

Identify Your Health Issues

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Do you have bloating, heartburn or constipation, experience muscle or joint pains or chemical sensitivities/food allergies? These issues are associated with an increased need for more alkaline minerals: calcium, magnesium, sodium and potassium. You have digestive issues due to lack of minerals and digestive enzymes, resulting to an altered body pH. Without the proper mineral balance degenerative diseases like osteoporosis, kidney and gallstones, heart disease, arthritis, cancer and tooth decay can develop.

Do you have cold hands and feet, experience hair loss, fatigue, depression or unwanted weight gain?

A hormonal imbalance is often associated these symptoms due primarily to a thyroid that is not working optimally. Are you often moody and irritable, feel fatigued with low stamina, and often blaming “getting older” as the reason for your reduced energy? Early morning body temperature can indicate a low thyroid, even though blood work can be normal. Missing these nutrients Vitamins A, B2, B3, B6 and B12, and the minerals iodine, iron, selenium and zinc in the right doses can prevent proper thyroid function. Some medications, including the birth control pill, SSRI antidepressants and beta blockers, can interfere with the body’s ability to convert and use thyroid hormones. Specific nutritional support is vital to help reduce these symptoms and to help support the thyroid to help balance the hormonal system.

Do you find it hard to get up in the morning, feel tired or have low energy, crave sugar, sweets or salt, have difficulty sleeping or experience allergies? When you crave sweets, have mood swings or get irritable if you miss a meal, you have poor sugar metabolism due to mineral deficiencies. The body needs zinc and chromium for sugar/carbohydrate metabolism, and energy generation. It is not just what you eat that matters, but what your body can use. Poor metabolism and increasing fatigue are the result of poor digestion. Weak adrenal function is indicated by bright light that bothers your eyes, middle to lower back pain and hormonal imbalance. Another adrenal indicator is avoiding salt even though you crave it. The adrenals deal with stress handling, hormonal balance, digestion, quality of sleep and mood, memory and sugar metabolism. High stress can cause high cortisol levels, sugar cravings, weight gain, chronic allergies and more digestive distress. Providing the specific nutrients needed to improve sugar handling, digestion and adrenal function can help prevent the development of hypoglycemia, diabetes, irritable bowel, sinusitis, asthma, skin issues, chronic fatigue and fibromyalgia.

If you have any of the above there is help. Acid-producing foods and beverages adversely affect the aging process, increase body stress, and decrease body mineral stores and lower digestive system function. Mineral rich alkaline foods and beverages can improve digestion, alleviate many chronic symptoms, and slow/reverse the aging process. A review of your diet and lifestyle can easily locate simple changes that could transform your life and improve your health status.