



Ailments and Answers

Information provided by:
Brenda Koth, MS, RD
Registered Dietitian and Certified Nutritionist

Booklet designed by Stacey Gabrych

This booklet contains information on common ailments and suggestions for those who may experience symptoms, based on research and personal experiences. This information is for educational purposes only and does not constitute claims made for any product or a diagnosis for any ailment.

*The statements in this booklet have not been evaluated by the Food & Drug Administration.
These products are not intended to diagnose, treat, cure or prevent any disease.
In Canada, this information is provided for educational purposes only.
No claims are being made for any product.*



Contents

This booklet, arranged in alphabetical order, contains information on the following common ailments, concerns, and discomforts:

Allergies
Behavioral Problems
Blood Pressure Concerns
Blood Sugar Concerns
Canker Sores
Carpal Tunnel Syndrome
Cholesterol / Cardiovascular Concerns
Chronic Fatigue Syndrome
Cold Sores
Cuts, Scrapes, Broken Skin, Bleeding
Digestive / Intestinal Concerns
Facial Skin Concerns
Fatigue (Physical & Mental)
Fibromyalgia
Gum Conditions
Hair Problems
Headaches / Migraines
Joint Pain and Stiffness
Menopausal Symptoms
Mood Swings
Motion Sickness and Nausea
Muscle Aches
Nail Conditions
Premenstrual Syndrome and Menstrual Concerns
Respiratory Conditions
Skin Conditions: Chronic
Skin Irritations
Sleep Disturbances
Vision Loss
Weight Management