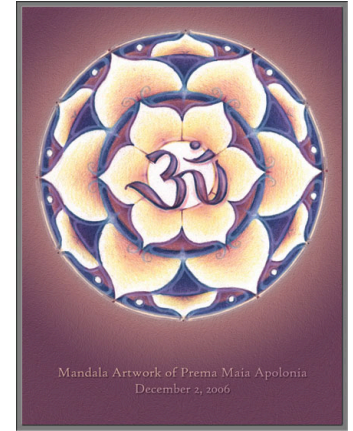


Cleansing, Repair, and Rejuvenation

Timing is everything!

We HAVE to cleanse and decongest to repair and restore. First off, the Bowels need to move after every meal, as transit time is 18-24 hours. If stuff sits in there longer than this, then auto-toxicity results. Toxins are absorbed through colon wall and intestines via the lymph and portal veins, then the liver must deal with it, congesting blood.



Detoxification – the path out of symptom management

What is happening inside me? A question many do not ask.

“The ability to detoxify is a major determinant of one’s health.”ⁱ

“75-80% of people have toxicity which in turn affects the circulation of Qi.”ⁱⁱ

Some data about health:

- US has dropped to 37th in the world, behind Slovenia in healthcare, yet this country spends the most of any country!
- Life expectancy in this country is also below 20th in the world
- Japan and Sweden are always near the top while spending 50-75% less than the US
- Humans experience more diseases than any wild animal in existence (and most domesticated pets!)
- Incidence of degenerative illness in native cultures is near zero when living close to nature and eating their time honored foods. Upon introduction of refined foods, tooth decay, birth defects, bone disorders, and degenerative conditions appear within one generation.
- Our food supply has been tampered with for almost 100 years, with the last 70-80 being the worst.
- Those who speak out publicly about this are ruthlessly discredited and some are jailed!

What is toxicity?

A toxin is defined as anything that has a detrimental effect on cell function and/or structure. So toxicity is a state where cellular function and replication are damaged in THE ENTIRE SYSTEM. Parts may be affected more than others, but the problem is systemic, and often subclinical. Current testing techniques are poor in this regard. Isolating cancer, tumors, and diseased body parts has been shown to have no long term benefits in mortality in European studies. Because they are systemic problems.



“Toxins are desires.”ⁱⁱⁱ

A profound statement I have explored for over ten years to validate. It is true. We tend to crave what we are allergic to and react to. Desire needs satisfaction, without it, we tend to overeat and search for ways to find “peace.” Perhaps the following quote and exploration will offer some root insights into this situation:

The star of the east guiding the “wise men ” to baby Jesus – possibly the “inner star” of the east referred to in ancient Vedic texts.

Check out the discourse on page 61 of The Second Coming of Christ (by Paramahansa Yogananda). St. John Chrysostom of

Constantinople (in 3rd century AD) comments about these “wise men” and the star. He says, “...it was not a star at all; it was rather, in

my belief, a certain invisible power that looked like a star...appeared not only by night, but also during the day...it could hardly have guided the travelers...for it is impossible that a star can show the place in which a cottage stands.”

We in the West look to “the west” which is the outer world of temporary gratification. Again, inner versus outer (yin and yang). But there is its opposite too. The word “repent” actually can be interpreted to mean “turn around.” We have been looking “to the west” or the outer world for life’s truths and suffering for it.

The answer lies in not “repenting one’s sins, but to looking “to the east” or the inner, more subtle areas for peace, truth, and answers to our personal inquiries. So, turn around, you are looking the wrong way for truth!

* Toxicity tends to cause symptoms and diseases, not disease causing the symptoms

* Toxicity clouds our discernment, and we can make poor decisions regarding our health

(In TCM the small intestine has the attribute of “discernment.” It separates the pure from the impure)

(Can you see how toxicity alters this ability?)

We need to transform rather than eliminate toxins

Our liver, intestines, and kidneys do this (and our gut microbes)

”...all infections actually arise from endogenous (inside), not exogenous (outside) causes.”^{iv}

Our intestinal garden (or flora) is a living emblem of our identity with the environment. Do we have weeds and smelly rotten stuff growing inside us? Some doctors say that up to 95% of us have a “parasite” feeding on us. This can be any critter that uses our tissues for food, including Candida.

Stagnations and Toxicity – five types in increasing levels of degeneration

Stagnation of any sort leads to decomposition. We can see this in stagnant water by the road. It smells bad! And so do our guts if food, cells, microbes, and other things stop moving along or slow down. Stagnant air in the room makes it smell musky. Look below for insights.

1) Food – from overeating and poor food choices, lack of exercise, poor breathing

2) Fire – poorly circulating energy, will be interpreted as fatigue and lethargy, also this manifests as foggy head syndrome

3) Dampness – poorly circulating blood and energy can cause edema and poor water metabolism. This also shows a gut microbe imbalance with mucoid plaque covering the gut wall in most people. Microbes love to feed on this stuff and can crowd out our helpful critters that like a cleaner living space.

4) Phlegm – since the colon is made from the same primal tissue as the lung, chronic dampness shows as allergies, arthritis, gut inflammation, asthma, colds, flus, and coughing up mucus excessively

5) Blood – can be from injury, lack of movement, and poor quality thick sludgy blood (or too thin) from dietary transgressions over many years.

Types of toxicity

Endogenous (from the inside)

Microbial – think about how microbes “poop” also. Their by-products can be helpful or harmful depending on the critter. These by-products, along with mucoid plaque and fat, can obstruct the delicate lymph filters in the colon. They also can congest the portal circulation, affecting the liver and ultimately causing leaky gut.

Consider “biological pleomorphism,” or the ability of microbes to adapt and change form. They are much better at this than we are and this is why antibiotics and drugs no longer work as well as they once did. Viruses are the kings here. Many illnesses are viral and fungal based and the person on antibiotics gets weaker and weaker (because antibiotics kill the helpful bacteria too and leave lots of open “parking spaces” for viruses and yeasts to camp out in) while the microbes get stronger. Hence, the illnesses that never quite go away. This is why.

Metabolic – think dysfunction in processing of calcium, protein, and fat. This happens in the interstitial spaces mostly. Caused mostly by liver and blood congestion, low bile levels, poor kidney function, and enzyme deficiency. We also have oxygen iron metabolism, and “rust” from this process is the origin of ALL oxidative stress - not mentioned in medical literature much though

Exogenous (from the outside)

Chemical – brain, nerves, and liver suffer from our exposure to the thousands of manmade chemicals we are exposed to every day.

Heavy Metal – again, liver, brain and nerves suffer due to constant exposure (the list includes aluminum, cadmium, tin, lead, and many others)

Radiation – from cell phones, microwave ovens, nuclear power, television, other, etc... This is very damaging to the cell and its ability to reproduce. The combination of all these three is why there are so many health problems. The mixture becomes worse than any single element.

i Encyclopedia of Natural Medicine, 2nd ed. p. 104

ii Chinese Traditional Herbal Medicine, by Michael and Lesley Tierra

iii Michael Tierra in his East West Correspondence Course

iv The Energetics of Western Herbs, p. 866

Signs of toxicity – see below for an exploration of the degenerative cycle.

Stages of Degeneration

Symptoms evolve gradually in our being. Once I got involved with the macrobiotic model of health, I was forced to change my paradigm of what disease is. I learned about personal responsibility for health. We do not “get” illnesses. We do not “catch” colds. It is true there are germs and bugs floating around outside of us. But why is it that we get sick sometimes and not others? Because we have weakened ourselves. We are not at ease. Our system is “dis-eased.”

What falls in line with this is not blaming a bug, not using another person as a scapegoat, like saying, “he/she gave me this cold!” It takes courage to be completely responsible for one's own actions. But it is also incredibly energizing to realize one's health can and will get better through simple lifestyle and diet changes.

Below are some “early warning” signals to monitor our health. As the stages progress, we know we are getting closer to degenerative illness. Cancer does not appear out of nowhere!

Stage I – Imbalance signs

One of the hallmarks of this stage is that we may feel just fine. We are not necessarily “sick” yet. But the seeds are being planted for future problems. This is a stage even the best of us fall into due to the state of the world. The symptoms all are periodic in this stage. They come and go. Or they may appear out of nowhere! But now we know better than to blame someone or something else. Some easy solutions are to chew more fully, eat more ripe fruits, herbs, and vegetables, eat less, get more sleep, work less, exercise in the outdoors, walk in nature, and more. Usually, for me, just a few minor adjustments will help bring back the radiant health.

Symptoms:

Discontentment, illusory problems, excess fatigue, nervous tension, anxiety, mild headache, overeating without satisfaction, indigestion, minor aches and pains, tense or cramping muscles, low sex drive, periodic chills or flushes, occasional sneeze or cough, itchiness, forgetful, confused, no motivation, frequent urination, mild depression, irritable/easily frustrated, hyper with poor attention span, fidgety, can't relax, uncomfortable weight gain

Stage II – Accumulation/Discharge signs

In this stage, we may not be “sick” either. There is further degeneration of the body. The body's ability to take in from the environment via various organs like the ears, nose, eyes (sensory organs) is becoming blocked. The body eliminates excess via the same and/or different organs. The discharge organs like the lungs, colon, and urinary system, have become overloaded with fat, mucus, and toxins and are not functioning well. As these organs become more stressed and stagnant, pain, aches, and tension will increase while well being and ease will decrease. The body, with its marvelous ability to adapt, will use other less effective means to discharge the excesses in the system.

The other indicator of this stage is the problems/symptoms mentioned in stage I are more chronic and regular in this phase. An example might be an occasional sneeze or cough is less of an indicator of poor health than a chronic cough or sneeze. The most obvious signs for this stage are mentioned below.

Symptoms:

Tensions, sleep problems, chronically stiff/achy (especially in the morning), accidents/clumsy, bad breath, body odor, sinus congestion, oily or dry skin, gas, belching, constipation, diarrhea or loose bowels, vaginal discharge, recurring infections, PMS, cramps, hay fever/allergies/asthma, skin eruptions/rashes, headaches, frequent and pale urine, dark and infrequent urine, damp hands or feet, fever, colds and flus, low blood sugar (dizziness, spontaneous sweating, irritable, headache, unable to focus), vomiting, mood swings, emotional outbursts, rigid mental attitudes, deep depression, chronic backache, high or low blood pressure, high or low cholesterol, obese or underweight, stiff and/or achy joints/spine/muscles, prone to serious accidents, overheated or perspire easily, bingeing, chronic bipolar syndrome (joyful hysteria to deep depression).

Stage III – Disease and Degeneration signs

This is the stage where many of us, even the ones born with a huge stored “bank account” of genetic energy will feel dis-ease. The internal organs get strained from being blocked from releasing toxins and tensions. This can be due to sludgy blood and toxic bowels (see the chapter on digestive health), excess acids circulating in the system, a high oxidative load, and the body has lost its ability to adapt easily. However, the body will continue to adapt. The adaptation will take a journey that may not be comfortable, however. The illnesses and symptoms listed below are not unfortunate things we “get,” but the body's attempt to make balance with its limited resources.

A final note is that many of us are doing quite well if we occasionally experience stage I and II symptoms. The state of the world does not make keeping our physical health easy.

Symptoms:

Chronic digestive problems like extreme cramps, diarrhea, bloating, constipation (more than a month without bowel movements at least once a day), migraine headaches, debilitating pain, cataracts, loss of sensory organs like taste or smell, loss of memory, insomnia, eating disorders, arthritis, appendicitis, diabetes, chronic herpes sores, osteoporosis, infertility, impotence, manic and compulsive tendencies, paralysis/numbness, kidney or gallstones, cancer, AIDS, tumors, heart disease, Multiple sclerosis, balding, fibroids, endometriosis, candida infections, lupus, fibromyalgia, and other degenerative disorders.

The Way Out

Herbs and Foods to Reduce and Transform Toxicity

- * Some foods/herbs are draining while others are building
- * Some help the body transform toxins / called Alteratives
- * Think of everything we take in as having warm/cold properties, upwards/downwards, in/out, dense/light
- * We want to target those things that help us transform, eliminate, and soothe irritated tissues
- * We also need strength to cleanse >>> without it, stuff stays stuck in the tissues (example is copper toxicity which often does not show on blood tests, but is stuck in the tissues and cells); tonic herbs and foods if absorbed properly, give us that strength to become cleaner and healthier, but the dance is to acquire energy through tonics (which usually have a downside of causing or worsening congestion, tension, and can “feed” less desirable aspects in our body and being) and

What to do:

1. reduce the terrain of irritation and infection, disinfect local site of infection
2. clear inflammation and heat
3. increase immune activity and proper defense response

Chelation therapy – the binding and excretion of toxins and mucoid plaque. This can be done with food, herbs, and food products. They will bind with the heavy metals, radioactive wastes, dead debris, and chemical poisons (from within and from outside), then will be excreted in urine, sweat, and stool. Gradually, the stuff in our blood, then organs migrate to the gut, and over time...excreted. Be patient and let the process happen.

Drainage protocols – we need to drain out the dead cells, debris, and bound poisons. Otherwise, they can recirculate through the liver, lymph, and blood.

Methods:

- i) Foods/herbs: cilantro, miso, seaweeds (all), onion, garlic, radish, soluble fibers (apple, oat, citrus show best results [pectin]), leafy greens (bitter ones like arugula and dandelion), bitters (gentian, dandelion, bupleurum, artichoke leaf, milk thistle, etc...), clays, psyllium, chia, flax seeds, check with your herbalist!
- ii) Sweat: hot tea with/or steaming water with essential oils/herbs in
Place the towel over your head, cover the bowl also, then add 5-6 drops of essential oil or herbs, breathe deep. Another option is to take a hot bath, drink hot tea with selected sweat herbs, cover up, sweat out poisons, then change clothes and sheets.
- iii) Exercise, Steams, Fasting, Massage, Sauna

How To Cook and Choose Foods/Herbs for Detoxification

Overall good choices:

Seaweeds, miso, garlic, turmeric, coconut oil, fiber rich fruits/veggies, raw foods, clays, apples, green juices, vegetable juices, beet kvass, sprouts, cod liver oil, nettles, aloe vera, bee pollen

Anti-infectives:

Garlic, tea tree, oregano, ginger, Echinacea, thyme, clove, cinnamon, eucalyptus, myrrh, frankincense, lavender, rosemary, juniper, fennel, savory, palmarosa, ravensara, umeboshi pickled plum, seaweeds, calendula, goldenseal, honeysuckle flower, nasturtium, cedar, coptis

To establish better “terrain”:

Turmeric, aloe, seaweeds, purslane, marshmallow, reishi or other medicinal mushroom, coconut oil, ghee (infused best), and use the gut flora enhancing foods.

Examples of foods to incorporate better gut flora

Sauerkraut, Lacto fermented pickles

Sodas

Chutneys

Condiments such as catsup, mustard, and salsa (homemade)

Grain/nut/seed milks (homemade)

Soaked oatmeal

Nut and seed cheeses

Nut and seed sausages

Kombucha

Rejuvelac

Yogurt based doughs for baking (to break down less desirable elements in flour)

Dairy ferments such as yogurt, kefir, crème fraîche, sour cream, piima cream

A Few facts about our “friends” in the inner garden of the gut:

Over 200 of our genes come from bacteria

There are over 10,000 known microbes in the gut

By numbers, we are more microbes than our own cells

Repair foods - Vegetables and herbs

Alfalfa grass
Aloe vera
Ashwagandha
Avocado (small amounts and only one-two per week)
Beet Kvass
Burdock root
Cabbage juice
Calendula flowers / leaves
Cayenne
Cinnamon
Comfrey
Cucumbers
Cultured vegetables and fruits
Digestive bitters – gentian, dandelion, chicory,
Dill
Fenugreek
Frankincense
Garlic
Ginger
Ginsengs
Gotu kola
Green juices and chlorophyll
Lavender
Lotus root
Marshmallow and Malva
Microalgae
Milk Thistle and artichoke leaves
Mullein leaves
Myrrh
Okra
onion
Parsley
Plantain
Purslane
Rosemary
Sage
Schisandra berry
Seaweeds
Self-heal
Slippery Elm

Sprouts

St. John's Wort (fresh flowers only!)

Tulsi and other basils

Turmeric

Watercress

Wild Oats

Winter squashes

Animal

Bee pollen
Bone broths
Kefir
Plain whole milk yogurt
Raw butter
Raw egg yolks
Raw honey

Sproutables and Others

Almonds
Apple cider vinegar
Beans for their “targeted organ.”
Eaten in rotation and not daily.
Castor oil (topical)
Fruits in raw state – there will be one or two
for every person in the warm seasons
Grains, soaked or sprouted
(1-2 cups for 3-4 days per week)
most people must rotate grains with
vegetable and other carb rich foods
Miso
Mucilage seeds – flax, chia, psyllium
Sesame seeds
Walnuts

More special herbs

Calamus root
Asparagus root (tops?)
Triphala (three berries)
Saffron
Licorice
Guggul
Dong Quai
Fo-Ti
Tribulus
Rehmannia
Wild yam (yams?)
Kuzu

Bamboo shoots (fresh)
Sweet potatoes
Solomon's Seal root

Easy to remember:

Alkaline:

All fresh fruits and vegetables
Millet and quinoa
Almonds
Apple cider vinegar
Sea Vegetables
Most herbs and spices
Salts (unrefined)
Yams
Ghee, Olive and coconut oils
Molasses

Acid

Most grains, beans, nuts and seeds fall near the neutral area
(see your list given)
Dairy (most)
Animal Flesh
Flour products
Most vinegars
Sugar
Coffee
Drugs (most)
Oils (though most are closer to neutral)
Cocoa

Acid and Alkaline – see handout

Eat about 80% of volume from alkaline, 20% acid

Subtle Forces to Help with Healing and Repair

Color Therapy (find whatever foods and herbs in these colors) - spring = green, summer = red, late summer = earth tones, yellow, orange, fall = white and light colors, winter = black, purples, and very dark colors

Body scans – scan the entire body a few times a day, simply putting attention and awareness to it.

Get all the five flavors in your daily meals (full sweet (flesh foods, dairy, soaked grains beans, nuts and seeds, eggs), salty, spicy (pungent), bitter, and sour)

Other classes will cover how to get the energy of these flavors, as they sometimes are not in the taste itself

Eat only when hungry and not when stressed, emotional, or in a hurry. Wait these states out and eat later.

Easy pointers for ongoing maintenance:

I) Always start the day with 1-2 cups warm or hot water. One can use apple cider vinegar, lemon/lime, umeboshi plum, sole, herbal teas, bitters, raw honey, molasses, and/or diluted fruit/vegetable juices (in warm weather only and without blood sugar problems)

This is for rehydration after sleeping all night. Mandatory for complete health!

II) Exercise or get movement 5-6 days a week for at least 20-30 minutes.

III) Eat your last meal three hours before sleep

IV) Bedtime before 10pm mandatory for those in burn-out, or at least before midnight for most of us. This is the 80/20 rule also.

V) Do not snack between meals – this means 2-3 hours minimum after eating, and 1-2 hours after fruit or a small snack.

The stomach takes at least three hours to empty out after a normal meal, sometimes up to six hours. If we put new food on top of partially digested food, everything ferments and rots, which causes damage to the entire gut lining all the way down.

VI) Supplement with special foods and herbs, maybe even raw, concentrated supplements from food sources based on your unique needs

VII) Take “time-out” breaks throughout the day to stretch, breathe, and get outside. Some people like to be quiet somewhere alone, some meditate, some garden, some just take a short nap.

Signs of Cleansing Improvements and Time for Repair

Improve Your Digestion - How Digestion is Improved

Digestion is the mechanical and chemical process of breaking down food (proteins, fats and carbohydrates) into molecules small enough to be absorbed through your intestinal lining. Herbal cleansing supports digestion by stimulating and toning the natural secretions and functioning of your stomach, pancreas, intestines, liver and gallbladder – so you can break down food molecules more productively and supply your body with the nutrients it needs to make you feel your best.

Absorb More Nutrients - How Absorption Happens

Absorption happens when food molecules are broken down small enough to pass through the inner wall of your intestines into your blood or lymph. Cleansing the digestive system of old waste and hardened mucus provides an unclogged surface and restores the lining's integrity. A healthy, clean and intact lining assures maximum absorption of nutrients for more energy and vitality.

Establish Better Elimination - How to Establish Better Elimination

Once digestion and absorption are completed, the undigested food, bacterial remains, metabolic wastes, hormones, cholesterol, and environmental toxins need to be removed from the body to prevent autointoxication. Without daily bowel movements, we may experience a host of uncomfortable symptoms. As important as it is to digest and absorb, it is equally important to eliminate. Herbal colon cleansing not only moves out all of these accumulated wastes and toxins, but it helps condition the intestines for better everyday regularity.

Strengthen Your Body's Defenses - How to Strengthen Your Body's Defenses

The inner intestinal wall has ten times the surface area of your skin. For this reason, your body focuses a substantial amount of immune activity to protect this potential entrance from foreign invaders. In fact, researchers estimate that two-thirds of all immune activity occurs in the gut. This is normal and natural.

However, if your digestive system is functioning poorly or is overly toxic, your body may be exposed to toxins entering the bloodstream. To your body, these toxins may appear as foreign invaders and it may react with an inappropriate immune response. This out-of-balance process can be a drain on your energy and may also lead to difficulties such as allergies and autoimmune conditions. As colon cleansing helps restore digestive functions and the integrity of the intestinal lining, unnecessary burdens on your immune system are reduced.

More Mental Clarity & Focus

Without regular elimination (at least once per day) your undigested food literally has a chance to compost within your body. This can lead to an excessive burden of internal toxins, which, if absorbed into your bloodstream, can adversely affect your mental and emotional state. Herbal colon cleansing will not only promote regular elimination, but by removing old waste it can reduce this internal source of toxins, clear your thinking and lessen your emotional swings.

Reduce Cravings & Food Dependencies

When your body's ability to digest and absorb food is impaired, it feeds a cycle of craving more food and stronger flavors when what you really need is better nutrition. Many people have found that our herbal cleansing kits are a terrific aid in breaking this cycle and lessening their dependence on

habit-forming foods like sugar, caffeine, junk foods, etc. This means fewer highs/lows and a feeling of steadier, longer lasting energy.

Less Body, Breath Odors

Less Gas, Flatulence

Less Bloating; Flatter Stomach

Less White or Coated Tongue

Better Appearance

Clearer Skin

Brighter, whiter eyes, and clearer iris

Fewer symptoms and aches/pains

Experience more “states of being” and

Uncaused joy

What Internal Cleansing Does

Your body has eleven major systems (circulatory, digestive, nervous, etc.) and five are needed for continuous self-cleansing and elimination. You’re designed this way because your body continually generates large quantities of endo-toxins – the natural by-products of metabolism. In fact, scientists estimate that in the time it would take you to read this section, your body’s natural metabolism will have produced enough “endo-toxins” to kill a small animal.

Add to that the modern burdens of exo-toxins – environmental pollutants, food additives and other stress factors – and it’s clear that if your elimination system is over-burdened or weak, your health and vitality can suffer. The Center for Disease Control has done large-scale studies and found measurable amounts of more than 100 toxic chemicals in blood and urine of the general public.

Specifically, cleansing is designed to:

1) Detoxify and Rejuvenate All of Your Body’s Organs of Cleansing

2) Reduce Unwanted Guests in the Digestive Tract

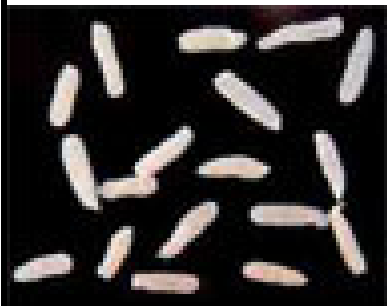
3) Help provide a better home for Probiotic microbes

4) Release the Body’s Wisdom for Greater Health

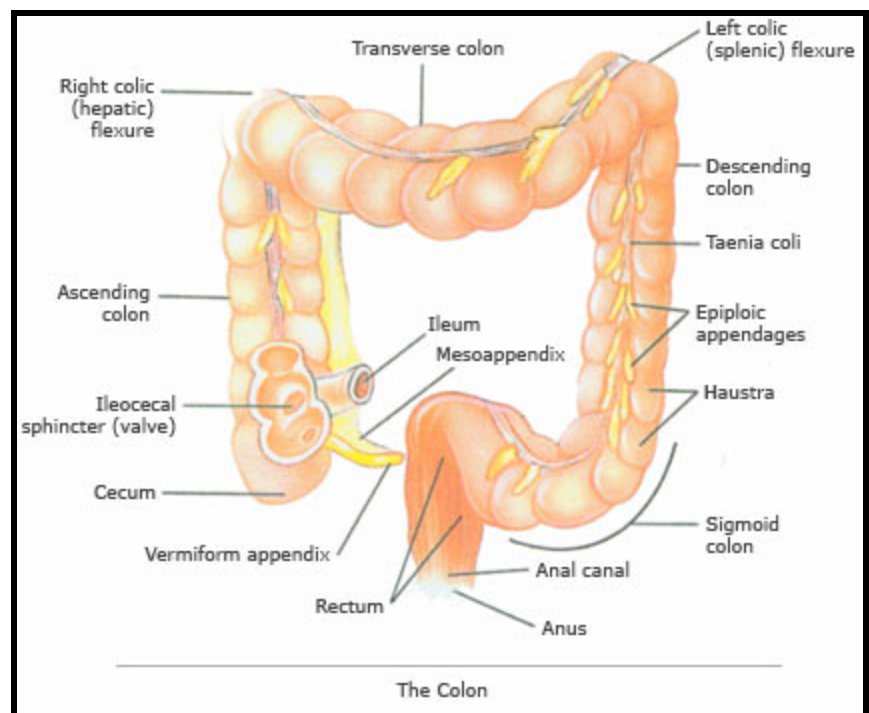
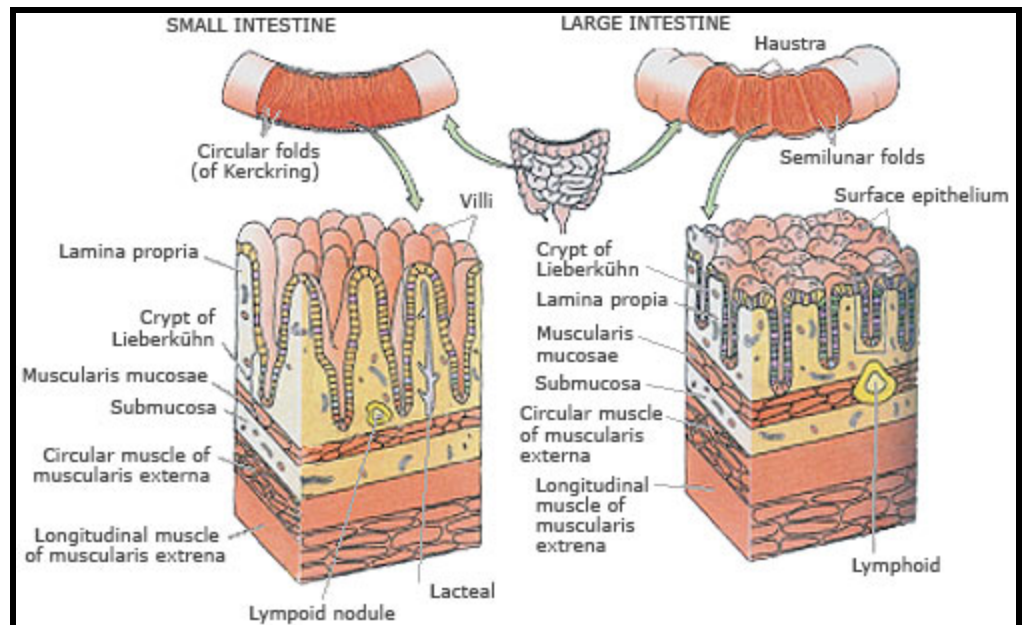
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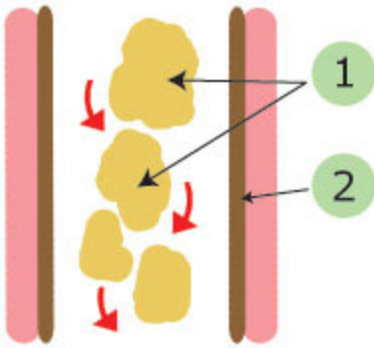


Four specimens of the gastrointestinal pig nematode, *Ascaris suum*. Ascarids are among the most common infection of humans. Adult females grow up to 35cm in length and can produce up to 200,000 eggs per day.

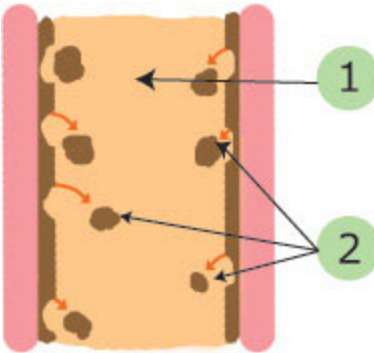


Proglottids of *Dipylidium Caninum*. When the Proglottids dry, their appearance is similar to grains of rice. These are often passed intact in the feces of an infected dog or human.



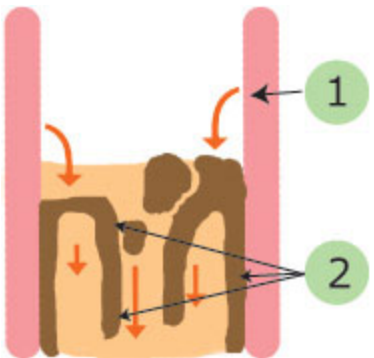


The food you eat is broken down during the process of digestion so it can be absorbed through the intestinal wall. What is not digested or absorbed is eventually eliminated as waste. Over time old waste and toxins may build up within the folds of your intestinal wall. Observational evidence suggests this is the result of excessive mucus secretions, stuck food particles, environmental toxins, constipation, etc.



By giving your body a break from solid food the main formula in Colon Cleansing and Toxin Absorbers, a Psyllium based drink, is able to bind to old waste and toxins and begin pulling it out of your digestive tract.

Throughout the course of your five day liquids-only fast, old accumulated waste and toxins will be drawn out of your intestinal system by Toxin Absorber .



After completing the Colon Cleansing, your intestinal lining is left cleansed and rejuvenated.

Throughout your five day liquids-only fast, Toxin Absorbers continues to pull old, accumulated waste and toxins out of your intestines. As old, accumulated waste and toxins are eliminated you begin to feel thinner, more energetic, and full of energy. You won't know how good you can feel until it's gone.



Dr. Bernard Jensen

Physical Signs Traditionally Associated with Unwanted Guests

Primary Signs

- Chronic fatigue
- Diarrhea & abdominal pain
- Blood or worms in stools
- Itchy anus; especially at night

Secondary Signs

- Low immune response
- Constipation or diarrhea
- Gas and bloating
- Irritable bowel
- Joint and muscle aches
- Anemia
- Allergic reactions
- Skin conditions/itch or rash
- Nervous irritability
- Sleep disturbances
- Nausea or vomiting
- Grinding teeth at night
- Losing weight with ravenous appetite
- Stomach Ache or burn