



Top 5 Common Health Complaints No One Likes To Talk About..... And Natural Medicine Has The Answers:

The information provided is not intended to diagnose or treat any health condition. Please consult with your doctor or naturopathic doctor before starting any new supplement program as they may have interactions with certain medications. Many of these herbs increase circulation. You have to be cautious if you are taking certain medications that also affect blood flow such as blood thinners, heart medications or blood pressure medications.

1. **Canker Sores:** Also called mouth ulcers. These are small, painful ulcers that can appear anywhere in the mouth. They are very common and easily treatable.

Food allergies are a big culprit and should be ruled out. A simple blood test, available at Vitalia Health Care, can tell you what your allergies are. One of the most common food allergies that cause canker sores is dairy. I suggest cutting out dairy from your diet for one month and see what happens to those canker sores.

Deficiencies in iron, B12 and Folic Acid can also cause canker sores. A simple blood test can rule out iron deficiency. Taking 1000mcg of B12 and 400mcg of Folic Acid can be very helpful. I prefer the liquid versions.

2. **Gout.** This is a common type of arthritis that occurs when there is too much uric acid in the blood, tissues and urine. In Gout, the body does not produce enough of an enzyme to break down the uric acid. Eventually the uric acid forms crystals that are sharp and essentially “pokes” into joints causing pain and inflammation. It usually occurs in the big toe.

In treating Gout, it is important to avoid certain foods high in purines and vitamins that affect the metabolism of uric acid. These make the Gout worse. These include:

- Niacin (Vitamin B3)
- Alcohol
- Anchovies
- Bakers and Brewers yeast
- Game meat
- Herring
- High fructose corn syrup
- Mackerel

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- Red meat
- Sardines
- Shellfish
- Vitamin A

Supplements and Foods that help include:

1. Cherry juice. This will neutralize the uric acid, so drink lots.
2. Avoid fish oil. You may not realize the source of the fish. It may come from fish that are on the list to avoid such as herring and mackerel.
3. Alpha Lipoic Acid: a great antioxidant that helps to treat gout. Dosage: 200mg a day
4. Carnitine: 1000 mg a day.

3. Leg Cramps: This is a painful involuntary contraction of a single or group of muscles in the leg. It can also manifest as restless legs. They occur most frequently at night. The exact cause of leg cramps is not understood. They have been linked to a number of risk factors including muscle fatigue, heavy exercising, dehydration, electrolyte imbalance and the use of certain medications (like Statin drugs).

4 top supplements that can really help include:

1. Calcium: I prefer liquid calcium citrate 300mg at night
2. Magnesium: 150-300 mg at night
3. Vitamin B6: 200mg at night
4. Vitamin E: 400IU at night

4. Bleeding Gums: Gingivitis or inflammation of the gums can cause bleeding gums. If left untreated, gingivitis can cause periodontal disease, where the bone supporting the teeth begins to erode. Problems in the mouth are often a reflection of deficiencies in the body.

3 top supplements to aid in the healing of bleeding gums (together with proper dental care)

1. Coenzyme Q10: 100-200mg a day
2. Vitamin C: 2000 mg a day
3. Vitamin A: 10,000IU a day



5. **Varicose Veins:** These are swollen, bulging veins that appear twisted, like cords. They are usually accompanied by dull aches and a heavy feeling in the legs. They can cause swollen feet and ankles. They are caused by weakened or faulty one way valves in the vein that keep blood flowing back to the heart. When the valves fail to work properly, blood backs up in the vein and causes them to bulge.

Conditions that can contribute to varicose veins include: Genetics, lack of exercise, standing or sitting for long periods of time, heavy lifting, chronic constipation, birth control pills, obesity and pregnancy.

4 Top supplements to help varicose veins:

1. Gotu Kola: (**Centella asiatica herb**) excellent for increasing circulation. (200 to 400 mg of a 40% extract a day)
2. Grape Seed Extract: A strong antioxidant that is helpful in strengthening in veins and valves. 100-200 mg a day
3. Horse Chestnut: A plant that is excellent for helping with leg swelling and leaky valves. 300 to 600 mg a day.

The recommendations I have made are based on years of clinical experience, after seeing many patients. These are the clinical pearls. However, as no two people are the same, I do recommend a consultation with one of our Naturopathic Doctors to develop an individualized program for you. If you suffer from any of these conditions (or others we haven't talked about today), speak to a doctor at Vitalia Health Care for a program to find your health solutions.... Naturally!
Call us today!

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