

A COMPREHENSIVE & UP-TO-DATE
SELF-HELP APPROACH TO GOOD HEALTH

REVISED
AND
EXPANDED

Prescription for
**NUTRITIONAL
HEALING**

S E C O N D E D I T I O N

A PRACTICAL A-Z REFERENCE TO
DRUG-FREE REMEDIES USING VITAMINS,
MINERALS, HERBS & FOOD SUPPLEMENTS

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water for ten minutes. Repeat this treatment daily until the condition clears up.

To ease pain and itching, use cold compresses. Soak a white cotton cloth in Burow's solution (available in drugstores) dissolved in 1 pint of cold water. Apply compresses several times a day for fifteen to twenty minutes at a time.

Take care to protect your feet from direct contact with floors in communal areas such as locker rooms. Wear shoes or slippers in such places. Do not share shoes, socks, towels, or anything else that comes into contact with the feet.

If the condition doesn't clear up in four weeks, if there is pus in the blisters or in the cracked skin, if a fever develops, or if there is swelling in the foot or leg, see your health care provider. Severe cases may require medical attention.

CONSIDERATIONS

Athlete's foot can become complicated by a fungal toenail infection (*see* NAIL PROBLEMS in Part Two). Keep the toenails clean, but do not use a metal file that can damage the nail and give the fungus a place to grow. If the toenails become thick and discolored, see a podiatrist.

Those with recurrent fungal infections of the feet often have a fungal infection in the groin area. Both areas must be treated simultaneously. To prevent transmission of the foot fungus to the groin area, put clean socks on before putting on your underwear when dressing.

See also CANDIDIASIS and FUNGAL INFECTION in Part Two.

Attention Deficit Disorder

See HYPERACTIVITY.

Autism

Autism is a little-understood brain disorder that affects approximately 4 out of every 10,000 people. There are well over 100,000 autistic individuals in the United States. Autism is usually diagnosed in early childhood (before the age of three) and is characterized by a marked unresponsiveness to other people and to the surrounding environment. Physically, autistic individuals do not appear different from others, but they exhibit marked differences in behavior from a very early age. While most babies love to be held and cuddled, autistic infants appear indifferent to love and affection. As they grow older, they fail to form attachments to others in the way most children do, and instead seem to withdraw into themselves. Many autistic children also exhibit unpredictable and unusual behaviors that can range from constant rocking, to pounding their

feet while sitting, to sitting for long periods of time in total silence. Some experience bursts of hyperactivity that include biting and pounding on their bodies.

Autistic children have learning disabilities, and are often mentally disabled. Speech development is usually delayed, and in many cases is absent or limited to nonsensical rhyming or babbling. Some autistic children seem to have lower than normal intelligence, while others seem to fall into the normal range. Still others have low intelligence in most areas but almost supernatural abilities in others, such as mathematics or music. Most develop a strong resistance to any changes in familiar environments or routines.

The cause of autism is unknown. Studies comparing twins suggest that there may be a hereditary component to this disorder. Some experts believe that it is a result of some neurological imbalance or malfunction that renders the autistic individual painfully oversensitive to external stimuli. It is known that autism is not caused by parental neglect or actions, as was once believed.

Unless otherwise specified, the following recommended dosages are for persons over the age of eighteen. For a child between twelve and seventeen years old, reduce the dose to three-quarters the recommended amount. For a child between six and twelve, use one-half the recommended dose, and for a child under six years old, use one-quarter the recommended amount.

NUTRIENTS

SUPPLEMENT	SUGGESTED DOSAGE	COMMENTS
<i>Very Important</i>		
Calcium and magnesium	1,500 mg daily. 1,000 mg daily.	Essential for normal brain and nervous system function.
Choline	500-2,000 mg daily.	Improves brain function and circulation to the brain. Use under professional supervision.
Coenzyme Q ₁₀	As directed on label.	Improves brain function.
Dimethylglycine (DMG) (Aangamik DMG from FoodScience Labs)	100 mg daily	An oxygen carrier to the brain. Important for normal brain and nervous system function.
Ginkgo biloba		<i>See under Herbs, below.</i>
Vitamin B complex plus extra vitamin B ₃ (niacin)	50 mg 3 times daily, with meals. 50 mg 3 times daily. Do not exceed this amount.	Essential for normal brain and nervous system function. A sublingual form is recommended. Improves circulation. Helpful for many psychological disorders. <i>Caution:</i> Do not take niacin if you have a liver disorder, gout, or high blood pressure. Aids circulation.
and niacinamide and pantothenic acid (vitamin B ₅) and vitamin B ₆ (pyridoxine)	300 mg daily. 500 mg daily. 50 mg 3 times daily. Do not exceed this amount except at the direction of a physician.	Helps reduce stress. Deficiencies have been linked to autism.

Vitamin C with bioflavonoids 5,000–20,000 mg daily, in divided doses. See ASCORBIC ACID FLUSH in Part Three. A powerful free radical scavenger.

Helpful

Multivitamin and mineral complex with vitamin A	As directed on label.	All nutrients are needed in balance. Use a high-potency formula.
and natural beta-carotene	15,000 IU daily. If you are pregnant, do not exceed 10,000 IU daily.	
and selenium	25,000 IU daily.	
and zinc	200 mcg daily.	
L-Glutamine and L-phenylalanine and L-tyrosine and taurine	50 mg daily. Do not exceed a total of 100 mg daily from all supplements.	Amino acids needed for normal brain function. See AMINO ACIDS in Part One. <i>Caution:</i> Do not take phenylalanine if you are pregnant or nursing, or suffer from panic attacks, diabetes, high blood pressure, or PKU.
Melatonin	500 mg each daily, on an empty stomach. Take with water or juice. Do not take with milk. Take with 50 mg vitamin B ₆ and 100 mg vitamin C for better absorption.	Helpful if symptoms include insomnia.
RNA and DNA	2–3 mg daily for adults, 1 mg or less daily for children, taken 2 hours or less before bedtime. If this is not effective, gradually increase the dosage until an effective level is reached.	
	200 mg daily.	To aid in repairing and building of new brain tissues. <i>Caution:</i> Do not take this supplement if you have gout.
	100 mg daily.	
Vitamin E	200–600 IU daily.	Improves circulation and brain function.

HERBS

Ginkgo biloba is a powerful free radical destroyer that protects the brain. It also improves brain function by increasing circulation to the brain. Take it in capsule or extract form as directed on the product label, three times daily.

RECOMMENDATIONS

Eat a high-fiber diet consisting of 50 to 75 percent raw foods, including large amounts of fruits and vegetables plus brown rice, lentils, and potatoes. For protein, eat beans and legumes, fish, raw nuts and seeds, skinless white turkey or white chicken breast, tofu, and low-fat yogurt.

Eliminate alcohol, caffeine, canned and packaged foods, carbonated beverages, chocolate, all junk foods, refined and processed foods, salt, sugar, sweets, saturated fats, soft drinks, and white flour from the diet. Avoid foods that contain artificial colors or preservatives. Avoid fatty foods such as bacon, cold cuts, fried foods, gravies, ham, luncheon meats, sausage, and all dairy products except for low-fat soured products.

Omit wheat and wheat products from the diet.

- Drink steam-distilled water.
- Get regular moderate exercise.
- Use an elimination diet to test for food allergies, which can aggravate the condition. See ALLERGIES in Part Two.
- Have a hair analysis done to rule out heavy metal poisoning. See HAIR ANALYSIS in Part Three.
- Try to improve blood oxygen supply to the brain with deep breathing exercises. Hold your breath for thirty seconds every half hour for a thirty-day period. This stimulates deeper breathing and helps to increase oxygen levels in the tissues of the brain.
- Do not go without food. Eating frequent small meals daily is better than eating two or three large meals.

CONSIDERATIONS

- Studies have shown that supplementation with vitamin B₆ (pyridoxine) and magnesium can produce good results in autistic children and adults. In addition, there is often dramatic improvement after chemical additives and allergenic foods are eliminated from the diet.
- In studies of autistic children, a significant number have been found to have gastrointestinal disorders, including celiac disease and other food intolerances.
- Elevated serum and tissue copper levels may be a factor in autism and other mental problems, as may excessive exposure to lead and mercury. Excessive copper also seem to contribute to autism. Even low-level lead exposure in young children has been associated with impaired intellectual development and behavior problems.
- Infants and toddlers whose diets consist largely of processed baby foods need supplemental vitamins and minerals to ensure that all of their nutritional needs are met. Nutritional deficiencies are a factor in many psychological disorders.
- The prognosis for autistic children is difficult to predict. There have been documented cases of apparent recovery from autism, usually after adolescence. Some children seem to progress well only to inexplicably regress. Many become marginally self-sufficient and independent. However, most autistic individuals ultimately need lifelong care of some type.
- See also HYPOGLYCEMIA and HYPERACTIVITY in Part Two.

Backache

Nearly 80 percent of adults are affected by back pain at some point in their lives. It is one of the most common reasons for hospitalization in the United States. A variety of problems in the muscles, tendons, bones, ligaments, or an underlying organ, such as the kidneys, may cause backaches. Aches and pain in the lower back can be a chronic problem. Lumbago is a folk term for muscle pain in the lower back, near the pelvis.