

# Facts About Minerals

## Colloidal Minerals and Colloidal Soil

1/ Ninety nine percent of the American population is deficient in minerals. A marked deficiency in any important mineral will result in disease.

2/ The mammalian body is limited in its ability to chelate minerals from elements in nature. However, plants chelate minerals for us allowing proper absorption and assimilation at the cell level. Mineral efficiency is enhanced by covalent minerals as outlined on the Mineral Wheel by Dr. Paul Eck.

### THE MINERAL WHEEL IN TEXT FORM:

Mineral:	Covalent to
Phosphorus	-Iron, Beryllium, Aluminum, Copper, Manganese, Molybdenum, Magnesium, Zinc.
Cobalt	-Iron and Iodine.
Nitrogen	-Molybdenum.
Iron	-Calcium, Copper, Manganese, Potassium, Magnesium, Zinc, Phosphorus, Cobalt
Selenium	-Sulfur, Arsenic.
Sodium	-Phosphorus, Lithium, Potassium.
Calcium	-Iron, Phosphorus, Chromium, Sulfur, Fluorine, Zinc, Magnesium, Copper, Manganese.
Silver	-Copper
Cadmium	-Copper.
Beryllium	-Phosphorus.
Aluminum	-Phosphorus, Fluorine.
Copper	-Cadmium, Silver, Calcium, Iron, Phosphorus, Sulfur, Zinc, Molybdenum.
Manganese	-Calcium, Iron, Phosphorus, Lithium.
Potassium	-Sodium, Iron, Magnesium.
Molybdenum	-Copper, Nitrogen, Phosphorus, Sulfur.
Iodine	-Cobalt, Fluorine, Arsenic.
Magnesium	-Potassium, Manganese, Calcium, Iron, Phosphorus.
Lithium	-Sodium.
Zinc	-Copper, Cadmium, Calcium, Iron, Phosphorus, Sulfur
Chlorine	-None
Arsenic	-Iodine, Selenium.
Fluorine	-Calcium, Aluminum, Iodine.
Sulfur	-Selenium, Calcium, Copper, Molybdenum, Zinc
Chromium	-Calcium.

3/ The body must have mineral supplies adequate to maintain osmotic equilibrium. This allows for normal bodily function and therefore health. The body will insure balance of minerals in the blood at all costs. The human body will readily cannibalize its self to maintain balance in the bloodstream.

# ELEMENTS IN MAMMALIAN BLOOD, PLASMA and RED CELLS.

Element	Symb.	Mg 1-1 blood	mg1-1 plasma	mg1-1 red cells	atoms/red cell
Silver	Ag	0.024 G	0.004 G	(0.051)	23000
Aluminum	Al	0.32 G	0.44 G	(F0.16)	270000
Arsenic	As	0.49	0.040	(1.1)	700000
Gold	Au	0.00004	<0.0025 L	(0.00004?)	10
Boron	B	0.13 A	0.17	(0.077)	340000
Barium	Ba	0.069 G	0.079 E,G	(0.056)	19000
Beryllium	Be	<0.0001	<0.004 L	(<0.0001)	<500
Bismuth	Bi	<0.01	<0.0006 L	(<0.0006)	<150
Bromine	Br	4.6	3.9	(5.6)	3.3 x 10 <sup>-6</sup>
Carbon	C	94200	40500	166000	6.6 x 10 <sup>-11</sup>
Calcium	Ca	62 G	99	6.3?H, I, J	7.5 x 10 <sup>-6</sup>
Cadmium	Cd	0.0074 A	<0.09	(0.015)	6300
Cerium	Ce		<0.002 L	(<0.002?)	<700
Chlorine	Cl	2900	3950	1890	2.5 x 10 <sup>-9</sup>
Cobalt	Co	0.00033	0.00038 K	0.00015	120
Chromium	Cr	0.026? A, O	0.024	0.020	18000
Cesium	Cs	0.0028	0.0031	(0.0028)	1000
Copper	Cu	1.07	1.12	0.98	730000
Dysprosium	Dy		<0.002 L	(<0.002?)	<600
Erbium	Er		<0.005 L	(<0.006?)	<1700
Europium	Eu		<0.004 L	(<0.004?)	<1200
Fluorine	F	0.36	0.28?	0.43?	1.1 x 10 <sup>-6</sup>
Iron	Fe	475	1.14	1110	9.5 x 10 <sup>-9</sup>
Gallium	Ga	0.00052	<0.006 L	(0.0005?)	340
Gadolinium	Gd		<0.002 L	(<0.002?)	<600
Germanium	Ge		<0.03 L	(<0.06)	<40000
Hydrogen	H	98000	106000	87000	4.1 x 10 <sup>-12</sup>
Hafnium	Hf		<0.002 L	(<0.002?)	<500
Mercury	Hg	0.0065	0.0030	0.0067	1600
Holmium	Ho		<0.002 L	(<0.002?)	<600
Iodine	I	0.063 D	0.077	(0.044)	16000
Indium	In		<0.004 L	(<0.004?)	<1600
Iridium	Ir		<0.0025 L	(<0.0025?)	<600
Potassium	K	1690	170	3690	4.5 x 10 <sup>-9</sup>
Lanthanum	La			<0.006 L	(<0.006?)
Lithium	Li		<0.005 E	(<0.005?)	<30000
Lutetium	Lu		<0.0006 L	(<0.0006?)	<160
Magnesium	Mg	41	22	61	1.2 x 10 <sup>-8</sup>
Manganese	Mn	0.026	0.0029	0.022	19000
Molybdenum	Mo	0.0041 F		(<0.008)	<5000
Nitrogen	N	33000	12000	51000	1.7 x 10 <sup>-11</sup>
Sodium	Na	1990	3280	260	5.4 x 10 <sup>-8</sup>
Niobium	Nb		<0.01 L	(<0.01?)	<5000

Neodymium	Nd		<0.002 L	(<0.002?)	<700
Nickel	Ni	0.038 A	0.042	0.049	40000
Oxygen	O	775000	848000	698000	2.1 x 10 <sup>-12</sup>
Osmium	Os		<0.0025 L	(<0.0025?)	<500
Phosphorus	P	370	132	620	9.5 x 10 <sup>-7</sup>
Lead	Pb	0.27	0.043	0.34	78000
Palladium	Pd		<0.01 L	(<0.01?)	<4500
Praseodymium	Pr		<0.05 L	(0.05?)	<17000
Platinum	Pt		<0.04 L	(<0.04?)	<10000
Radium	Ra		<2 x 10 <sup>-13</sup> ?)	(<2 x 10 <sup>-13</sup> ?)	<1
Rubidium	Ru	2.7?	1.2?	5.3?	3 x 10 <sup>-6</sup>
Rhenium	Re		<0.002 L	(<0.002?)	,500
Rhodium	Rh		<0.004 L	(<0.004?)	<2000
Ruthenium	Ru		<0.004 L	(<0.004?)	<2000
Sulfur	S	2040	1220	3600	5.4 x 10 <sup>-9</sup>
Antimony	Sb	0.0047	0.054? L	(0.005?)	2000
Scandium	Sc	0.075?	<0.03 L	(<0.14)	<150000
Selenium	Se	0.27 F, N	0.11	0.26?	160000
Silicon	Si	4.0	2.5 C, M	4.1?	7 x 10 <sup>-6</sup>
Samarium	Sm		<0.002 L	(<0.002?)	<600
Tin	Sn	0.13	0.033?	0.25?	100000
Strontium	Sr	0.039? G	0.038? L	(0.040?)	22000
Tantalum	Ta		<0.006 L	(<0.006?)	<1500
Terbium	Tb		<0.0006 L	(<0.0006?)	<180
Tellurium	Te		<0.03 L	(<0.03?)	<11000
Thorium	Th		0.04?	(0.04?)	8000
Titanium	Ti	0.026	<0.04 L	(<0.056)	<55000
Thallium	Tl	<0.02	<0.0025 L	(<0.02)	<5000
Thulium	Tm		<0.0006 L	(<0.0006?)	<180
Uranium	U	0.00055 B	<0.001 L	(<0.0011?)	<220
Vanadium	V	0.017?	0.010? P	(0.026?)	25000
Tungsten	W	0.001		(<0.002)	<500
Yttrium	Y		<0.01 L	(<0.01?)	<5000
Ytterbium	Yb		<0.002 L	(<0.002?)	<600
Zinc	Zn	6.5	1.6	12.3	8.9 x 10 <sup>-6</sup>
Zirconium	Zr		<0.006 L	(<0.006?)	<3000

Red cell concentrations were mostly calculated from blood and plasma concentrations, assuming that

1 liter of blood="572" ml plasma + 428 ml red cells; calculated values are enclosed in brackets.

Atoms/red cells were calculated assuming there are

1.26 x 10<sup>-13</sup> red cells per l of packed cells; hence atoms/red cell="4.75" x 10<sup>-7</sup> x m/A where there are m mg l<sup>-1</sup> red cells, and the atomic weight is A.

Most values are taken from the compilation by Bowen (1963) with the following additions:

A--	Imbus et al.,	1963	I-	Wallach et al.,	1962
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<b>B--</b>	<b>Boirie et al.,</b>	<b>1962</b>	<b>J-</b>	<b>Hunter,</b>	<b>1960</b>
<b>C--</b>	<b>Aumonier &amp; Quilichini,</b>	<b>1962</b>	<b>K-</b>	<b>Parr &amp; Taylor,</b>	<b>1964</b>
<b>D--</b>	<b>Perkin &amp; Lahey,</b>	<b>1940</b>	<b>L--</b>	<b>Wolstenholme,</b>	<b>1964</b>
<b>E--</b>	<b>Niedermayer et al.,</b>	<b>1962</b>	<b>M--</b>	<b>Ivanov &amp; Rozenberg,</b>	<b>1962</b>
<b>F--</b>	<b>Brune et al.,</b>	<b>1964</b>	<b>N--</b>	<b>Bowen &amp; Cawse,</b>	<b>1963</b>
<b>G--</b>	<b>Butt et al.,</b>	<b>1964</b>	<b>O--</b>	<b>Bowen,</b>	<b>1964</b>
<b>H--</b>	<b>Keitel et al.,</b>	<b>1955</b>	<b>P--</b>	<b>Gofmaa et al.,</b>	<b>1962</b>

**4/ All body processes depend on the action of minerals. All nutrients require minerals for processing and activity.**

**5/ Minerals are more important than vitamins. Vitamins are required for every biochemical activity of the body. Vitamins require minerals to enable their functions. Minerals catalyze and enable enzymes to function. Glandular hormone secretions are dependent upon mineral stimulation. pH of the tissue fluid is controlled by minerals. Pumping Action of the cell, allowing transfer of cell nutrients and waste, is controlled by minerals. One mineral deficiency is enough to disrupt the entire body balance. Mineral supplementation is critical to support body functions and maintain or develop health. These facts about minerals apply to plants, animals and man to differing degrees. In all forms of organic life minerals are essential.**

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# **Foundations of Health:**

## **Colloidal Soil & Minerals**

### **Colloidal Soil & Colloidal Minerals: History**

**Over 100 Years of Knowledge and Increasing Understanding**

### **Colloidal Soil & Minerals: Creation, Content, Effects.**

**At the Atomic Level- How they were made, What they are, What they do!**

### **Colloids: What are they? Magazine Reprint from 1936!**

**Has this knowledge been suppressed for over 60 years?**

### **Facts About Minerals**

**Their Importance to Human Life**

### **Colloidal Soil & Colloidal Minerals: Recommended Reading**

**Up to date reading list for those with a thirst.**

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# History OF

## Colloidal Soil & Colloidal Minerals:

**Minerals in the soil control the metabolism of cells in plants, animal and man. All of life will be either healthy or unhealthy according to the fertility of the soil." from 'Man the Unknown', 1912, Dr. Alexis Carrel, Nobel Prize winner.**

**Even earlier, in 1894, Julius Hensel, in his work on the subject, 'Bread from Stones', poignantly remarked that "Our most optimistic expectations are no less than the realization of an old dream. What will fertilizing with rock dust accomplish? It will turn stones into bread...make barren regions (fruitful) (and) feed the hungry.**

**Our own government admitted the true state of affairs as early as 1936 in U.S. Senate Document #264. "Did you know that most of us today are suffering from certain dangerous diet deficiencies which cannot be remedied until the depleted soils from which our foods come are brought back into proper mineral balance? 99% of the American people are deficient in these minerals, a marked deficiency in any one of the more important minerals actually results in disease. Lacking vitamins, the system can make some use of minerals, but lacking minerals, vitamins are useless.**

**Does anyone wonder about the health of the nation? Does wellness come from a laboratory in the form of red and green pills? Can removing a diseased organ change the health of the whole being? Will radiation or chemotherapy provide the critical missing elements to living cells?**

**Sick soils make for sick plants, and sick plants when consumed make for sick animals and people." says Eric Curlee, 'American Survival Guide', June 96.**

**Because our soils are depleted of minerals so then all the foodstuffs grown on them are depleted also. When we eat depleted foods day after day, week after week, month after month and year after year, then we also develop depleted bodies with serious mineral deficiencies. These deficiencies cause starvation in our organs and tissues resulting in malfunctions and breakdowns called disease.**

**Absurd, ridiculous, heresy, paranoid say many "educated" men. Yet many others agree that "There is no doubt that malnutrition is the most important problem confronting mankind at the present time." says Dr. Melchior Dikkers, Professor of Biochemistry and Organic Chemistry at Loyola University.**

**Nearly all non-infectious diseases that plague mankind are of recent origin." from Dr. Joseph D. Weissman, Associate Professor at UCLA College of Medicine.**

**Possibly the man who says it best, is Dr. William A. Albrecht, Chairman of the Department of Soils at the University of Missouri,"A declining soil fertility, due to a lack of organic**

material, major elements, and trace minerals, is responsible for poor crops and in turn for pathological conditions in animals fed deficient foods from such soils, and that mankind is no exception." Dr. Albrecht goes further to unequivocally lay the blame, "N P K formulas, as legislated and enforced by State Departments of Agriculture, mean malnutrition, attack by insects, bacteria and fungi, weed takeover, crop loss in dry weather, and general loss of mental acuity in the population, leading to degenerative metabolic disease and early death."

**Incredible, pointed, damning indeed, but how true? Our world leaders concluded, in an obscure paragraph, in the Earth Summit Report of 1992 from Rio Brazil that mineral depletion from soils over the last 100 years equals "74% in Africa, 76% in Asia, 55% in Australia, 72% in Europe, 76% in South America and in North America? 85%." Those are the amounts depleted not the amounts remaining.**

The following conditions are not just causes of sick plants they are symptoms of sick soil. Parasitic insects which crawl, climb or fly. Mold, fungi, virus or bacteria that prey on weak plants. Crowding out by hardier weeds. Crop failure due to radical weather or extreme temperature shifts. Even extinction of Bees, Birds and other beneficial Insects and Creatures.

**So...say the organic farmers. Why are you telling me? I use lime to balance the pH, introduce ladybugs, earthworms and micro-organisms to re-establish life, provide organic matter for aeration and retention of moisture, treat my water with magnets and filters to aid assimilation, rotate my crops and let the earth rest in the seventh year, use hydrogen peroxide to increase available oxygen for the microbes, add "organic" nitrogen, potassium and phosphorus for lush green foliage. What else is there?**

Well, I'm glad you asked. We know now that the human body, in fact all mammals, as well as plants, need minerals in their food supply to survive in health. We know that these minerals ultimately come from the soil. We know also that the soil has been depleted. Does organic compost, tillage of cover crops and addition of N P K provide the missing ingredients? Look at the facts. Over 100 years of Organic farming practices has failed to slow the onslaught of degenerative disease. In fact very few people live to be 90, most do not reach 79 and our venerable doctors usually do not even get to 58. However we know who does "live long and prosper" and we know what does provide the missing ingredients.

**In the landmark, epic, work 'Rare Earths, Forbidden Cures' by Dr. Joel Wallach on page 213 we learn that "The serendipitous irrigation of their terraced fields with the common denominator of "Glacial Milk" from the mountains containing 60 or more minerals is the secret of the five cultures who live to 120 to 140 years of age. Their terraced land, their "Glacial Milk" and their organic agriculture are their whole life. Only they have been able to fulfil their genetic potentials for longevity, and, they have done it without the "blessings of high-tech medicine, vaccines, antibiotics, steroids or transplants."**

I would go further to point out that they don't use pesticides, fungicides, insecticides or farm chemicals of any kind whether organic or synthetic.

**We know, as Dr. Jerome Weisner, Science Counselor to John F. Kennedy, stated in 1963, that "Use of pesticides is more dangerous than atomic fallout."**

His words are simply a deafening reverberation from those of Rachel Carson in her incisive

work of 1962, 'Silent Spring', where she says oh so loudly

**"We are rightly appalled by the genetic effects of radiation...How then, could we be indifferent to the same effect from farm chemicals used freely in the environment."**

Few people know that these clear thinkers were simply expounding on the writings of Amerigo Mosca, Italian Scientist and winner of the Science Prize at the Brussels World Fair in 1958. He tried to stop the fire, which is now burning out of control, when he warned us that . "The damage resulting from nuclear radiation is the same as the damage resulting from the use of toxic genetic chemicals. The use of fungicides of organic syntheses annually causes the same damage to present and future generations as atomic fallout from 14,500 atomic bombs of the Hiroshima type (approximately 29 X 14 megaton hydrogen bombs)." Sadly, Mr. Mosca's full report was classified for 50 years by the Italian Government.

**"Every second approximately 30,000 particles of background radiation penetrate the average person's body." says Gary North, Ph.D., in Fighting Chance-Ten Feet to Survival.**

**"Cancer is now the leading cause of childhood death until the age 14 and kills one person approximately every minute. How much of this do you think is caused by radiation of the young and the unborn?" asks Lita Lee, Ph.D., from the Radiation Protection Manual, 1990.**

**"The human body must be protected from radioactive particles found in the air and contaminated food and water. A radioactive element is structurally similar to its non radioactive counterpart, differing only in the number of neutrons it contains. If you do not obtain sufficient amounts of calcium, potassium and other nutrients in your diet, the body will absorb the radioactive elements that are similar in structure to these nutrients**

<b>Calcium</b>	<b>radioactive strontium 90</b>
<b>Potassium</b>	<b>radioactive cesium 137</b>
<b>Potassium iodide</b>	<b>radioactive iodine 131</b>

**from 'Prescription for Nutritional Healing' by James Balch, M.D., and Phylis Balch, C.N.C."**

Back to our question, and the answer, about the missing ingredients. "...the University of Vienna found that Schindeles product (rock dust) worked against radioactivity...Analysis under micro-polariscope revealed an alteration in the molecular and atomic lattice, which had an effect on ionized radioactive particles taken into the body." page 210, Secrets of the Soil by Peter Tompkins and Christopher Bird.

**Yes, it is unbelievable but apparently true. Not only does rock dust alter the molecular structure of plants and thereby the mammals who consume such plants but actually has the capacity to defeat radioactive poisons in soil, plants, animals and man. Astounding! So what's the problem?**

George Abermann, agronomist and engineer, puts it succinctly in Secrets of the Soil, page



**209. "If, and when, the idea of using massive amounts of rock dust is adopted in official circles, it will be of no real importance whether it is ground from paragneiss, diabase, basalt, porphyry, or certain other rocks, because all of them produce rock dust that works in similar ways. The only problem is to get the rock dust adopted in official circles, and for that one needs a great push, most likely from on high."**

**From the Acid Rain destruction of the Balsams of the American Smokey Mountains, Sugar Maples of New England/Canada and the Black Forests of S.W. Germany we go to East Europe.**

**"Statistical facts on the Czech sylvan (pertaining to trees) disaster, by Dr. Wolf Ochslies, illustrated how dire conditions have become. Of all taxonomic (classifiable) groups of fauna, 60% of amphibians, 35% of mammals, and 30% of reptiles, birds and fish are currently threatened with extinction. Almost all partridges in the country have vanished, along with 80% of the hares and nearly half of the pheasants." Page 201, Secrets of the Soil.**

**Mr. George Abermann leave us this, "It's fantastic...by using rock dust there is no more need to plant young trees; thanks to its effects plenty of new ones are growing spontaneously from seed."**

**There are other equally startling developments in the study of rock dust. Developments that date back almost to the turn of the century and that are now being recognized for their magnitude.**

**With the discovery of Azomite (Montmorillonite clay) early in this century, in Northern Utah, by Rollin Anderson, a geological prospector, things began to get really interesting. Did you ever try eating dirt? Come on now, didn't everybody as a child? Well, how about as an adult? Don't worry, Rollin, your secret is safe with me! Rollin did put Azomite in the soil of his Garden. As detailed in Secrets of the Soil "the results were extremely positive and nearly immediate."**

**Rollins discovery was being paralleled at that time by T.J. Clark, a pioneering cattle rancher and dog breeder in Southern Utah. With the help of Soaring Eagle of the Paiute Indian tribe, T.J. unearthed the 'secret' of a 'fountain of health' that sprang from the ground. The 'secret' was Polyfloramin. Sometimes called humic shale, and marketed as Colloidal Soil, Polyfloramin has proven itself over the last century as producing results unheard of anywhere else. Some say actually restoring health in soil, plant, animal and man.**

**Polyfloramin/Colloidal Soil, is to rock dust what gold is to silver. The most basic mineral elements in Colloidal Soil/Polyfloramin are entirely organic in nature not at all metallic like rock dust. Because it is in the organic state, rather than elemental like rock dust, it is instantly available, and assimilable by plants and mammals. No, I am not suggesting that we eat the Colloidal Soil, but liquid solution passed through it and then consumed by plant, animal and man has been shown to be absorbed directly into the circulatory system. The minerals contained in Colloidal Soil become instantaneously available. Colloidal Soil applied directly to plants can begin to be assimilated within minutes after watering.**

**You can be sure that Plants provided with their proper food will indeed provide us with ours.**

**Dr. Wallach, in his book Rare Earths, tells us what is "Required daily, 60 essential elements, metals and minerals, 12 amino acids, 3 fatty acids, 16 vitamins." page 477.**

**The F D A tells us that we need their minimum recommended- mended daily allowance (RDA's). Who are you to believe?**

**Senator William Proxmire, in a 'Let's Live' article in 1974, stated his own, if not the governments, position quite clearly. "At best the RDA's are only a recommended allowance at antediluvian levels designed to prevent some terrible disease. At worst, they are based on conflicts of interest and self serving views of certain portions of the food industry. Almost never are they provided at levels for optimum health and nutrition."**

**The truth is out and once more the most humble of professions can be lifted to the level of importance and respect that it deserves. However this can only be if the farmer will take this truth and help it to grow into the magnificent source of life it once was.**

**No matter the condition, or level of degradation, of a plot of land if the prevailing conditions are addressed properly then there can be a complete restoration of vitality of plant, animal and human living from it. Herein lies our hope, that the keepers of the earth will choose life, and not death, this day while there is \still time to mend our ways.**

**Polyfloramin, Colloidal Soil, may well be the single most powerful tool we can choose to restore nutrition in plants and thereby effect health in animals and man.**

## **[Back to Foundations of Health](#)**

The CREATION, CONTENT & EFFECTS of Colloidal Soil & Colloidal Minerals CREATION of Colloidal Soil and Minerals: Colloidal Soil originated from plants some 75 million years ago, those lush tropical plants took up the 60 plus metallic minerals available to them from a fertile soil that had as many as 84 minerals. A volcanic eruption covered these mineral rich forests with a thin layer of mud and ash, thick enough to create an air-tight "vault" and dried or desiccated the plants into a deep accumulation. The entombed Colloidal Soil never fossilized or petrified, in other words they never become rocks. Colloidal Soil can be used as an excellent soil conditioner for organic gardens, farms and ranches as it supplies a rich source of humus and no less than 60 plant derived colloidal minerals. CONTENT of Colloidal Soil and Minerals: SPARK SOURCE MASS SPECTROGRAPHIC ANALYSIS OF COLLOIDAL SOIL Concentrations in PPM unless otherwise noted. Tantalum 0.6Lutetium0.05Ytterbium 0.2 Thulium0.02Erbium 0.1 Holmium 0.1Dysprosium 0.5Terbium0.1Gadolinium0.1Europium 0.1Samarium 0.8Neodymium 0.8Praseodymium0.4 Cerium 4.0Lanthanum 2.0Barium 0.3 Cesium0.1Iodine 0.1Tin0.03Cadmium 0.1Silver 0.2Molybdenum 0.04Niobium 0.02Zirconium 0.2Yttrium 4.0Strontium 14.0Rubidium0.8Bromine0.2Selenium 0.9Germanium 0.01Gallium 0.1Zinc47.0 Copper 2.0Nickel 30.0Cobalt 9.0Iron 43.0Manganese36.0Chromium 0.4Vanadium0.1Titanium 1.0Scandium 0.1Calcium 1gm/LPotassium 1gm/L Chlorine8.0Sulfur 1gm/LPhosphorus 12.0 Silicon 1gm/LMagnesium 1gm/LSodium 1gm/LFluorine 5.0 Boron 0.2 Beryllium0.1Lithium 10.0 Colloidal Soil is used to make the colloidal mineral supplement that contains 38 grams of plant derived colloidal minerals per liter. Content Analysis of T.J. Clark Formula ppm unless otherwise noted Aluminum 107.0Antimony 0.3 Arsenic <1 Barium 0.5Beryllium<0.1Bismuth<0.5Boron0.8mg/LBromineTraceCadmium<5Calcium 300Cerium<5Cesium<0.5ChlorineTraceChromium<0.3Cobalt<1Copper4Dysprosium<1Erbium<1Europium<1FluorineTraceGadolinium<0.5Gallium1Germanium <0.5Gold<0.1Hafnium<1Holmium<0.5Indium<0.5Iodine<0.5Iridium<1Iron1000Lanthanum<0.5Lead<0.8Lithium16Lutetium<0.1Magnesium 2000Manganese20Molybdenum<1Neodymium<10Nickel2Niobium<1Osmium<1Palladium<0.5Phosphorus<30Platinum<0.5Potassium4Praseodymium<10Rhenium<0.5Rhodium<0.5Rubidium4Ruthenium<0.5Samarium<1Scandium<1Selenium<0.2 Silicon60Silver<0.1Sodium300Strontium4SulfurTraceTantalumTraceTellurium<5Terbium<1Thallium<5Thorium<5Thulium<0.5Tin<0.3Titanium<0.1Tungsten<5Vanadium<0.5Ytterbium<0.1Yttrium<0.1Zinc<8Zirconium<1 It takes about 78 pounds of Colloidal Soil to reach the concentration of 38 grams of colloidal minerals per liter; this represents approximately 1034 pounds of fresh, lush, green, mineral rich prehistoric plants. The fluid minerals extract of high grade Colloidal Soil contains no less than 60 plant derived colloidal minerals and is 98% assimilable for animals and humans. EFFECT of Colloidal Soil and Minerals: BIO-ELECTRONIC TEST done by Dr. Fritz-Albert Popp, well known Biophysicist and professor at the Kaiserlautern University in Germany. (Transcript of letter from Dr. Gottfried Lange of Elmshorn, Germany, dated January 18, 1992, describing the protocol used in the test done on the product, T.J.Clark Mineral Formula. All living organisms emit certain electromagnetic waves. If they are in a healthy condition, they emit more. If not, they emit less. This phenomena is common to all forms of cells. This electromagnetic emission is called biophotons. In these tests "acetabularia Mediterranean", a certain very sensitive algae from the Mediterranean Sea is used. This algae is so sensitive to ecological influences that there are scarcely any of these algae left in the Mediterranean. The test, using this form of algae, is a scientifically recognized method of determining whether or not a substance is toxic, or to what degree a substance is beneficial to cells. The test was carried out by one of the world's leading biophysicists, Dr. Fritz-Albert Popp. The letter from Dr. Popp announcing the results of the test, congratulates Dr. Lange on the excellence of the product. A summary of the results is shown in the accompanying graph and explained below. 1) The first two bars of the graph show the photon emission of the cells which had an optimum vitamin nutrient solution, called "100%V\*", given to them. The green bar measures the photon emission at the start of the test. The following yellow bar shows the photon emission after a period of three days without additional nutrients given to them. 2) The second set of two bars show the photon emission of cells given only a 10% V nutrient, and after the three day period, are termed as cells "under great stress", and without further nutrients would die. 3) The third set of two bars were again only given the 10% V solution, but a 1.4ul\*\*(micro liter) amount of the T.J. Clark Minerals was added to the solution. A significant improvement is shown, even though there was only a 10% V nutrient given. 4) In the fourth set of two bars, again only a 10% V solution was added and the amount of Clark's minerals was reduced to only .14ul. The improvement was even greater, showing that vitamin utilization is greatly enhanced with only small amounts of the product. 5)The vitamin withdrawal is fully compensated for after the three day period. This was considered a very significant result, and corresponds with the many testimonies that have been observed with users of the product over the last 70 years. Expected Effect of Colloidal Soil & Colloidal Minerals on Plants Reduces overall plant stress.Assistance in root and shoot developmentComplexes and chelates metals and minerals. Oxygen metabolism stimulated. RNA, DNA support. Enhanced seed germination and growth.Protein metabolism increases. Increased resistance to harmful fungi and virusesCell membrane permeability enhanced. Nutrient uptake enhanced.Aids in synthesis of chlorophyll. Shortened growth cycleGrowth and yield increases. Improves catalysis of respirationCapacity to buffer ph. Enzyme activity increases.Helps decomposition. Cell Division and elongation enhanced.Scavenge and convert heavy metals. More drought toleranceDelays precipitation of trace minerals. Assists denitrification by microbes.Accumulates sugars thereby reducing wilting.Aids synthesis of new minerals.Assist creation of new fertile soil.Detoxify pollutants. Prolongs retention of minerals.Improves iron chelation. . . . Some Symptoms of Mineral Deficiencies in Plants NITROGEN- Plants develop small, pale-yellow leaves, sometimes with brown edges. Growth is stunted. In bad cases, the plant looks really puny. Nitrogen is a "mobile" element. Symptoms start on older (lower) leaves because plants transfer nitrogen to new, actively growing leaves. PHOSPHORUS- Deficient plants are stunted. Foliage can turn deep green, often with a purplish cast, although cold weather can also bring on a purple color. Symptoms appear first on older leaves, which eventually turn brown and die. Leaves drop early. Flowering may stop. POTASSIUM- Symptoms affect mainly older leaves, which turn yellow from the margin inward and develop dead spots. Leaves may curl under, look scorched. Stems weaken, fruit shrivels and roots may rot. IRON- Leaves turn yellow between veins and may die from the edges inward. Otherwise, don't expect to see leaf spots. Youngest leaves show symptoms first. As deficiency worsens, symptoms spread to veins, to entire leaves, then plants die. SULFUR- Entire plant, including leaf veins, turns yellow. May show up on youngest leaves first. Veins usually lighter colored. Dead spots may develop. Plants are stunted, or their stems may be thin and stretched as though reaching for light. MAGNESIUM- Oldest leaves show symptoms first. Areas between leaf veins turn yellow while veins stay green. Yellowed areas can die suddenly. White spots may appear, or leaves become thin, brittle, puckered or turn bronze or purplish. MANGANESE- Youngest leaves turn yellow between the veins. The smallest veins stay green. Creating a checkerboard effect. Gray or tan spots develop in the yellow areas. Manganese is one of the micronutrients. CALCIUM- Deficiencies first appear in actively growing parts of plants: youngest leaves and tips of stems and roots. Leaves twist, look deformed, often with an upward "hook". Seedlings, young plants and roots die. Fruit gets blossom end-rot. Back to Foundations of Health

# COLLOIDALS: WHAT ARE THEY?

## Colloidal Minerals

### COLLOIDS: WHAT ARE THEY?

#### Chemistry's Miraculous Colloids

Condensed from the Rockefeller Center Weekly Oct. 31, 1935

Reprinted from Readers Digest Magazine 1936

by **KENNETH ANDREWS**

A group of executives sat tense and silent in an office in the RCA Building in New York City. They stared with incredulous eyes at a purple orchid. A short time before it had been rescued from a pile of debris, a withered, yellowed thing, dead. Now the petals were fresh and crisp, its colors vivid. It was blooming with new life, and it would continue to do so for 16 or 17 days!

Dr. Frederick S. Macy, one of the country's outstanding bacteriologists, had added a teaspoonful of an amber-tinted liquid to the quart of water in the bottle which held the flower. Here was striking indication of the mysteries that lie ahead in that comparatively unexplored realm of science known as colloidal chemistry. It was one of innumerable experiments these gentleman had been witnessing for a year or more, on behalf of their internationally known pharmaceutical company. A few days later they signed an 18-year contract for the rights to a solution similar to the one in Dr. Macy's Bottle. They will invest more than \$2,000,000.00 a year in it from now on.

To gain a working conception of what colloidal chemistry is, consider that living tissues and organs are simply great masses of cells- billions of them. The energy, the very life-force of these cells, is obtained from certain minerals and metals, among them iron, iodine, manganese, copper. There are some 32, with traces of as many others, in the human body. Colloidal chemistry is the science which converts those elements into particles so minute that they can be utilized by living cells.

Normally, nature supplies the cells with these elements in their colloidal form. Science has now learned to produce these colloids in the laboratory. "Lately, life has been prolonged by colloid action," says Dr. Macy, "and better knowledge of the subject will certainly result in prolonging the normal term of existence." In the case of the apparently dead orchid, copper in colloidal form was needed to restore the proper balance of the mineral and metals that comprised the life cells of the flower. Once that balance was restored, the cells began to function and the orchid lived again.

In the Colloidal Laboratories of America they have a motion picture which is as weird as any thing ever shown on a screen- a movie of a headache. The actors are the nerves in a human head, magnified millions of times. You see the headache. Those nerve endings are tangled, twisting, writhing. Then you see the colloids enter. These rescuers, smaller than the blood corpuscles themselves, march straight to the spot where there is an unbalance of the vital metals. You see those laboratory-prepared colloids restore normalcy there at the seat of the trouble. Then you see the nerves cease their twisting, relax, and assume their proper position.

Dr. Steinmetz, the wizard of electricity, devised a method of utilizing colloids in the treatment of sinus trouble. The Bide-a-Wee Home, New York's famous hospital for cats and dogs, can cure mange in three days, where it used to take three months. A large Midwestern city was freed from the scourge of goiter when colloidal iodine was added to the water supply. A famous institution for the treatment of alcoholism is experimenting with a colloidal solution which apparently not only overcomes the effects of excessive drinking but removes

the craving as well. Such treatment consists of the introduction of metals-gold and iodine, in the case of alcoholism-which correct the unbalance caused by alcoholic poisons.

The effect of colloids is explainable in part by electric action. Sick and dead and broken down cells are attracted to the colloids by Electro-magnetic force, as iron filings are attracted to a magnet. The colloids carry those decayed or poisonous substances into the blood stream, and they are eliminated, the system meanwhile adapting what it needs of the colloids.

A simple illustration will suggest the immense powers that are being unsealed. Suppose we have a cube of iron measuring an inch on each edge. The total surface would be six square inches. The electrical charge is on the surface; therefore, the greater the surface the greater the charge; and if we divide the cube of iron into smaller pieces we increase the surface areas. By colloidal chemistry that iron cube can be divided into particles so minute that they are invisible, hence instead of six square inches of surface emanating electric energy, we have something like 127 acres.

In colloidal form iodine, for example, is one of the elements essential to the well-being of human cells. Yet if you should drink as much as two or three grains of free iodine, it would kill you. Dr. Macy, when explaining this, held up an eight ounce cup full of colloidal iodine. "There," he said, "is the equivalent of 740 grains of free iodine -- enough to kill 300 men." And he drank it. In that form iodine is not only harmless but beneficial. The same is true of arsenic and other deadly poisons.

Colloidal Chemistry was evolved by David Graham, a British chemist, 50 years ago, but only recently has it been realized even by scientists what an enormous influence it is destined to have in medicine, agriculture, industry.

"We have television now," one of the world's greatest scholars said recently. "There is, as I see it, just one great development left for our time. That is in the understanding of colloidal metals. It is the 'Fourth Estate of Matter,' the other three being land, water, and air."

Says Dr. Macy: "The study of these phenomena constitutes the road to the ultimate in human knowledge.

**[Back to Foundations of Health](#)**

# Recommended Reading

## Colloidal Soil & Colloidal Minerals.

**Hunza Land by A.E. Banik**

**The Soil that Feeds You by F.E. Bear**

**Chemistry of the Soil by F.E. Bear**

**Mineral Nutrition of Plants by E. Epstein**

**Economic Geology by W.G. Fetzner**

**Geochemistry of Sediments by E.T. Degens**

**The Complete Book of Minerals for Health by Rodale**

**Factors of Soil Formation by H. Jenny**

**Minerals in Soil Environments by J.B. Dixon & S.B. Weed**

**Trace Elements in Human and Animal Nutrition by W. Metz ed.**

**New Essential Trace Elements for the Life Sciences by F.H. Nielson**

**Humic Substances 3, Interactions with Metals, Minerals and Organic Chemicals by N. Senesi & C. Steelink**

**Hunza Health Secrets by R. Taylor**

**Hunza: Adventures in a Land of Paradise by John Tobe**

**Secrets of the Soil by Peter Tompkins and Christopher Bird**

**Secret life of Plants by Peter Tompkins and Christopher Bird**

**Soil Science Society America Journal, Spec. Publ. #17, Degradation of Soil Minerals by Organic Acids by K.H. Tan & H. Kim**

**The Chemistry of Clay-Organic Reactions by B.K.G. Theng**

**Trace Elements in Human and Animal Nutrition by E.J. Underwood**

**Geochemistry of Colloid Systems by S. Yariv & H. Cross**

**Rare Earths, Forbidden Cures by Dr. Joel Wallach**

**Let's Play Doctor by Dr. Joel Wallach**

**Organic Soil Conditioning by William Jackson, Ph.D.**

**The Importance and Effect of Rock Dust in Orchards and Gardens by Fritz Leipold**

**Remineralization Trials: Minplus and Bananas, A Cost Benefit Study by T.D. Edwards**

**Soil Rejuvenation with Crushed Basalt in Mauritius by D. Hotman de Villiers**

**Azomite Rock Dust as a Cure for Citrus Blight Disease by J.F.L. Childs**

**Dusting Chickpea with Fine Rock Powder: Effects on Yield and Damage Caused by *Helicoverpa armigera* by M.P. Pimbrt and C.P. Srivastava**

**Pot Test Trial 1 of Basalt, Serpentine, Feldspar, Dolomite and Bentonite by Dr. Gemot Graefe, Austrian Academy of Sciences**

**Pot Test Trial 2 of Basalt, Serpentine, Potassium and Kaolin Clay by Dr. Graefe**

**Rock Fertilizers: A Chance for West Africa's Food Production by Dr. Gunter Matheis**

**The Use of Ground Rocks in Laterite Systems: An Improvement to the Use of Conventional Soluble Fertilizers by O.H. Leonardos, W.S. Fyfe and B.I. Kronberg**

**Silicate Dusts as Natural Fertilizers by Peter von Fragstein**

**Organic Extracts for the Treatment of Rock Powder Fertilizers in Bio. Agriculture by P. von Fragstein and H. Vogtmann**

**The Weathering Properties of Silicate Rock Dust Under Laboratory Conditions by P. von Fragstein and H. Vogtmann (German with English Summation)**

**Silicate Rock Powders: Qualitative and Quantitative Aspects by P. von Fragstein, W. Pertl and H. Vogtmann**

**Fertilizing with Rocks by Stephen Strauss**

**Agricultural Alchemy: Stones into Bread by Ward Chesworth, Felipe Macias-Vazquez, D. Acquaye and E. Thompson**

**Late Cenozoic Geology and the Second Oldest Profession by Ward Chesworth  
Mulch Farming in the Canary Islands by E. Fernandez Caladas and M.K. Tejedor Salquero**

**The Use of Rock Flour in Agriculture: A literature Survey on Granites, Feldspars, Micas and Basalts by Eliot Coleman**

**Preliminary Results for the Soil Remineralization Forestry Trials on Grandfather Mountain in North Carolina by Dr. Robert Bruck, Ph.D.**

**An Interview with Dr. Robert Bruck, Ph.D., Director of the Environment for North Carolina on the State of the Appalachian Forests and Remineralization by Joanna Campe**

**Soil Improvement: The Step Beyond Conservation, Men of the Trees Remineralization Trials by Barrie Oldfield**

**Information for the Application of Silicate Rock Dust for the Amelioration of Forest Soils by U. Sauter and K. Foerst (German with English Summary)**

**The Effects of Basalt Dust Emissions on Spruce Trees at the Basalt Quarry Albert, Huhnerburg in Comparison to Spruce Trees outside the Range of Emissions by Fritz Leipold**

**Applications of Diabase Rock Dust in Brixlegg Forest by George Abermann  
Compensational Fertilization with Silicate Rock Dust for Buffering Damaged Forest Soil by Ulrich Hahn (German with English summary)**

**Effects of Silicate Rock Dust in Forests by Ulrich Hahn**

**Possibilities for the Development of the Wood and Forestry Economy that include Remineralization in Germany by Edgar Gartner, Research Group Productivity Development**

**Forest Fertilization; A Bibliography with Abstracts on the Use of Fertilizers and Soil Amendments in Forestry by Donald P. White and Albert L. Leaf eds.**

# **Back to Foundations of Health**



**Soil and Health Support Solutions**

# **Colloidal Minerals**

**The Original Formula**

## **Foundation of Health: Colloidal Soil and Minerals**

**Minerals in Soil and Diet: Creation, Content, Effect and History,**

## **Symptoms of Health: 'Symptomatology' Questionnaire**

**Includes 1,110 questions & 83 subject sections.**

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## **MISSION OF THIS WEB-SITE**

**To teach about the fact that our soil is the only source of physical life for mankind.**

**Our bodies are made of elements from the soil and are dependent upon having all of these elements in order to continue living. If any element is missing then there will be a price to pay in lack of complete health. In fact death can and does result from such missing elements. We are totally dependent for our very lives on what our soil contains.**

**It is our mission to help identify these missing elements through analysis of symptoms in the body, plants and the soil. We then make these elements available both retail and wholesale for those who choose to address these needs.**

**In conjunction with a complete food and supplement diet Colloidal Soil, Colloidal Minerals and Colloidal Clay are capable of restoring vitality**

**to humans.**

**We invite you to share in the benefits of Colloidal Soil and Colloidal Minerals for your own health and that of others.**

**Visit the three areas of our web-site for information, analysis and design of your own nutritional program.**

**Thank you for visiting.**

**Moriyah**

**Send Your Comments Directly to Moriyah via e-mail**

**[moriyah@camalott.com](mailto:moriyah@camalott.com)**

# **Symptoms of Health:**

## **Questionnaire of Symptomatology**

### **1,110 Questions & 83 Subject Sections**

**Identifying your symptoms of Health. Self-administered or Professionally administered.**

### **83 Subject Section Reports and Recommendations:**

**Order this for self evaluation of the Symptomatology Questionnaire.**

**[Back to Home Page](#)**



# organic planets

## Symptoms of Health

### 'Symptomatology' Questionnaire

**Nutritional Assessment by Reading Body Symptoms**

**Let your body tell you what it needs.....**

**Air, Water, Minerals, Herbs, Food, Sunshine, Exercise, Supplements**

**The doctor of the future will give no drugs but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease.**

**Thomas Edison**

**What is it?**

**83 sections totaling over 1,000 questions about common body symptoms. Each group of symptoms represents a deficiency, toxicity, imbalance or dysfunction.**

**What does it do?**

**Identifies specific symptoms of your body and relates them to possible causes which may then be addressed through dietary and /or environmental changes.**

**Why do I need it?**

**Our foods and diets are terribly deficient in numerous elements that our body requires for health. Any needed element that is lacking will leave a telltale symptom. Symptoms show what your body lacks and allow you to correct minor problems before they become serious.**

**By taking this test you may be able to identify what your body lacks and then add this ingredient to produce a healthier body.**

**How much does it cost?**

**\$125.00 for an electronic submission or \$175.00 for a paper submission. Free with years supply of Organic Planets 'Colloidal Minerals'.**

**What do I get?**

**A comprehensive report with indications and recommendations for changes in diet including food, water, herbs, supplements, exercise and lifestyle. Also included are individual reports on each section of concern.**

**How do I fill it out?**

**Follow the simple instructions after checking the agreement below.**

**When do I get my results?**

**Seven to ten days after we receive it you will get it back by Priority Mail or E-mail.**

**Read the following statement and then click Agree or Disagree.**

**This questionnaire is designed to assess bodily signs. These signs may relate to nutritional imbalance. Its sole purpose is to educate and to inform. It is not intended to diagnose disease conditions. If you suspect that you may have a medical problem, please seek competent medical care.**

**I state that I am not completing this questionnaire for medical or treatment procedures. I am completing this questionnaire for the purpose of learning more about the relationship between my diet and the symptoms of my body. Furthermore, I am seeking consultation on the subject of nutritional matters for the purpose of achieving greater general nutritional well-being that does not involve diagnosing, treatment, prognosticating, or prescribing of remedies for the treatment of any disease. It is understood that the administrator of this agreement and the accompanying questionnaire is not involved in any licensed or controlled act which may constitute the practice of medicine in this jurisdiction. I agree with this voluntarily and not under duress of any kind.**

**Agree Disagree**

## **INSTRUCTIONS FOR COMPLETION**

**Download or print the complete questionnaire. Beside each question in the box provided enter a number (0,1,2 or 3) representing the severity of the symptoms. 0 = none, 1 = mild, 2 =**

**noticeable and consistent, 3 = constant and nagging. Do not worry over any question. If the answer is not obvious then go on to the next question. After completing each section total your numerical answers. Use this number to multiply the factor and write the total in the space provided. Upon completion of all 83 sections transfer your totals to the submission page. This submission page can be e-mailed by pushing submit or printed and then faxed or mailed. This form of analysis is recognized as highly accurate and revealing compared to many other forms of testing. This questionnaire was prepared with the assistance of the most up to date nutrition information available.**

**There are over 1,000 questions. Take it slowly. Maybe one hour, or a half hour at a time. It will take two to three hours total. Be honest and consistent throughout and the information will provide the foundation necessary for remarkable changes in your health. You had to work at getting unhealthy and it will take some work to reverse it.**

A/1

1/ \_\_\_ overall body weakness

2/ \_\_\_ muscle aches

3/ \_\_\_ depression

4/ \_\_\_ dizziness

5/ \_\_\_ irritability

6/ \_\_\_ fatigue

7/ \_\_\_ memory loss

8/ \_\_\_ irrational behavior

9/ \_\_\_ chronic hostility

10/ \_\_\_ bacterial/viral/parasitic infection

11/ \_\_\_ circulation problems,

12/ \_\_\_ poor digestion

13/ \_\_\_ acid stomach

14/ \_\_\_ lowered immunity to colds/flu/infection

15/ \_\_\_ bronchial problems

16/ \_\_\_ tumors/deposit buildups

\_\_\_ total multiplied by factor ( 3 ) =

B/2

1/ \_\_\_ acidic blood

2/ \_\_\_ alkaline blood

3/ \_\_\_ rapid metabolism

4/ \_\_\_ decreased blood flow

5/ \_\_\_ low urine output

6/ \_\_\_ colds

7/ \_\_\_ bladder infections

8/ \_\_\_ diarrhea

9/ \_\_\_ constipation

10/ \_\_\_ kidney infection

11/ \_\_\_ chronic or terminal illness

\_\_\_ total x 4.5 =

C/3

1/ \_\_\_ degenerative disease

2/ \_\_\_ lowered immune system

3/ \_\_\_ loss of libido

4/ \_\_\_ infertility

5/ \_\_\_ birth defects

6/ \_\_\_ miscarriage

7/ \_\_\_ infant death

8/ \_\_\_ chronic/terminal disease

9/ \_\_\_ flu/colds/viruses

\_\_\_ total x 5.5 =

D/4

1/ \_\_\_ brittle fingernails

2/ \_\_\_ pain in forearm or biceps

3/ \_\_\_ pain in legs or back

4/ \_\_\_ general muscle pains

5/ \_\_\_ intermittent and painful muscle cramps

6/ \_\_\_ cramps during sleep or exercise

7/ \_\_\_ brittle bones

8/ \_\_\_ soft bones

9/ \_\_\_ bone mass or density decrease

10/ \_\_\_ bone or joint pains

11/ \_\_\_ bone spurs

12/ \_\_\_ bones deformed or inadequate

13/ \_\_\_ tooth decay or pains

14/ \_\_\_ teeth crowded or poorly placed

15/ \_\_\_ gums receding or diseased

16/ \_\_\_ high blood pressure

17/ \_\_\_ nervousness or irritability

18/ \_\_\_ nervous tics or twitches

19/ \_\_\_ panic

20/ \_\_\_ sensitivity to noise

21/ \_\_\_ hyperactivity

22/ \_\_\_ insomnia

23/ \_\_\_ rickets

24/ \_\_\_ pica/cravings

25/ \_\_\_ skin rashes

26/ \_\_\_ heart palpitations

27/ \_\_\_ pre-menstrual syndrome/difficulties or excessive lengthy periods

28/ \_\_\_ impotence

\_\_\_ total x 1.7 =

E/5

1/ \_\_\_ craving, or eating, ice/dirt/paint/

2/ \_\_\_ pale skin or palms of hand

3/ \_\_\_ fingernails very light/flat/concave

4/ \_\_\_ fingernails very thin/fragile/brittle

5/ \_\_\_ fragile bones

6/ \_\_\_ lack of endurance/stamina

7/ \_\_\_ anemia

8/ \_\_\_ inside of lower eyelid pale

9/ \_\_\_ appetite/weight loss

10/ \_\_\_ sore tongue

11/ \_\_\_ difficulty swallowing

12/ \_\_\_ heart palpitations

13/ \_\_\_ constipation

14/ \_\_\_ stomach upsets



15/ \_\_\_ poor memory

16/\_\_\_ headaches

17/\_\_\_ confusion

18/\_\_\_ depression

19/\_\_\_ dizziness

20/\_\_\_ growth retardation

\_\_\_ total x 2.5 =

F/6

1/ \_\_\_ fatigue

2/ \_\_\_ anxiety

3/ \_\_\_ chronic fatigue

4/ \_\_\_ intolerance of alcohol or sugar/severe mood swings

5/ \_\_\_ weak immune system

6/ \_\_\_ high cholesterol in blood

7/ \_\_\_ hardening of arteries

8/ \_\_\_ liver dysfunction

9/ \_\_\_ depressed growth rate

10/\_\_\_ impotence

11/\_\_\_ infertility

\_\_\_ total x 4.5 =

G/7

1/ \_\_\_ impaired immunity

2/ \_\_\_ muscular weakness/enlargement or degeneration

3/ \_\_\_ fatigue/chronic fatigue

4/ \_\_\_ weak heart/heart attack

5/ \_\_\_ abnormal mucous production/Cystic fibrosis

6/ \_\_\_ growth retardation

7/ \_\_\_ premature aging

8/ \_\_\_ curvature of spine

9/ \_\_\_ brown liver spots

10/\_\_\_ liver dysfunction/cirrhosis

11/\_\_\_ Alzheimer's/memory loss/dysfunction

12/\_\_\_ pre-menstrual syndrome

13/ \_\_\_ low birth weight

14/ \_\_\_ high infant mortality

15/ \_\_\_ sudden infant death syndrome

16/ \_\_\_ impotence

17/ \_\_\_ infertility

18/ \_\_\_ sterility

19/ \_\_\_ cataracts

20/ \_\_\_ cancer

\_\_\_ total x 2.5 =

H/8

1/ \_\_\_ dry skin

2/ \_\_\_ unusual thirst

3/ \_\_\_ excess urine production

4/ \_\_\_ abnormal mucous production

5/ \_\_\_ high/low blood pressure

6/ \_\_\_ slow/rapid/irregular heartbeat/palpitations

7/ \_\_\_ constipation

8/ \_\_\_ mental weariness/apathy/indifference/depression

9/ \_\_\_ swelling of ankles or hands

10/ \_\_\_ muscle weakness

11/ \_\_\_ fatigue

12/ \_\_\_ paralysis

13/ \_\_\_ glucose intolerance/mood swings

14/ \_\_\_ acne

15/ \_\_\_ insomnia

16/ \_\_\_ asthma/respiratory problems,

17/ \_\_\_ arthritis

18/ \_\_\_ nervousness

19/ \_\_\_ growth retardation

20/ \_\_\_ cardiac/heart failure

21/ \_\_\_ receding gums

22/ \_\_\_ very sore or stiff muscles after exercise

\_\_\_ total x 2.5 =

I/9

1/ \_\_\_ constipation

2/ \_\_\_ subnormal body temperature

3/ \_\_\_ stress

4/ \_\_\_ hyperactivity/restlessness/insomnia

5/ \_\_\_ disturbed behavior

6/ \_\_\_ nausea/dizziness/lightheaded

7/ \_\_\_ anxiety/confusion/disorientation/irritability

8/ \_\_\_ irritable nerves/muscles or nervous tics/twitches

9/ \_\_\_ muscle spasms/tremors/convulsions/seizures

10/\_\_\_ muscular weakness

11/\_\_\_ appetite/weight loss

12/\_\_\_ migraine headaches with pre-menstrual syndrome

13/\_\_\_ irregular heartbeat

14/\_\_\_ high blood pressure

15/\_\_\_ painful/cold hands or feet

16/\_\_\_ calcification of small arteries

17/\_\_\_ calcification of soft tissue

18/\_\_\_ arthritis/painful joints

19/\_\_\_ bone spurs

20/\_\_\_ vomiting

21/\_\_\_ asthma

22/\_\_\_ birth defects

23/\_\_\_ excessive body odors

24/\_\_\_ mental depression/apathy

25/\_\_\_ hypersensitive to noise

26/\_\_\_ loose or sensitive teeth

27/\_\_\_ receding gums

28/\_\_\_ poor co-ordination

29/\_\_\_ crave chocolate

\_\_\_ total x 1.75 =

J/10

1/ \_\_\_ muscle in-coordination

2/ \_\_\_ prone to athletic injuries especially knees/elbows

- 3/ \_\_\_ muscle weakness
- 4/ \_\_\_ loss of ligament tone/strength
- 5/ \_\_\_ joint problems
- 6/ \_\_\_ carpal tunnel/repetitive motion syndrome
- 7/ \_\_\_ poor cartilage formation
- 8/ \_\_\_ calcium deposits
- 9/ \_\_\_ kidney or gallstones
- 10/ \_\_\_ asthma
- 11/ \_\_\_ hearing loss
- 12/ \_\_\_ memory loss
- 13/ \_\_\_ dizziness
- 14/ \_\_\_ convulsions
- 15/ \_\_\_ birth defects
- 16/ \_\_\_ still births
- 17/ \_\_\_ infertility
- 18/ \_\_\_ loss of libido
- 19/ \_\_\_ nervous degeneration

\_\_\_ total x 2.75 =

**K/11**

- 1/ \_\_\_ hair/nails grow slowly
- 2/ \_\_\_ brittle nails
- 3/ \_\_\_ white spots on fingernails
- 4/ \_\_\_ cuts/wounds/sores heal slowly
- 5/ \_\_\_ get infections easily
- 6/ \_\_\_ loss of smell/taste
- 7/ \_\_\_ loss of weight/appetite
- 8/ \_\_\_ pica/cravings
- 9/ \_\_\_ acne
- 10/ \_\_\_ frizzy hair
- 11/ \_\_\_ asthma
- 12/ \_\_\_ candida
- 13/ \_\_\_ chronic fatigue
- 14/ \_\_\_ indigestion
- 15/ \_\_\_ hair loss

16/ \_\_\_ hernias

17/ \_\_\_ stretch marks

18/ \_\_\_ white coating on tongue

19/ \_\_\_ birth defects

20/ \_\_\_ delayed puberty

21/ \_\_\_ prostate problems

22/ \_\_\_ impotence

23/ \_\_\_ sterility

24/ \_\_\_ pre-menstrual syndrome

25/ \_\_\_ diarrhea

26/ \_\_\_ sleep disturbances

27/ \_\_\_ hyperactivity

28/ \_\_\_ poor immunity

29/ \_\_\_ liver dysfunction

30/ \_\_\_ low blood sugar

31/ \_\_\_ diabetic

32/ \_\_\_ degenerative disease

\_\_\_ total x 1.6 =

L/12

1/ \_\_\_ dry hair

2/ \_\_\_ brittle nails

3/ \_\_\_ slow mental reactions

4/ \_\_\_ high cholesterol in blood

5/ \_\_\_ enlargement of thyroid gland/goiter

6/ \_\_\_ heart palpitations

7/ \_\_\_ irritability

8/ \_\_\_ overweight/obesity

9/ \_\_\_ poor metabolism

10/ \_\_\_ constipation

\_\_\_ total x 5 =

M/13

1/ \_\_\_ hair loss

2/ \_\_\_ depressed growth

3/ \_\_\_ baldness

4/ \_\_\_ cancer

5/ \_\_\_ hearing loss

6/ \_\_\_ impotence

7/ \_\_\_ infertility

8/ \_\_\_ sterility

\_\_\_ total x 6.5 =

N/14

1/ \_\_\_ degeneration of cartilage/tendons/ligaments

2/ \_\_\_ acne

3/ \_\_\_ poor collagen

4/ \_\_\_ sickle cell anemia

5/ \_\_\_ arthritis

6/ \_\_\_ lupus

\_\_\_ total x 8.5 =

O/15

1/ \_\_\_ very low immunity

2/ \_\_\_ arthritis

3/ \_\_\_ bone loss

4/ \_\_\_ low energy

5/ \_\_\_ cancer

6/ \_\_\_ infertility

\_\_\_ total x 8.5 =

P/16

1/ \_\_\_ low immunity

2/ \_\_\_ pernicious viruses

3/ \_\_\_ cancer

4/ \_\_\_ bacteria overgrowth

5/ \_\_\_ parasites

\_\_\_ total x 10 =

Q/17

1/ \_\_\_ birth defects

2/ \_\_\_ impotence

3/ \_\_\_ infertility

4/ \_\_\_ depressed growth

5/ \_\_\_ slipped tendon

6/ \_\_\_ carpal tunnel/repetitive motion syndrome

\_\_\_ total x 8.5 =

R/18

1/ \_\_\_ attention deficit disorder

2/ \_\_\_ behavior problems

3/ \_\_\_ hyperactivity

4/ \_\_\_ rage

5/ \_\_\_ depression

6/ \_\_\_ suicide

7/ \_\_\_ bipolar/mania

8/ \_\_\_ spouse/offspring abuse

9/ \_\_\_ reduced growth rate

10/ \_\_\_ infertility

11/ \_\_\_ reproductive failure

12/ \_\_\_ shortened life expectancy

\_\_\_ total x 4.2 =

S/19

1/ \_\_\_ bone loss

2/ \_\_\_ uterine troubles

3/ \_\_\_ arthritis

4/ \_\_\_ receding gums

\_\_\_ total x 12 =

T/20

1/ \_\_\_ obesity

2/ \_\_\_ depressed growth

3/ \_\_\_ hypoglycemia

4/ \_\_\_ infertility

5/ \_\_\_ chronic fatigue

6/ \_\_\_ cardiovascular disease

\_\_\_ total x 8.5 =

U/21

1/ \_\_\_ loss of appetite/weight

2/ \_\_\_ fatigue/anemia

3/ \_\_\_ slow rate of growth

4/ \_\_\_ infertility

5/ \_\_\_ liver dysfunction

6/ \_\_\_ hair loss

7/ \_\_\_ skin sores

8/ \_\_\_ impaired respiration

9/ \_\_\_ permanent nervous disorders

\_\_\_ total x .5.6 =

V/22

1/ \_\_\_ salt cravings/hunger

2/ \_\_\_ appetite/weight loss

3/ \_\_\_ confusion

4/ \_\_\_ crying/depression

5/ \_\_\_ dizziness

6/ \_\_\_ fatigue/weakness

7/ \_\_\_ headaches

8/ \_\_\_ low blood pressure

9/ \_\_\_ illusions/hallucinations

10/ \_\_\_ memory loss

11/ \_\_\_ weight loss

12/ \_\_\_ edema/swelling of brain

13/ \_\_\_ loss of taste

14/ \_\_\_ lethargy/apathy

15/ \_\_\_ muscle weakness/seizures/cramps

16/ \_\_\_ nausea/vomiting

\_\_\_ total x 3 =

W/23

1/ \_\_\_ high blood pressure

2/ \_\_\_ stools dry/shrunken



3/ \_\_\_ excess fluid retention/edema

4/ \_\_\_ stomach ulcers

5/ \_\_\_ tremors/convulsions/seizures

6/ \_\_\_ irritability

7/ \_\_\_ excessive thirst

8/ \_\_\_ excessive urination

9/ \_\_\_ hyperactivity

10/ \_\_\_ appetite/weight loss

11/ \_\_\_ congestive heart failure

12/ \_\_\_ cognitive dysfunction

\_\_\_ total x 4.5 =

X/24

1/ \_\_\_ dry/brittle hair/fingernails

2/ \_\_\_ poor skin

3/ \_\_\_ poor calcium utilization

4/ \_\_\_ long bone/skull deficiency

5/ \_\_\_ arterial wall

\_\_\_ total x 10 =

Y/25

1/ \_\_\_ appetite/weight loss

2/ \_\_\_ anxiety

3/ \_\_\_ bone pain

4/ \_\_\_ fatigue/weakness

5/ \_\_\_ numbness

6/ \_\_\_ cravings

7/ \_\_\_ overweight

8/ \_\_\_ irregular breathing

9/ \_\_\_ decreased heart function

10/ \_\_\_ tremors/nervousness

11/ \_\_\_ irritability

\_\_\_ total x 4.5 =

Z/26

1/ \_\_\_ depressed growth

2/ \_\_\_ anemia

3/ \_\_\_ skin irritations

4/ \_\_\_ poor blood production

5/ \_\_\_ delayed puberty

6/ \_\_\_ poor zinc absorption

7/ \_\_\_ iron/copper/zinc imbalance

8/ \_\_\_ depressed liver function

9/ \_\_\_ high newborn fatality

\_\_\_ total x 5.5 =

AA/27

1/ \_\_\_ depressed growth

2/ \_\_\_ appetite loss

3/ \_\_\_ infertility

4/ \_\_\_ impaired reproduction

5/ \_\_\_ impotence

6/ \_\_\_ copper deficiency

\_\_\_ total x 8.5 =

BB/28

1/ \_\_\_ aneurysms

2/ \_\_\_ arthritis

3/ \_\_\_ brittle hair

4/ \_\_\_ gray/white hair

5/ \_\_\_ hair loss

6/ \_\_\_ diarrhea

7/ \_\_\_ depression

8/ \_\_\_ liver cirrhosis/dysfunction

9/ \_\_\_ cerebral hemorrhage

10/ \_\_\_ fragile bones

11/ \_\_\_ learning disabilities

12/ \_\_\_ hernias

13/ \_\_\_ varicose veins

14/ \_\_\_ sagging tissue/skin/breasts

15/ \_\_\_ hypo/hyper thyroid

16/ \_\_\_ high blood cholesterol

17/ \_\_\_ reduced glucose tolerance

18/ \_\_\_ abnormal iron in liver

19/ \_\_\_ infertility

20/ \_\_\_ cardiovascular disease

\_\_\_ total x 2.5 =

CC/29

1/ \_\_\_ abdominal/muscle pain

2/ \_\_\_ diarrhea

3/ \_\_\_ depression

4/ \_\_\_ nausea/vomiting

5/ \_\_\_ excessive hair loss

6/ \_\_\_ hyperactivity/irritability/nervousness

7/ \_\_\_ liver damage

8/ \_\_\_ joint pain

9/ \_\_\_ anemia

10/ \_\_\_ infertility

11/ \_\_\_ blood disorders

12/ \_\_\_ skeletal disorders

\_\_\_ total x 4.5 =

DD/30

1/ \_\_\_ tooth decay

2/ \_\_\_ depressed growth

3/ \_\_\_ reduced red blood cells

\_\_\_ total x 17 =

EE/31

1/ \_\_\_ calcification of tendons/ligaments

2/ \_\_\_ nervousness

3/ \_\_\_ degenerate heart/liver/kidneys

4/ \_\_\_ pitting of teeth

5/ \_\_\_ whitish/yellowish/brown mottling/discoloration of teeth

6/ \_\_\_ nausea/vomiting

7/ \_\_\_ pain/aching of bones/spine

8/ \_\_\_ weak gonads

9/ \_\_\_ weak adrenals

10/ \_\_\_ rare cancers

11/ \_\_\_ brain degeneration

12/ \_\_\_ depressed growth

13/ \_\_\_ mongolism

\_\_\_ total x 4 =

FF/32

1/ \_\_\_ high blood pressure

2/ \_\_\_ shingles

3/ \_\_\_ hives

4/ \_\_\_ anemia

5/ \_\_\_ kidney disorders

6/ \_\_\_ adrenal disorder

7/ \_\_\_ bowel dysfunction

\_\_\_ total x 7.5 =

GG/33

1/ \_\_\_ high or low blood pressure

2/ \_\_\_ anemia

3/ \_\_\_ emphysema

4/ \_\_\_ kidney disease

\_\_\_ total x 12. =

HH/34

1/ \_\_\_ rough skin

2/ \_\_\_ excessive perspiration

3/ \_\_\_ loss of former taste or craving for meat

4/ \_\_\_ nausea/desire to vomit

5/ \_\_\_ poor or failing memory

6/ \_\_\_ potatos disagree

7/ \_\_\_ belching accompanied by headcolds

8/ \_\_\_ constipation with sever headaches

9/ \_\_\_ numbness/stiffness/loss of sensation in arms/legs

10/ \_\_\_ stitching/burning pain in head with dizziness and relieved by eating

11/ \_\_\_ spinal disorders

\_\_\_ total x 4.5 =

II/35

1/ \_\_\_ dry eyes

2/ \_\_\_ eyelids dry/red/scaly

3/ \_\_\_ eye inflammations/discharge/mattering/eyelids swollen or pus laden

4/ \_\_\_ ulcerated cornea

5/ \_\_\_ poor night vision

6/ \_\_\_ eyes sensitive to glare/sunlight/bright lights

7/ \_\_\_ eyes adjust slowly from light to dark

8/ \_\_\_ susceptibility to infections especially respiratory

9/ \_\_\_ sinus problems

10/ \_\_\_ loss of smell

11/ \_\_\_ allergies

12/ \_\_\_ abscesses in ears/mouth/salivary glands

13/ \_\_\_ defective teeth/gums

14/ \_\_\_ insomnia

15/ \_\_\_ brittle hair

16/ \_\_\_ fatigue

17/ \_\_\_ weight loss

18/ \_\_\_ dry/rough/scaly skin

19/ \_\_\_ hard lumps on arms that don't go away

20/ \_\_\_ acne/pimples/blackheads

21/ \_\_\_ warts

22/ \_\_\_ kidney/bladder/urinary infections

23/ \_\_\_ retarded growth

24/ \_\_\_ birth defects

25/ \_\_\_ infertility

\_\_\_ total x 2 =

JJ/36

1/ \_\_\_ abdominal pain

2/ \_\_\_ stomach upset

3/ \_\_\_ irritability

4/ \_\_\_ joint pain

5/ \_\_\_ nausea/vomiting

6/ \_\_\_ weight loss

7/ \_\_\_ itching

8/ \_\_\_ enlarged spleen

9/ \_\_\_ enlargement of the head from serous fluid accumulation

10/ \_\_\_ enlarged liver

11/ \_\_\_ lip condition

12/ \_\_\_ loss of hair

13/ \_\_\_ absence of menstruation

\_\_\_ total x 4 =

KK/37

1/ \_\_\_ slow/rapid heartbeat

2/ \_\_\_ heart palpitations/gallop rhythm

3/ \_\_\_ enlarged heart

4/ \_\_\_ diastolic blood pressure over 90

5/ \_\_\_ forgetfulness/poor memory/short attention span

6/ \_\_\_ muscular weakness/tenderness/wasting

7/ \_\_\_ irritability/nervousness

8/ \_\_\_ feel depressed

9/ \_\_\_ fatigue

10/ \_\_\_ appetite/weight loss

11/ \_\_\_ numbness/tingling in hands/feet

12/ \_\_\_ loss of ankle/knee jerk reflexes

13/ \_\_\_ poor coordination

14/ \_\_\_ stiffness/swelling in ankles/feet/legs

15/ \_\_\_ cramping pains in legs

16/ \_\_\_ tenderness in calf muscles

17/ \_\_\_ constipation

18/ \_\_\_ impaired growth in children

19/ \_\_\_ confusion

20/ \_\_\_ sensitive to noise

21/ \_\_\_ senility

22/ \_\_\_ shortness/labor of breath

23/ \_\_\_ hypersensitive to pain

\_\_\_ total x 2.2 =

LL/38

1/ \_\_\_ inflammation of mouth

2/ \_\_\_ dizziness

3/ \_\_\_ poor digestion

4/ \_\_\_ skin irritations

5/ \_\_\_ confusion

6/ \_\_\_ depression

7/ \_\_\_ growth retardation

8/ \_\_\_ intolerance of light

9/ \_\_\_ atrophy of pancreas

10/ \_\_\_ dry/pink eyes

11/ \_\_\_ cataracts

12/ \_\_\_ feels like sand on inside of eyelids

13/ \_\_\_ eyes red/itchy/burning

14/ \_\_\_ eyes sensitive to light, or, dimming/blurring of vision

15/ \_\_\_ red lines in whites of eyes

16/ \_\_\_ spots before eyes

17/ \_\_\_ cracks/sores in corners of mouth

18/ \_\_\_ shiny/sore/swollen tongue

19/ \_\_\_ reddish/purple colored tongue

20/ \_\_\_ lips red/white/scaly/swollen or chapped

21/ \_\_\_ oily hair

22/ \_\_\_ falling hair

23/ \_\_\_ abnormal hair loss

24/ \_\_\_ shrinking/disappearing upper lip

25/ \_\_\_ greasy/scaly skin around nose

\_\_\_ total x 2 =

MM/39

1/ \_\_\_ whitish coated tongue

2/ \_\_\_ swollen tongue/red tips/sides

3/ \_\_\_ brilliant red/painful tongue

4/ \_\_\_ stomach/poor digestion

5/ \_\_\_ skin irritations/eruptions

6/ \_\_\_ nervous disorders

7/ \_\_\_ bad breath

8/ \_\_\_ muscle aches/weakness

9/ \_\_\_ tiredness/fatigue

10/ \_\_\_ insomnia

11/ \_\_\_ loss of appetite

12/ \_\_\_ nausea

13/ \_\_\_ confusion

14/ \_\_\_ depression/crying

15/ \_\_\_ headache

16/ \_\_\_ diarrhea

17/ \_\_\_ irritability/nervousness

18/ \_\_\_ limb pain

19/ \_\_\_ memory loss

20/ \_\_\_ no sense of humor

21/ \_\_\_ mental problems

22/ \_\_\_ anxiety

23/ \_\_\_ ulcers/canker sores in mouth

24/ \_\_\_ burning numbness in hands/feet

\_\_\_ total x 2.2 =

NN/40

1/ \_\_\_ eye pupils large/dilated

2/ \_\_\_ blood sugar intolerance

3/ \_\_\_ occasional deep depression

4/ \_\_\_ irritability/nervousness

5/ \_\_\_ insomnia/sleeplessness

6/ \_\_\_ fatigue/tiredness/lack of energy

7/ \_\_\_ abdominal pain

8/ \_\_\_ vomiting

9/ \_\_\_ headaches

10/ \_\_\_ hair loss

11/ \_\_\_ kidney problems



12/ \_\_\_ diarrhea/constipation

13/ \_\_\_ numbness/tingling in hands/feet

14/ \_\_\_ joint pains

15/ \_\_\_ muscle spasms/cramps

16/ \_\_\_ rapid heartbeat with/without exertion

17/ \_\_\_ poor coordination

18/ \_\_\_ dizzy upon rising

19/ \_\_\_ burning sensation in hands/feet

20/ \_\_\_ skin irritations

21/ \_\_\_ infections

22/ \_\_\_ low blood pressure

\_\_\_ total x 2. =

OO/41

1/ \_\_\_ depression

2/ \_\_\_ irritability/nervousness

3/ \_\_\_ dizziness

4/ \_\_\_ confusion

5/ \_\_\_ forget dreams

6/ \_\_\_ swelling of hands/feet/ankles

7/ \_\_\_ unable to close hands into tight/flat fist

8/ \_\_\_ soreness/tenderness/weakness of thumb muscles

9/ \_\_\_ greasy scaliness near nose/mouth/eyes

10/ \_\_\_ green tint to urine

11/ \_\_\_ muscle twitching

12/ \_\_\_ hyperactivity

13/ \_\_\_ poor coordination walking

14/ \_\_\_ nausea in pregnancy

15/ \_\_\_ acne during menstruation

16/ \_\_\_ appetite loss

17/ \_\_\_ hair loss

18/ \_\_\_ anemia

19/ \_\_\_ anorexia/nausea

20/ \_\_\_ arthritis

21/ \_\_\_ lip conditions

22/ \_\_\_ dry eyes

23/ \_\_\_ dizziness

24/ \_\_\_ fatigue

25/ \_\_\_ geographic tongue

26/ \_\_\_ impaired wound healing

27/ \_\_\_ seizures

28/ \_\_\_ stunted growth

29/ \_\_\_ muscle weakness

\_\_\_ total x 1.8 =

**PP/42**

1/ \_\_\_ sore/beefy/red tongue

2/ \_\_\_ yellow tint to skin/pale complexion

3/ \_\_\_ numbness/soreness/tingling/weakness in hands of feet

4/ \_\_\_ jerking of limbs

5/ \_\_\_ memory loss

6/ \_\_\_ stammer

7/ \_\_\_ apathy

8/ \_\_\_ depression/irritability/moodiness

9/ \_\_\_ anemia

10/ \_\_\_ loss of appetite

11/ \_\_\_ confusion/disorientation/agitation

12/ \_\_\_ back pains

13/ \_\_\_ dizziness

14/ \_\_\_ dimmed vision

15/ \_\_\_ poor stomach digestion/low stomach acid

16/ \_\_\_ menstrual disturbances

17/ \_\_\_ growth failure in children

18/ \_\_\_ birth defects

19/ \_\_\_ speech difficulties

20/ \_\_\_ nervousness

21/ \_\_\_ nerve pain

22/ \_\_\_ fatigue

23/ \_\_\_ headaches

24/ \_\_\_ labored breathing

25/ \_\_\_ palpitations

26/ \_\_\_ psychosis

\_\_\_ total x 2 =

QQ/43

1/ \_\_\_ appetite/weight loss

2/ \_\_\_ diabetes

3/ \_\_\_ skin shiny/dry/scaly/gray

4/ \_\_\_ purplish/red/swollen/painful tongue

5/ \_\_\_ pale/smooth tongue

6/ \_\_\_ nausea

7/ \_\_\_ muscular pain/weakness

8/ \_\_\_ mental depression

9/ \_\_\_ pale colored fingernails

10/ \_\_\_ sleeplessness

11/ \_\_\_ hair loss

12/ \_\_\_ irregular heartbeat

13/ \_\_\_ extreme weariness/exhaustion

\_\_\_ total x 4 =

RR/44

1/ \_\_\_ eczema

2/ \_\_\_ high blood pressure

3/ \_\_\_ high cholesterol levels

4/ \_\_\_ bleeding ulcer

5/ \_\_\_ have difficulty losing weight

6/ \_\_\_ cirrhosis/fatty liver degeneration

7/ \_\_\_ kidney hemorrhaging

8/ \_\_\_ bleeding stomach ulcers

9/ \_\_\_ fat intolerance

10/ \_\_\_ growth problems

\_\_\_ total x 5 =

SS/45

1/ \_\_\_ tongue red/shiny/smooth/painful

2/ \_\_\_ ulcers in mouth

3/ \_\_\_ red/swollen/bleeding gums

4/ \_\_\_ intestinal malabsorption

5/ \_\_\_ diarrhea

6/ \_\_\_ birth defects

7/ \_\_\_ heart palpitations

8/ \_\_\_ swelling of ankles

9/ \_\_\_ apathy/depression

10/ \_\_\_ lightheadedness/faintness

11/ \_\_\_ appetite/weight loss

12/ \_\_\_ graying hair

13/ \_\_\_ paranoia

14/ \_\_\_ excess/loss of skin color

15/ \_\_\_ anemia

16/ \_\_\_ irritable/agitated/brooding/self conscious

17/ \_\_\_ stomach ache/indigestion

18/ \_\_\_ memory loss

19/ \_\_\_ B-12 deficiency

20/ \_\_\_ retarded growth

\_\_\_ total x 2.5 =

TT/46

1/ \_\_\_ depression

2/ \_\_\_ muscular weakness

3/ \_\_\_ appetite loss

4/ \_\_\_ skin bruises easily/black and blue marks

5/ \_\_\_ hemorrhages/ruptured blood vessels in eye

6/ \_\_\_ gums bleed easily

7/ \_\_\_ bluish/red/swollen/inflamed gums

8/ \_\_\_ loose teeth/loss of dental fillings

9/ \_\_\_ cuts/sores/wounds heal slowly

10/ \_\_\_ fleeting pains/tenderness in joints/legs

11/ \_\_\_ catch colds/flu/viruses/infections easily

12/ \_\_\_ listless/no endurance/tire easily

13/ \_\_\_ cuticles tear easily

14/ \_\_\_ excessive hair loss

15/ \_\_\_ restlessness/irritability

16/ \_\_\_ nosebleeds

17/ \_\_\_ broken capillaries/hemorrhages/little pink spots on skin

18/ \_\_\_ bloating/puffiness in face

19/ \_\_\_ anemia

20/ \_\_\_ fragile bones

\_\_\_ total x 2.5 =

UU/47

1/ \_\_\_ nearsightedness

2/ \_\_\_ lack of vigor

3/ \_\_\_ insomnia

4/ \_\_\_ constipation/diarrhea

5/ \_\_\_ nervousness

6/ \_\_\_ muscular weakness/cramps

7/ \_\_\_ joint pains

8/ \_\_\_ bowlegs/knock knees

9/ \_\_\_ joint pains

10/ \_\_\_ bone softening

11/ \_\_\_ bone demineralized

12/ \_\_\_ lots of dental cavities

13/ \_\_\_ poor bone development

14/ \_\_\_ burning in mouth and throat

15/ \_\_\_ phosphorus retention in kidneys

\_\_\_ total x .3.5 =

VV/48

1/ \_\_\_ calcification/calcium/magnesium deposits in tissue

2/ \_\_\_ malignant calcification

3/ \_\_\_ liver dysfunction

\_\_\_ total x 16.7 =

WW/49

1/ \_\_\_ menstrual discomfort

2/ \_\_\_ low sex drive

3/ \_\_\_ impotence

4/ \_\_\_ sterility

5/ \_\_\_ miscarriages

6/ \_\_\_ hemolytic anemia

7/ \_\_\_ brittle/falling/dry hair

8/ \_\_\_ heart disease

9/ \_\_\_ muscular swelling/wasting

10/ \_\_\_ enlarged prostate

11/ \_\_\_ stomach aches

12/ \_\_\_ hair loss

13/ \_\_\_ skin irritations

14/ \_\_\_ walking problems

15/ \_\_\_ malabsorption

16/ \_\_\_ paralysis of nerves in the eyes

17/ \_\_\_ problems with nerves in the muscles

\_\_\_ total x 3 =

XX/50

1/ \_\_\_ graying hair

2/ \_\_\_ anemia/weakness

3/ \_\_\_ fatigue/tiredness

4/ \_\_\_ headaches

5/ \_\_\_ irritability/nervousness

6/ \_\_\_ stomach aches/indigestion

7/ \_\_\_ constipation

8/ \_\_\_ skin irritations

9/ \_\_\_ low sex drive

10/ \_\_\_ eyes/skin sensitive to light/sun

11/ \_\_\_ loss of skin pigment/color

12/ \_\_\_ brownish nodules about the nose/ears

13/ \_\_\_ hardening/rigidity of the skin

\_\_\_ total x 4 =

YY/51

1/ \_\_\_ rough/dry/flaking/scaly skin

2/ \_\_\_ acne

3/ \_\_\_ dry/brittle hair

4/ \_\_\_ wounds heal poorly

5/ \_\_\_ get infections easily

6/ \_\_\_ skin irritations

7/ \_\_\_ weak nails

8/ \_\_\_ hair loss

9/ \_\_\_ arthritis

10/ \_\_\_ endocrine gland atrophy/dysfunction

11/ \_\_\_ diarrhea

12/ \_\_\_ liver degeneration

13/ \_\_\_ gall stones

14/ \_\_\_ growth retardation

15/ \_\_\_ get colds/flu/viruses easily

16/ \_\_\_ infertility

17/ \_\_\_ kidney dysfunction

18/ \_\_\_ appetite/weight loss

19/ \_\_\_ abnormal mucus production

20/ \_\_\_ dandruff

21/ \_\_\_ varicose veins

\_\_\_ total x 2.5

ZZ/52

1/ \_\_\_ hair loss

2/ \_\_\_ constipation

3/ \_\_\_ skin irritations

4/ \_\_\_ too much cholesterol

\_\_\_ total x 13 =

AAA/53

1/ \_\_\_ hemorrhaging

2/ \_\_\_ prolonged blood clotting time

3/ \_\_\_ intestinal malabsorption

4/ \_\_\_ nose bleeding

5/ \_\_\_ miscarriages

6/ \_\_\_ diarrhea

7/ \_\_\_ cellular disease

8/ \_\_\_ bone loss

\_\_\_ total x 6.5 =

BBB/54

1/ \_\_\_ bleed easily

2/ \_\_\_ bruise easily

3/ \_\_\_ muscle weakness

4/ \_\_\_ fatigue/anemia

5/ \_\_\_ appetite loss

6/ \_\_\_ swollen joints

7/ \_\_\_ wounds/fractures heal slowly

8/ \_\_\_ bleeding gums

9/ \_\_\_ infections

\_\_\_ total x 5.75 =

CCC/55

1/ \_\_\_ poor oxygenation of cells

2/ \_\_\_ nervous disorders

3/ \_\_\_ poor protein metabolism

4/ \_\_\_ gland disorders

\_\_\_ total x 13 =

DDD/56

1/ \_\_\_ fluid retention in hands/feet

2/ \_\_\_ nausea/dizziness

3/ \_\_\_ poor coordination

4/ \_\_\_ general weakness

5/ \_\_\_ anemia

6/ \_\_\_ cataracts

7/ \_\_\_ catch colds/flu/viruses/infections easily

8/ \_\_\_ cuticles tear easily

9/ \_\_\_ muscle wasting

10/ \_\_\_ premature aging

11/ \_\_\_ low hormone levels



\_\_\_ total x 4.5 =

EEE/57

1/ \_\_\_ indigestion or sourness 2 to 3 hours after meal

2/ \_\_\_ abdominal bloating/distension

3/ \_\_\_ full/loggy feeling after heavy meal

4/ \_\_\_ loss of former taste/craving for meat

5/ \_\_\_ excessive gas/belching/burping after meals

6/ \_\_\_ heavy/tired after meals

7/ \_\_\_ constipation

8/ \_\_\_ burning in stomach

\_\_\_ total x 6 =

FFF/58

1/ \_\_\_ stomach pain 5 to 6 hrs after eating/usually at night relieved by eating or drinking milk

2/ \_\_\_ pain aggravated by worry or tension

\_\_\_ total x 25 =

GGG/59

1/ \_\_\_ diarrhea without apparent cause

2/ \_\_\_ mucous shreds in stool

3/ \_\_\_ more than three bowel movements per day

4/ \_\_\_ painful/hard bowel movements

5/ \_\_\_ thin/pencil shaped bowel movements

6/ \_\_\_ hemorrhoids/rectal fissures

7/ \_\_\_ alternating diarrhea/constipation

\_\_\_ total x 7.5 =

HHH/60

1/ \_\_\_ fingers/toes go cold

2/ \_\_\_ arms/legs go to sleep

3/ \_\_\_ numbness/heaviness in arms/legs

4/ \_\_\_ hand cramps when writing

5/ \_\_\_ sharp diagonal crease in earlobe

6/ \_\_\_ tingling in lips/fingers

7/ \_\_\_ short walk causes cramping/pains in legs

8/ \_\_\_ memory loss

9/ \_\_\_ ankles swell in afternoon/evening

10/ \_\_\_ persistent/nagging cough

11/ \_\_\_ high blood pressure

12/ \_\_\_ urinate more than twice during night

13/ \_\_\_ breathlessness from slight exertion or with lying down

14/ \_\_\_ outer part of cornea has white ring under it

15/ \_\_\_ impotent/frigid

16/ \_\_\_ chest pain after physical exertion/emotional stress

\_\_\_ total x 3 =

### III/61

1/ \_\_\_ tremors of hands/feet

2/ \_\_\_ double vision

3/ \_\_\_ slurred speech

4/ \_\_\_ irritability/impatience

5/ \_\_\_ loss of stamina while laboring

6/ \_\_\_ easily lose temper/get upset

\_\_\_ total x 8.5 =

### JJJ/62

1/ \_\_\_ grip/muscles weak/light objects feel heavy

2/ \_\_\_ numbness/loss of sensation

3/ \_\_\_ objects fall from hands/reach in wrong place

4/ \_\_\_ muscles wasting in some particular part of body

\_\_\_ total x 13.5 =

### KKK/63

1/ \_\_\_ awake in morning not feeling rested

2/ \_\_\_ painful fatigue not helped by rest

3/ \_\_\_ dark/puffy circles under the eyes

4/ \_\_\_ spastic colon/colitis/irritable bowel

5/ \_\_\_ chronic/minor ailments off and on

6/ \_\_\_ high blood pressure

7/ \_\_\_ uncontrolled urination/bed wetting

8/ \_\_\_ enlargement of lymph glands in neck

9/ \_\_\_ people call me a hypochondriac

10/\_\_\_ insomnia/sleeplessness

11/\_\_\_ heavy sweating not from exercise

12/\_\_\_ fluid retention

13/\_\_\_ spasmodic/aching muscles

14/\_\_\_ painful/stiff/swollen joints

15/\_\_\_ depression/crying

16/\_\_\_ sinus attacks

17/\_\_\_ catch colds easily

18/\_\_\_ hyperactivity

19/\_\_\_ have had bronchitis/pneumonia

20/\_\_\_ constipation/diarrhea

21/\_\_\_ dramatic weight fluctuations

22/\_\_\_ irritability

23/\_\_\_ eczema/psoriasis/rashes/dermatitis

24/\_\_\_ bladder infections

25/\_\_\_ hay fever/sneezing attacks

26/\_\_\_ dry/stuffy nose/tendency to pick

27/\_\_\_ runny nose

28/\_\_\_ bloating/puffiness in face

29/\_\_\_ bronchial asthma

30/\_\_\_ migraine headaches

\_\_\_ total x 1.6 5 =

LLL/64

1/ \_\_\_ repeated use of antibiotics

2/ \_\_\_ regular use of birth control pills

3/ \_\_\_ cravings for sugar/bread/alcohol

4/ \_\_\_ sever reactions to odors of tobacco/perfume/chemicals

5/ \_\_\_ hypersensitivity to select foods

6/ \_\_\_ constipation/diarrhea

7/ \_\_\_ rectal itching

8/ \_\_\_ bladder infections

9/ \_\_\_ sore/coated tongue

10/\_\_\_ general ill feeling

11/ \_\_\_ hives/psoriasis/skin rash

12/ \_\_\_ anxiety/depression

13/ \_\_\_ tiredness

14/ \_\_\_ feel spaced out

15/ \_\_\_ prostate problems

16/ \_\_\_ vaginal discharge/burning/itching

17/ \_\_\_ tumors in uterus

18/ \_\_\_ menstrual pain

\_\_\_ total x 3 =

MMM/65

1/ \_\_\_ irritable if late/missing meal

2/ \_\_\_ irritable before breakfast

3/ \_\_\_ nervousness/shakes/headaches relieved by eating sweets

4/ \_\_\_ cravings for sweets/coffee/alcohol

5/ \_\_\_ asthmatic attacks

6/ \_\_\_ hungry soon after eating

7/ \_\_\_ cold hands or feet

8/ \_\_\_ wake up nights feeling hungry

\_\_\_ total x 6 =

NNN/66

1/ \_\_\_ anxiety/nervousness tension

2/ \_\_\_ irritability/restlessness

3/ \_\_\_ depression

4/ \_\_\_ mood swings/emotional outbursts/crying spells

5/ \_\_\_ dizziness/fainting

6/ \_\_\_ headache

7/ \_\_\_ backache/cramps

8/ \_\_\_ insomnia

9/ \_\_\_ bloating/weight gain

10/ \_\_\_ forgetfulness/confusion

11/ \_\_\_ increased appetite

12/ \_\_\_ craving sweets

13/ \_\_\_ breast tenderness

14/ \_\_\_ swelling of hands/feet

15/ \_\_\_ pounding heart

\_\_\_ total x 3.5 =

OOO/67

1/ \_\_\_ history of oral thrush

2/ \_\_\_ diarrhea/constipation/colic

3/ \_\_\_ food allergies

4/ \_\_\_ eczema

5/ \_\_\_ intestinal candidiasis

6/ \_\_\_ vaginal candidiasis

7/ \_\_\_ history of antibiotics

8/ \_\_\_ hyperactivity associated with food allergy/or digestive disturbances

9/ \_\_\_ bottle fed children

10/ \_\_\_ recurrent tonsillitis

11/ \_\_\_ E. Coli

12/ \_\_\_ bloating

13/ \_\_\_ lactose/milk intolerance

14/ \_\_\_ salmonellosis

15/ \_\_\_ high serum cholesterol

16/ \_\_\_ acne

17/ \_\_\_ shigellosis

18/ \_\_\_ poor calcium absorption

19/ \_\_\_ infections

20/ \_\_\_ tumors

21/ \_\_\_ cancer

22/ \_\_\_ bad breath

\_\_\_ total x 2.4 =

PPP/68

1/ \_\_\_ diarrhea

2/ \_\_\_ abdominal pain

3/ \_\_\_ weight loss

4/ \_\_\_ anal itching

5/ \_\_\_ weakness

6/ \_\_\_ B-12 deficiency

7/ \_\_\_ pneumonia

8/ \_\_\_ jaundice

9/ \_\_\_ periodontal disease

10/ \_\_\_ hunger pains

11/ \_\_\_ appetite/weight loss

12/ \_\_\_ ear itching

\_\_\_ total x 4.4 =

QQQ/69

1/ \_\_\_ constipation

2/ \_\_\_ cramps/aches/discomfort of abdomen

3/ \_\_\_ dizziness

4/ \_\_\_ anxiety/irritability

5/ \_\_\_ nervousness'/restlessness

6/ \_\_\_ lack of ambition/apathy/depression

7/ \_\_\_ hand tremors

8/ \_\_\_ poor coordination

9/ \_\_\_ convulsions/seizures

10/ \_\_\_ paralysis

11/ \_\_\_ catch colds/infections easily

12/ \_\_\_ vomiting

13/ \_\_\_ hyperactivity in children

14/ \_\_\_ sallow complexion/gray/green/yellow tint

\_\_\_ total x 4 =

RRR/70

1/ \_\_\_ tremors/poor coordination

2/ \_\_\_ inflamed gums

3/ \_\_\_ loss of ability to speak

4/ \_\_\_ high blood pressure

5/ \_\_\_ tendency to diabetes

6/ \_\_\_ mental disturbances/personality changes

7/ \_\_\_ poor memory

8/ \_\_\_ depression/crying

9/ \_\_\_ metallic taste in mouth

10/ \_\_\_ loss of self confidence

11/ \_\_\_ food cravings

12/ \_\_\_ facial and back pain

13/ \_\_\_ loss of appetite

14/ \_\_\_ irritability

\_\_\_ total x 3.8 =

SSS/71

1/ \_\_\_ excitement

2/ \_\_\_ confusion

3/ \_\_\_ depression

4/ \_\_\_ muscular twitching

5/ \_\_\_ abdominal cramps

6/ \_\_\_ spasmodic muscular contractions

7/ \_\_\_ heart palpitations

8/ \_\_\_ rapid breathing

\_\_\_ total x 6 =

TTT/72

1/ \_\_\_ high blood pressure

2/ \_\_\_ irritability/restlessness/excitement

3/ \_\_\_ nausea/vomiting

4/ \_\_\_ convulsions

5/ \_\_\_ tremors

6/ \_\_\_ frequent urination

7/ \_\_\_ rregular heartbeat

8/ \_\_\_ ringing sound in ears/tinnitus

\_\_\_ total x 6 =

UUU/73

1/ \_\_\_ eyes sensitive to bright lights/headlights/sunlight

2/ \_\_\_ tightness/lump in throat hurts when emotional

3/ \_\_\_ gooseflesh/cold sweats

4/ \_\_\_ high pitched/lost voice during stress/arguments/public appearances

5/ \_\_\_ easily shaken up/startled/heart pounds hard from unexpected noise

6/ \_\_\_ prefer being alone/uneasy when center of attention

7/ \_\_\_ blood pressure fluctuates/sometimes too low

8/ \_\_\_ blood pressure decreases when arising

9/ \_\_\_ sets high performance standards

10/ \_\_\_ avoids complaints

11/ \_\_\_ works off worries

12/ \_\_\_ allergies/skin rashes/dermatitis/hay fever/severe sneezing attacks/asthma

13/ \_\_\_ complete exhaustion under stress

14/ \_\_\_ inferiority complex

15/ \_\_\_ unusual craving for salt

16/ \_\_\_ perspire excessively

17/ \_\_\_ tend to be negative

18/ \_\_\_ unusual neck/head/shoulder tension

19/ \_\_\_ constipation

20/ \_\_\_ poor stamina

21/ \_\_\_ muscle weak/inflamed

22/ \_\_\_ low steroids

23/ \_\_\_ coarse/scanty hair

24/ \_\_\_ baldness

25/ \_\_\_ nails grooved/ridged

26/ \_\_\_ skin sallow

27/ \_\_\_ face pale

28/ \_\_\_ immature sex glands

29/ \_\_\_ convulsions

30/ \_\_\_ sugar craving

31/ \_\_\_ high potassium

32/ \_\_\_ low sodium

33/ \_\_\_ slow metabolic rate

34/ \_\_\_ low body temperature

35/ \_\_\_ secondary anemia

36/ \_\_\_ bladder/bowel weak

37/ \_\_\_ spasms of smooth muscles

38/ \_\_\_ low heart rate

39/ \_\_\_ chronically tired

40/ \_\_\_ recurrent sub acute illnesses



41/ \_\_\_ allergies

42/ \_\_\_ colds/viruses

43/ \_\_\_ hypoglycemia

44/ \_\_\_ delayed wound healing

45/ \_\_\_ yawning

\_\_\_ total x 1.2 =

VVV/74

1/ \_\_\_ persistent high blood pressure

2/ \_\_\_ rapid pulse

3/ \_\_\_ puffy face

4/ \_\_\_ stronger than average physically

5/ \_\_\_ strong feelings/tend to blow up/dislike being crossed

6/ \_\_\_ women have excess hair on face/arms/legs

7/ \_\_\_ men have baldness/excess hair on arms/back

8/ \_\_\_ square muscular build

9/ \_\_\_ aggressive in business/sports

\_\_\_ total x 6 =

WWW/75

1/ \_\_\_ pain on inside of left shoulder blade

2/ \_\_\_ pain on left side of abdomen

3/ \_\_\_ shingles on trunk of body

4/ \_\_\_ cold hands/feet

5/ \_\_\_ feel cold/sweaty

6/ \_\_\_ shakiness

7/ \_\_\_ slow healing wounds/cuts/abrasions

8/ \_\_\_ constant/intense thirst

9/ \_\_\_ urinate more than two liters daily

10/ \_\_\_ breath smells sweet/acetone

11/ \_\_\_ hands/feet tingle/burn/sharp jabs/numbness

12/ \_\_\_ vision failing

13/ \_\_\_ urine contains sugar

14/ \_\_\_ moody with marked ups/downs/elations/depressions/hyperactivity/laziness

15/ \_\_\_ vague complaints/relieved by eating but return more emphatic

16/ \_\_\_ cold sweats of hands even when warm

17/ \_\_\_ fainting/blacking out/convulsions

\_\_\_ total x 3 =

XXX/76

1/ \_\_\_ cold hands/feet/allover

2/ \_\_\_ impotence/infertility

3/ \_\_\_ headaches on one side of head

4/ \_\_\_ excessive urination

5/ \_\_\_ left upper neck pain

6/ \_\_\_ left little finger pain

7/ \_\_\_ overweight below waist

8/ \_\_\_ overweight above waist

9/ \_\_\_ feel inadequate

10/ \_\_\_ mood swings

11/ \_\_\_ emotional not logical

12/ \_\_\_ abdominal fat

13/ \_\_\_ fluid swelling in ankles/fingers/feet/under eyes

\_\_\_ total x 4 =

YYY/77

1/ \_\_\_ susceptible to flu/infections

2/ \_\_\_ swollen glands in armpit/groin/tonsil

3/ \_\_\_ feels puffy in throat

4/ \_\_\_ both sides of neck sore at shoulder

5/ \_\_\_ irregular heartbeat

6/ \_\_\_ many cavities

7/ \_\_\_ look old for age

\_\_\_ total x 7.5 =

ZZZ/78

1/ \_\_\_ stiff muscles in morning

2/ \_\_\_ sitting too long leaves one stiff

3/ \_\_\_ heart flip flops

4/ \_\_\_ coughing/hoarseness/muscle cramps increase at night

5/ \_\_\_ nausea in morning

6/ \_\_\_ move slow in morning/faster in afternoon

7/ \_\_\_ motion sickness

8/ \_\_\_ dizzy when moving up or down or in morning

9/ \_\_\_ cold hands/feet

10/ \_\_\_ sensitivity to cold

11/ \_\_\_ hair dry/brittle/dull/no luster

12/ \_\_\_ flaky/dry/rough skin

13/ \_\_\_ sleeplessness/restlessness

14/ \_\_\_ memory poor

15/ \_\_\_ hypoglycemia

16/ \_\_\_ high cholesterol

17/ \_\_\_ constipation severe

18/ \_\_\_ crying breakdown

19/ \_\_\_ low sex drive

20/ \_\_\_ diets don't work/gain weight easily

21/ \_\_\_ difficulty concentrating

22/ \_\_\_ yellow tint to skin on hands or feet

23/ \_\_\_ clogged sinuses

24/ \_\_\_ low pulse rate

25/ \_\_\_ low body temperature/especially at night

26/ \_\_\_ recurrent infections

27/ \_\_\_ depression

28/ \_\_\_ headaches

29/ \_\_\_ puffiness of face/eyes

30/ \_\_\_ irritability/moodiness

31/ \_\_\_ food allergies/sensitivities

32/ \_\_\_ menstrual irregularity/excess flow/premenstrual syndrome

\_\_\_ total x 1.65 =

AAAA/79

1/ \_\_\_ heartbeat above 90 at rest

2/ \_\_\_ heart palpitations

3/ \_\_\_ tongue protruding/quivers

4/ \_\_\_ hands shake/tremble

5/ \_\_\_ high energy followed by exhaustion

6/ \_\_\_ strong appetite fails to gain weight

7/ \_\_\_ erratic behavior/talk rapidly

8/ \_\_\_ protruding eyeballs

9/ \_\_\_ warm/fine/moist skin

10/ \_\_\_ irritability/nervousness/hyperactivity

11/ \_\_\_ insomnia

12/ \_\_\_ frequent bowel movements/diarrhea

14/ \_\_\_ excessive sweating without exercise

15/ \_\_\_ warm/flushed at room temperature

\_\_\_ total x .3.5 =

**BBBB/80 MEN**

1/ \_\_\_ difficulty urinating/starting/burning

2/ \_\_\_ above associated with back or leg pains

3/ \_\_\_ urinate more than twice per night

4/ \_\_\_ prostate troubles

5/ \_\_\_ lost/diminished sex drive

\_\_\_ total x 10 =

**WOMEN**

1/ \_\_\_ irregular/discomforting menstrual periods

2/ \_\_\_ menopausal symptoms/hot flashes/depression/nervousness

4/ \_\_\_ have had uterus/ovaries removed

5/ \_\_\_ lost/diminished sex drive

6/ \_\_\_ feel nervous/depressed before periods

7/ \_\_\_ sterility during childbearing years

\_\_\_ total x 7.5 =

**CCCC/81**

1/ \_\_\_ burning sensation upon urinating

2/ \_\_\_ high diastolic blood pressure/above 90

3/ \_\_\_ lower back pains

4/ \_\_\_ eyes puffy

5/ \_\_\_ urinate more than twice per night

6/ \_\_\_ legs feel heavy

7/ \_\_\_ unable to control flow of urine/incontinence

8/ \_\_\_ anemia

9/ \_\_\_ joint pains

\_\_\_ total x 6 =

**DDDD/82**

1/ \_\_\_ consistent gas/bloating

2/ \_\_\_ fats/grease/oils cause nausea/headaches

3/ \_\_\_ bloating/gas from onions/cabbage/cucumbers/radishes

4/ \_\_\_ stools clay/yellow color/foul odor

5/ \_\_\_ nose/forehead skin oily

6/ \_\_\_ constipation

7/ \_\_\_ bad breath/taste/excess body odor

\_\_\_ total x 7.75 =

EEEE/83

1/ \_\_\_ acne

2/ \_\_\_ addictions/cravings (drugs,alcohol, caffeine, tobacco, candy)

3/ \_\_\_ adrenal exhaustion

4/ \_\_\_ allergies

5/ \_\_\_ anxiety

6/ \_\_\_ appendicitis

7/ \_\_\_ arthritis

8/ \_\_\_ asthma

9/ \_\_\_ behavior problems

10/ \_\_\_ binge eating

11/ \_\_\_ bloating

12/ \_\_\_ bone loss

13/ \_\_\_ cancer

14/ \_\_\_ candidiasis

15/ \_\_\_ cataracts

16/ \_\_\_ colitis

17/ \_\_\_ constipation

18/ \_\_\_ depression

19/ \_\_\_ dermatitis

20/ \_\_\_ diabetes

21/ \_\_\_ poor concentration

22/ \_\_\_ diverticulitis/diverticulosis

23/ \_\_\_ eczema

24/ \_\_\_ swelling//edema

25/ \_\_\_ uncontrolled emotions

26/ \_\_\_ gland dysfunction

27/ \_\_\_ fatigue

28/ \_\_\_ gout

29/ \_\_\_ heart disease//attacks

30/ \_\_\_ high blood cholesterol

31/ \_\_\_ high estrogen levels

32/ \_\_\_ high triglyceride levels

33/ \_\_\_ hormone problems

34/ \_\_\_ hyperactivity

35/ \_\_\_ hypertension

36/ \_\_\_ hypoglycemia/mood swings/energy fluctuations

37/ \_\_\_ impaired digestion of all foods

38/ \_\_\_ indigestion

39/ \_\_\_ indigestion

40/ \_\_\_ insomnia

41/ \_\_\_ kidney/gall stones

42/ \_\_\_ liver dysfunction

43/ \_\_\_ liver enlargement or fatty liver syndrome

44/ \_\_\_ low hde cholesterol

45/ \_\_\_ menstrual difficulties

46/ \_\_\_ mental illness

47/ \_\_\_ mood swings

48/ \_\_\_ muscle pain

49/ \_\_\_ nearsightedness

50/ \_\_\_ obesity

51/ \_\_\_ osteoporosis

52/ \_\_\_ overacidity

53/ \_\_\_ parasitic infections

54/ \_\_\_ premature aging/wrinkles

55/ \_\_\_ psoriasis

56/ \_\_\_ premenstrual syndrome

57/ \_\_\_ rheumatism

58/ \_\_\_ shortened life span

59/ \_\_\_ tooth decay

60/ \_\_\_ ulcers

61/ \_\_\_ yeast infections

62/ \_\_\_ weak immunity

63/ \_\_\_ strokes

64/ \_\_\_ bubonic plague

65/ \_\_\_ scurvy

66/ \_\_\_ high blood pressure

67/ \_\_\_ hemorrhoids

68/ \_\_\_ beri beri

69/ \_\_\_ pellagra

70/ \_\_\_ tuberculosis

71/ \_\_\_ hernias

72/ \_\_\_ bewitchment

73/ \_\_\_ schizophrenia

74/ \_\_\_ paranoia

75/ \_\_\_ catatonia

76/ \_\_\_ dementia

77/ \_\_\_ praecox

78/ \_\_\_ neuroses

79/ \_\_\_ psychoses

80/ \_\_\_ psychoneuroses

81/ \_\_\_ chronic urticaria

82/ \_\_\_ neurodermatitis

84/ \_\_\_ cephalagia

85/ \_\_\_ hemicrania

total x 0.6 =

~~86/ \_\_\_ paroxysmal tachycardia~~



[Go to Submission Page](#)



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# Symptomatology Questionnaire Results

## Consisting of 83 Reports

## with Dietary Recommendations

## Password Protected

A Vitamin - Deficiency	Iodine - Deficiency
A Vitamin - Toxicity	Iron - Deficiency
Adrenals - Underactive	K Vitamin - Deficiency
Adrenals - Overactive	Kidney/Bladder - Dysfunctions
Allergies - All kinds	Lead - Toxicity
Aluminum - Toxicity	Lithium - Deficiency
Arsenic - Deficiency	Liver/Gall Bladder - Dysfunctional
B 1 Thiamine - Deficiency	Magnesium - Deficiency
B 2 Riboflavin - Deficiency	Manganese - Deficiency
B 3 Niacin - Deficiency	Mercury - Toxicity
B 5 Pantothenic Acid - Deficiency	Minerals - Trace - Deficiency
B 6 Pyridoxine - Deficiency	Molybdenum - Deficiency
B 12 Cobalamin - Deficiency	Nervous Symptoms
B 15 Pangamic Acid - Deficiency	Neuromuscular
Biotin - Deficiency	Nicotine - Toxicity
Boron - Deficiency	Nickel - Deficiency
C Vitamin - Deficiency	Oxygen - Deficiency
Cadmium - Toxicity	P Vitamin Bioflavanoid - Deficiency
Caffeine - Toxicity	PABA - Deficiency
Calcium - Deficiency	Pancreas - Dysfunctional
Candidiasis - Overgrowth	Parasites - All kinds
Chlorine - Toxicity	Phosphorus - Deficiency
Choline - Deficiency	Pituitary Gland - Underactive
Chromium - Deficiency	Potassium - Deficiency
Circulation - Weak	Premenstrual Syndrom - All Symptoms



Cobalt - Deficiency	Protein - Deficiency
Colon - Congested	Selenium - Deficiency
Copper - Deficiency	Silicon - Deficiency
Copper - Toxicity	Sodium - Deficiency
D Vitamin - Deficiency	Sodium - Toxicity
D Vitamin - Toxicity	Stomach - Underactive
E Vitamin - Deficiency	Stomach - Overactive
EFA's - Essential Fatty Acid Deficiency	Sugar - Toxicity
Fluorine - Deficiency	Sulfur - Deficiency
Fluoride - Toxicity	Thymus - Dysfunctional
Folic Acid - Deficiency	Thyroid - Underactive
Germanium - Deficiency	Thyroid - Overactive
Gonads - Dysfunctional	Vanadium - Deficiency
Hypoglycemia	Water - Clean
Inositol - Deficiency	Zinc - Deficiency
Intestinal Flora - Lacking in Quantity and Variety	

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## Submission Page for

**Symptomatology Questionnaire**

[FrontPage Save Results Component]

A/1____	B/2____	C/3____	D/4____
E/5____	F/6____	G/7____	H/8____
I/9____	J/10____	K/11____	L/12____
M/13____	N/14____	O/15____	P/16____
Q/17____	R/18____	S/19____	T/20____
U/21____	V/22____	W/23____	X/24____
Y/25____	Z/26____	AA/27____	BB/28____
CC/29____	DD/30____	EE/31____	FF/32____
GG/33____	HH/34____	II/35____	JJ/36____
KK/37____	LL/38____	MM/39____	NN/40____
OO/41____	PP/42____	QQ/43____	RR/44____
SS/45____	TT/46____	UU/47____	VV/48____
WW/49____	XX/50____	YY/51____	ZZ/52____
AAA/53____	BBB/54____	CCC/55____	DDD/56____
EEE/57____	FFF/58____	GGG/59____	HHH/60____
III/61____	JJJ/62____	KKK/63____	LLL/64____
MMM/65____	NNN/66____	OOO/67____	PPP/68____
QQQ/69____	RRR/70____	SSS/71____	TTT/72____
UUU/73____	VVV/74____	WWW/75____	XXX/76____

YYY/77\_

ZZZ/78\_\_

AAAA/79

BBBB/80

CCCC/81

DDDD/82

EEEE/83

### Personal History Form (Optional but Recommended))

Name

Sex F M Date

Occupation

Ethnic Background

Education

Marital Status: Single Married Divorced

Number of Members in Family Group

Present Weight

Height

Maximum weight

Age at maximum weight

Desired weight

Food dislikes

Food Preferences

Foods avoided for health reasons

Food Allergies

Food Cravings

Location where you eat meals: Brteakfast

Lunch

Dinner

How many meals per week eaten out?

Number of business or social meals per wk.

Number of meals eaten regularly:

Each weekday

Each weekend day

Number of snacks eaten:

Each weekday

Each weekend day

Where do your food supplies come from?

Store

Home Produced

Home Preserved

What food supplies are home produced and preserved?

Are facilities for cooking and storage adequate?

Oven

Refrigerator

Freezer

Blender

Juicer

Food Grinder

Range Top

Hot plate

Electric Fry Pan

Sprouter

Dehydrator

Vita Mix

Water Filter

Distiller

How many people do you cook for?

What percentage of your food is: Raw Fried Baked Boiled

Cups of coffee or tea per day with Sugar Cream Milk Plain Herbs

Soft Drinks Daily Weekends Diet Cola Reg. Cola Diet Other Reg. Other

Alcohol servings:Daily Beer Wine Liquor Wknds Beer Wine Liq

Your Beer/ Wine is? Bought Made Pasteurised

Daily servings of: Milk Butter Cream Salt Cheese /Yoghurt

Eggs Fatty Meats Lean Meats Fish Starch Fruits

Vegetables Desserts Sweets Chewing Gum Breath mints

Tobacco use daily Cigarettes Cigars Pipe Chewing Snuff Patch Herb

Have you been on any of these diets in the past year? Yes NO Weight loss Diabetic

Low Salt/Sodium Low Fat Low Carbohydrate High Protein High Fiber

Fruitarian Vegetarian Other

Your work Activity Level: Sedentary Light Work Moderately Heavy Heavy

Your Exercise Level: Never Light Moderate Heavy Frequency per week

Running Aerobics Weights Biking Machines Rebounder/Trampolines

Do you take Vitamin/Mineral supplements? Yes No

kinds dosage

kinds dosage

kinds dosage

kinds dosage

kinds dosage

kinds dosage

kinds dosage

kinds dosage

Do you take any medications?

kinds dosage

kinds dosage

kinds dosage

kinds dosage

kinds dosage

kinds dosage

kinds dosage

Body symptoms that you are most concerned about?

Date of onset of these symptoms?

Severity of symptoms?

Remission of symptoms? Yes No

Treatment for relief? Yes No What?

Changes due to treatment?

Patterns of weight gain or loss?

Is body weight 20 percent over, or under the ideal? Recent gain loss of weight?

Are any of these conditions present?

Injury Infection Burns Trauma Fever Chronic Illness Degenerative Disease Protein Calorie malnutrition Recent Surgery Excessive Bleeding Miscarriages Prostate Urinary problems

Recent Use of these?

Penicillin Antibiotics Sulfa Drugs Aspirin Codeine Morphine Antitoxins

Any of these recent events?

Death of Spouse Divorce Marital Separation Jail term Death of Close family member Personal Injury or Illness Marriage Fired from Work Marital Reconciliation Retirement Change

in Family Members Health    Pregnancy    Sex Difficulties    Addition to Family    Business  
 Readjustment    Change in Financial Status    Death of a close friend    Change in line of work    Change in num.of  
 marital arguments    Mortgage or loan over \$10,000    Foreclosure of mortgage or loan    Change in work  
 duties    Son or daughter leaving home    Trouble with in-laws    Outstanding personal achievemnet    Spouse begins  
 or stops work    Start or finish school    Change in living conditions    Revision of personal habits    Trouble  
 with boss    Change in work hours/conditions    Change in school    Change in residence    Change in social  
 activities    Mortgage/ loan under \$10,000    Change in sleeping habits  
 Change in number of family gatherings    Change in eating habits    Vacation    Minor Violation of  
 Law

**Mail Address****City****State****Country****Code****Ship to Name****Phone****Address****City****State****Country****Code**

<b>Credit/Debit Card #</b>		<b>Expiry Date</b>		<b>Write Special Instructions Above.</b>
<b>Card Type</b>	<b>Visa    M/C    Amex</b>	<b>Money Ord. \$</b>		
<b>Your E-mail ?</b>		<b>Your Fax</b>		

Send in your results

Reset form for next person