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1. Introduction

This booklet is designed to give you some guidance on ways to improve your health and is also important for anyone who has taken a Bionetics Test as it contains information that may be relevant to you. Please read it thoroughly before implementing the findings of your report.

Amazingly it is estimated that only 1 in 10,000 of us will die of natural old age in this country today. A statistic, which highlights the plight of society in its fight against ill health.

At Bionetics we believe that it doesn't have to be this way. The body is an amazing machine, capable of healing itself and maintaining good health if given the right conditions in which to do so.

Most ill health starts with the simple combination of the effects of our diet, environment and lifestyle on a body that was not designed to cope with the demands put on it.

Our diets are massively depleted of nutrients and bring us into contact with intolerant foods and chemicals and promote poor gut function and over acidity. The nutritional depletion weakens our immune system and inhibits the body's natural processes, allowing illness to take hold. The body becomes poisoned by toxins, which it cannot get rid of and that inhibit its natural functions even further.

In each case there is a specific set of factors that combine to cause problems and a Bionetics Hair test will help to identify these. If you have not already carried out a Bionetics Hair Test then we suggest that you try one in order to eliminate the specific factors that could be contributing to your ill health.

Then there are the common factors to which we are all subject and which we should seek to control if we want to achieve better health. This booklet contains many of the everyday tips that we suggest for better health.

Our aim at Bionetics is to help each person understand the factors that are affecting their health and to recommend advice and products to help them overcome these.

2. 10 tips to help you improve your health

2.1. **Avoid chemicals** – everyday we come into contact with hundreds of chemicals in the personal care and household products that we use. They accumulate in our systems and are storing up the potential for serious illness. Wherever possible try using natural and organic alternatives to your everyday products.

Below are just a few of the common chemicals to avoid, however anything that looks like it has a chemical (not natural name) is worth avoiding.

Sodium Lauryl Sulphate

Stearyl Alcohol

Cetyl Alcohol

Salicylic Acid

Disodium EDTA

Propylene Glycol

Parabens

Parfum (chemical fragrances)

2.2. **Electro Magnetic Fields (EMF's)** – EMF's are the hidden factors which often affect us without us ever being aware of them. They are the radiation emitted from electrical devices and that are more becoming more and more common because of mobile phones and wireless networks. These EMF's disrupt your body's natural energy patterns which can impact heavily on your health. This disruption is worse at night when you are sleeping and your body is trying to regenerate. Here are some simple things that you can do to avoid EMF radiation.

Turn off your mobile phone, wireless network and other electrical devices when you do not need to use them.

Limit your mobile phone use

Do NOT use a microwave

Rearrange your bedroom to remove EMF devices and move your bed to avoid being next to electrical cabling and sockets.

- 2.3. **Eat Natural Foods** – too much of our food has become processed and packaged for convenience. Whilst this helps us manage our busy lives it does little for our health. Processed foods contain additives which can be extremely harmful to our health. There is a simple rule; eat food in its most natural state possible. Once it's been through a factory then it's had things added which are no good for you.
- 2.4. **Low Fat and Low sugar** – many common diets are based around calorie intake which means low fat and low sugar diets are the order of the day. There is however a fundamental problem with this approach. In order to make foods low in sugar and low in fat the naturally occurring fats and sugars have been replaced with synthetic alternatives. And guess what? They may reduce your calorie intake but they increase the number of chemicals in your body. Chemicals that can have a serious and detrimental effect on your health.
- 2.5. **Organic Food** – Herbicides, pesticides, colours, flavours and preservatives are common in the foods we eat. You've heard it before; if nature didn't intend it to be part of our diet then we don't need it and can certainly do without it. Try to eat organic and freshly prepared foods wherever possible.
- 2.6. **Water** – this is fairly common knowledge but it doesn't harm mentioning it again. Water is the stuff of life, but not just any water. Avoid your tap water it will almost certainly contain a host of chemicals. Bottled mineral water is fairly safe with Buxton and Highland Spring being amongst the better ones. For home use you can try having a filter system fitted to your kitchen supply for drinking and cooking or even better a whole house system for all your water. Whichever option you choose make sure it removes toxins and chemicals from the supply. Once you have clean water make sure that you drink around 1.5 litres per day.
- 2.7. **Germ Killers** – household product companies have tried to convince us that we are constantly surrounded by deadly bugs trying to do us harm and that we need the deadliest germ killing spray to keep them at bay. This simply isn't true, basic common sense and food hygiene rules should be more than sufficient to ensure you don't catch anything too nasty. As for all the other poor bugs that get killed by our new super spray, well we actually need them. They help to keep our immune system on its toes. If our environment becomes too sterile our immune system adapts to this lower level of threat and will be fast asleep when you really need it. We have adapted over thousands of years to live with bacteria, if we remove them from our environment we will upset the balance of nature and with it our health.
- 2.8. **Exercise** – like everything else is best done in moderation and consideration of the individual. The best thing that you can do is a brisk daily 20 minute walk if you are able. Preferably not on a machine indoors but out in the fresh air amongst trees, bushes and nature. Do this come rain or shine, on high days and holidays and you will really feel the benefit in 30 days time. Also, try a trampoline which is great fun, gentle on your joints, a good cardio vascular workout and helps promote lymphatic drainage. You can get a small trampoline for your home and do this exercise daily.
- 2.9. **Relaxation** – find some time in every day to really relax and get away from the grind of daily life. This doesn't mean flopping in front of the telly for an hour before you go to bed. Find a quiet corner or a warm bath and allow yourself some time to visualise the healthy you that you dream of living the healthy lifestyle that you aspire to. Visualising this healthy state will help to energise your body and put you in the right frame of mind for

the challenges ahead. Knowing that you will conquer your condition and imagining that day will be a powerful force to help you achieve that goal.

- 2.10. **Stress** – avoid stressful situations they are seriously bad for your health. Most people find that their job is the most stressful part of their life and this is something that they do almost every day. Stress hormones were not meant to be used in this way. They are designed to keep us alive in times of danger not to be turned on constantly. We evolved with a lot of physical danger in our lives and the stress hormones allowed us to evade this danger by pumping blood to our muscles and subconscious brain. Our survival instincts and bodies were primed for action and helped us to escape from impending death. However whilst these hormones are employed in the body they are stopping other key functions and inhibiting the bodies processes. This is fine for a short period of time but becomes very debilitating when they are employed over longer periods, which is often the case with modern lifestyles.

3. Primary Stress factors

These are the pathogenic and toxic influences that put the immune system under stress or that block its natural processes from working properly.

3.1. Bacteria

Bacteria are ancient organisms made up of just one cell. They are capable of multiplying by themselves, as they have the power to divide. There are literally billions of bacteria in, on and around our bodies all of the time.

Most of them are completely harmless and some of them are very useful. But some bacteria can cause diseases, either because they end up in the wrong place in the body, or simply because they are 'designed' to invade us. Some of the most famous offenders are tuberculosis, salmonella and cholera to name but a few. The chances are that most of us will never come into contact with any of these but more likely the influenza or common stomach bug.

Long-term implications – bacteria are generally well tolerated by the body and can usually be dealt with without too much long-term damage.

3.2. Fungus

We have between 68 and 72 different varieties of fungus in our gut at any one time. We keep them under check by the friendly bacteria, the probiotics. The most commonly known is Candida Albicans.

Whenever we are exposed to antibiotics, steroids, the contraceptive pill and other pharmaceutical drugs, these delicate probiotics are killed and the balance is disturbed. This gives the fungus the opportunity to thrive.

Fungus feeds on sugar to release a chemical like alcohol only ten times more potent called acetaldehyde. Acetaldehyde can give rise to many toxic states including digestive problems, arthritis and mental disorder. Fungus also releases gas, carbon dioxide, as a result of the fermentation process. This gas results in wind, flatulence and bloating.

Long term implications – has been implicated in many chronic conditions from gut dysbiosis, IBS, ulcerative colitis, heartburn and skin conditions, to arthritis, diabetes, cardiovascular disease and ME.

Foods to avoid

Avoid all sugar including alcohol for the first 6 weeks of your course! Check the sugar contents of prepared foods that you eat, often they have high sugar levels. Fruits contain natural sugars that can also feed the fungus and should therefore be reduced for the first 2-3 weeks. Dried fruits concentrate the sugar and should therefore be cut out completely.

Since fungus only thrives on sugar, there will be no need to stop having things like mushrooms and yeast unless specifically required to do so by your practitioner.

It is advisable though to cut out alcohol, especially that with a high sugar content such as beers and wines. If you must have a drink then champagne and spirits have very little sugar left after fermentation and, in moderation, are therefore less of a problem.

3.3. Parasites

Parasites are some of the most advanced and sophisticated organisms on our planet. Their role is simply 'to keep alive' without risking the life of the organism they live in. In the unfortunate event that their victim sometimes dies as a result of their invasion, is almost always an accident. This "accident" as in the case of the most famous of parasites responsible for Malaria, causes between 3 and 5 million deaths per year worldwide!

Parasites normally exist in 3 stages:

Adults which normally inhabit the gut and these produce, eggs which then hatch to produce, hatchlings which are so small that they are no bigger than our own blood cells.

These then go through the gut wall and may be found almost anywhere in the body.

Parasites do not have a digestive system of their own relying mainly on our digested food to thrive. Anything that eats must also excrete by-products. The products of excretion of the adult parasites is phenol which attacks the protein lining of the gut causing areas of weakness which then allows other harmful products and organisms to pass into the bloodstream from the gut. The hatchlings produce ammonia, which is a direct brain and nervous tissue irritant giving rise to symptoms of depression, anxiety, irritability and sleep disturbances.

Parasites – have been implicated in many chronic conditions from gut dysbiosis, IBS, ulcerative colitis, heartburn and skin conditions, to arthritis, diabetes, cardio-vascular disease and ME. Have even been implicated in providing the growth factor for tumours.

Foods to avoid:

Avoid all **milk products (animal derived dairy produce)** whilst on a parasite course. Eating milk products whilst on a course can lead to sickness and nausea! Parasites thrive on dairy so cutting it out starves them of food. Instead try Soya, Rice or Oat milk which are all dairy free.

Parasite Herbal capsules and liquids – it is important to take these 10 minutes before food and not with other supplements.

3.4. Virus and Post Virus

Viruses are thought to be the smallest forms of pathogenic (infective) organisms. There is some debate as to whether they are living at all since some viruses have actually been made out of solution in the laboratory. Viruses have been linked with many conditions from the simple common cold to the more serious and deadly Ebola and the now infamous HIV virus as well as cancer. Although we know a great deal about them, we are unable to treat them conventionally since we have no drugs against them. In fact it seems that whatever we use to treat them only serves to make them mutate and render them more aggressive. However, natural medicine has been treating viruses successfully for over 2000 years and homoeopathy for nearly 100 years.

Post Viruses are viruses that no longer display the aggressive symptoms of disease and conditions. These are normally regarded as even more serious than viruses and have been implicated in conditions such as ME, Desert Storm sickness and even cancer as in HPV (human papilloma virus) and cancer of the cervix.

Both viruses and post viruses (sometimes called retro viruses) should be dealt with by the white blood cells and the immune system. Whatever compromises the immune system such as antibiotics, antivirals, steroids, stress, sugar, bad diet etc. can effectively make matters worse.

Virus/Post virus – have been implicated in many serious infectious conditions as well as post viral syndromes because of their affect on our immune system. The virus uses our own cells' DNA to reproduce which makes them extremely likely to change the very way our own cells divide in cases of tumour formation and cancers.

3.5. Chemicals

During everyday our bodies make thousands of chemicals for the processes of functioning. Some of these are waste products we need to get rid of and some are converted in to other chemicals that are essential for our wellbeing such as hormones, enzymes and neurotransmitters. Eventually all these chemicals need to be got rid-of or detoxified from the body.

There also many other chemicals that we pick up from outside the body such as pesticides and herbicides in our water and food, petrochemicals from car exhausts and petrol fumes as well as many others we use in soaps, detergents, skin and hair care products. These external chemicals add to the total chemical load.

All chemicals need to be made water soluble and safe by combining them with other chemicals in a process called detoxification. This process is carried out in two phases, phase one being by enzymes, which are controlled by our genes; phase 2 is a simple combination or binding process called conjugation.

When the body does not carry out these processes the chemicals build up in the system. As a result the body starts to malfunction and a host of chronic symptoms can appear.

Try eating an organic diet, drink bottled mineral or properly filtered water

Chemicals - Implicated in many acute and chronic conditions from asthma, bronchitis and skin flare ups to cardiovascular, liver, neurological and kidney disease as well as cancer.

Important – see notes on water to help the body detoxify

3.6. Radiation

Radiation is an environmental factor, to which we are all subject to some extent or another. Apart from obvious disasters of which there have only been a few, most of us are come into contact with Radon that is emitted from the earth. Although only found in tiny quantities in the air we breathe, it can accumulate in buildings that are sited over heavy radon areas. Radon tends to surface after heavy periods of rain and can get to quite high levels in susceptible areas. Recent studies have shown that almost all of us are exposed to background radiation at much higher levels than are currently thought to be safe.

Radiation from CT scans, radiograms and -rays in general expose people to higher levels of ionizing radiation.

EMF (Electro Magnetic Field) radiation is also becoming a problem. Telephone masts, wireless networks and power lines all emit radiation that is thought to contribute to ill health. Many studies are inconclusive but when songbirds are introduced to areas of high EMF they stop singing almost immediately. This would tend to indicate that the EMF is having a profound effect on the birds and so probably us too.

Radiation – implicated in many health problems because of its profound effect on all the cells in the body.

Important – see notes on water to help the body detoxify

3.7. Toxic Metals

Toxic metals as found in our cooking utensils such as aluminium, nickel in stainless steel, mercury in dental fillings and fluoride in toothpaste. If indicated that you should avoid certain toxic metals, please see list under 'Toxic Metal sources' found later in this publication.

Often in small quantities these toxins are safe and sometimes even beneficial to us. However they are often not detoxified from the body and accumulate to dangerous levels. Once this happens health starts to suffer.

Toxic Metals - Implicated in conditions as far ranging as ME, diabetes, and enzyme dysfunction, to Alzheimer's, kidney failure and cancer.

Important – see notes on water to help the body detoxify

4. Nutritional Deficiencies

Many people only associate malnutrition with pictures they see on TV of starving people looking skeletal and wasted away. The fact couldn't be further from the truth. Malnutrition is probably the biggest killer of people in the Western World. It is not the acute lack of calories but the massive depletion of micronutrients that poses the main threat to health in the west.

The victims are often overweight, not under and sometimes even appear to be the picture of health. However the story inside is different and one part of their metabolism is failing and the wheels are about to fall off.

The problem with the western diet is that it provides far more calories than we need with our more sedentary lifestyles and far too few nutrients that we need to cope with the increased stress levels the body is under.

Look at you diet like you view your car. The petrol makes the car run, gives it energy so it can get from A to B. Our petrol is the proteins, fats and carbohydrates that we eat and that give us the energy that we need to function. Run out of petrol or food and you simply top up and carry on. Then there's the oil, which lubricates all of the functions so that the car works properly. Our oil is the micronutrients, which allow all of our metabolic functions to occur. When your car runs out of oil the results are often catastrophic and the same can be said for us. When the basic functions fail it doesn't matter how much fuel you have in the engine the car will not run.

Many of us are running on empty and are probably going to experience a serious bout of ill health if we haven't done so already. Your protection against this is to have a good nutritional base to your everyday diet. We recommend that everyone use the following products to maintain the nutritional foundation required for good health.

4.1. Nano-Cal

Nano-Cal is a breakthrough in the delivery of the minerals calcium and magnesium that tackles one of the fundamental factors that affects people's health.

To operate at its best, the body needs to maintain a pH of around 7.4 and needs sufficient quantities of calcium and magnesium.

Modern diets leave us in an over acidic state called acidosis, which impairs many of the body's key functions, including enzyme action. Being over acidic for a long period of time is thought to be a major contributory factor in most of the degenerative diseases, which blight society today.

The Nano-Cal solution is highly alkaline, which helps to restore the body's pH quicker than any other product available on the market.

Nano-Cal is a novel approach to the delivery of nutritional calcium and magnesium that vastly improves the benefits of these two crucial minerals to the body.

The delivery system, which includes mixing Nano-Cal in water immediately before ingestion, creates a solution, which thoroughly permeates cell membranes and therefore doesn't need to be digested. Apart from delivering a solution that is highly alkaline and rich in useable oxygen for the human body. It also provides soluble calcium and magnesium to the cells.

Calcium

Calcium exists in every part of the living body and is involved in many of its primary functions. When the body does not have enough, it takes calcium from the bones and cells into the blood, in an attempt to maintain the correct pH level.

If this process continues for a lengthy period, bone deterioration can occur (Osteoporosis). Our diets do not contain enough Calcium and especially ionic calcium, which is required to maintain balance in the body. 70 – 90% of ingested calcium is excreted and never converted or absorbed into the body.

For this reason it's important to have a supply of ionic calcium that can satisfy the body's needs.

Magnesium

Magnesium is the common ingredient in over 300 different enzymes that assist in controlling: sugar, protein, fat metabolism, cell structure maintenance, secretion, contraction and nerve function.

It is also required for the transportation of Calcium and the role of these two minerals is critical in maintaining a healthy heart.

The state of our water (even bottled) and processed foods leave us massively depleted of magnesium. It is estimated that in some developed countries up to 95% of the population are deficient.

Nano-Cal will help the body to work at its best, and will boost the body's natural ability to defend and heal itself.

See [Nano-Cal](#) for further information and to order this product.

4.2. Prime Directive

Prime Directive is an organic wholefood supplement that uses a unique fermentation process to preserve and retain the goodness of 22 foods. The probiotics breakdown the proteins in each wholefood which makes them well tolerated even if on your foods to avoid list. That means almost everyone can benefit from this unique product.

Each ingredient in Prime Directive is in its wholefood state, not extracts or synthetic vitamins and minerals but just as nature intended.

The process preserves 18 amino acids, crucial building blocks for life and has the added advantage of containing 13 types of friendly bacteria (Lactobacilli) processed from fruit and vegetables.

Scientific studies have shown the benefits of probiotics (good bacteria) in boosting immunity, aiding nutrient absorption and maintaining a healthy gut.

These good bacteria help the body to breakdown and absorb the nutrients from the food that we eat. However, they are easily killed off by the medicines, particularly antibiotics, chemicals and food additives, which we ingest on a daily basis. Once they are gone from the gut we become less efficient at absorbing nutrients and our health declines. It also allows other pathogens like bad bacteria and fungal overgrowth to take hold which puts further strain on our health.

Also the 22 organic wholefoods in Prime Directive deliver a wide spectrum of nutrition in its natural form, which the body can easily digest. These include:

18 Amino Acids (including 8 essential amino acids) that the body needs to carry out its metabolic functions properly.

Essential Fats Omega 3 & 6 – Essential for a healthy brain, immune system, skin and hair, joints and heart.

Anti-oxidants – Contains a broad spectrum of anti-oxidants including Beta Carotene that help to minimise free radical damage to the cells.

Minerals – Contains a long list of minerals which are crucial for many metabolic and enzyme functions in the body

Vitamins – Contains many of the vitamins that have been shown to be vital to human health.

See [Prime Directive](#) - for further information and to order this product.

If you are gluten intolerant see the NEW Gluten and Nut Free Prime Directive on our site.

4.3. Organic Green Barley

Barley is a highly nutritious food containing the leaves of cereal barley grass.

Japanese researcher Hagiwara stated,

“The leaves of the cereal grasses provide the nearest thing to the perfect food that this planet offers”

The wide range of vitamins, minerals and amino acids found in organic green barley provide a natural source of the building blocks of good health.

In addition to the key nutrients it also contains flavonoids with powerful anti-oxidant properties that help to protect the cells against free radical damage caused by modern diets, lifestyles and the environment. They have also shown to have anti-allergic and anti-inflammatory properties.

The deep green colour provides the body with chlorophyll, which promotes the production of red blood cells. With more red blood cells the body can carry more nutrients and more oxygen to where it's needed. Chlorophyll is also known to help the body detoxify by getting rid of the toxins, which build up in the tissues and can lead to health problems.

Note

Green barley does not contain the grain part of the plant and is therefore **gluten free**. This means it can be well tolerated even if barley has shown up in your foods list.

We recommend that everyone use Organic Green barley as a part of his or her daily healthcare regime.

See [Organicgreenbarley](#) - for further information and to order this product.

4.4. Omega 3 Fish Oils

The richest and purest source of Omega 3 EPA fish oil you can buy. One 1,000 mg capsule contains an unbeatable (minimum 580 mg EPA (approx) and 88 mg of DHA (approx) pure essential Omega 3 fatty acids.

The unique patented filtration and chilling process removes any possible traces of potentially harmful elements such as Mercury and other toxins.

The fish oil used is derived only from fish caught in deep-sea water, which is then frozen to -50 degrees centigrade for four weeks to ensure ultimate purity. No farmed fish is ever used in the production of MorEPA.

Our process ensures that the active ingredients remain fresh and an additional enzyme treatment means our capsules are free from odour and any unpleasant fishy taste *f??* thanks to the addition of natural lemon.

Just **one capsule per day** gives you the entire Omega 3 EPA you need. Instead of taking three to five capsules of fish oil a day, you only have to take one single capsule of MorEPA. This means you can avoid the surplus fat that you would get from consuming ordinary fish oil

See [Omega3fishoils](#) - for further information or to order this product

4.5. Pure Nutrition

Pure Nutrition is a range of supplements that contain no additives, fillers, binders, flavours or coatings. By removing (or not adding in the first place) these unnecessary extras the nutrition becomes much easier for the body to absorb. It is estimated that only 8-34% of the nutrients are absorbed from supplements that contain additives, compared to 80% in pure nutrition capsules and liquids. That means up to 10 times more nutrition for your body to use and not at 10 times the cost.

Whatever vitamin or mineral or amino acid you're taking try the pure nutritional equivalent and feel the difference.

4.6. Z-Natural

Z-Natural is an amazing and unique new supplement derived from 'Zeolites.' Zeolites have been formed over millions of years from volcanic ash to form a powder consisting of large cage-like structures. Z-Natural is formed from these Zeolites, so has the same properties and is able to capture and trap any toxins, heavy metals and free radicals in the body. This is especially important in today's society where we are constantly being exposed to toxins in our personal care products and the air we breathe, heavy metals such as mercury from amalgam fillings and preservatives, additives and hormones in our food and water.

Due to the specialised structure of the Zeolites in Z-Natural, they are able to chelate with toxins, heavy metals, herbicides, pesticides, insecticides, nitrates, nitrites and free radicals at a cellular level. Removing these 'nasties' enables the body to function more efficiently, helping to protect the body against possible cancer and other debilitating diseases.

The Z-Natural is also able to support and activate the immune system by increasing the amount of Nuclear Factor Protein (NFP). NFP stimulates the thymus and spleen to produce more T cells and macrophages, essential components of the immune system and the bodies' defence against invaders and abnormal cells.

Everyone can benefit from taking Z-Natural due to its unique properties and is completely natural with no synthetic additives.

We particularly recommend Z-Natural in the case of toxic metals, chemicals and radiation.

It has also proven to be an effective tool in the management of all stages of Cancer. Preliminary studies have indicated a very encouraging and successful future as a Cancer treatment and it's completely safe with no side effects.

For further information please call us.

5. Food Intolerances

A continued low level reaction to something, usually food, is called 'intolerance.' This is similar to an allergy but the chemical released does not cause such a violent reaction. This is not to say that foods do not cause an allergy. In fact, some babies and toddlers develop violent allergies to cow's milk with devastating consequences.

Intolerance draws on the body's resources leaving it less able to cope with other irritants. Most skin conditions are thought to be due to food intolerance, as are breathing problems such as asthma. Food intolerances also leave the body in an over acidic state which impairs function and contributes to conditions like arthritis and osteoporosis.

Unlike allergy, treatment is simple: Identify the culprit and eliminate it from the diet.

The foods involved can sometimes belong to groups or families of foods such as citrus with orange, grapefruit, lemon etc. But sometimes only one of the group may be the culprit such as tomato or lemon while the others in the same group may be tolerated.

Food intolerances can change over time and are often a reflection of the current state of the gut. They may also reflect your genetic makeup. Often people from Northern Europe cannot tolerate tropical fruits for example.

5.1. Citrus Fruits

Sometimes people are intolerant to citrus fruits as a group and should avoid them all. These fruits are grapefruit, Satsuma's, oranges, tangerines, Clementine's, lemons, and limes.

5.2. Tropical Fruits

Sometimes people are intolerant to tropical fruits as a group and should avoid them all. These include pineapple, bananas, mango, paw paw, coconut and passion fruit.

5.3. Wheat Intolerance

Many of us have a wheat intolerance, especially those with 'O' type blood, so if you have been asked to follow a wheat free diet you need to be very careful when choosing breads and cereals. Wheat has been modified to produce higher yield and to be hardier than its ancestor. This process has changed its structure to the point that many of us do not tolerate wheat well. The common signs are bloating and discomfort after eating wheat based products. Try cutting it out for a while and see if you feel the benefit.

Some of the rye breads do, in fact, contain wheat so it is always a good idea to check the ingredients on the label, or if it is unwrapped, check with the counter assistant and request to see the ingredient listing they have. If the rye bread looks too light brown it will most certainly contain wheat, and it is important to point out that wheat also goes under the name of 'bran'.

Foods to avoid

Firstly you will need to avoid: all white breads, biscuits, cakes, chocolate bars, muffins, dumplings, crumpets, scones, crackers, corn breads which contain wheat, rye breads which contain wheat, and oat breads containing wheat (investigate and read labels), pizza bases, wholegrain breads and flours, white flour and many bread mixes, and rusks.

Cereals to avoid: Bran Flakes, Shredded Wheat, Shreddies, Sugar Puffs, Weetabix, Grape Nuts, muesli containing wheat/bran flakes.

Sauces containing wheat: Bouillion stock cubes, thickeners and gravy granules.

Meat dishes containing wheat: - beef burgers, hamburgers, different hams, sausages, German sausages etc.

Pasta contains wheat, but in health shops and supermarkets, wheat free pasta is available in the form of corn, spelt, rice and millet.

Alternatives to Wheat: www.wheatanddairyfree.com

Bake your own breads, cakes and biscuits etc., or choose from the ever-increasing ranges in Tesco, Sainsbury and Waitrose. Bread mixes by Terence Stamp are available too.

The best rye breads are: Borodinski Rye, Waitrose Rye Bread, New York Deli Bread, Terence Stamp Breads, German Pumpernickel, and Rossinsky Rye Bread.

In addition look for: rice bread, potato bread, corn bread, and oat bread.

ALL OF THE ABOVE BREADS ARE BEST TOASTED.

Other alternatives to bread: Kallo crackers, Ryvita (in all forms), rice crackers, rice cakes, rice cakes with dark chocolate covering, rice biscuits with chocolate, chocolate-chip muffins (Waitrose only), Corn Slims.

5.4. Dairy Intolerance

After 6 months of age we lose the enzyme, which enables us to digest milk and milk products. In addition to this the enzymes that are produced with milk and the protein molecule itself are all damaged as part of the pasteurisation process. This causes the body not to recognise milk and it becomes intolerant or even allergic to it. Milk is also mucous forming and contributes to infections in the soft tissue in the ear, nose and throat. We recommend that all patients, even if not intolerant try to cut out milk and milk products from their diets. If your practitioner has asked you to stay off milk it is usually because it is compromising your immune system and allowing you to become susceptible to infections, viruses etc. In order to bring your immune system up to par you will need to follow very carefully the recommendations and suggestions in order to follow a dairy free diet.

Foods to avoid

All milks whether goat, cow or sheep and that includes cheeses, yoghurts, creams, custards, buttermilk condensed and evaporated milk, skimmed milk, milk powders, malted milk, cocoa drinks, chocolate sauces, ice cream. Curds, gratin foods, fromage frais, cottage cheese, butter and margarine.

Coffee whiteners, lactate/lactose, whey, caseinate.

Soups, some gravy, white sauces.

Anything in the cake and biscuit category such as doughnuts, fritters, batters, snack bars, toffees etc. **PLEASE READ ALL LABELS.**

The good news is that there is a vast array of goodies without dairy and they are as follows:

Alternatives to Dairy: www.wheatanddairyfree.com

Soya milk without sweeteners is best for tea and coffee, but do let your drink cool slightly before adding it. Almond, Oat and Rice milk (avoid Rice milk if you have fungus) are also alternatives.

Vitaquel or Pure dairy free spreads instead of butter, and these are okay to bake cakes with etc.

Alpro Soya yoghurt, Tofutti Cream Cheese, Cheezeley - Soya Cheese.

Chocolate products should not include milk, so therefore dark chocolate is the order of the day: Fry's peppermint Crème, Fry's Vanilla Crème, Dark Chocolate Munchies, Green & Black's Dark Chocolate, and Bourneville Chocolate. All of the above in moderation.

5.5. Gluten Intolerance (Coeliacs)

Coeliacs are intolerant to the protein (gluten) found in certain grains. Maintaining a gluten free diet is normally the best way of keeping free of symptoms however coeliacs also need to ensure that they get a well balanced diet that makes up for the nutrition that they lose by avoiding gluten. If this happens then coeliac disease can be a risk, which leads to a host of secondary symptoms.

We recommend NEW Gluten and Nut Free Prime Directive as a good way of meeting your daily nutritional requirements in a safe and reliable way.

See [Glutenfreeprimedirective](#) - see website for further information and to order this product.

6. General dietary advice

6.1. Organic

We recommend eating organic foods wherever possible. Over toxicity of the body is a major contributory factor to malfunction and therefore ill health. Most produce in this country is grown and manufactured using huge amounts of pesticides, herbicides, chemicals and

additives, which clog up the body's processes. Although in their single doses none of these are enough to do serious harm, they accumulate over time and eventually produce an over toxic state in the body.

When this happens the body cannot cope and the results will invariably be ill health.

Eating organic food will reduce the toxic load that your body has to bear and so will be better for your health. If possible buy produce from your local organic farm, many of which will deliver to your door on a weekly basis.

You can contact the soil association to find an Organic delivery scheme near you: 0117 314 5000.

6.2. Drinking Water

You should try to drink at least 1 to 2 litres per day of still bottled mineral water, depending on your size and sex. Avoid tap water, which is recycled and filled with chemicals to cleanse it (this would only add to chemical over-load on the body). The recommended bottled waters are Volvic, Buxton, Highland Spring (this is best if you can get it) and Caledonian all available at the local supermarket. Better still is the use of a Silverline filter fitted to the main water supply. This is then available for all your cooking needs and hot drinks as well as your daily drinking supply.

It is pointless, drinking bottled mineral water, only to cook using tap water, which will still allow toxins into your system. Drinking helps to re-hydrate every single cell in the body, aids concentration, keeps us mentally alert and helps to wash away toxins etc., which accumulate in the system. Table Top Filter jugs are not recommended as they fail to cut out most of the chemicals and toxins in the tap water, therefore, online filters are the best form of filtration.

The Silverline Filter System, which we recommend is economical and hassle-free and gives you the opportunity of fresh, pure water 'on-tap', a much easier and cheaper option. This filtration action extensively cuts out all the major toxic metals and chemicals as well as those you will not readily recognise as being of detriment to your health.

Telephone - Silverline 01805 804202 or visit www.silverlineuk.co.uk

6.3. Fruit & Vegetables

Try to eat at least five to seven portions of fruit and vegetables every day (a portion is about one tea cup in size) as well as oats and natural rice to provide fiber, buying organic wherever possible. Fiber is crucial for the integrity of the gut and digestive tract.

6.4. Fats

Avoid saturated or animal fats such as beef, pork or lamb, these have been implicated in cholesterol and heart disease problems. Use unsaturated fats found in vegetable oils such as olive, sunflower and safflower oil. Try and make sure these are organic. Try fish like herring, mackerel, salmon and tuna, which are also rich in unsaturated fats.

6.5. Salt & Sugar

We highly recommend reducing your intake of both salt and sugar as much as possible. Refined salt has no valuable mineral content and contributes to blood pressure problems. Sugar can lead to obesity, diabetes, and heart disease and depletes the immune system. Do not try sweeteners in its place; these come with their own set of problems.

6.6. Alcohol

It is always better where possible to take everything in moderation and this includes alcohol. If your test indicates that you to steer clear of sugar, then alcohol is off limits. Alcohol in the form of very dry white wine, champagne, spirits and sugar-free beer are allowable but only in moderation. We strongly advise pregnant women to avoid all alcohol during the pregnancy.

6.7. Tea and Coffee

There are many tea replacements, from herb teas now available in health shops and supermarkets, to the South African Rooibosch (or Redbush) tea and Honeybush tea which actually taste somewhat like tea but is best taken without milk. Green tea is full of antioxidants, makes a pleasant change and is best taken without milk, but please steer clear of this if you have been told to specifically avoid tea.

Coffee alternatives are mostly available in health shops. Decaffeinated coffee is not recommended as the decaffeination process leaves behind chemicals within the coffee.

Even if you are not intolerant to both tea and coffee these should be drunk in moderation.

6.8. Food Additives - Excitotoxins

Be aware of food additives by always reading the labels when shopping. Additives come in the form of E numbers, which sometimes can be the cause of breathing problems and hyperactivity in children. Artificial sweeteners contain chemicals in abundance, as do colourings, preservatives and any names you see on the labels that you do not recognise as being 'natural'. MSG - monosodium glutamate, found primarily in Chinese foods, supermarket ready-prepared foods, minced meats unless organic. Please see the list in the back of this booklet for additives and products containing additives that should be avoided.

Monosodium Glutamate

E621 (620, 622, 623, 624, 625)

Hydrolysed protein

Plant protein extracts

Caseinate

Yeast extract

Autolysed yeast

Textured protein

Hydrolysed oat flour

Malt extract

Malt flavouring

Bouillon

Broth

Stock

Flavouring

Natural flavouring

Natural chicken flavouring

Natural beef flavouring

Seasoning

Spices

Carrageenan

Enzymes

Soy protein concentrate

Soy protein isolate

Whey protein concentrate

Aspartame

E951

Instant cereals

Mints

Chewing gum

Instant coffee

instant tea

Milk shakes

Frozen desserts

Flavoured milk drinks

Ice cream

Yoghurt

Flavoured milk drinks

Topping mixes

Powdered cow/goat milk

Soft drinks

Fruit flavoured water

Juice beverages

Sweeteners

Low/no cal anything

Low cal jam

Sweets

Laxatives

Sugar free anything

Medicines/supplements

Common everyday foods containing MSG

Packet snacks, Chilli sauces, Frozen potato waffles, Pork pies, Pork sausages, Packet soups, Quick soups, Flavoured noodles, Sodium free foods, Diabetic foods, Flavoured crisps, Fish fingers, Sultanas, Minced meat, Rice snacks, Chinese, Cantonese, Thai and other far eastern foods and snacks.

Avoid all artificial sweeteners

Avoid Fluoride – try fluoride free toothpaste from Green People

Avoid partially hydrogenated vegetable oil/fat

Avoid soft drinks – fizzy or squash (drink fresh juice or water)

7. Lifestyle Advice

7.1. Exercise and Resistance training

Walking at least 30 minutes during daylight each day is very important, even when it is raining. Resistance training is good for building muscle, which in turn builds bone and wards off the risk of osteoporosis. Visiting the gym two to three times a week to train with weights is advised, or if this is not possible the use of Dynabands is recommended. They come with an exercise booklet and the colours of the bands denote the strength of pull, pink being the weakest. Ensure you always warm up and cool down after exercise and gym work should always be under the supervision of a trainer.

Our muscles are in a state of growth until about the age of 28 years. Then unless they are kept in a state of regular use through exercise, they go into decline.

Walking

Apart from helping us to move, muscles have many other extremely important uses including support for our joints and they dictate the level of our basic metabolic rate. This is the rate the body converts carbohydrate and fat into energy.

This scenario is at its best when the muscles are kept at their peak and the best way to achieve this is to have a brisk walk daily, outdoors in the daytime and in all weathers for 30 minutes. If possible have the walk in or around greenery such as a park or a field since the quality of the air around plants, in the daytime (remember plants give off carbon dioxide at night), is better than elsewhere – but don't let this stop you going for a walk!

Resistance training

Muscles tend to lose waste tone and if they are not used regularly which reduces their efficiency and we therefore begin to suffer the consequences: flab, fat, tiredness, illness, joint pains, brain fog, depression and so on. In fact everything we associate with ageing.

Manual labourers in general tend to keep their muscle tone but, on the whole, the majority of us do not have regular access to the methods of keeping our muscles in trim so we have to do resistance training at least twice a week.

This either involves visiting a gym with a few decent weight machines and free weights or, if this is not possible then using specialised elasticated bands, which can be, used anywhere.

The correct way of using machines and weights is to choose a weight that when used 10 times makes us too tired to lift an 11th time. This exercise, say for biceps, is done only once and the same applies for every other muscle. This should be done twice weekly until, instead of tiring having done 10 repeats, we are able to do 14 repeats two sessions running; we are then in a position to increase the weight.

When using a band, instead of the resistance coming from a weight, it comes from tension, which depends on the length of the band – the longer the band the easier it is to pull. The same criteria apply as for when using the weights. The bands come in several colours each colour signifying a different tension. Remember you can also combine the bands to give other tensions and by having a small selection this gives you access to the equivalent of an entire gym.

Exercise must be a commitment and the returns are enormous in terms of better health and well-being.

7.2. Chemical FREE living

Just as for organic food we recommend that you try to limit the chemicals in your personal care and household products. The principles are the same. All the chemicals that you put on your skin will eventually find their way into your body. They will accumulate over years and one day their burden will be too much for you to take. The results will be ill health. Try the following brands for good alternatives:

REN – available at Selfridges or online at www.ren.ltd.uk
Green People – at some supermarkets and www.greenpeople.co.uk
Faith in Nature – available at www.faithproducts.com
Ecovert – Household products available in most major supermarkets
Herbatint – about the safest permanent hair colour from www.herbatint.co.uk

7.3. Smoking

Smokers always have a problem reaching optimum health due to the amount of chemicals inhaled. There is a marked depletion of vitamins and minerals in the body due to smoking and it compromises and weakens the immune system. Under ideal circumstances it should be stopped as soon as possible. If you would like to give up smoking but are finding this difficult then try hypnotherapy. This has worked very successfully for thousands of people. You should be able to find a local hypnotherapist who can help.

7.4. Allergy

Our body sometimes reacts badly to certain things and releases chemicals that cause inflammation. This inflammation has to be dealt with by the white blood cells, which could go overboard in their reaction causing the inflammation to get worse. The signs and symptoms of a typical allergic reaction are well shown in hay fever.

There are however other reactions such as to bee stings and some drugs like penicillin, which are so severe they can be fatal if not treated quickly.

Apart from avoiding the cause of the allergy, which is not always possible or practical in everyday life, the best that we can do is to reduce the body's other irritants to provide some leeway for our immune system to deal with the allergen (the trigger of an allergic reaction).

Desensitisation has been tried but the record of success is not very good. Steroids only mask the symptoms and they are fraught with dangers themselves, but they can be life saving in the case of an acute reaction.

Homoeopathy is probably the best that we have in natural remedies to deal with the pathogen directly.

There are many remedies for the symptoms without any side effects but, as with most things in natural medicine, they need to be tailored for the individual.

Try the [Bionetics Hair test](#) to clear out the factors that are putting the body under stress and that could be causing your body to overreact to allergens.

8. Taking Supplements

8.1. General advice

As we have already highlighted, not all supplements are equal and finding a good quality supplement is one of the keys to being healthy. We try wherever possible to select products that are easy to take and in their natural form. This is not always possible especially as it is becoming increasingly difficult to get enough good quality nutrition from food. However the concentrated wholefoods that we recommend are the best solution that we can find.

Always take your supplements before food (unless stated differently in your test results or by a practitioner).

8.2. Adult Requirements

Taking Prime Directive

Start by taking ¼ tsp at night for the first 3-4 days, then increase by taking ¼ tsp in the morning as well over the next 3-4 days. Over the next two weeks gradually increase the amounts until you are taking ½ tsp in the morning and ½ in the evening.

Taking Green Barley

Start by taking ½ a tsp twice daily, once first thing in the morning and once in the evening for 2 days. Increase to 1 tsp twice daily thereafter.

Taking Nano-Cal

Take on an empty stomach first thing in the morning and before your evening meal, in 6-8 oz of good quality, still (not sparkling) bottled water. Not tap water, because of the chlorine, fluoride content etc.

Day 1

Take one level-measuring spoon, supplied with the pot. This is .50 mg and should be mixed with 6-8 Oz of water. This serving is best taken in the morning.

Day 2

Increase to two times per day, once am and once pm. One level spoon each time in 6-8oz of water. Note, do not put two measurements of Nano-Cal into one glass.

Each serving is one scoop per 6-8oz water.

You can mix two level spoons in 16 oz water and drink throughout the day. This is best done in a glass bottle not plastic. Try buying a 1-litre glass bottle of mineral water from the supermarket. Blue glass is best if you can find it.

The dosage can be increased in certain circumstances but please call us before taking more than two level spoons (supplied) per day.

Taking Vitamins, Minerals and General supplements recommended by us:

Adults

Liquids - 20 drops twice daily before breakfast and evening meal. Please contact us if the stated amount on the bottle is less than indicated here.

Capsules – 2 capsules twice daily before breakfast and evening meal. Please contact us if the stated amount on the bottle is less than indicated here.

Iodine

Put one drop of Iodine on the back of your hand and gently rub it in, and time how long it takes for the orange colour to disappear. Use the guide below to calculate how much you need. Once you have your dose add the required number of drops to mineral water and drink. Repeat the test after 1 month and adjust accordingly.

Upto15 mins..... Need 5 drops or more
15 mins to 1 hr Need 4 drops
1 to 2 hrs Need 3 drops
2 to 3 hrs Need 2 drops
3 to 4 hrs Need 1 drop
More than 4 hrs Need 1 drop

8.3. Children's requirements and tips for taking supplements

The amounts provided are geared towards children and all the products are natural so there's little chance of overdosing. Children aren't normally too toxic so detoxing isn't so much of an issue however it's still possible that some children may experience this. Symptoms often go unnoticed but please contact us if there is anything that you are concerned about.

Nano-Cal - add to water in approximate ration to the quantity of 1 spoon to 6-8oz. For example ¼ spoon in 1.5-2oz of water. Use only bottled water or properly filtered water. (See section 5.2 Silverline)

Requirements:

Under 2 – Please contact us before giving Nano-Cal

Over 2 – Approximately 1/4 of spoon supplied twice daily

Over 10 – Approximately 1/2 spoon supplied twice daily

Over 14 – adult dosage

Prime Directive – Add to food once cooked (do not heat as this kills bacteria) or add to smoothies and other juices or water. You can even sprinkle small amounts on toast etc if it helps to get it down them. Best taken first thing in the morning and last thing at night but generally easiest to fit in with meals.

Requirements:

Under 2 – please contact us before giving this product.

Over 2 – Start by introducing just a few grains twice a day for the first 4 days preferably with breakfast and evening meal. Then increase to approximately 1/8 of tsp twice daily ongoing.

Over 5 - Start by introducing just a few grains twice a day for the first 4 days preferably with breakfast and evening meal. Then increase to approximately 1/4 of tsp twice daily ongoing

Over 14 – adult dosage

Green Barley – add to juices and with prime Directive make into a fruit smoothy or with water. Can also be added to food after cooking, however best before meals if possible.

Requirements:

Under 2 – Please contact us before giving this product.

Over 2 – Approximately ¼ tsp twice daily ongoing

Over 5 - Approximately 1/2 tsp twice daily ongoing

Over 14 – Adult dosage

Children's Vitamins, Minerals and general supplements

Please contact us if the stated amount on the bottle is less than indicated here before taking these supplements.

Child's Liquids:

Under 2 – 2 drops twice daily (Please contact us before taking any supplements)

Over 2 – 5 drops twice daily

Over 5 – 10 drops twice daily

Over 12 – 20 drops twice daily

Child's Capsules:

Under 2 – 1/4 capsule twice daily (Please contact us before taking any supplements)

Over 2 – 1/2 capsule twice daily

Over 5 – 1 capsule twice daily

Over 12 – 2 capsules twice daily

Liquids and Tinctures – Herbs and Homeopathy (we recommend that you have had a practitioner consultation before taking herbal and homeopathic remedies)

These should be taken according to the instructions on the nutritional requirements sheet of the child's herbal report. All amounts are calculated to be taken twice daily. If treating parasites then administer these drops 10 minutes before food and other supplements.

Drops – add to juices (these can taste a little strong so water down lots).

Other capsules – most of these dissolve in water or can be added to other juices. If bottled feeding then dissolve in water and add to formula.

General

Make sure that your children drink plenty of water (Bottled mineral not tap water). Avoid sugary drinks and those containing artificial colours and flavours. **Aspartame** is especially bad so keep an eye out for this.

9. Toxic Metals

9.1. Sources at a glance

If your test indicates that you have a problem with toxic metals then you will be provided with a list of those, which should be avoided. The list below gives sources of these toxins so that they can be avoided in the future.

ALUMINIUM	Antiperspirants, Deodorants, Salt, Tin cans, Skin lotions, Aluminium foil, In tap water as a deflocculant and softener, Food additives, Antacids, Aluminium cooking utensils, Baking powder, Anti inflammatory and pain medicines, Douches,
ANTIMONY	Eye liner, Cot liners,
ARSENIC	Pesticides and herbicides, Stain resistant material, Wallpaper, Photocopier toner, Coal fired power plants, Smelters, Some marine plants and seafood's, Laundry aids, Beer, Salt, Tobacco smoke, Smog, Bone meal, Dolomite, Kelp, Sheep dip
BARIIUM	Lipstick, Diesel exhaust, Polluted water, Barium meals,
BERYLLIUM	Hurricane lamps, Lawn mowers, Paraffin, Nuclear industry, Dental appliances
BISMUTH	Cologne, Stomach antacids
CADMIUM	Water running through old metal pipes, Water softener, Cigarette smoke, Air pollution, Seafood, Teas, Bone meal, Oxide dusts, Paints, Welding, Fertiliser, Fungicides, Pesticides, Refined grains, Rice, Coffee, Tea, Soft drinks,
CAESIUM	Clear as glass plastic, Water running through plastic hoses, nuclear industry,
CHROMIUM	Eyebrow pencil, Water softener salts, Dental appliances,
COBALT	Washing powder, Dishwasher detergent, Mouthwash, Cyanocobalamin colouring in pharmaceuticals, some beers,
COPPER	Water running through copper pipes, Jewellery, Beer, Copper Cookware, Pasteurised milk, Hair permanents, Swimming pools, Insecticides, Wine from grapes sprayed with copper sulphate, Amalgam
ERBIUM	Plastic dental composites, Vitamin and mineral supplements, Aluminium foil,
GALLIUM	Dental appliances, Amalgam
GOLD (Aurum)	Amalgams, Jewellery,
HAFNIUM	Nail polish, Hair spray
HOLIUM	Hand cleaners
INDIUM	Amalgam
IRIDIUM	Dental appliances,
LANTHANUM	Photocopier toner,
LEAD (Plumbum)	Hair colour restorer and rinses, Water running through lead pipes and those that-have lead solder connections, Leaded fuels, Canned goods, Paint, Newsprint, Coloured print, Dolomite, Soft coal, Leaded glass, Ceramic glazes, Pewter ware, Pesticides, Fertiliser, Pottery, Cosmetics, Tobacco smoke, Air Pollution, Rubber toys, Storage batteries, Canned fruit, Bone meal,
MERCURY	Dental amalgams, Sanitary towels, Cotton balls, Dental floss, Toothpicks, Cotton buds, Paints, Explosives, Batteries, Mercurial diuretics, Fungicides, Fluorescent lamps, Cosmetics, Hair dyes, Salt, Manufacture and delivery of petroleum, Fish from contaminated water, Sewage sludge, methyl mercury chlorine bleaches, Fabric softeners, laxatives containing calomel, Haemorrhoid suppositories, Polishes, Wood preservers, Latex, Solvents, Plastics, Inks used by printers and tattooist, Some paints.
NICKEL	Metal jewellery, Glasses frames, Metal watch bands, Dental fillings and retainers, Cooking utensils, Nickel/Cadmium batteries, Cosmetics, Industrial exposure, Hydrogenated oils, Welding, Permanent waves, Ceramic industry, Super phosphate fertilisers, tobacco smoke,

NIOBIUM	Many medications
PALLADIUM	Dental appliances, Amalgam.
PLATINUM	Catalytic converters, Jewellery, Amalgam
POLLONIUM	Radioactive isotope of lead
RADIUM	Nuclear industry, Luminescent clocks.
RADON	From leaks in flooring of houses in high radon regions (granite and limestone)
RHENIUM	Spray starch
RUTHENIUM	Amalgam
SILVER (Argent)	Amalgams, Tableware,
STRONTIUM	Toothpaste
TERBIUM	Plastic dental composites, Vitamin and mineral supplements, Aluminium foil,
THALLIUM	Dental amalgams, Sanitary towels, Cotton balls, Dental floss, Toothpicks, Cotton buds,
THORIUM	From leaks in flooring of houses in high thorium regions,
THULIUM	Ester C supplements,
TIN	Toothpaste (Stannum fluoride), Industrial waste, Amalgam
TITANIUM	Face powder, Metal dental appliances,
TUNGSTEN	Corroded rods in water heaters, Electric frying pans, Hair curlers, Toasters, Kettles,
URANIUM	From leaks in flooring of houses in high radon regions (granite and limestone), Nuclear industry,
VANADIUM	Leaky pipes to gas stoves, Boilers, Water heaters, Diesel fuel, Candies,
YTTERBIUM	Plastic dental composites, Vitamin and mineral supplements, Aluminium foil,
ZINC	Amalgam
ZIRCONIUM	Tea bags, Deodorant, Toothpaste, Mouthwash, Cosmetics.

10. Chemicals

10.1. Sources at a glance

Below is a list of the Chemicals against which you may have been tested. It is not an exhaustive list but covers many of those with which we come into contact. These chemicals come in many forms and with lots of names. Take a chemical which scores highly on your list (over 70) and search for it under the ingredients page on the following site:

<http://householdproducts.nlm.nih.gov> it may come up with a list of other chemical names, click on these and eventually it should reveal the products that contain this chemical. Try the personal care category for daily use items.

Acetone	Plastic (manufacturing), pharmaceutical drugs, vehicle exhaust, Tobacco smoke, Industrial Pollution, Landfill Sites, Forest fires
Asbestos	Contact with Asbestos building materials (houses built between 1950 – 1980), living close to mining where asbestos fibres are found
Benzene	Solvents, Plastics, Varnish and Lacquers, Nylon, Synthetic Fibres, Rubber, Lubricants, Dyes, Detergents, Pharmaceutical Drugs, Pesticides, Crude Oil, Gasoline, Tobacco Smoke, Hair Dye
Benzopyrene	Coal Tar, Smoke, charred food (Burnt Toast)
Carbolic Acid	Antiseptics, Disinfectants, Germicides, Adhesive Dyes, Perfumes, Textiles, Lubricants
Chlorine	Swimming Pools, Bleach, Household cleaners
Chloroform	Hospitals, swimming pools, chlorinated water
DDT	Pest Killer (imported foods), Non-organic food, root and leafy vegetables, Meat, Fish, Poultry
Herbicides	Non-organic food, any food that has been sprayed with herbicide, living close to a farm
Ethanol	Alcohol, Cosmetics and personal care products
Ethylene Glycol	Cosmetics, Food Colours and flavours, Photographic development, Hydraulic fluids, Ink, Antifreeze, Some Foods
Propylene Glycol	Hospitals, Antiseptics, Medicines, Cosmetics, Cleaners, Fertilizer
Formaldehyde	(manufacturing), Pressed wood (Manufacturing) Adhesives, Permanent

Methanol	Pressed Fabrics
Naphthalene	Antifreeze, Paint stripper and thinner, Varnish, Glass Cleaners
Nitric Acid	Insect Repellent, toilet blocks, Coal Tar, Dyes, Inks
Paraquat	Cleaning agents, Electroplating material, Fertilizer
Pentachlorophenol	Weed Killer (on imported fruit and vegetables), Non-Organic fruit and vegetables
Pesticides	Pesticides, Wood Preservatives
Petroleum	Non-organic fruit and vegetables, any foods that have been sprayed for pest control. Living close to a farm
Phenol	Petroleum Jelly products, Skincare products, Lubricants
Prussic Acid	Tobacco smoke, Moth Wash, Throat Lozenges, (Carbolic Acid), Leather tanning, Disinfectant
Toluene	Steel making, dyeing, acrylic resin, insect killers, exhaust fumes, tobacco, wood smoke. Some fruits - apple, apricots and almonds.
Trichloroethylene	Solvents, Rubber, Plastics, Cements
	Carpet Sport remover, Correction fluid, Adhesives, Paint removers, Coffee Decaffeination, Dry Cleaning

11. Acid and Alkaline Foods Table

Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
Stevia	Maple Syrup, Rice Syrup	Raw Honey, Raw Sugar	SWEETENERS	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Aspartame, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Blueberries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	FRUITS	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blackberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	BEANS VEGETABLES LEGUMES	Cooked Spinach, Kidney Beans, String Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Chocolate
	Almonds	Chestnuts	NUTS SEEDS	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
Olive Oil	Flax Seed Oil	Canola Oil	OILS	Corn Oil		
		Amaranth, Millet, Wild Rice, Quinoa	GRAINS CEREALS	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			MEATS	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
	Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	EGGS DAIRY	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Raw Milk	Cheese, Homogenized Milk, Ice Cream
Herb Teas, Lemon Water	Green Tea	Ginger Tea	BEVERAGES	Tea	Coffee	Beer, Soft Drinks

12. Nutritional Food Sources

L - Alanine	Any protein containing food such as meat, poultry, fish, eggs, and dairy products.
L-Arginine	Arginine is found in chocolate, wheat germ and flour, buckwheat, granola, oatmeal, dairy products (cottage cheese, ricotta, non-fat dry milk, skim yoghurt), beef, pork, nuts (coconut, pecans, cashews, walnuts, almonds, Brazil nuts, hazel nuts, peanuts), seeds (pumpkin, sesame, sunflower), poultry (chicken and turkey), wild game (pheasant, quail), seafood (halibut, lobster, salmon, shrimp, snails, tuna in water), chick peas, and cooked soybeans.
L-Asparagine	Dairy products, beef, poultry, meat and eggs
L-Carnitine	Nuts, seeds (pumpkin, sunflower, sesame), legumes or pulses (beans, peas, lentils, peanuts), vegetables (artichokes, asparagus, beet greens, broccoli, brussels sprouts, collard greens, garlic, mustard greens, okra, parsley), fruits (apricots, bananas), cereals (buckwheat, corn, millet, oatmeal, rice bran, rye, whole wheat, wheat bran, wheat germ) and other 'health' foods (bee pollen, brewer's yeast, carob, kale).
L-Carnosine	Found naturally in meat, poultry and fish.
L- Citrulline	N/a
L-Cysteine	Red peppers, garlic, onions, broccoli, brussel sprouts, oats, milk, whey protein and wheat germ.
L- Cystine	(see above)
L-Glutamine	Foods high in protein, such as fish, meat, beans and dairy products.
L-Glycine	Meats, poultry, eggs, milk, rice and beans, some amino acids in vegetables as well.
L-Histidine	Dairy, meat, poultry, rice, fish, wheat and rye.
L-Isoleucine	Meats, poultry, fish, eggs, and dairy products are wonderful sources of this amino acid, and grains, cereals, nuts, and legumes provide additional dietary sources as well.
L-Leucine	Found in meat and dairy products, and in smaller amounts, in wheat germ, brown rice, soybeans, almonds, cashews, brazil nuts, chickpeas, lentils and corn.
L-Lysine	Richest sources include red meats, fish, and dairy products (milk, eggs, cheese). Beans, peas and lentils are also a good source.
L-Methionine	Sunflower seeds, garlic, onion, egg yolks and sarsaparilla.
L-Ornithine	Meat, fish, dairy and eggs.
L-Proline	Meat sources, dairy products, eggs.
L-Serine	Found in meats and dairy products, wheat gluten, peanuts, and soy products.
L-Taurine	Eggs, meat, fish and milk.
L-Threonine	Meats, dairy products, eggs, and in wheat germ, nuts, beans and some vegetables.
L-Tyrosine	Avocados, bananas, dairy products, lima beans, mustard greens, spinach, pumpkin seeds, and sesame seeds.
L-Valine	Meats, dairy products, eggs, and in lesser amounts in grains, legumes, and nuts.
N-Acetyl-Cysteine	Abundant in eggs.
Boron	This mineral is found in apples, carrots, grapes, dark green leafy vegetables, raw nuts, pears and whole grains.
Calcium	Dairy products, salmon, sardines, dark green leafy vegetables, almonds, asparagus, blackstrap, brewer's yeast, broccoli, cabbage, carob, kale, mustard greens, figs, soybeans, tofu, turnip greens, watercress, whey. Chamomile, chickweed, chicory, dandelion, flaxseed, kelp, parsley, peppermint.
Chromium	Brewer's yeast, brown rice, cheese, whole grains, dried beans, blackstrap molasses, chicken, corn and corn oil, dulse, eggs, mushrooms, and potatoes. Catnip, horsetail, licorice, nettle, oat straw, red clover, sarsaparilla, wild yam and yarrow herbs also contain Chromium.
Copper	Whole grain cereals, almonds, green leafy vegetables and seafood.
Iodine	Sea fish, shellfish, seaweed, algae, and cereals and grains.
Gold	Should be taken as Ionic Gold only
Iron	Iron is found in meat, fish, poultry, lentils and beans, cereals and grains.
Magnesium	Green vegetables, eg. spinach. Nuts, seeds and some whole grains. Water can provide magnesium, but the amount varies according to the water supply.
Manganese	Wheat germ, pecan nuts, Whole wheat pasta, soy nuts, pumpkin seeds, cooked oatmeal, sweet potatoes, pineapple, oysters, blackstrap molasses, tomato juice, blackberries, grape juice, spinach, brown rice, almonds, tofu and sunflower seeds.

Molybdenum	Beans, cereal grains, dark green leafy vegetables, legumes and peas.
Platinum	Should be taken as Ionic Platinum only
Potassium	Fish, fruit, legumes, vegetables, whole grains. Especially in apricots, avocados, bananas, lima beans, brown rice, dates, dulse, figs, garlic, nuts, spinach, yams, nettle and sage.
Selenium	Found in some grains, Brazil nuts, Brewer's yeast, broccoli, brown rice, chicken, dairy products, dulse, garlic, kelp, molasses, onions, salmon, seafood, tuna, vegetables, wheat germ and whole grains. Also in alfalfa, burdock root, cayenne, chamomile, fennel seed, nettle, parsley and peppermint.
Sulphur	Found in the essential oils of onion, garlic, and mustard.
Tin	Should be taken as Ionic Tin only
Vanadium	Found in dill, fish, olives, radishes, snap beans, vegetable oils and whole grains.
Zinc	Found in chicken, beans, nuts, certain seafood, whole grains and oysters.
Betaine	Found in whole wheat, wheatbran, spinach
Co Q10	Found in rice bran, soya, hazelnut, pistachio, mackerel, sardines, sesame, cabbage, spinach,
Vitamin A	Found in sweet potatoes, carrots, collard greens, kale, pumpkin, spinach, sweet peppers, apricots, cantaloupe melon, mango, chicken, turkey, eggs and broccoli.
Vitamin B1	Found in green peas, spinach, navy beans, nuts, pinto beans and soybeans, brown rice, egg yolks, fish, legumes, poultry, rice bran, wheat germ, and whole grains. Also asparagus, brewer's yeast, broccoli, Brussels sprouts, dulse, kelp, oatmeal, plums, raisins, spirulina and watercress.
Vitamin B2	Milk, cheese, leafy green vegetables, almonds, mature soybeans, asparagus, okra, chard, cottage cheese, yoghurt, eggs and fish.
Vitamin B3	Found in beets, brewer's yeast, turkey, chicken, salmon, swordfish, tuna, sunflower seeds and peanuts.
Vitamin B5	Found in brewer's yeast, eggs, fresh vegetables, legumes, mushrooms, nuts, royal jelly, saltwater fish, Also in torula yeast, whole rye flour and whole wheat.
Vitamin B6	Found in avocados, bananas, fortified cereals, hazelnuts, lentils, potatoes, salmon, shrimp, soybeans, sunflower seeds, tuna and wheat germ.
Vitamin B12	Found in fish, milk, eggs and poultry, and some fortified breakfast cereals.
Vitamin B17	Apricot kernels.
Vitamin C	Found in blackcurrants, berries, green leafy vegetables like Brussels sprouts, cabbage, spinach and broccoli, tomatoes, peppers, kiwi fruit, citrus fruits and their juices.
Vitamin D	Dairy products, cheese, fortified milk, fish, oysters, fortified cereals and sunlight.
Vitamin E	Vegetable oils, nuts and green leafy vegetables are the main dietary sources. Also, fortified cereals.
Vitamin K	Brussels sprouts, chopped broccoli, cauliflower, Swiss chard, spinach, loose leaf lettuce, carrot, green beans, asparagus, egg, strawberry, avocado and peapods. The greener the plant, the higher the Vitamin K content. Other significant sources include soybean oil, olive oil, cottonseed oil and canola oil.

Nothing contained in this booklet is meant to infer that the hair test, products or advice recommended are to diagnose, treat or cure illness. The information is given for guidance only and all matters pertaining to your health are best dealt with by a healthcare professional on a one to one basis.