

## Cardiovascular System and Heart

Angina  
Cardiovascular disease  
Dizziness  
Faintness  
Palpitations  
Poor circulation to parts of the body  
Raised blood fat levels  
Rapid pulse

## Digestive System and Liver

Abdominal bloating  
Bad breath (halitosis)  
Bleeding gums  
Bloating stomach  
Body Odour  
Burping  
Coated tongue  
Constipation  
Diarrhoea  
Excess weight  
Farting  
Flatulence  
Gastrointestinal irregularities  
Haemorrhoids  
Halitosis (bad breath)  
Heartburn  
IBS (Irritable Bowel Syndrome)  
Indigestion  
Irritable Bowel Syndrome (IBS)  
Nausea  
Obesity  
Overheating  
Overweight  
Peptic ulcers  
Sore red tongue  
Underweight  
White tongue

## Endocrine/Hormonal System

## Nervous system

ADHD  
Anxiety  
Attention Deficit Hyperactivity Disorder  
Changeable moods  
Chronic fatigue syndrome  
Depression  
Difficulty concentrating  
Drowsiness  
Excessive sleepiness  
Exhaustion  
Fatigue  
Feeling tired, sluggish, lethargic  
Fibromyalgia  
Headaches  
Insomnia  
Irritability  
Lethargy  
Loss of appetite  
Mental foginess  
Mild depression or anxiety  
Mood changes  
Mood swings  
Muscle twitches  
Oversleeping  
Pins and needles  
Poor concentration  
Poor memory or concentration  
Recurring headaches  
Sluggishness  
Tiredness  
Tiredness  
Trouble concentrating and staying focused

## Respiratory System and Lungs

Asthma  
Blocked sinuses  
Catarrh  
Chronic cough  
Constant colds or infections

Difficulty conceiving  
 Excessive sweating and night sweats  
 Fluctuating blood sugar level (hypoglycaemia)  
 Hypoglycaemia (fluctuating blood sugar level)  
 Low sex drive  
 Night sweats  
 Overweight  
 PMS (Premenstrual syndrome )  
 Premenstrual syndrome (PMS)  
 Sugar/carbohydrate cravings  
 Unexplained infertility

### **Lymphatic/Immune Systems**

Allergies and/or food sensitivities  
 Asthma  
 Autoimmune disease  
 Blotchy skin  
 Cellulite (orange-peel skin)  
 Constant colds or infections  
 Eczema  
 Fatigue  
 Fluid retention/bloating  
 Frequent infections  
 Gout  
 Hives  
 Itchy or inflamed eyes  
 Joint pains  
 Orange-peel skin (cellulite)  
 Painful, swollen lymph nodes  
 Psoriasis  
 Sensitivities, especially to odors  
 Swollen painful lymph nodes  
 Vasculitis

### **Muscular/Skeletal system**

Arthritis  
 Back pain  
 Cramps  
 Fibromyalgia  
 Frequent headaches  
 Gout

Constant sneezing  
 Excess mucus  
 Hayfever  
 Recurrent respiratory problems  
 Runny nose  
 Sinus problems  
 Sinusitis  
 Sore Throat  
 Wheezing

### **Skin**

Acne and other skin blemishes  
 Blackheads and whiteheads  
 Blotchy skin  
 Boils  
 Brittle nails and hair  
 Brown spots (liver spots)  
 Clogged pores  
 Dark circles under the eyes  
 Dermatitis  
 Dry itchy skin  
 Eczema  
 Excessive perspiration  
 Hives  
 Itchy skin  
 Liver spots on skin  
 Pimples  
 Profuse sweating  
 Psoriasis  
 Puffiness under the eyes  
 Red or itchy eyes  
 Skin rashes  
 Spots on skin  
 Whiteheads and blackheads

### **Urinary System and Kidney**

Fluid retention/bloating  
 Frequency of urination  
 Frequent cystitis  
 Frequent urinary tract infections  
 Strong smelling urine

Joint pains

Tense muscles, tight or still neck

Swollen ankles

Darkly coloured urine