

insomnia

Cause: Excess Process Sugar or Hunger

eat a small meal one hour before bed



Solution: Starchy Vegetables + Leafy Greens

Cause: Excess Light Pollution at Night



Solution: Tryptophan or Melatonin

sour stomach

Cause: Excess Processed Sodium

eat smaller frequent meals (snacks)



Solution: Water

Cause: Excess Acidic Food



Solution: Enzymes

headaches PMS stress bad mood

Cause: Excess Acidic Food

eat within two hours of waking up (+ meditate + sun)



Solution: Flavanoids

Cause: Excess Stimulants



Selenium + Iodine



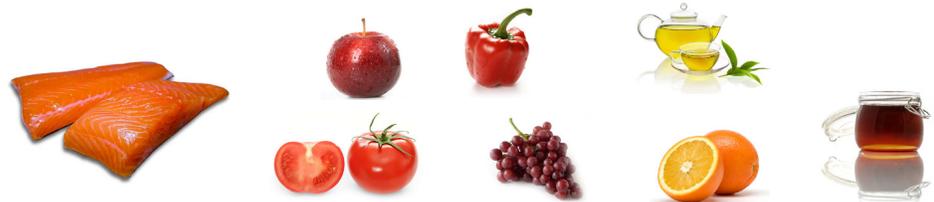
Vitamin C + Iron

Cause: Excess Acidic Food + Stress + Trans Fat + Hydrogenated Oil (inflammation)



inhale steam

neti pot



Solution: Omega 3 fat, Vitamin C, Quercin, Resveratrol, Catechins

sore muscles

Cause: Excess Lactic Acid (from exercise)

stretch after exercise (+ yoga)



Solution: Carbohydrates, Potassium, Magnesium

eat within two hours following exercise



Epsom salt bath

jet lag

Cause: Circadian rhythm

fast for several hours before arriving at your destination



Solution: Only Drink Water during fast and eat light after

Cause: Lack of energy

eat this early in the morning after arriving



Solution: Protein

by: Wisdom-Square.com

heart burn

Cause: Excess Acidic Food



Solution: Alkalizing food

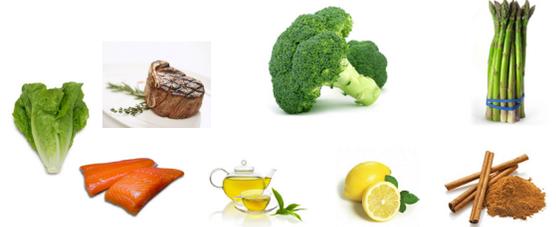
low/high blood sugar

Cause: Excess Toxins binding other nutrients



Solution: Natural Sugar + Carbohydrates

Cause: Excess Processed Sugar



Solution: Watery Veg, Protein, Cinnamon

low sex drive

Cause: Low Testosterone (from liver toxicity + thyroid problems)



Solution: Animal Protein, Iron, Iodine, Zinc, Arginine...

low energy

Cause: Malnutrition



Solution: High-Water Content Fruit/Veg



Protein + Iron + Vit B



Electrolytes

weak immune system

Cause: Malnutrition



Solution: Lycopene + Broccoli + Fat



Berries + Citrus Fruit



Turmeric + Pepper

sunburn bad skin

Cause: Environmental factors



Solution: Beta-Carotene, Lycopene

Cause: Excess UV



Cause: Natural Block

Cause: Excess Processed Sugar



Solution: Achenin by: Wisdom-Square.com

brittle hair/nails cracked lips