

Page 1 of Dr Stuart White's Case History Key reformatted into 7 Pillars by Dr Dan Kuehne (italics are my additions) v 2.1

Neuro-hormonal/ Endocrine Pillar #1			Testes (Men)		Appetite / Diet			
<b>Adrenals</b>			Sex drive Flat / Low/ Normal	hormonal	symplex m, drenamin, adrenal complex, Tribulus	Appetite (Low, Norm, High)	low: gut lining irritation high: blood sugar	low: Cat AC, LactEnz, Prosynbiotic, Multizyme complete, Diaplex high: sp
Energy Low	adrenals, hormonal, heart	adrenal desiccated, Drenamin, cataplex b, symplex, Cardioplus	Decreased morning erections	hormonal	symplex m, Drenamin, Orchic adrenal complex, Tribulus	Eat Animal Protein _____/per day	low # per day: hcl deficiency	zypan, betaine hcl, zinc
Energy Variable	gallbladder, hormonal, blood sugar	af Betafood, symplex f/m, Drenamin, adrenal complex, phase 2 diet, Diaplex	Decreased fullness erections	hormonal, cardiovascular, often caused by meds	hormones: symplex, Drenamin, FemCo, adrenal complex, cardio: cayenne, garlic forte horse chestnut, hawthorn,	Eat Starch (pasta/bread/potatoes/rice)	blood sugar, energy	phase 2 diet with zypan, blood sugar: Diaplex, Gymnema, cat gtf
Difficulty falling asleep	adrenals	Daytime: Adrenal complex, Drenamin Bedtime: calcium, cat G, MinChex, MinTran, Protefood	Inability to concentrate	hormonal, neurotransmitters	symplex, Tribulus, FemCo, Protefood	Eat Sweets (cakes, cookies, candy)	glycemic regulation, energy	phase 2 diet with zypan, blood sugar: Diaplex, Gymnema, cat gtf
Difficulty staying asleep	cortisol/ dysregulation	Daytime: Adrenal Complex, Drenamin Bedtime: Protefood, cat G, Nutrimere	Episodes of depression	hormonal, neurotransmitters	symplex, Tribulus, FemCo, Protefood	Eat Chocolate _____/per week	hormonal	symplex f/m, Drenamin, Magnesium
Slow to Start in Morning	Adrenals, gut lining irritation	Adrenal desiccated, Adrenal Complex, gut: cat ac	Decreased physical stamina	hormonal, neurotransmitters	symplex, Tribulus, FemCo, Protefood	Eat Spicy Foods _____/per week	gut lining irritation	Cat AC, SP Complete
Energy Crash _____am/pm	variable systems- time of low energy- meridian clock	Drenamin, Adrenal Complex, supplement to treat corresponding organ/gland	Sweating Attacks	hormonal, neurotransmitters	symplex, Tribulus, FemCo, Protefood	Eat Ice Cream _____/per week	gallbladder, bile delivery	AF Betafood
Dizzy when stand quickly	adrenal fatigue	Adrenal desiccated, Drenamin, Symplex, Adrenal Complex, Withania, Celtic Sea Salt	More emotional than past	hormonal, neurotransmitters	symplex, Tribulus, FemCo, Protefood	Coffee _____cups/ week	adrenals	Drenamin, Eleuthero, Rhodiola
Light Bothers Eyes	adrenal fatigue	Adrenal desiccated, Drenamin, Symplex, Adrenal Complex, Withania, Celtic Sea Salt	Unexplained weight gain	hormonal, neurotransmitters	Tribulus, FemCo, adrenal complex, Protefood	Caffeinated Tea _____cups/week	adrenals	Drenamin, eleuthero, Rhodiola
Weak Nails	Protein deficiency, Adrenals, Mineral deficiency	Protefood, SP Complete, Drenamin, Organic Minerals, Calcium	<b>Sleep</b>			Juice _____per week	glycemic regulation	Diaplex, cat gtf, Gymnema
Perspire easily or excessively	adrenals, pituitary	Drenamin, Adrenal Complex, Eleuthero, Rhodiola, Pituitrophin	Quality -poor or fair	mineral deficiency or cortisol dysregulation	calcium, magnesium, MinTran, MinChex, Cat G, Protefood, Nutrimere	Soda _____per week	glycemic regulation, gut lining irritation	Diaplex, cat gtf, Gymnema, gut: cat ac
Orgasm Quality (poor/ good/ great)	Adrenal strength	Drenamin, Adrenal Complex,	Interrupted _____per night	cortisol dysregulation right/left brain integrations	Daytime, Adrenal Complex, Drenamin Bedtime: Protefood, cat G, Nutrimere	Beer _____per week	yeast, glycemic regulation, liver	Zymex, Immuplex, Diaplex, cat gtf, Gymnema, Livaplex, livco
<b>Pituitary</b>			Awaken Suddenly (Jolt)		RNA, OPC, synergy, ginkgo	Wine _____per week	glycemic regulation, liver	Diaplex, cat gtf, Gymnema, Livaplex, livco
Sex Drive Low/ Normal/ High	hormonal	symplex m/f, Pituitrophin, Tribulus, Drenamin	<b>Emotions</b>			Liquor _____per week	glycemic regulation, liver	Diaplex, cat gtf, Gymnema, Livaplex, livco
Menstrual Disorders	hormonal	Pituitrophin, symplex m/f, Ovex, Drenamin, Ovatrophin, chaste tree, Tribulus	Stress	Adrenals, neurotransmitters	Drenamin, Withania, symplex	Avoid Artificial Sweeteners _____%	toxicity	af Betafood, sp cleanse, livco
Splitting Headaches	Pituitary	E Manganese, Manganese b12, Pituitrophin, Trace Minerals b12	Sad	Adrenals, neurotransmitters lungs, neurotransmitters	Drenamin, Withania, symplex	Avoid Trans Fats _____%	toxicity	af Betafood, sp cleanse, livco
<b>Thyroid</b>			Grief		Allerplex, Zymex II	Avoid Food Allergens _____%	failure causes inflammation	calcium, magnesium, organically bound minerals
Tired/Sluggish	thyroid, adrenals, hormones	thyroprolin, thyroid complex, symplex, Drenamin, adrenal complex	Depression	brain chemistry, neurotransmitters	MinChex, cat G/B	<b>Biотerrain/ Mineral Pillar #3</b>		
Chills, Feel Cold hands, feet, body	Thyroid, infection	thyroprolin, thyroid complex, symplex f/m, cat f, Thymex, SSO	Moodiness	gall bladder, neurotransmitters	AF Betafood	Twitching around eyes	mineral deficiency	Magnesium, organically bound minerals
Require Excessive Sleep	thyroid, adrenals, hormones	thyroprolin, cat f, thyroid complex, symplex, Drenamin, adrenal complex	Frustrated	Liver, neurotransmitters	AF Betafood, Livaplex	Difficulty falling asleep	mineral deficiency, cortisol dysregulation	calcium, magnesium, MinTran, MinChex, cat g, Protefood, Nutrimere
Increase in weight unexplained	thyroid, adrenals, hormones	thyroprolin, cat f, thyroid complex, symplex, Drenamin, adrenal complex	Irritable	gallbladder, neurotransmitters	AF Betafood	Restlessness	mineral deficiency	calcium, magnesium, MinTran, MinChex
Difficult infrequent bowel movements	thyroid, bile route	thyroprolin, cat f, thyroid complex, symplex, af Betafood, Collinsonia, fencho	Angry	Liver, neurotransmitters	Livaplex	Don't Remember Dreams	Phase II sleep	MinChex, MinTran, cat g, af Betafood
Depression Lack of Motivation	thyroid, adrenals, neurotransmitters	symplex, thyroid complex, Drenamin, adrenal complex, Protefood, sp complete	Worrisome	gut lining, neurotransmitters	cat ac	Nails spots or weakness	white spots: zinc deficiency weakness: mineral deficiency, adrenals	white spot: zinc liver, chezyn weakness: organically bound minerals, trace minerals, drenamin
Hair Loss and Thinning	thyroid, b vitamins, minerals, parasites	thyroid: thyroid complex, cat f cat b, cat g, cellular vitality trace minerals, parasites: Zymex II, wormwood complex	Nervous	Adrenals, neurotransmitters	drenamin	Air Hunger/ frequent sighs	Acidosis	CalAmo, Calcium
Thinning of Outer Third of Eyebrow	thyroid	thyroprolin, symplex, thyroid complex	Anxiety	Adrenals, neurotransmitters	drenamin, Withania, eleuthero, Cardioplus	Cramps (legs/feet/arms/hands)	muscle physiology	magnesium, organically bound minerals, Calcium, Celtic sea salt
Dryness of Scalp	thyroid, oils, liver	thyroprolin, symplex, evening primrose, tuna, af Betafood, Livaplex	Panic	Arrhythmia - adrenals OR Vertigo	Organically Bound Minerals, Rhodiola, Withania, eleuthero, OR Thymex & SSO	Aches (legs/feet/arms/hands)	muscle physiology	magnesium, organically bound minerals, Calcium, Celtic sea salt
Mental Sluggishness	thyroid, brain integration	symplex, thyroid complex, drenamin, adrenal complex, Protefood, sp complete	Cry	hormonal, heart, neurotransmitters	symplex f/m, Cardioplus, Vasculin	Restless (legs/feet/arms/hands)	muscle physiology	magnesium, organically bound minerals, Calcium, Celtic sea salt
Heart Palpitations- Skip/Flutter	heart, b vitamins, minerals, adrenals, hyperthyroid	Cardioplus, Vasculin, Cat B/G, Organic Min, Drenamin, hyperthyroid: Bugleweed & motherswort	Fear	kidneys, neurotransmitters	Albaplex, Arginex	Frequent Thirst	electrolyte deficiency	magnesium, organically bound minerals, Calcium, Celtic sea salt
Inward trembling	thyroid	thyroprolin, thyroid complex	Shame	hypothalamus, neurotransmitters	Hypothalmex, symplex, MinTran, cat b	Shallow rapid breathing	electrolyte deficiency	magnesium, organically bound minerals, Calcium, Celtic sea salt
Increase pulse at rest	thyroid, adrenals	thyroprolin, thyroid complex, symplex, drenamin, MinTran	Guilt	hypothalamus, neurotransmitters	Hypothalmex, symplex, MinTran, cat b	Poor muscle endurance	electrolyte deficiency	magnesium, organically bound minerals, Calcium, Celtic sea salt
Insomnia-cannot sleep	hyperthyroid	thyroprolin, Bugleweed & motherswort	<b>Brain</b>			Swelling in ankles and wrists	electrolyte deficiency	magnesium, organically bound minerals, Calcium, Celtic sea salt
Night Sweats	thyroid, hormones, gallbladder	thyroprolin, symplex, Ovex, af Betafood	Forgot Names	brain integration	RNA, Ginkgo, OPC, Rhodiola	Uterine cramps women	mineral deficiency	CalAmo, Magnesium, Cramplex
<b>Uterus (women only)</b>			Forgot Numbers	phosphours	Circuplex, RNA, Phosfood	Urination leakage	bladder weakness	Ligaplex I or Ligaplex II
Irregular cycle	hormonal	Chaste Tree regulates prolactin & LH	Forgot Words	brain integration	RNA	<b>Inflammatory / Immune Pillar #4</b>		
Early (less than 28 days)	hormonal	Chaste Tree, Symplex F	Forgot Actions			<b>Eyes</b>		
Late (more than 28 days)	hormonal	White Peony, Symplex F	Difficulty Focus/ Concentrating	brain integration	OPC synergy, tuna omega, Rhodiola, Bacopa	Burn / Red / Dry	Infection, Allergies	Congaplex, Allerplex, Antronex
Skip cycle	hormonal	Symplex F, Hypothalmex, Utrophin, Tribulus	<b>Exercise</b>			Tears	Allergies	Antronex Allerplex
Flow (heavy/ moderate/ light)	Chlorophyll		Cardiovascular _____ times/ week	lack of stamina: heart lack of motivation adrenal	Cardioplus, drenamin, adrenal complex	Eye Film /Crust in morning	Infection	Congaplex, Thymex
Cramps (mild/ mod/ severe)	mineral deficiency	CalAmo, Magnesium, Cramplex	Weight Train _____times/per week	lack of stamina - heart lack of motivation adrenal	Cardioplus, drenamin, adrenal complex	Foaters	Lymphatic congestion in vitreous humor	Congaplex, Thymex
Clotting/ Spotting	Anemia	Chlorophyll, Fortin/B12	<b>Glycemic Management Pillar #2</b>			Stye	Infection	Congaplex
Headache side of head	uterus	Utrophin	<b>Pancreas</b>			Itchy Eyes	Allergies	Antronex
<b>Ovaries (women only)</b>			Crave Sweets	glycemic regulation	phase 2 diet, Gymnema, cataplex b, cataplex gtf, Diaplex, Pancreatrophin	Eye Ache	Strain	Iplex
Sex drive Flat / Low/ Normal	hormonal	symplex f, drenamin, adrenal complex, Tribulus	Irritable when skip meals	glycemic regulation	phase 2 diet, Gymnema, cataplex b, cataplex gtf, Diaplex, Pancreatrophin	Vision blurry	Strain	Iplex
Low Abdominal Puffiness	Uterine swelling	Utrophin	Light headed skip meals	glycemic regulation	phase 2 diet, Gymnema, cataplex b, cataplex gtf, Diaplex, Pancreatrophin	Tired	Strain	Iplex
Fluid Retention Face / Hands / Feet	Kidneys	Arginex, CalAmo	Eating relieves fatigue	glycemic regulation	phase 2 diet, Gymnema, cataplex b, cataplex gtf, Diaplex, Pancreatrophin	Spots	Gall bladder	AF Betafood
mood swings/irritable/depressi on	Hormonal	Symplex F, Utrophin	Bouts of blurred vision	glycemic regulation	phase 2 diet, Gymnema, cataplex b, cataplex gtf, Diaplex, Pancreatrophin	Puffy	Gall bladder	AF Betafood
Tired during cycle	Adrenal	Drenamin, Eleuthero, FemCo	Fatigue after meals	glycemic regulation	phase 2 diet, Gymnema, cataplex b, cataplex gtf, Diaplex, Pancreatrophin	Dark Circles	Liver, kidneys	Albaplex, Livaplex
Ovarian pain		Ovex, Ovatrophin, black currant	Frequent Urination	glycemic regulation	phase 2 diet, Gymnema, cataplex b, cataplex gtf, Diaplex, Pancreatrophin	<b>Ears</b>		
Breast Tender around cycle	Prolactin imbalance	Chaste Tree, Symplex F, Black Currant Seed oil	Increased Thirst	glycemic regulation	phase 1 & 2 diet, Gymnema, cataplex b, cataplex gtf, Diaplex, Pancreatrophin	Ear Noise (Ring/Hiss/Pound)	Infection, parasites, anemia	Thymex, Zymex II, Multizyme, Wormwood, Fortil/B12, Chlorophyll, Ferrofood
Acne around cycle (pre/mid/post)	hormonal imbalance	Symplex F, Utrophin, evening primrose oil	Difficulty losing weight	glycemic regulation	phase 1 & 2 diet, Gymnema, cataplex b, cataplex gtf, Diaplex, Pancreatrophin	Ear Plugged	Infection	Thymex, SSO
Birth Control Pill / Patch		cruciferous to assist liver to prevent estrogen dominance				Ear Popping	Eustachian congestion	Thymex, SSO, Congaplex
Menopausal Natural /Surgical	Adrenals - pmg missing gland	Drenamin, Eleuthero, Withania, wild yam, Evening Primrose Oil				Ear Ache / Infections	Congestion	Thymex, SSO, Congaplex, puts drops in ear of a mix 50/50 rubbing alcohol, and hydrogen peroxide
Hot Flashes	Adrenal, hormonal	Symplex F, Utrophin, evening primrose oil, Tribulus, wild yam				Ears Itch internally	Yeast	Zymex, Zymex II
Facial Hair growth	Dihydrotestosterone-DHT	Zinc, Cruciferous Complete				Ear Drainage	Otitis external (swimmers ear)	Thymex, Sesame Seed Oil, Zymex
Dark Nipple Hair	Dihydrotestosterone-DHT	Zinc, Cruciferous Complete				Hearing Loss	Infection, neurological	Thymex, Folic Acid
Hair growing up towards belly button	Dihydrotestosterone-DHT	Zinc, Cruciferous Complete				Excessive Ear Wax	infection	Thymex & Sesame Seed Oil
Skin Crawling	Hormonal	Utrophin				Dizziness/ Vertigo	Infection, food allergy	Thymex & Sesame Seed Oil
Breast discharge	Hormonal	Symplex F, Utrophin, Chaste tree						
Breasts shrinking	Hormonal	Symplex F, Utrophin, Chaste tree						
Breast Feeding	Support production	Fengre, inositol, cat b, milk thistle						
Breast Surgery	Hormonal	Symplex F						
<b>Vagina (women only)</b>								
Bum	Bowel dysbiosis, Infection	Lact Enz, Cat AC						
Itch	Yeast/Infection	Zymex						
Dry	Depressed Hormones	Symplex F, Utrophin, Ovatrophin, Ovex, Drenamin						
Discharge-clear white yellow-green brown	white & odor - yeast yellow yeast infect. green-trichomonas brown-hormonal	white or odor:Zymex yellow:zymex &cat-ac green:zymex,zymex 2,cat-ac brown:symplex f						
Pain with Intercourse	Pain upon coitus, hormonal depletion	Wild Yam Complex, Tribulus, Evening Primrose Oil						

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Sinus			Cardiovascular Pillar #5			Cellular Vitality Pillar #7		
Frontal headache	Sinus infection, or allergies	Thymex& Sesame Seed Oil, Allerplex, Antronex, Euphrasia	Chest Tension/ Tight/ Pressure	Heart	Cardioplus, Vasculin, Magnesium	Fatigue constant	<i>mitochondria fatigue</i>	<i>cellular vitality, herbal vital, Vitanox, adrenal complex</i>
Sinus dry	Infection	Allerplex	Chest Heaviness	Heart	Cardioplus, Vasculin, Magnesium	Dehydrated	<i>electrolyte deficiency</i>	<i>trace minerals b12, calcium, magnesium</i>
Sinus drain	Allergies	Antronex	Chest Heart Pain	Heart	Cardioplus, Vasculin, Magnesium	Slow to Heal	<i>cell membrane promotion, blood quality</i>	<i>AC Carbamide, Tuna Omega 3, Chlorophyll, folic acid b12</i>
Sinus stuffy	Infection, food allergy	Allerplex	Heart Palpitations-Skip/Flutter	heart, b vitamins, minerals, adrenals, hyperthyroid	Cardioplus, Vasculin, Cat B/G, Organic Min, Drenamin, hyperthyroid: Bugleweed & motherswort	Low Stamina	<i>mitochondria fatigue</i>	<i>cellular vitality, Vitanox, herbal vital</i>
Sneeze frequent	Infection, Allergy	Thymex, Antronex	Heart Racing	Adrenals, Thyroid	Symplex F/M, Cardioplus, Magnesium	Sluggish Memory	<i>brain integration</i>	<i>RNA, OPC synergy, Bacopa, SP Complete</i>
Smell / Taste Loss	Infection	Allerplex, Thymex	Heart Slowing down	Adrenals, Thyroid	Symplex F/M, Cardioplus, Magnesium	Inability to achieve lean body	<i>endomorphic</i>	<i>Adrenal Complex, FemCo, Herbal Vital, Whey Pro Complete</i>
Post nasal drip mucous color: clear, white, yellow, green, brown	clear=allergies infections: white=strep yellow=staph green=fungal brown=bronchial gray=chronic	clear: Antronex white: Congaplex yellow:thymex green:allerplex brown Allerplex, Broncafect gray: Allerplex	Constant Shortness of Breath	Cardiac	Cardioplus, Vasculin	<b>PAIN/ STIFFNESS/ SWELLING/ACHE/NUMBNESS/TINGLING</b>		
<b>Lungs</b>			Sleep Apnea	heart, lungs	CardioPlus, Vasculin, Cat B, Cat G, Allerplex	Headache	frontal-sinus side-hormonal back: digestive top:csf migraines-liver gallbladder or low hcl	frontal-Thymex, SSO, side-Utrophin, ProstX, back-af Betafood, livco top: CalAmo migraines-af Betafood, livco, LivTon, zypan, Protefood
Chest Congestion	<i>Lung infection</i>	<i>Congaplex, Broncafect, Allerplex</i>	Mitral Valve Prolapse	Cardiac dystonia	Cardioplus, Vasculin, Magnesium, Organic min, <i>Cat F</i>	Facial		
Pain on Breastbone	Bone marrow fatigue	SSO, Biost, Arginex	Murmur	Cardiac dystonia	Cardioplus, Vasculin, Magnesium, Organic min, <i>Cat F</i>	TMJ	liver, gallbladder, pituitary	AF Betafood, Livaplex, Choline, SP Cleanse, LivCo, LivTon, Pituitrophin pmg, Manganese B12
Breath short on exertion	Pulmonary	Allerplex	<b>Digestion Pillar #6</b>			Neck	Lymphatic Congestion, mineral deficiency, stomach	Congaplex, Calcium, Magnesium, trace minerals zypan
frequent sighs	acidosis	CalAmo,	<b>Stomach</b>			Trapezius	Lymphatic Congestion, mineral deficiency	Congaplex, Calcium, Magnesium, trace minerals
Wheezing	Food allergy (usually milk)	Thymex, SSO	Heartburn	Reflux-Gallbladder	AF Betafood, Enzycore, Gastrex	Upper Back	Lymphatic Congestion	Congaplex
Asthma	Food allergy (usually milk)	Thymex, SSO	Indigestion	stomach	Cat AC, Lact Enz, <i>Enzycore</i>	Shoulders	Gallbladder; In Men can be Prostate	AF Betafood, Livaplex, Choline, SP Cleanse, LivCo, LivTon In Men can be Prost X
Emphysema	<i>Lung Infection and Inflammation</i>	<i>Emphaplex</i>	Stomach Aches	stomach	Cat AC, Lact Enz	Arms		
Bronchitis	<i>Lung Infection and Inflammation</i>	<i>Broncafect, Congaplex, Calsol</i>	Stomach Cramps	stomach	Cat AC, Lact Enz	Elbows	liver, gallbladder	AF Betafood, Livaplex, Choline, SP Cleanse, LivCo, LivTon
<b>Mouth/ Throat/ Immune</b>			Nausea/ Queasy	stomach	Cat AC, Lact Enz	Wrist	nerve thyroid pancreas	B6 Niacinamide (10) thyroprothin (6) Diaplex(12)
Blisters	Low calcium	Cat F tabs, Immuplex, CalAmo	Bloat after Eat	Gallbladder	AF Betafood, Choline, Livton	Hand		
Canker Sore	Bile Stasis	Cat AC, AF Betafood, Zypan, CalAmo	Gas/ Flatulence	Gallbladder, CHO fermentation	AF Betafood, choline, phase II diet	Mid Back	Kidneys	Arginex(10), Renefood (10)
Bad Breath	Chronic sinus infection, gastric fermentation	Thymex, SSO, Zypan, Cat AC	Belching	Gallbladder	AF Betafood, Choline, Livton	Low Back	Colon	Zymex (10), ProSynbiotic, Gut Flora, Zymex II (6), Wormwood (3)
Dry Mouth	Infection or Decreased Bile	Congaplex, AF Betafood, Choline	Ulcer	Stomach Infection	Okra pepsin, Congaplex, Lact Enz, Cats Claw	Sacral Iliac	Colon	Zymex (10), ProSynbiotic, Gut Flora, Zymex II (6), Wormwood (3)
Bleeding gums	Capillary fragility	Cyrua Plus, Cat C, Collagen C, Bio-dent	Hiatal Hernia	Reflux, food allergy	Ligaplex II, AF Betafood, Choline	Hips	Colon	Zymex (10), ProSynbiotic, Gut Flora, Zymex II (6), Wormwood (3)
Receding gums	<i>Bone loss</i>	<i>Biudent, Calcifood</i>	<b>Liver/ Gallbladder</b>			Buttocks	Colon	Zymex (10), ProSynbiotic, Gut Flora, Zymex II (6), Wormwood (3)
Teeth Health Problems	Bone matrix	Calcifood, Bio-dent	Headaches at base of skull	Digestive	AF Betafood, Gastrex, Cataplex AC	Legs	Colon	Zymex (10), ProSynbiotic, Gut Flora, Zymex II (6), Wormwood (3)
Swelling of Glands	Infection	Thymex, Congaplex, Immuplex, Cyrua Plus	Greasy high fat foods cause distress	Decreased Bile	AF Betafood, Choline, Livton, <i>Collinsonia, short term: Cholacal</i>	Knees	Liver, Kidneys	AF Betafood, Livaplex, Choline, SP Cleanse, LivCo, Livton
Cough (dry/productive)	Dry; Allergies Productive: Infection	Dry: Allerplex, Antronex, Albizia, ResCo Productive: treat by color of mucus (under sinus section) Broncafect <i>Phytosynergist liquid</i>	Difficulty losing weight	Liver congestion	AF Betafood, Choline, SP Cleanse, LivCo, Livton, Livaplex	Ankles	Bladder	Arginex(10), Albaplex (6)
Sore Throat	Infection, Congestion	Congaplex	Dry or Itchy Skin	Dry: Liver Itchy: Food allergy	Dry:AF Betafood, Livaplex Itchy: Antronex, Allerplex, eliminate food allergy	Feet	Bladder	Arginex(10), Albaplex (6)
Hoarseness	Infection	Congaplex	Patches skin look different	Psoiriasis	AF Betafood, Livaplex Zymex II	<b>For Doctor's Use</b>		
Fever	Infection	Cat AC, sesame seed oil, calcium lactate	Yellow cast to eyes			Luna Fingernails Rt 1 2 3 4 5 Lt 1 2 3 4 5	<i>if missing on 1-4 circulation problems</i>	<i>garlic forte, cayenne, hawthorn, Horse Chestnut</i>
Frequent Colds/ Flu	<i>immune strength low</i>	Cat AC, Arginex, Sesame Seed Oil, Thymex, Congaplex, Echinacea	Stool color clay colored	<i>Decreased Bile</i>	AF Betafood, Choline, Livton, <i>Collinsonia, short term: Cholacal</i>	<i>Splinter Hemorrhages</i>	<i>vasculitis or endocarditis</i>	<i>garlic forte, cayenne, hawthorn, Horse Chestnut</i>
Environmental Allergies	<i>worsened by food allergies</i>	<i>Allerplex, Antronex, Albizia, stop eating food allergies</i>	History of gallbladder attacks	Liver congestion	AF Betafood, Choline, SP Cleanse, LivCo, Livton, Livaplex	Ear Creases (Rt Lt) mild/mod/severe)	Heart Stress	Cardioplus, Cat B, Cat G, Vasculin
Nightmares	gall bladder, parasites	AF Betafood, parasites: Zymex II, wormwood	Excessively foul smelling sweat	Liver congestion	AF Betafood, Choline, LivCo, Livton, Sp Cleanse, Livaplex	Cherry Hemangioma	estrogen attacks peripheral blood vessels, causing an aneurysm	Cruciferous Complete, Garlic forte, SP Cleanse
<b>Bladder</b>			Hormonal imbalances	Liver congestion	AF Betafood, Choline, SP Cleanse, LivCo, Livton, Livaplex	Frenulum Cyst	Digest Weakness, Colon, Parasites	Multizyme, Zymex II, wormwood
Urinate _____times per day awake	Kidney strength	Albaplex, Arginex	Difficulty Swallowing	Gallbladder, food allergies	AF Betafood and eliminate food allergies	Color Tongue	See below	See below
Urinate at night _____per night	<i>Kidney, Liver</i>	<i>Arginex, Livaplex</i>	<b>Hemorrhoids</b>			Coated Tongue (mild/mod/severe)	Yeast	Zymex, Gut Flora, Prosynbiotic, Throat spray
Urination urgency	Bladder	Albaplex, Arginex	Swollen/ Distended / Bloody Anus	Liver congestion	Collinsonia, AF Betafood, <i>Horse Chestnut Complex</i>	Cracks in Tongue-midline/ all over	B Deficiency	Cat B, Cat G, Folic Acid B12, Cat B12
Burning /Pain urination	Infection	Arginex, Cranberry Complex	Burning Anus	Allergy Infection	Cat AC, <i>USF ointment</i>	Swollen Tongue	Inflammation (Spleen)	<i>Immuplex</i>
Cloudy urine	Infection	Albaplex, Arginex, Cranberry	Itchy/ Stingy Anus	Parasites	Zymex II, Multizyme, Wormwood, <i>USF ointment</i>	Dark Veins under Tongue	Liver congestion, heavy metal toxicity	ChelaCo, <i>parotid &amp; Cholacal II Spanish black radish</i>
Odor urine	Infection	Albaplex, Arginex, Cranberry	Achy Anus	Bile Stasis	AF Betafood, Choline, Cat AC, <i>Collinsonia</i>	Allergy Patches Tongue	Eating a food allergy	Remove Food Allergens
Spasm urinate	Infection	Albaplex, Arginex, Cranberry	<b>Bowels</b>			Red Spots Tongue	Estrogen imbalance	Cruciferous Complete, Garlic forte, SP Cleanse
Urinary Tract Infection	Infection	Albaplex, Arginex, Cranberry	Bowel Movements _____ Per day	min daily, max following each meal	<i>Too few=Collinsonia, af Betafood, choline, livco, LivTon Too many=Gastrofiber, Cholacal II</i>	Geographic Tongue		Cat G, Folic Acid B12,
Kidney Pain or Infections	Infection	Albaplex, Arginex, Cranberry, Renatrophin, Renefood	Incomplete	Bile Stasis	AF Betafood, Choline, Cat AC	Height _____	skeletal energy	Biost, Calcifood
<b>Skin</b>			Skip days _____ per (week/month)	Bile Stasis	Collinsonia, AF Betafood, Fencho	Weight _____ (+/- _____ lbs.) overall (+/- _____)	low carb lifestyle, support thyroid	Phase I/ II diet, Cat GTF Diaplex, <i>Coleus Forte, Gymnema, Thyroid Complex</i>
Skin Rash	food allergy elimination	Antronex, <i>Allerplex, USF ointment</i>	Sluggish bowels every days	Bile Stasis	Collinsonia, AF Betafood, Fencho	Pulse BP: (____ / _____)	adrenals	drenamin
Acne	parasites, infection	Zymex II, Multizyme, Wormwood, Thymex, Sesame, <i>Cat E, Zinc</i>	Cramps in Abdomen	Bile Stasis, inflammation	Magnesium, AF Betafood	saliva pH _____ Urine pH _____	saliva below 7.0 is acidic above 8.0 emergency alkalosis	calcium, MinTran, magnesium, organically bound minerals, Greenfood, HCL, Enzycore
Itchy Skin	Food allergy	Antronex, <i>Allerplex</i> , & eliminate food allergy	Taking Laxatives	Bile Stasis	AF Betafood, Cat AC, Replace lax with <i>Collinsonia</i> root or colax if severe	Allergies _____	keep ongoing list of known allergies, including supplement reactions	<i>coach patients that eliminating food allergens decreases total body inflammation</i>
Cellulite	Protein bound fluid	Zypan, Albaplex, Arginex, No protein after 4 PM	Using Suppositories	Bile Stasis	AF Betafood, Choline, Cat AC	Current Meds: _____	keep current list of medications	consider supplements to support side effects
Nail fungus (mild/mod/severe)	fungus	<i>Zymex, Gut Flora Topically: 2 drops white vinegar base of toe every day until nail grows out completely, look for new pink at base</i>	Enemas	Bile Stasis	AF Betafood, Choline, Cat AC	<b>Color of the Tongue (below)</b>		
<b>Breasts</b>			Colonics	Bile Stasis	AF Betafood, Choline, Cat AC	White	Anemia/ parasites/ hormones	<i>Ferfofood, Folic B12/ Multizyme, Zymex II, Wormwood/ pillar #1</i>
Breast fibrosis	Congestion	avoid stimulants, Albaplex, chaste tree, Evening Primrose Oil	Pain with Bowel Movements	<i>hemorrhoids, anal fissures, inflamed rectum, anal abscess, IBS, endometriosis, prostatitis</i>	<i>see appropriate sections below for supplements</i>	Yellow	Stomach/ Spleen	<i>Enzycore, Okra Pepsin E3, Zypan/ Immuplex, Spleen PMG, Desiccated Spleen</i>
Breast Lumps	Lymphatic	Albaplex, chaste tree	Irritable Bowel Syndrome	<i>gut lining inflammation and thinning</i>	<i>Eliminate food allergens, Cat AC, Okra E3, SP complete DF, Prosynbiotic etc</i>	Gray	Fungal/ Advanced disease	<i>Zymex, Spanish, Cats Claw, Gut Flora, Sequential Immune up-regulation</i>
<b>Prostate (Men)</b>			Chron's	<i>gut lining inflamed &amp; thinning</i>	<i>Eliminate food allergens, Cat AC, Okra E3, SP complete DF, Prosynbiotic etc.</i>	Red	Stomach/ Tip only is Heart	<i>Okra/ Cardioplus, Vasculin</i>
Urination difficulty	Benign prostatic hyperplasia-BPH	Prost-X, Lact Enz, Palmettoplex, Tribulus	Colitis	<i>gut lining inflamed &amp; thinning</i>	<i>Eliminate food allergens, Cat AC, Okra E3, SP complete DF, Prosynbiotic etc.</i>	Green	lack oxygen, circulation	<i>Cat E2, Cayenne, Garlic 5000, Hawthorne, Horse chestnut</i>
Frequent urination	Benign prostatic hyperplasia-BPH	ProstX, Lact Enz, Palmettoplex, Tribulus	<b>Fecal Consistency</b>			Purple	Heart, Lung, oxygen exchange	<i>CardioPlus, Cayenne, Garlic 5000, Hawthorne, Horse chestnut, Cat E2</i>
Urination Burn / Achiness / Pain	Infection, Yeast	Zymex, Zymex II, Immuplex, Prost-X	Color feces light or dark _____	clay colored Liver Gallbladder	AF Betafood, Choline, Cat AC, <i>Collinsonia, Fen Cho, Livaplex</i>	Black	Severe State of disease	<i>Sequential Immune up-regulation</i>
Urination Dribbling /Emission/ Swelling	Benign prostatic hyperplasia-BPH	ProstX, Lact Enz, Palmettoplex	Normal	Well formed				
Pain inside of legs or heels	Benign prostatic hyperplasia-BPH	ProstX, Lact Enz, Palmettoplex	Soft	Diarrhetic	Cat AC			
Leg twitching at night	Benign prostatic hyperplasia-BPH	ProstX, Lact Enz, Palmettoplex	Hard	Bile Stasis	AF Betafood, Choline, Cat AC, <i>Collinsonia</i>			
Headache side of head	Benign prostatic hyperplasia-BPH	Prost-X	Pebbles	Bile Stasis	AF Betafood, Choline, Cat AC, <i>Collinsonia</i>			
			Dry	Bile Stasis	AF Betafood, Choline, Cat AC			
			Ribbon-like	Spasm in colon due to infection	Zymex, Zymex II, Multizyme			
			Bulky	Bile Stasis, lack of peristalsis	AF Betafood, Choline, Cat AC			
			Mucous	Allergy/ Infection	Cat AC, Lact Enz			
			Diarrhea	Allergy Infection	Cat AC, <i>Cholacal II</i>			
			Constipation	Bile Stasis	AF Betafood, Choline, Cat AC, <i>Collinsonia, Fen Cho, Colax</i>			