

ALLERGY SYMPTOMS

Egg mix

(Egg White, Egg Yolk, Chicken, Tetracycline and Feathers).

Eggs are the best source of animal protein and egg has the maximum number of essential amino acids one can see in a natural food source. Protein intake of 0.8 gram/kg/day meets the requirements of 97% of the adult population. Individual protein requirements are affected by several factors, such as the amount of nonprotein calories provided, overall energy requirements, protein quality, and one's nutritional status. Inadequate amount of any of the essential amino acids result in inefficient utilization.

Source of Exposure:

Birds, feathers, clothes made from feathers, feather pillow, feather comforter, feather car seat, steering wheel cover, feather hats; foods with egg or chicken, breads, crackers, cakes, candy bars, cookies, egg white, egg yolk, food fried in batter made with egg white, food made with egg white or egg yolk, mayonnaise, pancakes, waffles, pastries, pies, protein drinks with egg, salad dressings, soups, thick sauce, vitamin and mineral-nutrition drink with egg, certain immunizations and vaccination, conditioner, shampoo, skin lotions, and shoes made with feather.

Proteins are the most essential factors in our body. If you react to your own body protein (egg - animal proteins) your reactions to outside allergens like food, drinks, environmental agents, bacteria, virus, parasite, etc. (they are foreign proteins) will be worse. Allergy to your body proteins can make one allergic to one's own body secretions, hormones, brain enzymes, digestive enzymes, glands, joints, ligaments, connective tissue, organs, tissues, body parts, etc. When you are allergic to your own body tissues, glands, joints, organs, etc., your body functions will not take place as they should do in a normal situation when a person is not allergic to his/her body tissues. Most of the autoimmune disorders will respond to egg treatment immediately; Many of my patients with fibromyalgia, asthma, CFS, eczema, osteoarthritis, lupus, fatigue, anxiety disorders, reported 70-80 relief of their years-long chronic health problem just after one treatment. Egg (white and egg yolk) contains maximum number of essential and non-essential amino acids compared to any other food that we can name from our daily diet.

Commonly Seen Allergic Symptoms:

Acne, anorexia, anxiety, arthritis, asthma, atopic dermatitis, atherosclerosis, backaches, bad breath, boils, bronchitis, cataracts, cirrhosis, colds, colitis, constipation, cough, depression, diabetes, digestive disorders, dizziness, eczema, emotional imbalance, emphysema, eye irritation, falling hair, fatigue, fever, fibrocystic breast disease, flu-like symptoms, frequent colds, fungus, hair loss, headaches, heaviness in the chest, heart disease, hemorrhoids, high blood pressure, high cholesterol, hives, hyperactivity, hypertension, immune disorders, indigestion, infections, in-somnia, irritability, itchy nose, joint pains, kidney disease, knee pains, liver disorders, liver toxicity, liver spots, mental disorders, mental illness, migraine headaches, mood swings, multiple sclerosis, muscle pain, nausea, nervousness, osteoarthritis, palpitation, polyarthritis, peptic ulcers, PMS, pneumonia, poor circulation, poor concentration, poor memory, rectal itching, runny nose, scleroderma, shoulder pains, stiffness in the shoulders, sores around anus, shortness of breath, sinus congestion, sinusitis, skin problems, skin rashes, sleep disorders, sore throat, stiff neck, swollen knees, ankles, feet, tension headaches, upper respiratory disorders, uterine fibroids, water retention, weakness of the muscles, weight gain, and wheezing.

Egg mix treatment can also bring out hidden emotions to surface in most people. About 80 percent of the people get treated for emotions following an egg treatment. That gives an idea how many people suffer from some sort of emotions. The commonly seen emotional blockages are the past or present emotional traumas related to pregnancy, miscarriages, rapes, molestation, breaking up relations, abandonment of relationships, memory of new beginning turned sour like a new job, new school, new

friends, new idea, or germination of new ideas didn't reach successful ending, or someone stole your idea and didn't give you the required credit, etc. Do not forget to check for emotional level when you treat for egg mix, and if you find it, treat it right away.

Cal Mix

(Cal-ascorbate, Calcium Gluconate, Calcium Carbonate, Calcium Citrate, vitamin D, Cow's Milk, Goat's Milk, Milk-casein, Milk-albumin, Breast Milk, lactic acid, Coumarin.)

The second most important nutrient is Calcium, the next important item after protein for body function. Calcium is necessary for any movement in the body, walking, running, eating, heart beating, etc. Calcium is also very necessary for bone formation, and neuromuscular function. Calcium metabolism is regulated by parathyroid hormone and metabolites of vitamin D. Parathyroid hormone (PTH) increases serum calcium by stimulating bone resorption, increasing renal calcium reabsorption, and promoting renal conversion of vitamin D to its active metabolite, calciferol. If the patient is allergic to calcium, he/she cannot absorb calcium from the food or utilize the available calcium in the body to manage the usual body functions. This eventually can affect the whole body causing various mild to severe health disorders (i.e., sleeping, tense, high blood pressure).

Source of Exposure:

Any type of milk and milk products, butter, cheese, cookies and pastries made with butter or milk, dried beans, eggs, grains, herbal teas, legumes, mineral water, nuts, salmon, seeds, shampoo, conditioners, skin cream, shell fish, sour cream, supplements or medication that contain calcium, spices, tap water, spring water, uncooked fruits, uncooked vegetables, and vegetable oils.

Commonly Seen Allergic Symptoms:

Acne, allergy to milk, cheese, yogurt, whey and other milk products, allergy to breast milk in infants, arthritis, asthma, atopic dermatitis, body aches, breathing problems, bronchitis, cough, colored spots on the skin surface (like liver spots), constipation (the colon is unable to relax), cramps in the calf muscles or legs, digestive disorders, dermatitis, eczema, falling hair, fatigue, frequent fever in children (without any reason), frequent colds, frozen shoulders, frozen joints, hair loss, hair thinning, headaches, high blood pressure, high cholesterol, hyperactivity, immune disorders, incontinence of bladder and bowels, inability to calm down and relax, infections anywhere in the body, insomnia, irritability, itching, joint pains, kidney stones, mental disorders, muscle aches, muscle fatigue, osteoarthritis, pneumonia, Poor circulation, poor concentration, post nasal drip, restless leg syndrome, restlessness, too much thinking, vitiligo, poor memory, premature gray, psoriasis, scleroderma, sinusitis, skin blemishes, sleep disorders, water retention, weakness of the muscles, weight gain, or weight loss and undue worry.

Vitamin C Mix

(Vegetables, Fruits, Vitamin C, Ascorbic Acid, Oxalic Acid, Citric Acids, Citrus Mix, Berry Mix, Fruit Mix, Vinegar Mix, Chlorophyll, Hesperin, Rutin, Bioflavonoid.)

Please check them individually after vitamin C treatment.

Vitamin C is needed for growth, development, to repair wear and tear of the cells and tissues, to clear poisons from the blood, etc. Vitamin C can act like an antihistamine and it strengthens the adrenals. Vitamin C is needed to build adrenaline and other essential enzymes in the body. So a large amount of vitamin C (2-3000 mgs of vitamin C) can be used in an acute allergic reaction to control the situation. Vitamin C is in collagen, it is also an antioxidant. After the successful treatment for vitamin C mix, most fruits and vegetables eaten will be non-reactive. The patients can begin to add more healthy foods into their daily diet list after treating for vitamin C. Many environmental substances contain Vitamin C, such as grasses, pollen, soaps and detergents (with citric acid or scented with lemon), strawberry or mint flavored toothpaste, mouthwash, etc. After the Basic treatments, reactions to environments will be

reduced. Vitamin C allergy causes repeated bladder infections and other infections in sensitive individuals; it also can cause frequent yeast and other infections. Some of the known medical conditions due to lack of vitamin C are: scurvy, petechia, purpura, gingival inflammation, acidity, bleeding, general weakness, and clinical depression.

Source of Exposure

Fresh fruits, vegetables, leafy vegetables, citrus fruits, dry fruits, any type of fruits, juices, sauces, soft drinks, milk, artificial sweeteners, and vitamin C supplements, artificial sweeteners, butter, cheese, cookies and pastries made with butter or milk, uncooked grains, uncooked legumes, herbal teas, milk products, mineral water, root vegetables like potato, onion, raw nuts, spices, raw seeds, salads, salad dressings, shell fish, sour cream, supplements or medication that contain vitamin C, shampoo or conditioners, skin cream, detergents and soaps with vitamin C or citric acid added, grasses, pollens, live trees, trees with fruits like lemon tree, vegetables, and weeds.

Commonly Seen Allergic Symptoms

Alzheimer's disease, asthma, body aches, bone pains, brain fatigue, brain fog, bronchitis, cancer, canker sores, cataracts, carpal tunnel, constipation (can irritate colon), cough, diabetes, digestive disorders, drug addiction, emphysema, falling hair, fatigue, flu-like symptoms, frequent colds, gallstones, gastritis, gout, growing pains, headaches, high blood pressure (allergy and deficiency of ascorbic acid, and ascorbate can cause high blood pressure), hyperactivity, immune disorders, indigestion, incontinence of bladder and bowels, infertility, insomnia, irritability (orange juice, irritable bowel disorders, etc., can cause mental instability and irritation), joint pains, kidney disease, kidney stone, leaky gut syndrome, lupus, manic disorders, mental illness, migraine headaches, multiple sclerosis, muscle aches, parkinson's disease, peptic ulcers, PMS, pneumonia, poor circulation, poor skin conditions, prostate disease, post nasal drip, Raynaud's syndrome, restless leg syndrome, restlessness, rheumatoid arthritis, senility, shortness of breath, sinusitis, skin problems, sleep disorders, stroke, tension headaches, uterine fibroids, vaginitis, varicose veins, water retention, weakness of the muscles, weight gain, weight loss, and yeast infections.

B Complex

(B1, 2, 3, 4,5,6,7,9,12,13,15,17, paba, inositol, choline).

B-complex vitamins are necessary for various functions such as enzymatic and proper nerve functions. In addition to treating the B-complex as a group, it may be necessary to treat the individual B vitamins separately. Check each B vitamin to see whether it should be treated individually. B vitamins are the food for the nerves. With a starving nervous system we cannot do any work in the body. Sensitivities can occur when our nervous system does not function normally. A good, efficient nervous system is necessary for clear thinking and other brain functions. Allergy and malabsorption of B complex vitamins cause frequent yeast and other infections.

Source of Exposure:

Whole grains, unpolished rice and grains, whole grain products, rice cakes made with brown rice, any type of whole foods, B Vitamin Supplements, foods that are fortified with B vitamins, fruits, nuts, prepared foods with B complex, trees, pollens, weeds, live grasses, dried grasses (used as decorations), etc. Refined sugar and concentrated sugar products like jelly, jell-o pudding, candy, should be avoided since excessive sugar can deplete the body reserve of B vitamins and patient can get severe deficiency reactions (panic attacks, internal cold, tremors, lack of energy, crying spells, etc.,) during the treatment period (25 hour).

Commonly Seen Allergic Symptoms:

Acne, addictions to caffeine, drugs, smoking, sugar, drugs, starches, alcohol, allergy to wheat, gluten, Alzheimer's disease, anxiety attacks, arthritis, asthma, atopic dermatitis, attention deficit disorders,

autism, body ache, boils, blemishes, bronchitis (whole grains), can't turn off the "thinking chain," cancer, cataracts, canker sores (B2), celiac sprue, cellulitis, colitis, constipation, cough, dermatitis, depression, diabetes, diarrhea, digestive disorders, diverticulitis, drug addiction, dry mouth, dry eyes, eczema, emphysema, falling hair, fatigue, flu-like symptoms, frequent colds, gallstones, gastritis, headaches (B6), high blood pressure (allergy to inositol), hot flashes, hyperactivity, immune disorders, incontinence of bladder and bowels, inability to calm down and relax (B6), indigestion, infections, infertility, insomnia, irritability, irritated colon, joint pains, kidney disease, kidney stone, leaky gut syndrome, lupus, manic disorders, menopausal discomforts, mental disorders, mental illness, mood swings, multiple sclerosis, muscle aches, nerve disorders, osteoarthritis, overeating, pancreatitis, parkinson's disease, peptic ulcers, PMS, pneumonia, poor circulation, polyarthritis, poor concentration, poor memory, poor skin conditions, postnasal drip, premature gray, prostate disease (B 12), psoriasis, restless leg syndrome, restlessness, respiratory diseases, rheumatoid arthritis, schizophrenia, senility, shortness of breath, sinusitis, cough, skin disorders, sleep disorders, smoking, stroke, tension headaches, uterine fibroids, vaginitis, varicose veins, water retention, weakness of the muscles, weight gain, and yeast infections.

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Source of Exposure:

Whole grains, unpolished rice and grains, whole grain products, rice cakes made with brown rice, any type of whole foods, B Vitamin Supplements, foods that are fortified with B vitamins, fruits, nuts, prepared foods with B complex, trees, pollens, weeds, live grasses, dried grasses (used as decorations), etc. Refined sugar and concentrated sugar products like jelly, jell-o pudding, candy, should be avoided since excessive sugar can deplete the body reserve of B vitamins and patient can get severe deficiency reactions (panic attacks, internal cold, tremors, lack of energy, crying spells, etc.,) during the treatment period (25 hour).

Commonly Seen Allergic Symptoms:

Acne, addictions to caffeine, drugs, smoking, sugar, drugs, starches, alcohol, allergy to wheat, gluten, Alzheimer's disease, anxiety attacks, arthritis, asthma, atopic dermatitis, attention deficit disorders, autism, body ache, boils, blemishes, bronchitis (whole grains), can't turn off the "thinking chain," cancer, cataracts, canker sores (B2), celiac sprue, cellulitis, colitis, constipation, cough, dermatitis, depression, diabetes, diarrhea, digestive disorders, diverticulitis, drug addiction, dry mouth, dry eyes, eczema, emphysema, falling hair, fatigue, flu-like symptoms, frequent colds, gallstones, gastritis, headaches (B6), high blood pressure (allergy to inositol), hot flashes, hyperactivity, immune disorders, incontinence of bladder and bowels, inability to calm down and relax (B6), indigestion, infections, infertility, insomnia, irritability, irritated colon, joint pains, kidney disease, kidney stone, leaky gut syndrome, lupus, manic disorders, menopausal discomforts, mental disorders, mental illness, mood swings, multiple sclerosis, muscle aches, nerve disorders, osteoarthritis, overeating, pancreatitis, parkinson's disease, peptic ulcers, PMS, pneumonia, poor circulation, polyarthritis, poor concentration, poor memory, poor skin conditions, postnasal drip, premature gray, prostate disease (B 12), psoriasis, restless leg syndrome, restlessness, respiratory diseases, rheumatoid arthritis, schizophrenia, senility, shortness of breath, sinusitis, cough, skin disorders, sleep disorders, smoking, stroke, tension headaches, uterine fibroids, vaginitis, varicose veins, water retention, weakness of the muscles, weight gain, and yeast infections.

YOU MAY EAT:

White rice, pasta made with refined white flour (no wheat flour), deep fried inside of the potato (no skin), deep fried fish, sea bass, feta cheese, cornstarch, fried fish cake, pickled herring, prepared clams, white vinegar, cider vinegar, com oil, safflower oil, sesame, soy oil, olive, peanut oil, maple syrup, cooked or canned white cabbage, beets, horseradish, yellow mustard or brown mustard sauce, cooked sausage, hot dog, cauliflower, alfalfa sprouts, bamboo shoots, etc., can be eaten. Rice should be washed in plenty of water two-three times to remove the fortified B vitamins then cook in large amount of water, 1 cup rice to six cups water, then drain the rice water and eat the rice. Water will take away the added B vitamins.

Sugar Mix

(Cane sugar, beet sugar, brown sugar, com sugar, honey, maple sugar, molasses, fructose, glucose, sucrose, lactose, dextrose, rice sugar, maltose, date sugar, and grape sugar.)

Sugar is an essential ingredient for normal absorption and assimilation of B complex vitamins. B complex vitamins travel in the body from one place to another with the help of sugar molecules. Sugar works as the seeing-eye-dog for the B complex vitamins. If one is allergic to B complex, one can suffer from malfunctioning of the nervous system. If one is allergic to sugar the same thing can happen, because B-complex cannot function without sugar.

Source of Exposure

Fruits, fruit juices, whole grains and whole grain products (read the labels), products made with sugar, soft drinks, alcoholic beverages, jellies, sauces, cookies, baked foods, pastries, butter, milk, and milk products made with sugar, prepackaged foods and drinks, powdered spices, toothpaste, mouthwash, also read labels of prepared items. Potato, white rice and refined flours are okay. They have pure carbohydrates that will convert into sugar in the body after certain digestive process, until the digestion they are okay. So it is okay to eat refined carbohydrates during the treatment for sugar. Rice sugar and malt sugar come from whole grains. So do not eat whole grains or use whole grain products during the sugar treatment.

Commonly Seen Allergic Symptoms:

Various addictions to alcohol, drugs, sugar, smoking, caffeine, alcoholism, allergies, arthritis, asthma, body aches, bone pains, bronchitis, cancer, cataracts, canker sores, chronic fatigue, colds, constipation, diabetes, digestive disorders, dry mouth, dry eyes, dry skin, drug addiction, tension headaches, emphysema, epilepsy, or seizure disorders, falling hair, fatigue, flu-like symptoms, fibromyalgia, frequent colds, frequent yeast and other infections, gastritis, growing pains, headaches, high blood pressure, hot flashes, hyperactivity, hypersensitivity, hypoglycemia, immune disorders, inability to calm down and relax, incontinence of bladder and bowels, indigestion, infections, infertility, insomnia, irritability, joint pains, kidney disease, manic disorders, menopausal discomforts, mental illness, multiple sclerosis, muscle aches, muscle pain, nervous disorders, osteoarthritis, overeating, pain disorders, pancreatitis, peptic ulcers, PMS, pneumonia, poly arthritis, poor circulation, poor concentration, poor memory, poor skin conditions, postnasal drip, premature gray, prostate disease, psoriatic arthritis, repeated bladder infections, restless leg syndrome, restlessness, rheumatoid arthritis, senility, shortness of breath, sinusitis, cough, skin problems, sleep disorders, stroke, tooth aches, tooth decay, uterine fibroids, vaginitis, varicose veins, water retention, weakness of the muscles, weight gain, weight loss, and yeast infections.

After successful completion of these five major treatments, patients should be encouraged to eat food from these five groups right away, and avoid eating food from other groups. Then as they progress through the treatment they can add each group to the list as they complete treatment for the respective

group. This way even the sickest person can begin to see the light at the end of the tunnel soon. Most people begin to see dramatic health changes when they complete these first five treatments.

After these five treatments, one can treat for allergens on a priority basis. Such allergens fall in this category:

Prescription drugs, antibiotics, chemotherapeutic drugs, radiation, nicotine, smoking, pollens, dust, enzymes, stomach acids, base, virus, bacteria, emotional allergies, etc. (Grasses may be less allergic after completing the treatment for grain mix.)

Iron Mix

(ferrous sulfate, ferrous gluconate, beef, pork, lamb, gelatin, fortified or added iron in products. Read the labels.)

Source of Exposure:

Apricots, peaches, banana, black molasses, dates, prunes, raisins, brewer's yeast, whole grain cereals, turnip greens, broccoli, Brussels sprout, spinach, beet tops, alfalfa, beets, sunflower seeds, walnuts, sesame seeds, whole rye, dry beans, lentils, kelp, egg yolk, liver, red meat, pork liver, beef, organ meats like kidney, heart and liver, farina, raw clams, oysters, nuts, asparagus, coffee, chocolate and iron supplements.

Commonly Seen Allergic Symptoms:

Anemia, anger, backaches, bleeding disorders, blood disorders, brain fatigue, bronchitis, colds, cold extremities, fatigue, feeling internal cold, frequent asthma, hair loss, hair thinning, hormonal imbalances, incontinence of bowels, increased mental irritability, insomnia, joint pains, kidney disorders, liver disorders, low resistance to viral and bacterial infections, low backaches, menopausal disorders, mental fog, mental fatigue, migraines, moles, mood swings, PMS, polycythemia vera, poor circulation, poor concentration, premenstrual and post menstrual disorders, reduced immunity, respiratory disorders, thyroid problems, toxic liver, tumors, urinary infections, and uterine fibroids.

Vitamin A Mix

(vitamin A, fish mix, shellfish mix, and beta carotene)

Source of Exposure:

yellow fruits, yellow vegetables, green fruits, green vegetables, green peppers, fish or fish products, milk products and corn products.

Commonly Seen Allergic Symptoms:

Asthma, bronchitis, cancer, cataracts, digestive disorders, ear drum disorders, eczema, emotional imbalances, emphysema, eye disorder, falling hair, fatigue, flu-like symptoms, frequent colds, gastritis, hair loss, headaches, high blood pressure, infections, hyperactivity, immune disorders, joint disorders, joint pains, kidney disease, loose skin, low immunity, mucous membranes disorders, migraine headaches, multiple sclerosis, muscle pain, peptic ulcers, pneumonia, poor circulation, poor concentration, poor elasticity of the blood vessels, premature gray, prostate disease, reproductive system disorders, sagging skin, shortness of breath, sinusitis, skin problems, sleep disorders, toxic build up in the system, upper respiratory disorders, varicose veins, weakness of the muscles and weight gain, and uterine fibroids.

Mineral Mix

(Trace minerals like antimony, barium, boron, beryllium, bromide, caesium, chlorine, chromium, cobalt, copper, europium, fluorine, gallium, germanium, gold, iodine, lithium, manganese, molybdenum, nickel, palladium, rubidium, samarium, scandium, silver, strontium, thallium, thorium, tin, titanium,

tungsten, uranium, zinc, zirconium, chromium, lead, magnesium, manganese, phosphorus, potassium, selenium, sulfur, vanadium, mercury.) Most of them are needed in trace amount only and are very important for various functions in the body.

Source of Exposure:

Metals, tap water, mineral water, root vegetables like onion, potato, carrots and turnips. Wear gloves while touching metal surfaces. Metal buttons on clothes, shoes, hand bags, wedding rings or religious rings etc., can be covered with masking tape. Use plastic and glass utensils to cook and eat. Use a pair of gloves during 25 hour period to avoid touching metals.

Commonly Seen Allergic Symptoms:

Adrenal deficiency, ADHD (magnesium and manganese), asthma (magnesium), autism, backaches, bone pain (phosphorus), brain fog (magnesium), bronchitis, constipation, diabetes (chromium), digestive disorders (sodium), dream disturbed sleep (magnesium), emotional imbalances (trace minerals), falling hair (calcium, iron, trace minerals), fatigue (trace minerals), frequent colds (trace minerals) frequent urination, headaches, heaviness in the feet, heaviness in the head (trace minerals, lead), hiatal hernia (trace minerals), high blood pressure (calcium, trace minerals), high cholesterol, hyperacidity (trace minerals), hyperactivity (trace minerals), immune disorders (trace minerals), incontinence of bladder and bowels, irritability (selenium, trace minerals), joint pains (germanium, gold), knee pain (sodium), leg cramps (magnesium), manic disorders, mental disorders (trace minerals), neuralgia, poor concentration, poor memory, shortness of breath, sinusitis, skin problems, sleep disorders, tingling sensation anywhere in the body, tremors, upper respiratory disorders, water retention, and weakness of the muscles.

Salt Mix

(sea salt, table salt, rock salt, sodium and chloride.)

Everyday body functions need the help of sodium-potassium pump for its normal functions. A major treatment for PMS (premenstrual disorder) and other pain disorders is salt.

Source of Exposure:

Kelp, celery, romaine lettuce, watermelon, sea food, processed foods with salts, fast foods, table salts, fish, shell fish, carrots, beets, artichoke, dried beef, brain, kidney, cured meats, bacon, ham, coffee, watercress, sea weed, oats, avocado, Swiss chard, tomatoes, cabbage, cucumber, asparagus, pineapple, tap water, and prepared, canned or frozen foods.

Commonly Seen Allergic Symptoms:

Alzheimer's disease, arthritis, asthma, attention deficit disorders, autism, brain fatigue, brain fog, bronchitis, cancer, cataracts, colds, colitis, constipation, crying spells, dermatitis, depression, diabetes, diarrhea, digestive disorders, drug addiction, ear aches, ear infection, eczema, emotional imbalances, emphysema, falling hair, fatigue, flu-like symptoms, gallstones, gastritis, hair loss, headaches, hyperactivity, immune disorders, infections, insomnia, irritability, joint pains, kidney diseases and disorders, leg cramps, manic disorders, mental disorders, mental illness, migraine headaches, mood swings, multiple sclerosis, muscle pain, obesity, pain disorders, panic attacks, parkinson's disease, pedal edema, peptic ulcers, PMS, pneumonia, poor circulation, poor concentration, poor memory, prostate disease, salt craving, senility, shortness of breath, sinusitis, skin disorders, stroke, tension headaches" tinnitus, upper respiratory disorders, uterine fibroids, vaginitis, varicose veins, water retention, weakness of the muscles, warts, weight gain, weight loss, and yeast infections.

Grain Mix

(whole wheat, com, rice, oats, rye, millet, arrowroot, gluten. gliadin, Coumarin, barley)

Source of Exposure:

All raw or cooked grains, whole grain starch, and any food prepared with whole grains or starch, breads, rice cake, and cereals.

Commonly Seen Allergic Symptoms:

Asthma, brain fatigue, brain fog, bronchitis, celiac sprue, colon disorders, diabetes, digestive disorders, eczema, emotional disturbances, emotional imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, hair loss, headaches, high blood pressure, high cholesterol, hives, hyperactivity, immune disorders, infections, insomnia, irritability, irritable bowel syndrome, itching, joint disorders, joint pains, leaky gut syndrome, manic disorders, mental disorders, migraines, mood swings, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, psoriasis, respiratory disorders, shortness of breath, sinusitis, skin disorders, skin rashes, sleep disorders, tinnitus, water retention, weakness of the muscles, yeast infections, and weight gain.

Yeast Mix

Source of Exposure:

Brewer 's yeast, baker's yeast, tortula yeast, candida albicans, bread, fruits, sugar, body secretions, acidophilus, yogurt, whey.

Commonly Seen Allergic Symptoms:

Abdominal bloating, Alzheimer's disease, anger, asthma, brain fatigue, brain fog, bronchitis, cancer, cardiac irregularities, cataracts, circulatory disorders, colds, depression, diabetes, digestive disorders, drug addiction, eczema, emotional imbalances, emphysema, falling hair, fatigue, flu-like symptoms, frequent colds, gallstones, gastritis, general itching, hair loss, headaches, high blood pressure, high cholesterol, hives, hyperacidity, hyperactivity, immune disorders, infections, insomnia, irritability, joint pains, kidney disease, kidney stone, loss of energy, loss of interest in daily activities, lumps in the breast, manic disorders, mental disorders, mental illness, migraine headaches, mood swings, multiple sclerosis, muscle pain, ovarian cysts, pancreatitis, peptic ulcers, PMS, pneumonia, poor circulation, poor concentration, premature gray, prostate disease, psoriasis, respiratory disorders, senility, shortness of breath, sinusitis, skin disorders, sleep disorders, stroke, tension headaches, uterine fibroids, vaginal itching, vaginitis, varicose veins, water retention, weakness of the muscles, weeping ulcers, weight gain, and weight loss.

Stomach Acid

(Stomach acid from stomach + HCL)

Source of Exposure:

Sugar, starches, fruits, grains, meats, other acid forming foods, coffee.

Commonly Seen Allergic Symptoms:

Abdominal pains, bloating, asthma, unable to sleep flat, regurgitation of stomach acids into the mouth and nostrils, choking sensation, shortness of breath, panic attacks, paranoia, butterfly sensation in the stomach, crying spells, hyperacidity, depression, migraine, hiatal hernia, bloating, indigestion, nausea, vomiting, and abdominal pains.

Base

Digestive Juices from Intestinal Tracts
various digestive enzymes: amylase, protease, lipase, maltase, peptidase, bromelain, cellulose, sucrose, papain, lactase, gluco-amylase, alpha galactosidase.

Source of Exposure:

Raw and cooked vegetables, beans, eggs, and milk

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, skin disorders, respiratory disorders, asthma, sinusitis, bronchitis, digestive disorders, emotional imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, hair loss, headaches, high blood pressure, high cholesterol, hyperactivity, immune disorders, infections, irritability, joint pains)· musclepain, pneumonia, poor circulation, poor concentration, poor memory, premature gray, shortness of breath: sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weight gain.

Hormones

(estrogen, progesterone, testosterone)

Source of Exposure:

Eating or using red meats and products with hormones. If one is able to get the meat from an animal that has never received any hormone, it is OK to eat the red meat from that source. Avoid stimulating your own hormones. Avoid treating during menstrual period.

Commonly Seen Allergic-Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hot flashes, hyperactivity, irritability, infertility, joint pains, low libido, muscle pain, PMS, poor concentration, premature grey, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Artificial sweeteners

Equal, nutra sweet, aspartame, sorbitol, sweet and low and saccharine, and twin.

Source of Exposure:

Items with the above artificial sugars, like soft drinks, sweet relish, pickles, sauces, cookies, tooth paste, mouthwash, etc.

Commonly Seen Allergic Symptoms:

Abdominal bloating, arthritis, asthma, backaches, bronchitis, burning palms, burning soles, cough, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, frequent urination, headaches, heart palpitations, hiatal hernia, high blood pressure, hyperactivity, immune disorders, infections, irritability, joint pains, loss of sensation at the tip of

finger and toes, mental irritation, migraines, mood swings, muscle pain, pain in the small joints, pain and swelling in the breast, panic attacks, PMS, pneumonia, poor concentration, poor memory, shortness of breath, sinusitis, skin problems, sleep disorders, tags, toothaches, upper respiratory disorders, water retention, warts, weakness of the muscles and weight gain, Uterine fibroids, cancer, cataracts, colds, bronchitis, pneumonia, sinusitis, emphysema, kidney stone, kidney disease, stroke, prostate disease, PMS, vaginitis, varicose veins, diabetes, peptic ulcers, gastritis, pancreatitis, mental illness, multiple sclerosis, Alzheimer's disease, senility, Parkinson's disease, drug addiction, gallstones, tension headaches, and migraine headaches.

Caffeine Mix

Coffee, tea, tannic acid, cocoa, cocoa butter, chocolate, carob, and caffeine.

Source of Exposure:

Coffee, tea, caffeinated drinks, leather goods, tannic acids, pain medication with caffeine, chocolate, all foods containing chocolate or coffee flavored ice cream, cocoa butter, and smell of any of the above.

Commonly Seen Allergic Symptoms:

Allergy Causes: abdominal bloating, anger, asthma, bronchitis, cardiac irregularities, circulatory disorders, depression, digestive disorders, eczema, emotional imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, headaches, high blood pressure, high cholesterol, hyperacidity, hyperactivity, immune disorders, insomnia, irritability, joint pains, lumps in the breast, manic disorders, mental disorders, mood swings, muscle pain, ovarian cysts, pneumonia; poor circulation, poor concentration, poor memory, psoriasis, psychotic behaviors, respiratory disorders, shortness of breath, sinusitis, skin disorders, sleep disorders, uterine fibroids, water retention, weakness of the muscles, yeast infections, and weight gain, Uterine fibroids, cancer, cataracts, colds, bronchitis, pneumonia, sinusitis, emphysema, kidney stone, kidney disease; stroke, prostate disease, PMS, vaginitis, varicose veins, diabetes, peptic ulcers, gastritis, pancreatitis, mental illness, multiple sclerosis, Alzheimer's disease, senility, Parkinson's disease, drug addiction, gallstones, tension headaches, and migraine headaches.

Nut Mix-1

peanuts, black walnut, English walnut

Source of Exposure:

Peanuts, walnuts, black walnuts, and English walnuts or anything made from these nuts or their oils.

Commonly Seen Allergic Symptoms:

Anaphylaxis, asthma, bronchitis, cough, dermatitis, digestive disorders, eczema, emotional imbalances, falling hair, fatigue, frequent colds, hair loss, headaches, high blood pressure, high cholesterol, hyperactivity, itching, immune disorders; infections, irritability, joint disorders, joint pains, mental disorders, muscle pain, multiple sclerosis, pneumonia, poor circulation, poor concentration, poor memory, respiratory disorders, shortness of breath, sinusitis, skin disorders, skin problems, sleep disorders, upper respiratory disorders, water retention, and weakness of the muscles.

Nut Mix-2

Cashew, almonds, pecan, Brazil nut, hazelnut, macadamia, and sunflower seeds.

Source of Exposure:

Cashew, almonds, pecan, Brazil nut, hazelnut, macadamia, sunflower seeds, or oils or products made from the above.

Commonly Seen Allergic Symptoms:

Anaphylaxis, asthma, bronchitis, digestive disorders, emotional imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, hair loss, headaches, high blood pressure, high cholesterol, hyperactivity, immune disorders, irritability, joint disorders, joint pains, mental irritability, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, respiratory disorders, shortness of breath, sinusitis, skin disorders, skin problems, sleep disorders, water retention, weakness of the muscles and yeast-like problems.

Spice mix 1

Ginger, cardamom, cinnamon, cloves, nutmeg, garlic, cumin, fennel, coriander, turmeric, saffron, and mint.

Source of Exposure:

Above listed spices in any form. These spices and their oils are encountered in candies, chewing gums, tooth paste, massage oils, aroma therapy ingredients and toiletries.

Commonly Seen Allergic Symptoms:

General itching, itching in the groin, axilla, bloating, cough, dermatitis, eczema, digestive disorders, fatigue, frozen shoulder, frozen joint, headaches, high blood pressure, hyperacidity, hyperactivity, immune disorders, infections, irritability, joint pains, mental disorders, migraine, muscle pain, pain disorders, pain in the heel, pain in the knee(s), pins and needles anywhere in the body, pneumonia, poor circulation, poor concentration, poor memory, skin warts, shortness of breath, sinusitis, skin problems, sleep disorders, tingling sensation anywhere in the body, upper respiratory disorders, water retention, weakness of the muscles, weight gain, and yeast-like infection.

Spice Mix 2

Peppers, red pepper, black pepper, green pepper, jalapeño, banana peppers, anise seed, basil, bay leaf, caraway seed, chervil, cream of tartar, dill, fenugreek, horseradish, mace, MSG, mustard, onion, oregano, paprika, poppy seed, parsley, rosemary, sage, sumac, and vinegar.

Source of Exposure:

Above listed spices in any form. These spices and their oils are encountered in candies, chewing gums, tooth paste, massage oils, aroma therapy ingredients and toiletries.

Commonly Seen Allergic Symptoms:

General itching, itching in the groin, axilla, bloating, eczema, dermatitis, digestive disorders, fatigue, frozen shoulder, frozen joint, headaches, high blood pressure, hyperacidity, hyperactivity, immune disorders, infections, irritability, joint pains, mental disorders, migraine, muscle pain, pain disorders, pain in the heel, pain in the knee(s), pins and needles anywhere in the body, pneumonia, poor circulation, poor concentration, poor memory, skin warts, shortness of breath, sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, weight gain, and yeast-like infection.

Animal Fats

Butter, pork fat, beef fat, lamb fat, body fat, fish oil

Source of Exposure:

Butter, lard, meats, fish and fish oils, skin lotions with lanolin or animal fat, food fried in animal fat, refried beans, chili beans, corn chips fried in lard etc. In small quantities, these animal fats may be safe. But processed fats are not safe. Animal fats can store environmentally harmful chemicals.

Commonly Seen Allergic Symptoms:

Acne, asthma, benign tumors, brain disorders, bronchitis, circulatory disorders, digestive disorders, disturbed sleep, emotional imbalances, falling hair, fatigue, flu-like symptoms, finger-warts, frequent colds, growths on the skin, hair loss, headaches, high blood pressure, high cholesterol, hives, hyperactivity, immune disorders, inability to gain weight, infections, infertility in female, irritability, joint pains, lipoma, manic disorders, mental disorders, muscle pain, pneumonia, Poor circulation, poor concentration, respiratory disorders, rough skin, shortness of breath, sinusitis, skin disorders, sleep disorders, upper respiratory disorders, warts, water retention, weakness of the muscles, weight gain, and weight loss.

Vegetable Fats

Vegetable oils, sesame, safflower, sunflower, corn, soybean, olive, peanut, walnut, almond, coconut, palm, margarine, and avocado oil.

Source of Exposure:

Vegetable oils, foods containing vegetable oils like breads, crackers, cookies, premade fruit juices like orange, etc., cheese, sauces, drinks, and skin lotions, makeup items, shampoo, conditioner etc.

Commonly Seen Allergic Symptoms:

Acne, asthma, attention deficit disorders, autism, benign tumors, brain disorders, bronchitis, chapped lips, circulatory disorders, digestive disorders, disturbed sleep, dry skin, dry soles, dry heels, emotional imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, growths on the skin, hair loss, headaches, high blood pressure, high cholesterol, hives, hyperactivity, immune disorders, inability to gain weight, infections, infertility in female, irritability, joint pains, lipoma, manic disorders, mental disorders, multiple sclerosis, muscle pain, pneumonia, Poor circulation, poor concentration, psoriasis, respiratory disorders, rough skin, shortness of breath, sinusitis, skin disorders, sleep disorders, upper respiratory disorders, warts, water retention, weakness of the muscles, weight gain, and weight loss.

Dried Beans Mix

Pinto beans, lima beans, lentils, peas, garbanzo beans, black beans, red beans, black eye peas, navy beans, soybean, and lecithin.)

Source of Exposure:

Hamburger, minced meat, above listed beans, their oils or products.

Commonly Seen Allergic Symptoms:

Abdominal bloating, anger, asthma, bronchitis, cardiac irregularities, circulatory disorders, depression, digestive disorders, eczema, emotional imbalances, falling hair, fatigue, fibromyalgia,

flu-like symptoms, frequent colds, general body aches, headaches, high blood pressure, high cholesterol, hyperacidity, immune disorders, infections, insomnia, irritability, joint pains, lumps in the breast, manic disorders, mental disorders, mood swings, muscle pain, ovarian cysts, pneumonia, poor circulation, poor concentration, poor memory, psoriasis, respiratory disorders, shortness of breath, sinusitis, skin disorders, skin problems, sleep disorders, uterine fibroids, water retention, weakness of the muscles, and weight gain, Uterine fibroids, cancer, cataracts, colds, bronchitis, pneumonia, sinusitis, emphysema, kidney stone, kidney disease, stroke, prostate disease, PMS, vaginitis, varicose veins, diabetes, peptic ulcers, gastritis, pancreatitis, mental illness, multiple sclerosis, Alzheimer's disease, senility, Parkinson's disease, drug addiction, gallstones, tension headaches, and migraine headaches.

Amino Acids

Essential amino acids: Lysine, methionine, leucine, threonine, valine, tryptophan, isoleucine, and phenylalanine.

Non essential amino acids: alanine, arginine, aspartic acid, camitine, citrulline, cysteine, glutathione, glutamic acid, glycine, histidine, ornithine, proline, serine, taurine, tyrosine.

Source of Exposure:

Any type of food that contains proteins, and protein products that are used for external application except chicken.

Commonly Seen Symptoms:

General itching, itching in the groin, axilla, bloating, hyperacidity, skin disorders, brain disorders, yeast-like infection, eczema, and dermatitis, digestive disorders, fatigue, headaches, high blood pressure, hyperactivity, immune disorders, infections, irritability, joint pains, mental disorders, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, shortness of breath, sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weight gain.

Turkey

(turkey, serotonin)

Source of Exposure:

Turkey in any form, milk products, tryptophane, vitamin B 1, B3 and B6 and all products with these vitamins (vitamin B1, B3, B6, tryptophane are the precursors of serotonin.).

Commonly Seen Allergic Symptoms: Asthma, bronchitis, brain irregularities, respiratory disorders, frequent flu's, mood swings, crying spells, depression, joint pains, backaches, headaches, eczema, skin problems, digestive disorders, emotional imbalances, fatigue, frequent colds, headaches, high blood pressure, hyperactivity, immune disorders, infections, irritability, joint pains, mental disorders, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, premature gray, shortness of breath, sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, and weakness of the muscles.

Whiten-all

This is a flavor enhancer. Used instead of sodium bisulfites in restaurants in other prepackaging industries to preserve color and texture.

Source of Exposure:

French fries, baked potato, potato salad, frozen vegetables, leafy green vegetables, and canned and prepackaged foods.

Commonly Seen Allergic Symptoms:

Arthritis, asthma, bronchitis, brain irregularities, Cardiac irregularities respiratory disorders, frequent chest pains, heaviness in the chest, angina like pains, mood swings, crying spells, depression, joint pains, backaches, headaches, eczema, skin problems, digestive disorders, emotional imbalances, fatigue, frequent aches mid pains, headaches, high blood pressure, hyperactivity, immune disorders, irritability, joint pains, mental disorders, muscle pain, pneumonia, poor concentration, poor memory, shortness of breath, chronic sinusitis, skin problems, sleep disorders, and weakness of the muscles.

Alcohol

Beer, red wine, white wine, rubbing alcohol, cooking wine, champagne, tequila and vodka.

Source of Exposure:

All alcoholic beverages, vanilla ice cream, foods cooked with wine, sugar and starchy foods, fruits, hair sprays, medicine with alcohol like cough syrups, shampoos, hair products, cosmetics and makeup products and rubbing alcohol.

Baking Powder / Baking Soda

Source of Exposure:

Baking powder, baking soda, cornstarch, cotton crotches of female underwear, foot powder, medications and tooth pastes, deodorants, antiperspirants, talcum powders, soaps, detergents containing baking soda.

Commonly Seen Allergic Symptoms:

General itching, itching in the groin, axilla, bloating, hyperacidity, skin disorders, brain disorders, yeast-like infection, eczema, and dermatitis, digestive disorders, fatigue, headaches, high blood pressure, hyperactivity, immune disorders, infections, irritability, joint pains, mental disorders, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, shortness of breath, sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weight gain.

Gelatin

(Animal and Vegetable Sources)

Source of Exposure:

Apple skin, pectin, hard skin of other fruits, okra, gelatin from chicken, meat, gelatin capsules, Jell-O, gelatin- added puddings, sticky candy, cosmetics, facial masks, and other makeup products.

Commonly Seen Allergic Symptoms:

Asthma, bronchitis, cold extremities, digestive disorders, emotional imbalances, falling hair, fatigue, fibromyalgia, flu-like symptoms, general body aches, hair loss, headaches, high blood pressure, high cholesterol, hyperactivity, immune disorders, infections, irritability, itching, joint pains, mental disorders, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, sensation of cold, shortness of breath, chronic sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, weight gain, and yeast-like problems. Low immunity, eczema, toxic build up, eye disorders, ear disorders, poor circulation, skin disorders, respiratory disorders, joint disorders and reproductive system disorders.

Gum Mix

Acacia (arabic, karaya gum, xanthine gum, black gum, sweet gum and chewing gum).

Source of Exposure:

Soft drinks, glues, chewing gum, cream cheese, and carbonated drinks. Please read the labels on the food containers if you are buying from the market.

Commonly Seen Allergic Symptoms:

General body aches, asthma, respiratory disorders, chronic cough, joint pains, fibromyalgia, yeast-like problems, itching, water retention in the body, frequent colds, sensation of cold, cold extremities, TMJ, facial pains, and fatigue.

Vitamin E

Tocopherol, d-alpha tocopherol, or tocopheryl, d-alpha tocopherol, or tocopheryl, mixed tocopherols.

Source of Exposure:

Wheat germ, soybeans, vegetable oils, broccoli, brussels sprouts, leafy greens, spinach, enriched flour, whole wheat, whole grain cereals, eggs, unrefined cold pressed crude vegetable oils, wheat germ and soybean oils, whole, raw or sprouted seeds, nuts and grains.

Commonly Seen Allergic Symptoms:

Low immunity, eczema, toxic build up, eye disorders, ear disorders, poor circulation, skin disorders, respiratory disorders, joint disorders and reproductive system disorders.

Vitamin K

Phytomenadione, Phytonadione, Phylloquinone, Menadione

Source Of Exposure:

Kelp, alfalfa and other green plants, soybean oils, egg yolk, cow's milk, liver, yogurt, safflower and soybean oils, fish liver oils, cabbage, Brussels sprouts and green leafy vegetables.

Commonly Seen Allergic Symptoms:

Bleeding disorders, skin disorders, hemophilia, varicose veins, and poor circulation.

Vitamin T

(Sesame Seed Factor.)

Source of Exposure:

Sesame seeds, egg yolk, vegetable oils, and tahini sauce

Commonly Seen Allergic Symptoms:

Low immune system, skin disorders, poor circulation, pain in the ligaments and tendons, gall bladder pain, neuroma, and muscle weakness.

Vitamin F

Unsaturated fatty acids-linoleic, gamma-linoleic and arachinoidic factors

Source Of Exposure:

All nuts, animal and vegetable fats and products from fats

Commonly Seen Allergic Symptoms:

Acne, asthma, attention deficit behaviors, autism, benign tumors, brain disorders, bronchitis, circulatory disorders, digestive disorders, disturbed sleep, emotional imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, growths on the skin, hair loss, headaches, high blood pressure, high cholesterol, hives, hyperactivity, immune disorders, inability to gain weight, infections, infertility in female, irritability, joint pains, lipoma, manic disorders, mental disorders, muscle pain, multiple sclerosis, neuroma, pneumonia, Poor circulation, poor concentration, respiratory disorders, rough skin, shortness of breath, sinusitis, skin disorders, skin problems, sleep disorders, upper respiratory disorders, warts, water retention, weakness of the muscles, weight gain, and weight loss.

Food Coloring

Natural and artificial food colorings

Source of Exposure:

Colored foods, pre mixed powdered spices, frozen vegetables, sauces, candies, chewing gums, soft drinks, ice creams, lipstick, crayons, coloring books, etc.

Commonly Seen Allergic Symptoms:

Asthma, autism, ADHD, anger, bronchitis, digestive disorders, emotional imbalances, excessive sweating, fatigue, flu-like symptoms, frequent colds, headaches, high blood pressure, high cholesterol, hyperactivity, immune disorders, infections, involuntary jerks in the body, irritability, joint pains, mental disorders, mental irritability, migraine, muscle pain, nervousness, perspiration of the palms, pneumonia, poor concentration, poor memory, shortness of breath, sinusitis, seizure disorders, skin problems, sleep disorders, sweating of palms and soles; undue fear, upper respiratory disorders, water retention, weakness of the muscles, and weight gain.

Food Additives

Sodium nitrite, sodium nitrate, sodium phosphates, calcium sulfates, calcium phosphates, BHT, BRA, (check in cases with seizure disorders, hyperactivity, migraines, muscle aches, arthritis).

Source of Exposure:

Hot dogs, sausages, pre-packed meats, soups, crackers, certain cookies (read labels), salad dressings, sauces etc.

Commonly Seen Allergic Symptoms:

Asthma, autism, ADHD, anorexia, anorexia nervosa, skin problems, brain disorders, irritability, skin disorders, cardiac irregularities, eczema, epilepsy, excessive sweating, fainting spells, convulsions, infantile convulsions, repeated bladder infections, frequent yeast and other infections, fatigue, body aches, muscle aches, joint pains, constipation, (irritated colon), hyperactivity, irritability (orange juice), high blood pressure (ascorbic acid), inability to calm down and relax, insomnia, immune disorders, canker sores, asthma, shortness of breath, bronchitis, digestive disorders, too much thinking, restlessness, restless leg syndrome, falling hair, fatigue, flu-like symptoms, frequent colds, headaches, high blood pressure, infections, joint pains, bone pains, gout, lupus, growing pains, manic disorders, migraine, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, premature gray, sinusitis, cough, seizure disorders, skin problems, sleep disorders, water retention, weakness of the muscles weight gain, and weight loss, poor skin conditions, infertility, yeast infections, and indigestion, etc.

Starch complex (Modified starch)

White rice, tapioca starch, sago, refined starches from potato, corn, arrow root, rice, and all purpose flour.

Source of Exposure:

All starch products, refined grain products, vitamins, certain prescription drugs (read labels), table salt, and thick sauces.

Commonly Seen Allergic Symptoms:

Abdominal pains, bloating, asthma, unable to sleep flat, regurgitation of stomach acids into the mouth and nostrils, choking sensation, shortness of breath, panic attacks, paranoia, butterfly sensation in the stomach, crying spells, hyperacidity, depression, tremors of the hands and feet, migraine, hiatal hernia, bloating, indigestion, nausea, vomiting, and abdominal pains.

Night Shade Vegetables

Tomato/Potato/Bell Pepper/ Egg Plant/Onion: Tomato Mix: (Green, Yellow, Red Tomato)

Source of Exposure:

Tomatoes of all kinds, and the products made from tomato.

Ribo mix/ deoxyribo (RNA/DNA)

Source of Exposure:

all proteins and products made from proteins

Commonly Seen Allergic Symptoms:

Brain fog, brain irritability, depression, headaches, joint pains, emotional imbalances, hyperactivity, immune disorders, inherited allergies, irritability, manic disorders, mental disorders, upper respiratory disorders, and weakness of the muscles.

Serotonin

One of the brain enzymes responsible for relaxation. Check in cases with insomnia, attention deficit hyperactive disorders, depression, manic disorders, autism and frequent respiratory tract infections, frequent bronchitis, and flu's.

Source of Exposure:

Turkey, asparagus, avocado, cocoa, pineapple, plum, tomato, yeast, milk, milk products, vitamins B1, B3, B6 and tryptophane

Chern Mix (Chemicals mix)

(Soaps, detergents, fabric softeners, cleansing chemicals, chlorine, Chlorox, bleach, chemical fumes from nearby factories, auto shops, etc.).

Acetone, acetic acid, benzoic acid, citric acid, glutamic acid, malic acid, oxalic acid, pyruvic acid, sorbic acid, uric acid, acrylic resins, aflatoxin, ammonium benzoate, ammonium carbamate, ammonium phosphate, ammonium valerianate, amyl nitrosyl, anthracene, antimony trisulfide, antimony tartarate, acetylcholine, asparagine, ascorbic acid, fumaric acid, hydrochloric acid, nitric acid, phosphoric acid, salicylic acid, succinic acid, acrylate, adipic acid, aluminum, ammonium bromide, ammonium caustic, ammonium muriate, ammonium picrate, amyl alcohol, aniline, antimony arsenite, antimony sulfide, aurum metallicum, silver nitrate, asbestos, acrylate, barium iodide, benzene, benzochinone, borax, perchloroethylene, phenylenediamine, phosphate cement, polypeptide, propylthiouracil, silica, sorbic acid, sulfa-urea, toluene, urethane, xylol, zinc oxide, zinc valerate, arsenic, aurum metallicum, barbitone, barbituric acid, barbituric acid, benzoic acid, bismuth metal, petroleum, phenylmercurinitrate, picric acid, polyvinyl, pyruvic acid, zinc, succinic acid, sulphur, urea, vinylsulfate, zinc sulfide, zinc cyanide, zinc picrate.

Source of Exposure:

Contact with the above items for 25 hours. Wash your clothes in plain water prior to treatment.

Ask the patient to collect samples of chemicals from local area and treat it while smelling on next visit.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, weak limbs, and weight gain.

Formal mix (formaldehyde)

Source of Exposure:

New buildings, new clothes, newspaper, liquid paper, pressed woods, paints, paint thinner, fumes, perfumes, certain ice creams. Wear a mask and use a pair of gloves. Remove name tags from the clothes or tape them with masking tape.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Wear mask and gloves if necessary.

TX: First day treat this sample. On next visit, if he/she passed the sample, treat him/her for the smell of the formaldehyde (if the patient is highly sensitive) while you treat the spinal point. Patient does not have to smell after the spinal treatment.

Perfume Mix

Source of Exposure:

Perfumed soaps, cosmetics, hair sprays, flowers.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Plastics

Source of Exposure:

All plastic and crude oil products including computer key boards, telephones, pens, vinyl ,chairs, containers, book covers, toothbrush, hair brush, etc.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Pes mix (Pesticides)

Source of Exposure:

Pesticides: (Antikeimmetel A, cyol hahm, diphenylamine, dichlorvos (DDVP), HCC-B (endosulfan intermed.), naphthalene HCL, pentachlorphenol, dorphosina, paraquat, aminotrazol, heptachlor, atrazine, aldicarb, methyl Mercaptan, sodium pyrophosphoric, parathion, para dichlorobenzene, superphosphate, calicum cynaimide, DDT, isopropyl-N phenylcarbamate, HCC (lindane), dinitrocresol, diazonine, trichphim, 2,4,5 tester, toxaphene, hexachlorbenzol, Endosulphan, dithiocarbamate (ferbam) 2-mercaptobenzothiazol, sodium-o-phenylpholate, sodium sulfate, polychlorinated biphenyl, phthalate BEster, thomasmehl.)

Fresh vegetables, fruits, meats, insecticides, new mattress, malathion sprays, ant baits, house, grass, weeds, lawns, trees that have been sprayed for pesticides.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, shortness of breath, skin disorders, respiratory disorders, sinusitis, skin problems, sleep disorders, water retention, weakness of the muscles, and weak limbs.

Dust Mix and dust mites.

Source of Exposure:

Dusty areas.

Clean up the living area before the treatment. Wear a mask for 25 hours.

Ask the patient to collect samples of dust from his/her house or from local area and treat it on next visit.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Vir Mix (Virus mix)

(E.B.V., C.M.V., herpes simplex, herpes zoaster, influenza).

Source of Exposure:

Contact with infected persons. If someone is infected with a virus, treat for the specific sample like herpes zoaster, etc. Also you may take a sample of your own body fluid (saliva, urine, stool, blood, skin tissue, etc.,) and treat for it.

TX the saliva at the first sign of cold or "flu" and you will be relieved of the symptoms just in a few minutes and you may not get the "flu". Teach all the patients how to treat for their saliva using 6 gate-treatments. They will appreciate it very much.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, infections, muscle pain, pneumonia, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Bac Mix (Bacteria mix)

(Staphylococcus aureus, streptococcus (viridans & nonhemolytic), streptococcus, pneumoniae & klebsiella pneumoniae).

Source of Exposure:

Contact with infected surfaces.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, infections, joint pains, muscle pain, pneumonia, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

I.D.

(Immune deficiency disorder)

Source of Exposure:

Contact with fresh blood from you or anyone else. Avoid meat, fish and eggs.

Ins Mix (Insect Mix)

(Bee, ant, spider, flea, mosquito)

Source of Exposure:

Touching or going near any insects

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Par mix (Parasite Mix)

(pin worm, tape worm, hook worm, amoeba, giardia, protozoa)

Source of Exposure:

Uncooked food, vegetables, tap water and contaminated water.

Rad mix (Radiation)

(sun, microwave, T'V, X-ray, computer)

Source of Exposure:

Sun, TV., microwave, X-ray & computers.

Make the patient touch the TV or Computer Screen while the Computer is on and treat the spinal points if the patient is reacting to the radiation from the screen .

Commonly Seen Allergic Symptoms:

Body aches, insomnia, asthma, bronchitis, depression, digestive disorders, eczema, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, sun burns, radiation burns, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Smok mix (smoking/ Nicotine)

Nicotine, Tobacco

Source of Exposure:

Smoking areas, smoke from cigarettes, clothes and substances making contact with cigarette smoke, banana, malt, cow's milk, potato, tomato and yeast mix. You may wear a mask for 25 hours .

TX: First day treat this sample. On next visit, if he/she passed the sample, treat him/her for the smell of the smoke. Place wet paper towel in a glass jar with a lid. Ask the patient to fill up the glass jar with cigarette smoke (or whatever he/she is smoking). Then make the patient smell the smoke while you treat the spinal point. Patient does not have to smell after the spinal treatment.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Grass Mix

Source of Exposure:

Alfalfa, Barley-cultivated, Bermuda grass, Blue-Canada, Bluegrass, Brome-Hungarian, Canary grass, Clover-sweet, Com-pollen, Grama-blue, Johnson grass, Meadow Fesue, Oat-cultivated, Quack grass, Rye, Rye grass, Rye grass-perennial, Sorghum grain, Sweet Vernal grass, Velvet grass, Wheat grass-Western, Bahia, Bent-creeping, Blue-annual, Blue-Kentucky, Brome grass, Chess-Southern, Com-cultivated, Five Grass mix, grass pollen, June grass-Western, Oat grass-Western, Oat Grass-tall, Orchard Grass, Redtop, Rye-cultivated, Rye Grass-Italian, Salt Grass, Sudan Grass, Timothy Grass, Wheat-cultivated

Walking on the grass lawn, going out doors. Wear shoes and socks while walking outside

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

TX: First day treat this sample. On next visit, if he/she passed the sample, treat him/her for the smell of the fresh grass while you treat the spinal point. Patient does not have to smell after the spinal treatment.

Pollen Mix**Source of exposure:**

Going outdoors

Keep a pan of water in a windy area for four to six hours or more. Collect the water and treat for the local pollens.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Weed Mix**Source of Exposure:**

Broom Weed, Cocklebur, Dock-sour, Allscale, Careless Weed, Dock-Rumex Mix, Firebush, Goldenrod, Hemp-common, Lambsquarter, Marsh Elder-narrow leaf, Mexican Tea, Pigweed-rough; Pigweed mix, Rabbit Bush, Ragweed-false, Ragweed-short, Ragweed- Southern, Ragweed- Western Giant, Ragweed Mix, Sagebrush-common, Sage-pasture, Sage Mix, Shadcale, Sugar Beet Pollen, Western Water Hemp, Winterfat, Wormwood-Annual, Dock-yellow, Greasewood, Jerusalem Oak, Marsh Elder-Burweed, Marsh Elder-rough, Mugwort-common, Pigweed-spiny, Plantain-English, Quail Bush, Ragweed-desert, Ragweed-giant, Ragweed-slender, Ragweed-Western, Ragweed-Woolly, Russian Thistle, Sage-Dragon, Sage-Prairie, Saltbush-annual, Sheep Sorrell, Weed Pollen Mix, Wingscale, Wormwood-common

Going outdoors. Wear a mask

Ask the patient to collect samples of weeds from local area and treat it on next visit

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Mold Mix

Source of Exposure:

Agaricus musc., Aspergillus Flavus, Aspergillus Glaucus, Aspergillus Terreus, Bermuda Grass Smut, Botrytis, Cephalosporium, Chaetomium Globosum, Claviceps Paspali, Coccidiomyces Immitis, Curvularia Spiciufera, Actinomyces Israel II, Alternaria Tenuis, Aspergillus Fumigatus, Aspergillus Niger, Barely Smut, Loose, Blastomyces Dermatitidis, Candida(monilia) Ablicans, Cephalothesium Roseum, Cladosporium Fulvum, Claviceps Purpurea, Corn Smut, Epicoccum Cinnabarinum, Foxtail Smut, Fusarium Solani, Geotrichum Candidum, Helminthosporium Sativum, Histoplasma Farcimosum, Johnson Grass Smut, Microsporum Canis, Monotospora, Mucor Racemosus, Neurospora Sitophila, Nocardia Asteroides, Penicillum chrysogenum, Penicillum Robrum, Pullaria Pullulans, Rhodotorula Mucilaginoso, Rinkel Mold Mix B, Scopulariopsis, Sorghum Smut, Dermatophilus Congolensis, Fusarium Vasinfectum, Gelassinospora Cerealis, Gliocladium Fimbriatum, Histoplasma capsulatum, Hormodendrum Clad, Microsporum Audouini I, Microsporum Gypseum, Mucor Corymbifera, Mycogone Albha, Nigrospora Sphaerica, Oat Smut, Penicillum Notatum, Phoma destructive, Rhizopus Nigricans, Rinkel Mold Mix A, Rinkel Mold Mix B, Spondylocladium Airovirens, Sporotrichum Pruindsum, Stachybotrys Atra, Stoe Mix, Trichophyton Equinum, Trichophyton Mentagraphytes, Trichophyton Rubrum, Trichophyton Verrucosum, Wheat Bunt, Wheat Stem Rust, Stemphyllum Sarcinaeforme, Trichoderma Lignorum, Trichophyton Gallinae, Trichophytonm ent, Trichophyton Tonsurans, Verticillium Albo (Atrum), Wheat Smut.

Dirty and moldy house, living near backwater bay, ocean, pools, canals, etc .. Treating on a cloudy, rainy day

Clean up the house well. Keep the house dry. Stay away from leaky bathrooms, old houses, etc. Wear freshly washed clothes during treatment.

Ask the patient to collect samples of molds from local area and treat it on next visit.

Commonly Seen Allergic Symptoms:

Abdominal bloating, anger, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Tree Mix

Source of Exposure:

(Acacia, Alder-red, Alder-white, Ash-Arizona, Ash-green, Ash-Oregon, Aspen-Quaking, Bayberry, Beech-American, Beefwood, Birch-mixed, Birch-river, Box-Elder, Cedar-Pinchot, Douglas fir, Eucalyptus, Birch-red, Birch-white, Cedar-mountain, Cedar-red, Cottonwood-Arizona, Cottonwood-Eastern, Cottonwood Mix, Cottonwood-Western, Cypress-Bald, Elm-American, Elm-Chinese, Elm-American, Elm-Cedar, Elm-Chinese, Elm Mix, Elm-slippery, Gum-black, Gum-sweet, Hackberry, Hazelberry, Hazelnut-American, Hemlock-Western, Hickory-mixed, Hickory-Pignut, Hickory-Shellbark, Hickory-white, Iodone Bush, Juniper-one-seeded, Juniper-Rocky Mountain, Magnolia, Maple-hard, Maple-soft, Mesquite, Mulberry-red, Mulberry-paper, Mulberry-white, Oak-black, Oak-Blackjack, Oak-live, Oak-bur, Oak-post, Oak-red, Oak-white, Olive-European, Osage-orange, Palm-date, Pecan, Pepper, Pine-mixed, Poplar-Lombardy, Poplar-white, Privet; Spruce-blue, Sumac-Upland, Sycamore, Tree of Heaven, Walnut-black, Willow-black, Willow-Pussy.)

Going outdoors, and going near trees

Wear shoes and socks while walking outside. Wear mask and gloves if you are going out.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Wood Mix

Source of Exposure:

Contact with woods, things made with woods. You may wear a pair of gloves to avoid contacts with wooden surfaces.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Fabric Mix

Try to treat one kind of fabric first, like cotton or polyester etc. Then wear the allergy-cleared item while treating for the fabric mix.

Source of Exposure:

Cotton, foam, rayon, sheep wool, spandax, orlon, polyester, silk, fleece, acrylic, and nylon. Avoid the contact with the fabric that is being treated.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Newspaper/ Newspaper Ink

Source of Exposure:

Touching paper goods, newspaper, facial paper, hand towel, pine products, tissue paper etc.

Ask the patient to collect samples of newspaper from local area and treat it on next visit.

Wheat stem rust, stemphyllum sarcinaeforme, trichoderma lignorum, trichophyton gallinae, trichophyton ment, trichophyton tonsurans, verticillium albo (atrum) wheat smut

Commonly Seen Allergic Symptoms:

Body aches, insomnia, asthma, bronchitis, depression, digestive disorders, eczema, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Animal Epithelial/Animal Dander**Source of Exposure:**

Contact with the animals, their saliva, hair, danders, any other products made from animals or used by the animals. If you have a pet, make arrangements to stay away from him/her for 25 hours.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

TX: First day treat this sample. On next visit, if he/she passed the sample, treat him/her for the smell of the animal hair while you treat the spinal point. Patient does not have to smell after the spinal treatment.

Egg Yolk: Avoid egg yolk or anything made from egg yolk.

Egg White: Avoid anything made from egg white.

Chicken: Avoid chicken or anything made from chicken.

Tetracycline: Avoid Tetracycline or chicken feed.

Chicken are fed with either tetracycline or similar antibiotics to keep the chicken free from infections. People eat chicken and can get reactions to chicken due to an allergy to Tetracycline if they are allergic to such antibiotics.

Feathers: Feather from Chicken and goose. Avoid feathers, pillow, comforter, seat cover, anything else made from feathers, etc.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Calcium Mix:

Calcium / Casein/albumin/milk miX/cheese mix/ vitamin D/ Milk Mix/lactic acid

Vitamin D

(Ergosterol, viosterol, calciferol, cholecalciferol, ergocalciferol, sunshine vitamin).

Source of Exposure:

Fish oil, egg yolk, milk, butter, sprouted seeds, mushrooms, sunflower seeds, and oil.

Milk Mix

Source of Exposure:

Cow's milk, goat's milk, and breast milk

Commonly Seen Allergic Symptoms:

Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, smells from different sources cause sickness, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Cheese Mix

Source of Exposure:

American, cheddar, jack, parmesan, mozzarella, and cottage cheese

Commonly Seen Allergic Symptoms:

Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, smells from different sources cause sickness, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Albumin:

Avoid milk albumin.

Casein:

Avoid milk protein casein or anything made from that.

Lactic acid:

Avoid lactic acid or products that are fortified with Lactic acid.

Other Allergens / Environmental Allergens/ Kit 2

Vitamin C: Please look up under vitamin C mix

Citrus Mix: Avoid all citrus fruits

Berry Mix (cranberry, strawberry, raspberry, boysenberry, black berry)

Fruit Mix (banana, papaya, peach, plum, pear, pineapple, apple, grapes)

Bioflavonoid (Rutin, hesparin, quecertin)

Vegetable mix (cauliflower, broccoflower, broccoli, squash, green beans, sweet peas) please add the local vegetables to the sample.

Chlorophyll

Ascorbic acid

Oxalic acid

Cucumber Mix
Green, or pickled

Source of Exposure:

Cucumber and pickles and products made from cucumber like soaps, salad dressings, face creams, etc.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, skin disorders, respiratory disorders, asthma, sinusitis, bronchitis, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, shortness of breath, sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Melon Mix

Crenshaw, water, cantaloupe, honey dew, and pumpkin.

Source of Exposure:

All types of melons, zucchini, and pumpkin.

Commonly Seen Allergic Symptoms:

Abdominal bloating, flatulence, body aches, insomnia, skin disorders, respiratory disorders, asthma, sinusitis, bronchitis, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, shortness of breath, sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Vegetable Mix

All vegetables and items made with vegetables. Add all available local vegetables while treating with this sample.

Broccoli, green beans, cauliflower, squash, sweet peas.

Bioflavonoid, citrus bioflavonoid, hesperidin, rutin.

This is very essential for venous and capillary integrity.

Source of Exposure:

Rose hips, buckwheat, citrus fruit pulp, green peppers, grapes, apricot, strawberries, black currants, cherries, prunes, white skin and segment part of citrus fruit, oranges, grapefruit, lemons and black berries.

B complex Mix: B Vitamins

B Complex mix contains these following individual B vitamins. You may refer to the books on vitamins in Bibliography for more information on these individual vitamins.

Vitamin B1: (thiamine, thiamine mononitrate, thiamine chloride, thiamine HCL)

Source of Exposure: dried yeast, rice husks, whole wheat, oatmeal, peanuts, pork, most vegetables, bran, milk, brewer's yeast, wheat germ, wheat bran, rice polishings, most whole grain cereals, milk products, leafy green vegetables, meat, liver, nuts, legumes, and potatoes.

Vitamin B2: (riboflavin, Vitamin G)

Source of Exposure: milk, cheese, whole grains, brewer's yeast, wheat germ, almonds, sunflower seeds, liver, cooked leafy vegetables, kidney, raw or broiled fish and eggs.

Vitamin B3 : (niacin, nicotinic acid, niacinamide)

Source of Exposure: lean meat, raw or broiled fish, eggs, roasted peanuts, brewer's yeast, wheat germ, rice bran, rice polishings, nuts, sunflower seeds, whole wheat products, brown rice, green vegetables, liver, white meat of poultry, avocado, dates, figs, and prunes.

Vitamin B4: (Adenine)

Source of Exposure: whole grains, leafy vegetables, and nuts.

Vitamin B5: (Pantothenic acid, calcium pantothenate)

Source of Exposure: Brewers yeast, wheat germ, wheat bran, royal jelly, whole grain breads and cereals, green vegetables, peas, dried beans, nuts, crude molasses, raisins, cantaloupe, red meat, liver, kidney, heart, egg yolk, and chicken.

Vitamin B6: (Pyridoxine, pyridoxine HCL)

Source of Exposure: brewer's yeast, bananas, avocado, wheat germ, wheat bran, soybeans, milk, green leafy vegetables, cabbage, molasses, green peppers, legumes, cantaloupe, egg yolk, organ meats, kidney, heart, liver, and beef.

Vitamin B12: (Cobalamin, cyanocobalamin)

Source of Exposure: milk, eggs, aged cheese, yogurt, bee pollen, flower pollen, meat, liver, pork and kidney.

Vitamin B13: (Orotic acid)

Source of Exposure: milk-whey (the liquid portion of soured or curdled milk) and root vegetables.

Vitamin B 15: (pangamic acid, calcium pangamate)

Source of Exposure: whole grains, nuts, whole brown rice, brewer's yeast, pumpkin seeds and sesame seeds

Vitamin B 17: (Nitrilosides, amygdalin, laetrile)

Source of Exposure: Most whole seeds of fruits and many grains and vegetables, raspberries, cranberries, blackberries, blueberries, mung beans, lima beans, flaxseeds, whole kernels of apricots, apples, cherries, peaches, plums and nectarines.

Biotin: (Vitamin H, coenzyme R)

Source of Exposure: brewer's yeast, unpolished rice, soybeans, liver, kidney, milk, molasses, nuts, fruit, beef and egg yolk.

Choline

Source of Exposure: brewer's yeast, wheat germ, egg yolk, liver, green leafy vegetables, legumes, peas, beans, brain, heart and lecithin.

Inositol

Source of Exposure: brewer's yeast, wheat germ, lecithin, unprocessed whole grains, nuts, milk, citrus fruits, liver, dried lima beans, beef, brains, heart, raisins, cantaloupe, unrefined molasses, peanuts and cabbage.

Source of Exposure: dark green leafy vegetables, broccoli, asparagus, lima beans, Irish potatoes, brewer's yeast, wheat germ, mushrooms, nuts, liver, carrots, tortilla, yeast, egg yolk, cantaloupe, apricots, pumpkins, avocados, beans, whole wheat and dark rye flour.

Paba (Para Amino Benzoic Acid, Vitamin BX)

Source of Exposure: brewer's yeast, whole grain products, milk, eggs, yogurt, wheat germ, molasses, liver, kidney, whole grains, rice and bran.

Date Sugar / Cane sugar

Beet Sugar / Dextrose

Glucose / Fructose

Maltose / Brown Sugar

Rice Sugar / Corn Sugar

Please look up under Sugar Mix

Honey / Lactose

Date Sugar / Grape Sugar

Maple Sugar / Sucrose

Cane Sugar / Molasses

Iron Mix:

Meat Mix

Source of Exposure: Red meats - beef, lamb, pork

Commonly Seen Allergic Symptoms: Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, high cholesterol, hyperactivity, irritability, joint pains, muscle pain, obesity, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Vitamin A Mix:

Fish Mix

Cod, halibut, salmon, tuna, shark

Source of Exposure: Tuna, salmon, halibut, cod, their oils, and glues on the stamps, envelopes, and going near fish tank, any fish or fish products, supplements made from fish or shellfish products, anything else made from fish source.

Commonly Seen Symptoms: General itching, itching in the groin, axilla, bloating, hyperacidity, skin disorders, brain disorders, yeast-like infection, eczema, and dermatitis, digestive disorders, fatigue, headaches, high blood pressure, high cholesterol, hyperactivity, immune disorders, infections, irritability, joint pains, mental disorders, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, shortness of breath, sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weight gain.

Shellfish Mix

Shrimp, lobster, abalone, cray, crab, clams

Source of Exposure: Glue, food prepared from fish, going near fish tank, any fish or fish products, supplements made from fish or shellfish products, including the smell.

Commonly Seen Symptoms: general itching, itching in the groin, axilla, bloating, hyperacidity, skin disorders, brain disorders, yeast-like infection, eczema, and dermatitis, digestive disorders, fatigue, headaches, high blood pressure, hyperactivity, immune disorders, infections, irritability, joint pains, mental disorders, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, shortness of breath, sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weight gain.

Mineral Mix:

These following items are included in the mineral mix. After you clear the mineral mix, these must be checked individually.

Chromium

(Check in case of diabetes, hypoglycemia, high sensitivity to smell, sugar craving, obesity).

Source of Exposure: Whole grains, wheat germ, corn oil, brewers yeast, mushrooms, meat, liver, sugar, shellfish, clams, and chicken.

Commonly Seen Allergic Symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, diabetes, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, hypoglycemia, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, smells from different sources cause sickness, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Copper

Check in case of arthritis and anemia.

Source of Exposure: Almonds, green beans, peas, green leafy vegetables, whole grains, prunes, raisins, liver, dried beans, whole wheat, beef liver, calf liver, shrimp, and seafood.

Commonly Seen Allergic Symptoms: Abdominal bloating, anemia, arthritis, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Germanium

Check in cases with arthritis and fatigue.

Source of Exposure: All whole grains and sprouts including breads.

Commonly Seen Allergic Symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Gold

Check in cases with arthritis, lupus, and fibromyalgia.

Source of Exposure: Gold and all yellow metal in any form.

Commonly Seen Allergic Symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Iodine

Check in cases with chronic fatigue, thyroid imbalance, hives, fish and shellfish allergy.

Treatment plan for thyroid abnormalities: Treat the basic fifteen, then check the deficiency of B vitamins, calcium, vitamin A, iron, and minerals.

Iron and combinations, mineral mix and combinations, salt and combinations, iodine and combinations, thyroid gland, hypothalamus, pituitary, temp. lobe of the brain, thyroid supplements (if you are taking) and combinations.

Source of Exposure: Kelp, seafood, iodized salt, and onions.

Commonly Seen Allergic Symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, weak limbs, and weight gains.

Lead

Check in cases with brain fog, heaviness in the brain and limbs, and repeated allergy to tap water.

Source of exposure: Tap water, products or utensils made from lead, and lead pencil.

Commonly seen allergic symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains,

mental confusion, muscle pain, poor concentration, skin disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Fluoride

Source of Exposure: Fluoridated water, gelatin, sunflower seeds, milk, cheese, carrots, garlic, almonds, green leafy vegetables and fish. Do not bathe in or drink fluoridated water. Do not eat products prepared with sunflower oil.

Commonly Seen Allergic Symptoms: Pain all over the body, joint pains, bone pains, dizziness, bone loss, osteoporosis, tooth decay, backaches, headaches, and general fatigue.

Magnesium

Check in cases with chronic constipation, eczema, asthma, breathing difficulty, liver toxicity, water retention anywhere in the body.

Source of exposure: Nuts, soybeans, raw and cooked green leafy vegetables, almonds, whole grains, sunflower seeds, brown rice, and sesame seeds.

Commonly Seen Allergic Symptoms: Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Manganese

Retention of water in the body, weight gain in the waist area, clinical depression, mood swings, and if you think you are alone in this world and no one loves you.

Source of exposure: Whole grains, seeds, nuts, legumes, dairy products, egg yolk, fish, corn, dried fruits, poultry and meat.

Commonly Seen Allergic Symptoms Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Mercury Mix/Amalgam

Source of Exposure: Fish and fish products, touching your mouth if you have dental fillings, pesticides

Wear a pair of gloves for 25 hours.

Commonly Seen Allergic Symptoms: Abdominal bloating, flatulence, body aches, insomnia, asthma, bronchitis, depression, digestive disorders, depletion of Zinc, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure,

hyperactivity, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Cobalt

(Check in case of anemia, systemic toxicity, blood disorders, sensitive to smells).

Source of Exposure: Green leafy vegetables, meat, liver; kidney, figs, buckwheat, oyster, clams, and milk.

Commonly Seen Allergic Symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, smells from different sources cause sickness, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Selenium

Check in cases with liver toxicity, heart irregularities, shortness of breath.

Source of Exposure: Brewers yeast, wheat germ, kelp, sea water, sea salt, garlic, mushrooms, sea food, milk, eggs, whole grains, beef, beans, bran, onions, tomato, and broccoli.

Commonly Seen Allergic Symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, smells from different sources cause sickness, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Molybdenum

A good antioxidant to reduce the sensitivity of chemical smells.

Source of Exposure: Whole grains, brown rice, brewers yeast, legumes, buck wheat, millet, dark green and leafy vegetables.

Commonly Seen Allergic Symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, smells from different sources cause sickness, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Phosphorus

(Check in cases with general body ache, chronic fatigue, fibromyalgia, pain in the joints)

Source of Exposure: Whole grains, seeds, nuts, legumes, dairy products, egg yolk, fish, corn, dried fruits, poultry and meat.

Commonly Seen Allergic Symptoms: Abdominal bloating, body aches, asthma, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flatulence, flu-like symptoms, fibromyalgia, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, irritability, insomnia, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Potassium

Check in cases with fatigue, dizziness, heart irregularities, and brain fog.

Source of Exposure: All vegetables, oranges, bananas, cantaloupe, tomatoes, mint leaves, water cress, potatoes, whole grains, seeds, nuts, and cream of tartar.

Commonly Seen Allergic Symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flatulence, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Silver

Check in cases with mercury toxicity, night sweats, and brain fog.

Source of Exposure: Silver jewelry, coins, utensils, anything made from silver, teeth fillings, any medicine containing silver and all their silver products.

Commonly Seen Allergic Symptoms: Asthma, bronchitis, brain irregularities, respiratory disorders, frequent flu's, mood swings, crying spells, depression, joint pains, backaches, headaches, eczema, skin problems, digestive disorders, emotional imbalances, fatigue, frequent colds, headaches, high blood pressure, hyperactivity, immune disorders, infections, irritability, joint pains, mental disorders, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, poor eyesight, premature gray, shortness of breath, sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, and weakness of the muscles.

Sulfur

Check in cases with eczema, dermatitis, poor nails, hair loss, and toxic colon.

Source of Exposure: Radish, turnip, onion, celery, string beans, watercress, soybean, fish, meat, dried beans, eggs, and cabbage.

Commonly Seen Allergic Symptoms: Asthma, bronchitis, brain irregularities, respiratory disorders, frequent flus, mood swings, crying spells, depression, joint pains, backaches, headaches, eczema, skin problems, digestive disorders, emotional imbalances, fatigue, frequent colds, headaches, high blood pressure, hyperactivity, immune disorders, infections, irritability, joint pains; mental disorders, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, premature gray, shortness of breath, sinusitis, skin problems, sleep disorders, systemic toxicity, toxic colon, upper respiratory disorders, water retention, and weakness of the muscles.

Vanadium

Check in cases with heavy metal toxicity

Source of Exposure: Fish, seafood

Zinc

Check in cases with immune disorders, frequent flu like symptoms, eczema, hormonal disorders, enlarged prostate, infertility in both sexes, and low libido.

Source of Exposure: Wheat bran, wheat germ, seeds, dried beans, peas, onions, mushrooms, brewers yeast, milk, eggs, oysters, herring, brown rice, fish, lamb, beef, pork, green leafy vegetables, and mustard.

Commonly Seen Allergic Symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, prostate enlargement, skin disorders, smells from different sources cause sickness, respiratory disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs

Chlorides: Avoid chlorides, pickles, and table salt.

Wheat Mix/Gluten

Red, buck wheat, white, gluten, and coumarin .

Source of Exposure: All wheat products

Commonly Seen Allergic Symptoms: Abdominal bloating, flatulence, body aches, insomnia, skin disorders, respiratory disorders, asthma, sinusitis, bronchitis, digestive disorders, emotional imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, hair loss, headaches, high blood pressure, high cholesterol, hyperactivity, immune disorders, infections, irritability, joint pains, muscle pain, pneumonia, poor circulation, poor concentration, poor memory, premature gray, shortness of breath, sinusitis, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weight gain.

Corn Mix

(blue corn, yellow corn, white corn, cornstarch, corn silk, corn oat, corn syrup.)

Source of Exposure: Corn starch and any food prepared with corn starch and oil such as sauces, syrups, corn syrups, soft drinks, carbonated drinks, breads, creams. Also avoid shampoos, tooth paste, baking soda, baking powder, and deodorants .

Commonly Seen Allergic Symptoms: Allergy to corn can cause: Alzheimer's disease, asthma, brain fatigue, brain fog, bronchitis, diabetes, digestive disorders, eczema, emphysema, emotional disturbances, and imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, gastritis, hair loss, headaches, high blood pressure, high cholesterol, hives, hyperactivity, immune disorders, infections, insomnia, irritability, Itching, joint disorders, joint pains, manic disorders, mental disorders, migraines, mood swings, multiple sclerosis, muscle pain, pain in the breast, pneumonia, poor circulation, poor concentration, poor memory, psoriasis, respiratory disorders, shortness of

breath, sinusitis, skin disorders, skin rashes, sleep disorders, tinnitus, tumors, warts, water retention, weakness of the muscles, yeast infections, and weight gain .

WHEY

Source of Exposure: Yogurt, whey, cheese and products made from these sources. Cottage cheese, all yogurts, and items made with whey, yogurt or cheese.

Commonly Seen Allergic Symptoms: Abdominal bloating, anger, asthma, brain fatigue, brain fog, bronchitis, cardiac irregularities, circulatory disorders, depression, digestive disorders, eczema, emotional imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, general itching, hair loss, headaches, high blood pressure, hives, high cholesterol, hyperacidity, hyperactivity, immune disorders, infections, insomnia, irritability, joint pains, loss of energy, loss of interest in daily activities, lumps in the breast, manic disorders, mental disorders, mood swings, muscle pain, ovarian cysts, pneumonia, poor circulation, poor concentration, poor memory, premature gray, psoriasis, respiratory disorders, shortness of breath, sinusitis, skin disorders, skin problems, sleep disorders, upper respiratory disorders, uterine fibroids, vaginal itching, water retention, weakness of the muscles, weeping ulcers, weight gain, and weight loss.

Yogurt

Source of Exposure: Yogurt, products made from yogurt

Commonly Seen Allergic Symptoms: Abdominal bloating, anger, asthma, brain fatigue, brain fog, bronchitis, cardiac irregularities, circulatory disorders, depression, digestive disorders, eczema, emotional imbalances, falling hair, fatigue, flu-like symptoms, frequent colds, general itching, hair loss, headaches, high blood pressure, hives, high cholesterol, hyperacidity, hyperactivity, immune disorders, infections, insomnia, irritability, joint pains, loss of energy, loss of interest in daily activities, lumps in the breast, manic disorders, mental disorders, mood swings, muscle pain, ovarian cysts, pneumonia, poor circulation, poor concentration, poor memory, premature gray, psoriasis, respiratory disorders, shortness of breath, sinusitis, skin disorders, skin problems, sleep disorders, upper respiratory disorders, uterine fibroids, vaginal itching, water retention, weakness of the muscles, weeping ulcers, weight gain, and weight loss.

Artificial Sweeteners

Sorbitol / Aspartame

Saccharine

Sweet 'n' Low

Please look up under Artificial Sweeteners

Chocolate Mix: Avoid all types of chocolates

Coffee Mix: Avoid all types of coffee

MSG

Source of Exposure: (Monosodium glutamate)

Normal Chinese food, and anything prepared with MSG or Accent.

Treat all the basics including spice mix 1 and 2, amino acids, food additives, whiten-all, food colors, before you try to treat MSG on a severely allergic person. There are many people highly

sensitive to MSG, causing cardiac problems and anaphylaxis. You should treat such people using the protocol for anaphylaxis. Once they are successfully treated with NAET, they will not have any problems in the future just like all other NAET treatments.

Pepper mix

There are twenty-five different kinds of commonly used peppers in this sample. Avoid all kinds of peppers.

Commonly seen health problems: Arthritis, fibromyalgia, pain all over the body, pain in the heels, pain in the knees, insomnia, poor circulation, swelling in the legs and joints.

Soybean Mix

Check in cases with hormonal disorders, lumps in the breast, fibrocystic breast, uterine fibroids, and lipomas.

Source of Exposure: All soy products including soy oil, soy milk, soy curd or tofu.

Commonly Seen Allergic Symptoms: Abdominal bloating, asthma, body aches, bronchitis, depression, digestive disorders, emotional imbalances, fatigue, flu-like symptoms, frequent colds, headaches, heart palpitation, high blood pressure, hyperactivity, insomnia, irritability, joint pains, muscle pain, poor concentration, skin disorders, sinusitis, shortness of breath, skin problems, sleep disorders, upper respiratory disorders, water retention, weakness of the muscles, and weak limbs.

Lecithin

Check in cases with brain fog, poor memory, arteriosclerosis, pain and spasms in the calf muscles

Source of Exposure: Lecithin products, including cookies, candy bars, vitamins with lecithin, soy lecithin etc.

Night Shade Vegetables

Tomato/Potato/Bell Pepper/Egg Plant/Onion: Tomato Mix: (Green, Yellow, Red Tomato)
Source of Exposure: Tomatoes of all kinds, and the products made from tomato

Onion Mix: Brown, red, white, green.

Source of Exposure: Onions and the products made from onions

Pepper Mix: Red, green, black, yellow, Mexican, Italian, and Indian peppers

Source of Exposure: All peppers and anything made from peppers

Potato Mix: Russet, white, red, sweet, yam. A chemical called solanine is found in the potato family

Source of Exposure: All types of potatoes and the products made from potato

Egg Plant: Chinese egg plant, regular egg plant, Italian egg plant

Source of Exposure: All types of egg plant and the products made from egg plant

Commonly Seen Allergic Symptoms: Acne, anorexia, anxiety, arthritis, asthma, atopic dermatitis,

atherosclerosis, backaches, bad breath, boils, bronchitis, cataracts, cirrhosis, colds, colitis, constipation, cough, depression, diabetes, digestive disorders, dizziness, eczema, emotional imbalances, emphysema, eye irritation, falling hair, fatigue, fever, fibrocystic breast disease, flu-like symptoms, frequent colds, fungus, hair loss, headaches, heart disease, hemorrhoids, high blood pressure, high cholesterol, hives, hyperactivity, hypertension, immune disorders, indigestion, infections, insomnia, irritability, itchy nose, joint pains, kidney disease, kidney stone, mental disorders, mental illness, migraine headaches, mood swings, multiple sclerosis, muscle pain, nausea, nervousness, osteoarthritis, polyarthritis, peptic ulcers, PMS, pneumonia, poor circulation, poor concentration, poor memory, rectal itching, runny nose, sores around anus, shortness of breath, sinus congestion, sinusitis, skin problems, skin rashes, sleep disorders, sore throat, stiff neck, tension headaches, upper respiratory disorders, uterine fibroids, vaginitis, water retention, weakness of the muscles, weight gain, and wheezing.

