased arousability and capacity for orgasm | Thinning and loss of pubic hair |
| Osteoporosis | Depression | Decreased morning erections |
| Decrease in stiffness of erections | Difficulty maintaining erections | Mental fatigue |
| Complacency | Loss of initiative | Decreased interest in hobbies |
| Crying spells | Poor muscle tone | Inability to grow muscle |
| Poor stamina | High cholesterol | Increased breast tissue in males |
| Night sweats | Poor memory | Decreased sexual thoughts |

Name _____ Date _____

Hypothyroidism

SIGNS AND SYMPTOMS RELATED TO HYPOTHYROIDISM

| | | |
|---|--|---|
| Dry hair or hair loss | Constipation | Heavy menstrual periods |
| Milky discharge from breasts | Joint aches and Pains | Sweating less |
| Brittle nails | Hoarse voice | Muscle cramps |
| Tingling or numbness in fingers or feet | Dry skin | Hearing becoming worse |
| Puffy eyes and face | Slow heartbeat | Cold intolerance |
| Experiencing stiffness | Weight gain of more than 5 lbs. | Feeling more fatigued |
| Skin becoming more coarse | Dry eyes/dry mouth | Baggy eyelids |
| Shortness of breath during mild exertion | Slow speech and movement | Sleep apnea |
| Low blood pressure | Decrease in memory | Problems swallowing |
| Carpal tunnel syndrome | Headaches and migraines | Uterine fibroids |
| Exaggerated PMS/menopause symptoms | Yellow skin in palms | Scalloped tongue |
| Increased cholesterol/triglycerides/LDL | Cold hands/feet | Yeast infections |
| Loss of outside 1/3 of eyebrows | Depression/Anxiety | Swelling of hands and feet |
| Infertility | Slow thinking | Miscarriages |
| Autoimmune disease (Rheumatoid Arthritis, Lupus, Crohn's, etc.) | Reliance on coffee or other stimulants | Low sex drive |
| Lumps in breast | Gum problems | Anemia |
| Redness in face with exercise | Raynaud's syndrome (Pain and blueing of fingers with exposure to cold) | Tongue biting |
| Tendonitis/Tennis elbow | Low endurance | Thick tongue |
| No energy for evening activities | Throat clearing | Cracking in skin of heels |
| Diabetes | Alopecia (patches of hair loss) | Premature graying of hair |
| Stroke | Blocked arteries | Polymyalgia |
| Vitiligo (loss of skin pigment) | High blood pressure | Low HDL |
| Manic depression | Dyslexia | Inability to lose weight with diet and exercise |
| Attention deficit disorder | Melasma (discoloration in face) | Excess ear wax |
| Oral temperature consistently below 98.5 | Neck injury i.e. whiplash | Ligament tears |
| Family history of hypothyroidism or hyperthyroidism | Chronic infections | Skin problems (hives, psoriasis, eczema) |
| Post partum depression | | |

This survey asks about your eating habits in the past year. People sometimes have difficulty controlling their intake of certain foods such as:

- Sweets like ice cream, chocolate, doughnuts, cookies, cake, candy, ice cream
- Starches like white bread, rolls, pasta, and rice
- Salty snacks like chips, pretzels, and crackers
- Fatty foods like steak, bacon, hamburgers, cheeseburgers, pizza, and French fries
- Sugary drinks like soda pop

When the following questions ask about “CERTAIN FOODS” please think of ANY food similar to those listed in the food group or ANY OTHER foods you have had a problem with in the past year

| IN THE PAST 12 MONTHS: | Never | Once a month | 2-4 times a month | 2-3 times a week | 4 or more times or daily |
|---|-------|--------------|-------------------|------------------|--------------------------|
| 1. I find that when I start eating certain foods, I end up eating much more than planned | 0 | 1 | 2 | 3 | 4 |
| 2. I find myself continuing to consume certain foods even though I am no longer hungry | 0 | 1 | 2 | 3 | 4 |
| 3. I eat to the point where I feel physically ill | 0 | 1 | 2 | 3 | 4 |
| 4. Not eating certain types of food or cutting down on certain types of food is something I worry about | 0 | 1 | 2 | 3 | 4 |
| 5. I spend a lot of time feeling sluggish or fatigued from overeating | 0 | 1 | 2 | 3 | 4 |
| 6. I find myself constantly eating certain foods throughout the day | 0 | 1 | 2 | 3 | 4 |
| 7. I find that when certain foods are not available, I will go out of my way to obtain them. For example, I will drive to the store to purchase certain foods even though I have other options available to me at home. | 0 | 1 | 2 | 3 | 4 |
| 8. There have been times when I consumed certain foods so often or in such large quantities that I started to eat food instead of working, spending time with my family or friends, or engaging in other important activities or recreational activities I enjoy. | 0 | 1 | 2 | 3 | 4 |
| 9. There have been times when I consumed certain foods so often or in such large quantities that I spent time dealing with negative feelings from overeating instead of working, spending time with my family or friends, or engaging in other important activities or recreational activities I enjoy. | 0 | 1 | 2 | 3 | 4 |
| 10. There have been times when I avoided professional or social situations where certain foods were available, because I was afraid I would overeat. | 0 | 1 | 2 | 3 | 4 |
| 11. There have been times when I avoided professional or social situations because I was not able to consume certain foods there. | 0 | 1 | 2 | 3 | 4 |
| 12. I have had withdrawal symptoms such as agitation, anxiety, or other physical symptoms when I cut down or stopped eating certain foods. (Please do NOT include withdrawal symptoms caused by cutting down on caffeinated beverages such as soda pop, coffee, tea, energy drinks, etc.) | 0 | 1 | 2 | 3 | 4 |
| 13. I have consumed certain foods to prevent feelings of anxiety, agitation, or other physical symptoms that were developing. (Please do NOT include consumption of caffeinated beverages such as soda pop, coffee, tea, energy drinks, etc.) | 0 | 1 | 2 | 3 | 4 |
| 14. I have found that I have elevated desire for or urges to consume certain foods when I cut down or stop eating them. | 0 | 1 | 2 | 3 | 4 |
| 15. My behavior with respect to food and eating causes significant distress. | 0 | 1 | 2 | 3 | 4 |
| 16. I experience significant problems in my ability to function effectively (daily routine, job/school, social activities, family activities, health difficulties) because of food and eating. | 0 | 1 | 2 | 3 | 4 |

| IN THE PAST 12 MONTHS: | NO | YES |
|--|----|-----|
| 17. My food consumption has caused significant psychological problems such as depression, anxiety, self-loathing, or guilt. | 0 | 1 |
| 18. My food consumption has caused significant physical problems or made a physical problem worse. | 0 | 1 |
| 19. I kept consuming the same types of food or the same amount of food even though I was having emotional and/or physical problems. | 0 | 1 |
| 20. Over time, I have found that I need to eat more and more to get the feeling I want, such as reduced negative emotions or increased pleasure. | 0 | 1 |
| 21. I have found that eating the same amount of food does not reduce my negative emotions or increase pleasurable feelings the way it used to. | 0 | 1 |
| 22. I want to cut down or stop eating certain kinds of food. | 0 | 1 |
| 23. I have tried to cut down or stop eating certain kinds of food. | 0 | 1 |
| 24. I have been successful at cutting down or not eating these kinds of food | 0 | 1 |

| | | | | | |
|--|--------|---------|---------|---------|-----------------|
| 25. How many times in the past year did you try to cut down or stop eating certain foods altogether? | 1 time | 2 times | 3 times | 4 times | 5 or more times |
|--|--------|---------|---------|---------|-----------------|

26. Please circle ALL of the following foods you have problems with:

| | | | | | | | |
|-------------|--------------|-------------------|-----------|--------------|---------|------------|----------------|
| Ice cream | Chocolate | Apples | Doughnuts | Broccoli | Cookies | Cake | Candy |
| White Bread | Rolls | Lettuce | Pasta | Strawberries | Rice | Crackers | Chips |
| Pretzels | French Fries | Carrots | Steak | Bananas | Bacon | Hamburgers | Cheese burgers |
| Pizza | Soda Pop | None of the above | | | | | |

27. Please list any other foods that you have problems with that were not previously listed:

Name _____ Date _____

Estrogen Dominance

SIGNS, SYMPTOMS AND ASSOCIATIONS OF ESTROGEN DOMINANCE

(Circle any symptoms you have)

| | | |
|---|--|--|
| Attention Deficit Disorder | Allergies, including asthma, hives, rashes, sinus congestion | Anxiety, often with depression |
| Breast cancer | Breast tenderness | Autoimmune disorders such as lupus erythematosus and Hashimoto's thyroiditis and possibly Sjorgren's syndrome (dry mouth/dry eyes) |
| Calcium deposits | Cervical dysplasia (class 3 pap smear) | Cold hands and feet |
| Craving of sweets | Decreased sex drive | Depression with anxiety or agitation |
| Dry eyes | Early onset of menstruation | Endometrial (uterine) cancer |
| Fat gain, especially around the hips, thighs and back of arms | Fatigue | Fibrocystic breasts |
| Fluid retention | Gall bladder disease | Good skin |
| Headaches | Heavy menses | Hypoglycemia |
| Inability to lose weight | Increased blood clotting (increasing risk of strokes) | Increased HDL |
| Increased sensitivity to sight, sound or emotion | Infertility | Irritability |
| Insomnia | Large breast | Loss of scalp hair |
| Migraines | Mood swings | Palpitations |
| Panic attacks | Excessive vaginal bleeding | Water retention, bloating |
| Prostate cancer/enlarged prostate | Sluggish metabolism | PMS |
| Weight gain | Yeast infections | Symptoms of hypothyroidism with normal thyroid blood test |
| Insulin resistance or Type II diabetes | | |

Read This!!!

The Detox Healing Crisis

Many people tell me they get sicker a few days into the candida-cleansing regimen. They get more acne, or experience more headaches, and they immediately stop the regimen because of this. Don't make this mistake. This feeling is just a normal healing crisis that everyone experiences before they get better. Shelley has this to say about the healing crisis:

The Healing Crisis, or Die-Off, occurs when the body is detoxifying: releasing stored toxins too rapidly for the paths of elimination to manage, and toxins are therefore floating around the bloodstream, poisoning you all over again.



For instance, autointoxication, or self-poisoning, occurs when the bowels are full of crud, because the body is designed to absorb water and minerals from the colon. Any bacteria, yeast or undigested foods will also get absorbed into the bloodstream to be filtered out all over again by the kidneys, lymph and liver or attacked by the immune system. Both the lymph and the liver rely on the bowels as a place to dump things, so the cycle continues until the bowels are cleansed with

bowel management intervention such as colonics.

The process of cleansing and detoxing is a process of elimination, but the body can eliminate only so fast. Give it more than it can handle and you'll feel poisoned because you are! Thus, intervention that supports the paths of elimination will lessen the effect of the healing crisis, remove toxins, and get you that much closer to vital health.

A healing crisis can also happen as the body replaces old, toxic tissues with new tissues. The old tissues are broken down and added to the body's waste materials. A healing crisis can happen when you add probiotics, as the microbe colonies react to the newcomers which clean house. You can even experience a healing crisis by giving your body healthy juices that allow access to alkaloids that give passage to stored acids.

What this all adds up to is: headaches, sleepiness, extreme fatigue, constipation or diarrhea, cold and flu symptoms, ear infections, and acne. As long as these symptoms are happening during a detox protocol, they are a natural part of the healing process and should be supported and even celebrated, and yet mitigated so that you stay within your comfort zone.

If you take something such as an herbal tea or intestinal cleanser and experience no healing crisis, then the dose is too small or the product is bunk. Increase dosage until you

feel the healing crisis coming on, that way you'll know it's effective. It's pretty funny, but I'm all the time saying, "Great!" when people complain of a product giving them a headache. The headache is telling you it's working, and that's a good thing.

To minimize the Herxheimer Reaction:

- Drink lots of good water, the cleansing drink, fresh veggie juices, and keep up your essential minerals/salts with broth or EmergenC or the like. As soon as you feel a headache coming on, immediately reach for a glass of water. Make it a habit.
- Drink ginger tea with honey and lemon if mucous is being released.
- Keep the paths of elimination (bowels, lungs, skin, kidneys) clean as possible, as frequently as possible. Definitely consider a colonic or two.
- Take air/sun baths, preferably from 2:00 pm on if summer, or before 11:00 am. Avoid sunbathing during the hottest part of the day, especially if you're Pitta.
- Reduce doses and slow down the detoxification process until you're in your comfort zone ? feeling somewhat ill but functional.
- Take a detox bath
- Sweat by using exercise, saunas, baths, and herbs
- Keep to a very pure diet, consider fasting or eating a mono-diet of Kichadi
- Get minimal exercise daily to keep circulation going. Stretching helps a lot.
- Consider getting a massage, or perform self-massage with sesame oil scented with essential oils such as lavender; peppermint; or a blend of lemon, bergamot, basil, etc.
- A healing crisis means true healing because old injuries and stored toxins are being released. Once released, true repair and regeneration of healthy tissues can begin.

The healing crisis will usually bring about past conditions and personal issues so they can be dealt with and released for all time. Please be aware that the issues may be mental/emotional, not just physical. The healing crisis can include periods of anger, irritability, depression, and intense bouts of sobbing. You don't have to know which trauma you are releasing to release it, so just go with the flow and let it out.

When you're experiencing emotional release, the therapies that seem to help best are bodywork and energetic healing methods such as massage, chiropractic, Rolfing, flower essences, Reiki, acupuncture.

PLEASE READ AND SIGN BELOW:

Stomach acid deficiency (S.A.D. stomach)

A deficiency in the production of hydrochloric acid is quite common, especially as we get older. The presence of hypochlorhydria (low stomach acid) is an extremely important finding as stomach acid is responsible for two key functions. The sterilization of food against potentially harmful micro-organisms reduces our risk of overgrowth of the trillions of germs that live in and on us. We now know that we have more germ DNA in us than human. Stomach acid plays a critical role in the digestion of protein molecules called amino acids and the absorption of minerals and vitamins. Stomach acid also signals the release of digestive enzymes and bicarbonate from the pancreas required for digestion. Insufficient stomach acid also causes absorption of partially digested food molecules, leading to food sensitivities. Food components that should be digested and absorbed in the upper intestines, when not processed properly, pass through into the lower intestines providing fuel for harmful micro-organisms, therefore increasing the numbers of germs such as Candida yeast. Low stomach acid allows gastrointestinal overgrowth of germs that ferment your food causing excess gas, heart burn, and more serious conditions such as "irritable bowel syndrome". Malabsorption of minerals, vitamins and amino acids, can cause many other medical problems. Poor mineral absorption can lead to poor growth of hair, skin and nails. Poor absorption of vitamin B12 can lead to dementia. Low stomach acid levels can be genetic or acquired. A number of different medical conditions, listed below, are associated with stomach acid deficiency.

Circle any that apply to you.

- Asthma.
- Celiac disease.
- Chronic fatigue syndrome (CFS).
- Diabetes melitis.
- Eczema.
- HIV/AIDS.
- Lupus.
- Macular degeneration.
- Multiple chemical sensitivity.
- Pernicious anaemia.
- Psoriasis.
- Reflux.
- Rheumatoid arthritis.
- Rosacea.
- Stomach ulcers/helicobacter pylori.
- Urticaria (hives).
- Vitiligo.

People with low stomach acid usually have a number of the following symptoms/signs.

Circle any that apply to you.

- Stomach aching/pain/discomfort or bloating after meals
- Feel unwell/fatigued right after meals
- Food or water 'sits in stomach'
- High fat foods cause nausea/stomach upset
- Undigested food in stool
- Reflux &/or heartburn
- Poor appetite or feel overly full easily
- Multiple food sensitivities
- Trouble digesting red meat
- Constipation
- Low iron levels
- Frequent nausea
- Nausea/reflux after supplements (e.g. fish oil)
- Burping after meals

CAUTION

If you start taking thyroid replacement, you'll want to watch for and report to your practitioner if you start to have any of the below symptoms after starting the replacement. My experience is that the standard lab test called "TSH" has to get below 1.00 before normal thyroid levels are achieved. This may falsely be interpreted as having too much thyroid hormone if all the doctor does is look at the lab report without questioning or examining you. That's practicing bad medicine. If thyroid hormone is in excess, there are specific responses we see. This is why a complete physical exam and evaluation of your symptoms must be done. If you don't have the symptoms, by definition, you can't have too much thyroid hormone. If you do develop any of the symptoms below after starting thyroid replacement, stop taking your replacement and inform your practitioner.

Sudden weight loss, even when your appetite and diet remain normal or even increase

Rapid heartbeat (tachycardia) - commonly more than 100 beats a minute - irregular heartbeat (arrhythmia) or pounding of your heart (palpitations)

Increased appetite

Nervousness, anxiety and irritability

Tremor - usually a fine trembling in your hands and fingers

Sweating

Changes in menstrual patterns

Increased sensitivity to heat

Changes in bowel patterns, especially more frequent bowel movements or diarrhea

An enlarged thyroid gland (goiter), which may appear as a swelling at the base of your neck

Fatigue, muscle weakness

Difficulty sleeping

Change in menstrual flow - usually reduced or absent