

If the kidneys are not filtering properly or if foods high in purines are over-consumed, the blood becomes saturated with uric acid and starts to crystallize in the joints. A change in diet is imperative for recovery. Avoid foods high in purines, including shellfish, red meat, organ meats, poultry, sardines, anchovies, legumes and alcohol. Also avoid fats, sugary foods and caffeine. Alkalize the body with lots of fresh fruits and vegetables, and drink at least 8 glasses of pure water daily.

***Note:** Once called the "rich man's disease" because of eating large amounts of animal products, this condition is also seen in vegetarians who consume refined food products.*

**B-Complex**

**CarotoMax**

**Fiber Advantage Bar**

**Fiber Plan**

**GLA Complex**

**Herb lax**

**Liver DTX Complex**

Soy Protein

**Sustained Release Vita-C**

**Vita-D<sub>3</sub>**

**Vita-E Complex**

Vita-Lea

Vitalizer

**Graves' Disease** — see Thyroid Conditions and Autoimmune Diseases

**Hair Loss** — see Alopecia

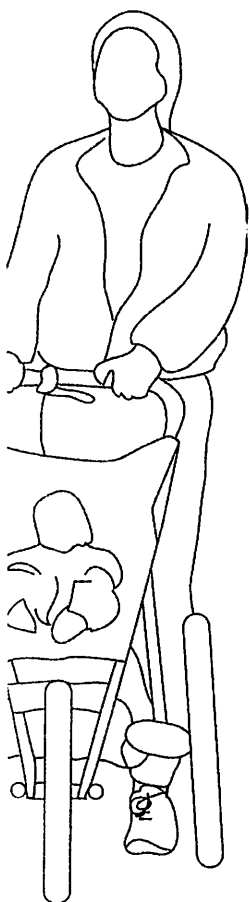
**Hashimoto's Disease** — see Thyroid Conditions and Autoimmune Diseases

**Hay Fever** — Hay fever is due to a sensitivity to seasonal grass pollen, and it results in sneezing, itching eyes and runny nose. If a true grass allergy exists, an asthma attack can result creating an emergency. Often there is cross-sensitivity to grass grains such as wheat, oats, barley and rye. Have an ELISA IgG4 blood test (a few drops of finger blood) for suspected grasses and grains and use homeopathic desensitization drops for fast recovery. Remove yourself from the exposure to the allergen and build your immune system. (See also Allergies.)

**Alfalfa Complex**

Chewable Cal Mag Plus

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and its symptoms include fatigue, weight gain, heavy menstrual bleeding in women, dry skin and hair, as well as goiters.

Iodine-deficiency goiters can be common in regions where the soils and foods have insufficient iodine. Preschool children, adolescent girls, pregnant women and the elderly are most vulnerable to goiters and other iodine-deficiency disorders. Areas where iodine supplies are inadequate see high rates not only of goiters but also of birth defects and retardation of both mental and physical development.

**A goiter can be caused by foods that contain a thyroid binding substance, methylthiouricil, when eaten in large amounts.** These foods include cabbage, brussels sprouts, turnips, rutabagas, cauliflower, kale, parsnips and broccoli. Given as a drug, this chemical can suppress an overactive thyroid. Goiters are more common in women. While iodine deficiency in the United States is rare due to iodized salt, suboptimum iodine intake is seen frequently compared to other countries. Some noted endocrinologists are recommending that iodine daily values be increased. They insist that this would reduce the number of thyroid disorders, including goiter, to lower levels. While moderate exercise can be helpful for the endocrine system, over-exercising with a low thyroid can cause stress on the heart. A thorough thyroid blood profile to help identify the cause of a suspected thyroid problem or imbalance should contain T4, T4 uptake, T3, TSH and antithyroid antibodies. Taking the early morning under-arm temperature can be of help in determining the overall efficiency of the thyroid gland and its target tissue utilization. Optimum supplementation with naturally occurring iodine and chlorophyll appears to be of help.

### **Alfalfa Complex**

CorEnergy

Nutriferon

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Soy Protein

Vita-D<sub>3</sub>

**Vita-Lea**

**Vitalizer**

**Vivix**

**Gout** — Gout, a metabolic disorder that causes extremely painful attacks of arthritis, occurs when there is an accumulation of uric acid that migrates into the tissue surrounding a joint, usually at the base of the big toe. The acid causes needle-shaped crystals to form at the joint, inflaming the tissues and nerves in the area. Uric acid is a byproduct of protein and purine metabolism and must be excreted through the kidneys in the urine.